

Resilience Pathways of Motherless Children Post-Divorce: An Exploratory Study

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Abstract: Using a qualitative case study design, the research involved two participants: an 18-year-old male and a 22-year-old female who have lived without a maternal role since their parents' separation. Data were collected through structured interviews and analyzed using thematic analysis to identify resilience dimensions. The findings revealed that despite the absence of maternal support, participants demonstrated adaptive strategies in emotional regulation, impulse control, optimism, empathy, problem analysis, self-efficacy, and positive aspects. The uniqueness of the participants lies in their ability to develop resilience in different yet complementary ways, reflecting how cultural and personal factors shape coping mechanisms. This study emphasizes the importance of social support and internal strengths in fostering resilience, while also highlighting the need for further research with larger and more diverse samples.

1 INTRODUCTION

Divorce is something incident farewell in a way legitimate between partner husband wife and they decided not to carry out his duties and obligations as a husband wife. They are no longer living and staying together in one house, because there is no official bond (Hayati & B, 2021). Based on data from *Central Statistics Agency (BPS)*, in 2023 recorded amount divorce in Indonesia reached 460 thousand, while record highest divorce occurred in 2022, with amount reach 500 thousand case (*Central Statistics Agency, 2023*). In addition, based on data from *World Population Review* countries with number divorce the highest in the world in 2022 is Turkey which reached the number 180 thousand case, followed with Mexico that reached the number 160 thousand case Germany reached 137 thousand case

(*Divorce Rates by Country, 2024*). Divorce in a family results in physical and mental impacts experienced by family members (Fitriana et al., 2021).

The impact of divorce give influence on a child's psychological development, because pattern foster care from second parents before and after divorce different. So that all Children's needs are not met (Veronika et al. 2022). Psychological aspects are the main impact that is affected until early adulthood from divorced parents (Santrock 2014; Munandar et al., 2020). The traumatic impact on children who are victims of parental divorce including feeling sad Because lost family members, feel rejected and thrown away in a state of helplessness, anger, pain heart, loneliness, feeling guilty and blaming self alone, anxious, embarrassed, stressed, depressed and

withdrawn self. In facing divorce, the ability is needed resilience For adapt self and survival in a difficult condition or problems that are considered detrimental and can be a source of stress for children (Devi & Tobing, 2024). The child can recover or not from something downturn can be influenced based on ability the resilience they have (Putri & Khoirunnisa, 2022).

Resilience according to Reivich and Shatte (2002) is the ability For cope and adapt to a serious event or problem that occurs in life. Every individual needs resilience in his life , because by having, individual resilience will more able to cope with and face various type obstacle in their lives (Reivich & Shatte, 2002; Deswanda, 2019; Pratiwi & Yuliandri, 2022) . Resilient individuals characterized by their ability to cope with stress, behave realistic and optimistic in overcome situation difficult, and able to express thoughts and feelings with comfortable. Resilient individual generally have a level of high welfare as well as able adapt in the middle situation difficult , while individuals with resilience low tend more Many experience stress and poor well-being (Cristy & Soetikno, 2023) . Resilience enable individuals to succeed adapt self when facing unpleasant conditions, social development, even heavy pressure and makes individuals become more individual strong (True, 2023).

Reivich and Shatte (2002) identified seven factor main contributors to resilience, namely emotional regulation, control impulse, optimism, empathy, ability problem analysis, efficacy self, and improvement positive aspects (Pangestu & Nurjaman, 2023). In addition, resilience supported with internal and external factors that can increase resilience and help individuals overcome difficulty

challenge life (Hertinjung et al., 2022) . Of these factors, it has been done previous study by Bunga et al (2024) which showed there is a significant positive relationship between resilience with emotional regulation. Where individuals with level high emotional regulation will have a level resilience high and vice versa, individuals with level low emotional regulation the more their resilience is also low (Bunga et al, 2024). In addition, there are research that states that level individual optimism influences level individual resilience (Osmayeni & Taufik, 2024).

Resilience is element important for divorce victims because it can protect them from the emergence of negative emotions and pressure, so that resilient individuals have the ability For reduce negative emotions and become more tough in facing various problems, as well as increase quality life. Individuals with level resilience tall tend better able to manage negative emotions, such as sadness and anger, which often accompany divorce (Hidayati, 2020). Research show that resilience allows individuals to adapt with the changes that occur in their lives, including changes in family structure and routine daily life (Sari & Rahmawati, 2021). In addition, resilience also plays a role in build return to healthy relationships with others, which is important to support the healing process emotional (Putri, 2022). Individuals who have a high level of resilience low, tend to experience difficulties in adapt self in the environment social (Cahyanti et al., 2024).

Individuals with level resilience low levels also require a longer time for the acceptance and recovery process from situation difficult (Putri et al., 2023). By having resilience, individuals can become more optimistic, confident and calm because it can control his emotions, so that more easy in finish every

the problems they face (Sari et al., 2020; Pratiwi & Yuliandri, 2022). In addition, individuals with good resilience tend to have better mental health and can avoid more serious mental health problems. serious (Wati, 2021). Therefore, resilience not only helps divorce victims overcome difficulties, but also provides hope and optimism for their future. With Thus, it is important for individuals, especially victims of divorce. For develop ability resilience in themselves (Nugroho, 2023).

2 METHOD

Design

This study employed a qualitative approach with a case study design to gain an in-depth understanding of resilience dynamics among children who lost the maternal role (motherless) due to parental divorce. This design was chosen because it allows the researcher to explore the participants' life experiences contextually and comprehensively, thus capturing the subjective meaning of the resilience strategies they developed (Makbul, 2021).

Research Objectives

The objective of this research is to explore the factors that contribute to the development of resilience in motherless children of divorced parents. The study focuses on the participants' real-life experiences in facing psychological challenges and how they are able to build adaptive mechanisms to survive and grow.

Data Collection Techniques

The research involved two participants: an 18-year-old male and a 22-year-old female. They were selected using purposive sampling because they met the specific criteria of being children of divorce who live without a mother's role. The uniqueness of these participants lies in the fact that, despite experiencing the absence of a maternal figure, both demonstrated different yet complementary adaptive abilities and resilience strategies, thereby providing a rich picture of the various resilience pathways.

Data were collected through structured interviews. The instrument consisted of a predetermined list of questions that were presented in sequence to each participant. This technique was applied to ensure that all participants received the same set of questions so that the data obtained could be compared systematically (Sugiyono, 2021; Sampoerna University, 2023).

Analysis Techniques

The data were analyzed using thematic analysis to identify the main themes related to resilience. The analysis process involved several steps, starting with familiarization with the data, generating initial codes, searching for themes, and then defining and naming the themes. This method enabled the researcher to identify patterns and extract essential meanings from the participants' experiences (Braun & Clarke, 2006; 2021; Creswell & Poth, 2018).

3 RESULT

Result of research that has been done, revealed existence themes that describe resilience in *motherless children* victim divorce. Experience participants divided into 7 themes defined by Reivich and Shatte (2002), namely 1) emotional regulation, 2) control impulse, 3) optimism, 4) empathy, 5) ability problem analysis, 6) efficacy self, and 7)

improvement positive aspects developed in the eleven sub- themes revealed from field data, namely 1) how to manage emotions, 2) ease postpone satisfaction, 3) facing challenges with positive, 4) optimistic with the future, 5) respond other people's feelings, 6) identification reason main problem, 7) facing complex problems, 8) developing effective solutions, 9) ability to face new challenges, 10) positive aspects in daily life, and 11) quality of social relationships.

Table 1: Subthemes and Themes

Sub- Theme	Theme
How to manage emotions	Emotional Regulation
Convenience postpone satisfaction	Control Impulse
Facing the challenges positively	Optimistic
Optimistic with the future	
Responding other people's feelings	Empathy
Identification reason main problem	Ability Problem Analysis
Facing complex problems	
Develop effective solutions	
Ability to face new challenges	Efficacy Self
Positive aspects in daily life	Improvement Positive Aspects

Theme 1: Emotional Regulation

On the first aspect, JFM stated that he manages emotions with method looking for friends to play to make him feel sad experience is lost even if only for a moment. KS stated that he manages emotions with method look for entertainment For self themselves. Both of them manage their emotions equally well. method divert attention his mind For other things. This was expressed in the following quote " *It's like playing often "Si, looking for friends like that."*

Theme 2: Control Impulse

For aspect Second, JFM stated that method He postpone satisfaction is with how to understand why

it happened. Likewise with KS, he be grateful existing events For postpone self - satisfaction alone. Both are equally easy For postpone existing satisfaction because they can understand the existing conditions. This was expressed in the following quote " *So okay resigned just, because of the conditions too, right? "And" When I can say gratitude or feeling be grateful then it is a convenience for me in uh overcome or postpone satisfaction in situation emotional."*

Theme 3: Optimism

For aspect Third, JFM stated that He Enough optimistic in facing challenges with positive thing, because sometimes He Still make decision when

emotions and JFM stated that He optimistic with the future with method increase self-confidence and socialize with environment around. KS stated that he is very optimistic to face challenges with positive things with method depend on belief himself himself and KS stated that he is very optimistic with his future with make his past became his motivation For self themselves. Both have the same level of high optimism with supported self himself. This was expressed in quote as follows " *When asked how much sure, definitely everyone will answer Yes, you have to be 100% sure. Because the results or the goal to be achieved achieved or anything else to that, it is based on belief self Alone.*"

Theme 4: Empathy

Furthermore aspect Fourth, JFM stated that method He respond other people's feelings with method accompany the person patiently. However, KS stated that method He respond other people's feelings with positioning the person to be himself. Here there is A little Difference For respond other people's feelings, but both of them still have empathy for others. This was expressed in the following quote " *So yeah, I feel like I 'm calming down he, continue convince he if he can have a car alone. More like accompanying he until He was really calm.*" And " *So I positioned myself as him, so that it wouldn't There is mental judgement appears immediately towards the person who tells the story to me.*"

Theme 5: Ability Problem Analysis

In this aspect Fifth, JFM stated that He look for know the cause of the problem he is having face it For identify causes and dealing with existing

problems and then the effective solutions that he provides develop For he is calming self well. KS stated that He take lesson based on experiences ever He pass For identify the cause of the problem that he face it as well as continue life with give thanks to face the complex problems he is facing face it besides that he practicing gratitude existing events to be an effective solution that he develop. Both there is difference in identify, confront, and develop solution, but still have the same capabilities good problem analysis. This is expressed in quote as follows " *Yes find out, ask other people, those involved with that problem earlier.*" And " *The solution I developed earlier is possible grateful or meaningful that every process will definitely There is obstacles, every sad will definitely be There is happy, even every happy too even There is sad.*"

Theme 6: Efficacy Self

In aspect sixth, JFM stated that he is able to build trust self to face new challenges. KS stated that He will face new challenges while maintaining confidence the self that he is have. In this aspect both have the same efficacy good self to face new challenges. This was expressed in quote as follows " *So when I Still stand alone, still standing here Yes I have to continue believe self so I can get through the struggle life.*"

Theme 7: Improvement Positive Aspects

And the last one is aspect seventh, JFM stated that He apply positive aspects in daily life with take the time to clean and he has good social relationships. KS stated that He apply positive aspects in daily life with makes good use of time and has good social

relationships. Here both of them apply positive aspects in their daily lives and both have good social relationships. This was expressed in the following quote *“So developing positive habits, yes, I have to continue to do those positive activities. And when asked how much influence the quality of positive social relationships, which is very important.”*

4 DISCUSSION

This study shows that the participants *motherless* victims of divorce succeed reach resilience after facing major challenges in their lives. This is reflected from their success in show dimensions emotional regulation, control impulse, optimism, empathy, ability problem analysis, efficacy self, and improvement positive aspects. This is in line with findings Biological et al (2023) who stated that the child of a divorce victim who has seven aspect from resilience tend feel himself more strong in facing problems. Other findings also suggest that children facing situations difficult, like divorce, can develop ability resilience that helps them adapt and cope with stress (Reivich & Shatte, 2002; Devi & Tobing, 2024).

In this aspect emotional regulation found in This study shows that that second participants are able to manage their emotions with method look for social support or entertainment. This is in line with research by Mardhatillah et, al. (2024) who stated that social support plays a role important in helping children cope with the emotional impact from divorce. In this aspect control impulses shown by participants, where they can delay satisfaction and understanding of the situation at hand, reflecting ability adaptive. This is also in line with study conducted by Cahyanti et, al. (2024), which shows

that children with resilience tall tend better able to manage their impulses.

The optimism shown by the participants, where they are able to face challenges positively and have positive hopes for the future. This is in accordance with research by Osmayeni and Taufik (2024) which found that optimism contribute to the improvement resilience of children who experience broken homes. This study shows that children are optimistic tend to have a high level of greater well-being taller and more capable of facing challenges life. Aspect empathy that emerges in This study shows that participants are able to respond other people's feelings, which is indicator important of healthy social and emotional development. This is supported by the findings of Cristy and Soetikno (2023) which show that children who have good empathy tend to more resilient in facing the situation difficult.

Ability analysis of the problems indicated by the participants, where they can identify cause of the problem and find solutions, reflecting thinking skills important critical for the development of resilience. Research by Bunga et, al. (2024) also shows that children who are able to analyze problems well have a high level of greater resilience high. In terms of self efficacy, found in This study shows that participants have confidence in their ability to face new challenges. This is in accordance with research by Pratiwi and Yuliandri (2022) which emphasizes importance efficacy self in increase resilience of children experiencing divorce.

Lastly, on the aspect improvement positive aspects expressed by participants show that they are able to find positive meaning and value in experience their difficulties and have good social relationships.

Research by Fitriana et al (2021) also showed that children who are able to see positive aspects of situation difficult tend more resilient. In addition, it is supported research conducted by Azmy and Hartini (2021) which states that individuals who have good social support from environment, then the individual will be able to divert thoughts and feelings of sadness consequence consequence divorce both parents.

5 CONCLUSIONS

This study highlights that motherless children of divorced parents are capable of developing resilience through several key dimensions, namely emotional regulation, impulse control, optimism, empathy, problem analysis skills, self-efficacy, and positive aspects. Despite experiencing significant psychological challenges due to the absence of a mother figure and the trauma of parental separation, participants demonstrated adaptive strategies that enabled them to cope with difficulties and find positive meaning in their experiences. These findings reinforce the importance of social support, internal strengths, and effective coping mechanisms as essential factors in fostering resilience. Ultimately, resilience not only helps children navigate post-divorce challenges but also provides them with hope and a stronger foundation for future well-being.

Further studies should involve larger and more diverse samples to gain broader insights into resilience mechanisms among divorce-affected children. Longitudinal approaches are also recommended to observe the long-term development of resilience across different life stages.

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