

Psychological well-being in adolescents from divorced families: A literature review on key dimensions and influencing factors

Bunga Derima Putri^{1*}, Adriana Soekandar Ginanjar²

^{1,2}Faculty of Psychology, Universitas Indonesia

*¹bunga.derima@ui.ac.id, ²adriana.soekandar@ui.ac.id

Artikel history			
	Received 2025-01-05	Revised 2025-01-18	Accepted 2025-02-06
	Published 2025-02-28		
Keyword: Psychological well-being, adolescents, divorced families	Abstract This literature review examined the psychological well-being of adolescents who experienced parental divorce, along with the factors that influenced it. Using the PRISMA method, 17 articles were analyzed from the database of Scopus, PubMed, Taylor & Francis, and Google Scholar. The review found that the six dimensions of psychological well-being showed varied results. Some studies reported improvements in autonomy and a sense of purpose in life, while others found that adolescents continued to struggle in these areas. In terms of the positive relations with others, relationships with fathers were generally associated with negative outcomes, whereas peer relationships tended to provide positive support. Findings related to environmental mastery and personal growth also varied across studies. In contrast, self-acceptance generally increased over time. Several internal factors were identified as being protective for adolescents' psychological well-being, including religiosity, adaptive coping strategies, self-control, and resilience. External factors that contributed positively included social support, a secure attachment style, higher levels of education, and better socio-economic status. The interaction between these internal and external factors appeared to enhance adolescents' adaptability and support their overall psychological well-being. Based on the findings of this review, several practical implications were proposed to support adolescents from divorced families. Recommended interventions included resilience-based training, programs to strengthen social support, school-based mindfulness activities, attachment-based family therapy (ABFT), and the adolescent adaptation pilot program to parental divorce (AAPPD). These interventions play a crucial role in enhancing adolescents' psychological well-being.		
*Corresponding Author: Bunga Derima Putri Universitas Indonesia Email: bunga.derima@ui.ac.id			

How to cite: Putri, B. D., & Ginanjar, A. S. (2025). Psychological well-being in adolescents from divorced families: A literature review on key dimensions and influencing factors. *Insight: Jurnal Ilmiah Psikologi*, 27(1), 30-51. doi: <https://doi.org/10.26486/psikologi.v27i1.4255>

INTRODUCTION

Family serves as a foundational source of emotional support and stability in child and adolescent development (Botelho Guedes et al., 2022; Donnalò, 2020; Hafiza & Mawarpury, 2018). In harmonious and intact families, parents actively provide support and guidance, helping adolescents develop their strengths and potential, which in turn enhances their overall well-being (Barlóg, 2024; Harahap et al., 2021; Harrison et al., 2015). This role becomes especially important during adolescence, a period marked by significant physical, cognitive, and emotional changes that lay the foundation for psychological well-being (Finkelstein & Grebelsky-Lichtman, 2022). For example, several studies have shown that adolescents who experience parental divorce tend to report lower levels of overall well-being (Aziz, 2015; Bajwa et al., 2023; Widiastuti et al., 2024).

Psychological well-being reflects an individual's ability to accept themselves, maintain a positive outlook, and avoid negative conditions such as anxiety and depression (Ryff & Keyes, 1995). The psychological well-being theory applied here is the Ryff's (1989) model, which identifies six dimensions: autonomy, positive relations with others, environmental mastery, personal growth, purpose in life, and self-acceptance. Autonomy is defined as the ability of adolescents to have full control in determining behavior, live independently, be able to withstand the social pressures they face, and conduct self-evaluation based on their experiences. The second dimension, positive relations with others, refers to adolescents' ability to form warm and trusting relationships, shown through empathy and compassion for other individuals. Environmental mastery is described as adolescents' understanding of managing complex environments and ability to choose conducive situations. The fourth dimension is personal growth, which is the ability of adolescents to develop themselves according to their potential and be open to new experiences. The fifth dimension, purpose in life, refers to an individual's awareness of purpose and meaning of their lives. Finally, the last dimension, self-acceptance, refers to adolescents' positive attitude towards themselves in the present and the past, as well as the ability to recognize, understand, and accept their strengths and weaknesses.

Ryff's model of psychological well-being is not a new concept as it was developed in 1989. However, this concept is related to more recent psychological frameworks, such as self-determination theory (SDT) (Balashov, 2022), positive psychology interventions (Viejo et al., 2018), and resilience-based strategies (Navari et al., 2024; Niyazova & Madaliyeva, 2022). A deeper understanding of psychological well-being in adolescents serves as a foundational step before exploring other psychological approaches. Ryff's theory also provides a clear framework for understanding how people can live well (Gao & McLellan, 2018). This theory remains highly relevant, especially for studying adolescents' psychological well-being (Gao & McLellan, 2018; Viejo et al., 2018; Yaghoobi & Moghadam, 2019). Some dimensions, such as personal growth and purpose in life, closely relate to Erikson's (1996) stage of identity versus identity confusion. During adolescence, individuals explore their identity, which plays a key role in shaping their psychological well-being (Berzonsky & Cieciuch, 2016). This highlights the importance of examining all six dimensions of psychological well-being during adolescence, as it provides valuable insight into the unique developmental challenges faced during this period and supports the relevance of this study in today's social context.

Building on this framework, some factors can affect the psychological well-being of adolescents who experience parental divorce. Spitzer (2017) explains that both internal and external factors can contribute to an increase or a decrease in adolescent well-being. Previous research has also found that factors such as self-esteem and individual internal needs play a role in shaping psychological well-being (Yurayat & Seechaliao, 2021). These findings suggest that parental divorce may disrupt several dimensions of psychological well-being, depending on both internal and external factors.

Several previous studies have examined general well-being among adolescents experiencing parental divorce (Botelho Guedes et al., 2022; Garriga & Pennoni, 2022; Meland et al., 2020; Obeid et al., 2021; Supratman, 2020; Tran et al., 2023; Tullius et al., 2022; Walper et al., 2015). Most of these studies focus on the general impacts of parental divorce, such as its effects on the well-being and mental health of children and

adolescents, with psychological well-being measured using various approaches. In addition, literature review studies have generally analyzed articles that discuss well-being in general (Dewi & Soekandar, 2019; Luailik & Sa'diyah, 2023; Cahyarity et al., 2025). In terms of sampling, several of these articles do not specifically focus on adolescents, which limits the applicability of their findings to this literature review (Dewi & Soekandar, 2019; Luailik & Sa'diyah, 2023). Previous literature reviews also tend to lack selectivity in choosing sources, often relying on few scientific research articles, which reduces the depth and credibility of their findings (Dewi & Soekandar, 2019). Therefore, this literature review seeks to address existing gaps by conducting a more in-depth analysis of psychological well-being through Ryff's six dimensions, with a particular emphasis on adolescents because as a demographic group, they have not been the primary focus of previous research. The study draws upon original scientific articles and integrates recent findings to ensure greater relevance to the current context. These advancements represent a significant departure from prior studies, enhancing both the relevance and comprehensiveness of this review.

As has been shown above, very little attention has been paid to the psychological well-being of adolescents from divorced families using Ryff's (1989) six dimensions, as well as the factors that influence it. To address this gap, this literature review explores the psychological well-being of adolescents who have experienced parental divorce, using Ryff's six dimensions as a framework, and identifies both internal and external factors that influence their well-being. A more comprehensive understanding of adolescent well-being gained from both quantitative and qualitative studies can inform the development of interventions that strengthen protective factors within adolescents and their families. The use of consistent measurement tools across the selected studies also enabled more accurate comparisons and conclusions. Thus, the findings of this review contribute not only to theoretical understanding but also offer practical recommendations for future interventions. It is hoped that this review will fill the existing gap in the literature.

METHOD

This study employs a literature review method, which involves collecting data from existing literature discussing similar topics (Ferrari, 2015). To ensure transparency and comprehensiveness in reporting, we used the PRISMA 2020 flowchart. This framework helps structure the literature review process by systematically identifying, screening, and selecting relevant studies that align with the research questions (Page et al., 2021). In this literature review process, we collected data from four journal search sites: 1) Scopus, 2) PubMed, 3) Taylor & Francis, and 4) Google Scholar. These databases were selected due to their credibility and extensive coverage of peer-reviewed publications. An initial search using the keywords 'Adolescent Well-being' OR 'Well-being' AND 'Parental Divorce' OR 'Broken Home' OR 'Parental Separation' resulted in a total of 11,468 articles.

To refine the selection, we applied the following inclusion criteria: 1) original article, 2) research article, 3) published between 2014 and 2024, 4) focusing on adolescents aged 13-18 from divorced families, 5) written in English or Indonesian, 6) exploring the psychological well-being through the lens of Ryff's theory. After applying these criteria, 17 articles were selected for further analysis. The quality of these articles was assessed

based on methodological rigor, relevance to the research topic, and the clarity of findings. Priority was given to studies with well-structured research designs, accurate measurement tools, and valuable insights into adolescent psychological well-being. The article selection process is illustrated in the PRISMA 2020 chart in Figure 1.

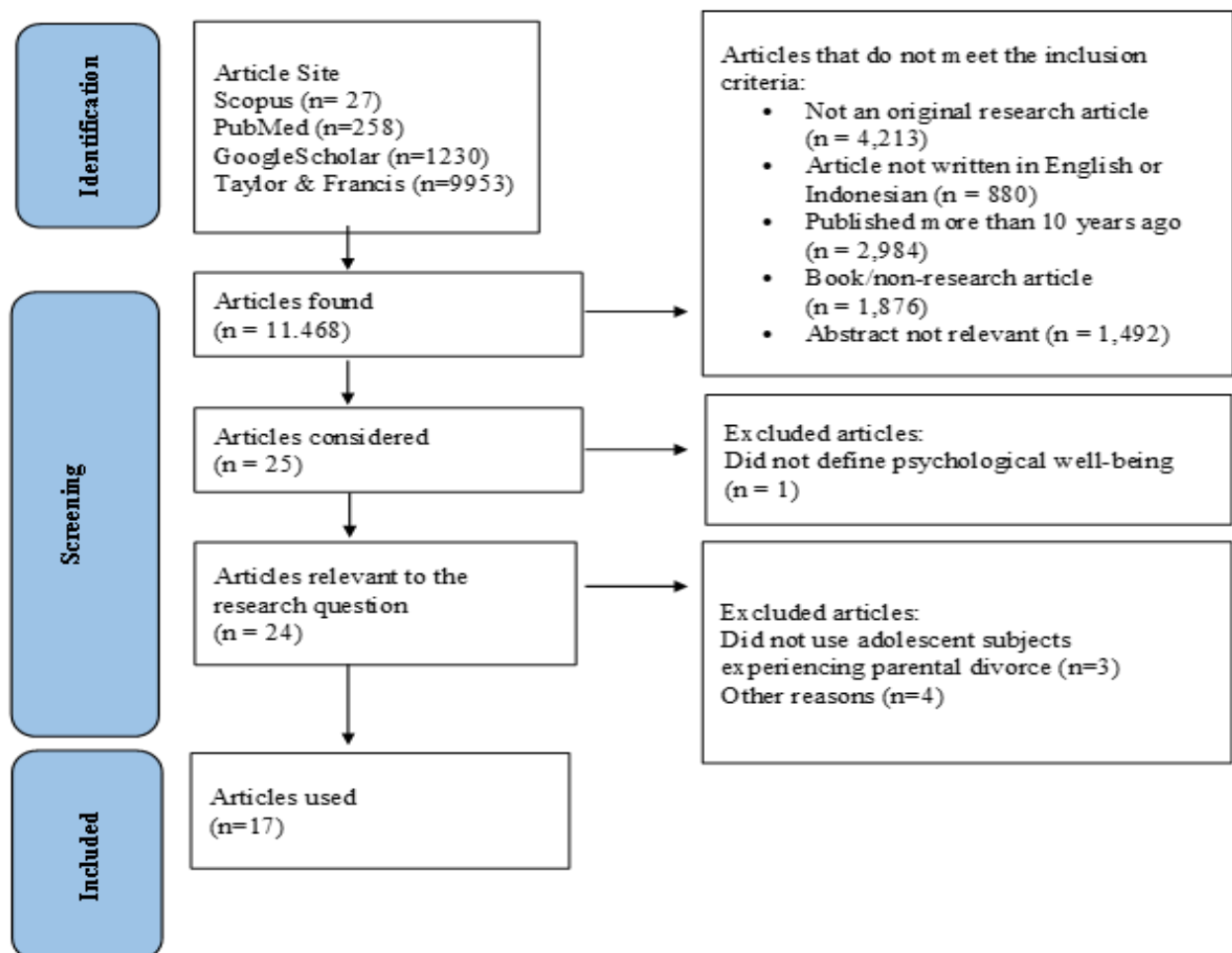


Figure 1. Flow of the Article Search and Selection Process based on the PRISMA 2020 chart

RESULT AND DISCUSSION

A total of 17 articles were selected for this literature review. Ten articles used qualitative research methods (Hafiza & Mawarpury, 2018; Hulu et al., 2024; Ifdil et al., 2020; Jiarui & Che Amat, 2023; Maharani & Daulay, 2023; Nurnaningsih et al., 2022; Pribadi & Ambarwati, 2023; Subramaniam et al., 2020; Widyanni'mah, 2019; Wulandari & Fauziah, 2019). The remaining six articles used quantitative methods (Maylinda et al., 2024; Mohan, 2020; Ramadhani et al., 2016; Sablaon & Madrigal, 2021; van der Wal et al., 2024; Wijaya et al., 2021), and one article used a mixed methods approach (Wambua et al., 2021).

The articles revealed two primary themes: (1) a description of psychological well-being based on the six dimensions of Ryff's model of psychological well-being (1989), and (2) factors that affect psychological well-being. Five articles explored psychological well-being based on the dimensions according to Ryff (1989),

namely autonomy, positive relations with others, environmental mastery, personal growth, purpose in life, and self-acceptance. Furthermore, 12 articles only used a few dimensions. A summary of all reviewed articles is presented in Table 1.

Table 1. Overview of Psychological Well-Being In Adolescents Who Experienced Parental Divorce

No.	Author	Sample	Purpose	Methods & Instrument	Strengths and Limitationss
1.	Nurnaningsih et al. (2022)	Adolescent Girls in Indonesia (n=5)	Looking at the impact of divorce on psychological well-being in adolescent girls in Indonesia	Method: Qualitative with a phenomenologic al approach Instrument: Interview and Observation	This study offers in-depth insights into the impact of parental divorce on adolescent girls, identifying key factors like parental disappointment and social support. However, the small sample size limited theoretical saturation.
2.	Maharani & Daulay (2023)	Adolescent s in Indonesia (n=5)	Exploring the mindset of children and adolescents from divorced families	Method: Qualitative Instrument: Interview and Observation	This study offers in-depth insights by categorizing adolescents' experiences into three stages (before, during, and after parental separation) capturing shifts in their perspectives. However, the small sample size and limited openness from some informants may have affected the depth and validity of the findings.
3.	Hafiza & Muwarpury (2018)	Adolescent s in Indonesia (n=1)	Understanding happiness in adolescents experiencing parental divorce	Method: Qualitative with a case study approach Instrument: Semi-structured interview	This study gives deep insights, but only one of the three participants was used, so the sample is too small. The small sample size limits the generalizability of the findings
4.	Mohan (2020)	Adolescent s in Kerala (n=51)	Understanding self-esteem and psychological well-being in adolescents from single parent (divorced) families	Method: Quantitative Instrument: Self Esteem Scale by Rosenberg and Psychological Well Being Scale by Carol Ryff	This study explains how certain demographic factors affect psychological well-being and also shares practical suggestions based on the findings. However, one limitation is the relatively small number of participants for quantitative study.
5.	Wambua et al. (2021)	Adolescent s (n=298) and School Counselors (n=11) in Kenya	Discovering the impacts of divorce on psychological well-being and psychosocial well-being in adolescents	Method: Mixed-Method Quantitative and Qualitative Instrument: "Effect of Divorce/Separat ion on Psychosocial Well Being for Adolescent Children"	This mixed-method study collected data not only from students but also from school counselors. Thus, allowing for more in-depth and richer data to be obtained. The qualitative data helped explain the quantitative findings, strengthening the overall results of the study.

				questionnaire and structured interview	
6.	Van der Wal et al. (2024)	Children and Youth in the Netherlands (n= 218)	Looking at the relationship between forgiveness and psychological well-being in children, adolescents, and young adults	Method: Quantitative Instrument: Psychological well-being scale by Catril (1965), Delighted-Terrible Scale by Andrew & Withey (1976), Forgiveness Scale, Questions about the parent scale	This study uses a strong method with a large sample and detailed analysis, including divorce characteristics and demographics. But it doesn't clearly explain how divorce affects teens' mental well-being.
7.	Subramaniam et al. (2020)	Adolescents in Malaysia (n=10)	Understanding adolescent psychological well-being after parental divorce	Method: Qualitative Instrument: Semi-structured interview	The study ensured data accuracy through triangulation and member-checking, but had few participants due to challenges in getting parental consent.
8.	Sablaon & Madrigal (2021).	Adolescents in Philippines (n=85)	Assessing the level of psychological well-being in secondary students experiencing parental divorce in the Philippines	Method: Quantitative Instrument: Psychological well-being scale by Ryff	The study clearly explains Ryff's six dimensions of psychological well-being, highlights relevant demographic factors, and offers practical intervention ideas. However, it focuses only on adolescents in Antique, Philippines, and lacks deeper analysis of how they cope with parental divorce.
9	Jiarui & Che Amat. (2022)	Adolescents in China (n=8)	Understanding the impact of parental divorce on students' psychological well-being in China	Method: Qualitative Instrument: Semi-structured interview	Strengths: This study explores the impact of parental divorce on various aspects, such as psychological well-being, life satisfaction, emotional instability, and mental health, and also offers practical intervention ideas. However, it does not deeply examine other factors that may shape adolescents' experiences.
10	Hulu et al. (2024)	Adolescents in Indonesia (n=5)	Understanding the dynamics of psychological well-being in adolescents experiencing parental divorce	Method: Qualitative Instrument: Interview and Observation	This study clearly explains Ryff's (1989) six dimensions of psychological well-being and offers practical suggestions for parents. However, the small sample size and limited exploration of influencing factors may affect the depth of the findings.

11	Ramadhani et al. (2016)	Adolescents in Indonesia (n=33)	Investigating the psychological picture of students whose parents are divorced at SMK Negeri 26 Pembangunan Jakarta	Method: Quantitative Instrument: Psychological well-being scale by Ryff	This study presents clear percentages of adolescents' psychological well-being, making their condition easy to understand. It also explains Ryff's six dimensions and offers practical suggestions for parents and teachers. However, the small sample size of only 33 respondents limits the strength of the conclusions.
12	Pribadi & Ambarwati (2023)	Adolescents in Indonesia (n=2)	Looking at the impact of parental divorce on psychological well-being in late adolescents	Method: Qualitative Instrument: Interview and Documentation	The study explains Ryff's six dimensions and offers practical interventions. However, the small sample and lack of demographic analysis limit the generalizability and depth of the findings.
13	Wulandari & Fauziah (2019)	Adolescents in Indonesia (n=3)	Looking at the experiences of adolescent girls who are victims of parental divorce	Method: Qualitative Instrument: Semi-structured interview	This study shows how adolescents' views change before, during, and after divorce. However, it only uses their perceptions, doesn't include demographic factors, and has a small sample, limiting the depth and generalizability.
14	Widyanni'mah (2019)	Adolescents Orphanage in Indonesia (n=4)	Looking at psychological well-being in adolescents experiencing parental divorce who live in an orphanage	Method: Qualitative Instrument: Interview	This study ensures data accuracy through triangulation and uses a clear analysis model by Miles & Huberman. However, with only female participants, a small sample size, and limited exploration of influencing factors, the findings may lack depth and broader representativeness.
15	Ifdil et al. (2020)	Adolescents (n=not mentioned)	Understanding how family conditions influenced by divorce affect the psychological well-being of adolescents	Method: Qualitative Instrument: Secondary data collection	This study clearly defines psychological well-being using Ryff's (1989) framework, explains influencing factors well, and draws from varied in-depth sources. However, it relies solely on secondary data, so the findings might not fully reflect the real experiences of adolescents.
16.	Wijaya et al. (2021)	Adolescents in Indonesia (n=56)	To explore the relationship between resilience, post-traumatic growth, and psychological well-being in adolescents with divorced parents	Method: Quantitative Instrument: CD-RISC (Connor & Davidson, 2003), Post-Traumatic Growth Inventory, Psychological Well-Being Scale (Ryff, 2017)	This study explains in detail the factors that affect the psychological well-being of adolescents with divorced parents and offers practical intervention suggestions. However, the small sample size of only 56 participants may limit the generalizability of the findings.

17.	Maylinda et al. (2024)	Adolescent in Indonesia (n=30)	To evaluate the effectiveness of resilience training in reducing stress and improving psychological well-being in adolescents with divorced parents	Method: Quasi-experimental design with treatment group and non-randomly selected comparison group Instrument: Educational Stress Scale for Adolescents (ESSA), Psychological Well-Being scale by Ryff, and Intervention Module	This study used a quasi-experimental design with a pretest and posttest, making the results more reliable. It also provides practical intervention suggestions and was conducted in a boarding school setting. However, it does not consider demographic factors, and the small sample of 30 participants may limit how widely the findings can be applied.
-----	------------------------	--------------------------------	---	---	---

Overview of Psychological Well-Being in Each Dimension

1. Autonomy

Adolescents who experience parental divorce can still actively make decisions related to behavior and engage in various activities that make them happier. After divorce, their ability to live independently tends to develop at a similar pace as those who have not experienced divorce. Several studies support this, indicating that adolescents from divorced families are often more capable of taking responsibility for their actions and view themselves as independent individuals (Hafiza and Mawarpury, 2018; Hulu et al., 2024; Jiarui & Che Amat, 2023; Maharani & Daulay, 2023; Widyanni'mah, 2019).

A high level of autonomy can be explained by the changes that occur in adolescents' lives after parental divorce. Some adolescents from divorced families are more actively involved in activities at home, such as taking care of younger siblings, cooking, and washing laundry, which they previously did less often (Jiarui & Che Amat, 2023). These findings align with those of Ramadhani et al. (2016), which also show that adolescents tend to have a high level of autonomy. This is attributed to changes in the social environment due to parental divorce, which encourages them to take on a greater role in daily life, such as home chores, decision-making, and self-introspection (Pribadi & Ambarwati, 2023; Wambua et al., 2021).

However, not all adolescents have high levels in autonomy. Sablaon and Madrigal (2021) show that the level of autonomy of adolescents is at a moderate level. Additionally, both quantitative and qualitative research found that some adolescents report struggling with independence, as they have difficulty adjusting to the changing family dynamics (Hulu et al., 2024; Ramadhani et al., 2016). Adolescents who have low autonomy are also seen to be more prone to destructive actions and have difficulty regulating their actions, for example when angry, they may resort to actions such as slamming objects or getting involved in fights (Widyanni'mah, 2019).

2. Positive Relations with Others

Positive relationships, especially between adolescents and their parents, play a crucial role in maintaining psychological well-being (van der Wal et al., 2024). However, parental divorce often disrupts this dynamic and weakens the bond between adolescents and their parents (Nurnaningsih et al., 2022; Widyanni'mah, 2019). Adolescents are more likely to experience conflict with their fathers, particularly when they perceive them as responsible for the divorce (Hafiza & Mawarpury, 2018; Nurnaningsih et al., 2022; Widyanni'mah, 2019). Consistent with this, Wulandari and Fauziah (2019) found that adolescents tend to have closer relationships with their mothers, often confiding in them and developing stronger emotional connections. Nevertheless, some adolescents make efforts to maintain positive relationships with both parents. Although daily interactions may no longer be possible, they continue to communicate regularly to maintain a good relationship (Mohan, 2020; Pribadi & Ambarwati, 2023).

Parental divorce also affects adolescents' relationships with their friends. Adolescents are also often reluctant to start conversations, as they may fear negative judgments from others about themselves, leading them to suppress their problems and avoid forming new relationships (Jiarui & Che Amat, 2023; Maharani & Daulay, 2023). However, adolescents with strained parental relationships often form stronger bonds with their friends (Widyanni'mah, 2019). Indeed, it is important to emphasize that adolescents face great challenges to maintain positive relationships with their parents and others (Subramaniam et al., 2020).

3. Environmental Mastery

Research shows that adolescents with divorced parents often struggle with environmental mastery. They face challenges adapting to their school environment, maintaining friendships, managing time, handling surrounding situations, and choosing meaningful activities in their daily lives (Jiarui & Che Amat, 2023; Ramadhani et al., 2016; Sablaon & Madrigal, 2021). The difficulty in managing the environment may result from the pressure associated with parental divorce (Ramadhani et al., 2016). Jiarui and Che Amat (2023) found that adolescents with divorced parents often experience less parental warmth, and it worsens their adaptation process to the current environment or situation.

Adolescents who have high environmental mastery usually take an active role in school activities, including participation in organizations and extracurricular programs (Ramadhani et al., 2016; Widyanni'mah, 2019). In addition, many adolescents attempt to keep themselves busy by doing external activities after school, such as part-time jobs, to help ease the family's financial burden (Ramadhani et al., 2016; Subramaniam et al., 2020). However, research by Hulu et al. (2024) showed that adolescents demonstrate good environmental mastery, as evidenced by their ability to choose positive peer environments. Their success in adapting is associated with internal factors, such as interpersonal communication skills and a sense of comfort in the new environment (Pribadi & Ambarwati, 2023).

4. Personal growth

Personal growth in adolescents from divorced families does not experience many obstacles. Research by Ramadhani et al. (2016) found that the personal growth dimension scored higher than other dimensions, suggesting that some adolescents are still able to develop their potential, learn from experience, and improve themselves despite coming from divorced families. These adolescents view divorce not as a barrier to success but as a learning experience. They demonstrate an awareness of their abilities, a willingness to grow, openness to new experiences, and a commitment to turning challenges into opportunities for self-development. Additionally, adolescents also appear more aware of their potential and are committed to making all the experiences they go through an opportunity for further growth and improvement. (Nurnaningsih et al., 2022).

Research by Hulu et al. (2024) found similar results in this dimension. Adolescents who show good personal growth are those who improve their abilities, feel confident in their potential, and tend to have higher expectations for their future (Hulu et al., 2024). This means that these adolescents not only believe in their abilities but are also motivated to grow personally. To support their personal development, they often look for role models who motivate them and help them work on improving their lives and become better individuals (Pribadi & Ambarwati, 2023).

5. Purpose in life

Parental divorce is an unpleasant experience and can lead to psychological trauma in adolescents. Adolescents revealed that parental divorce caused challenges for them to set life goals Pribadi & Ambarwati (2023). Some adolescents do not have clear goals and experience confusion regarding the future picture. Nevertheless, they still try to set life goals such as continuing their education to the university level and making their parents happy. Study by Widyanni'mah (2019) reported that although there are adolescents who have not fully accepted their parents' divorce, they still have a vision of their purpose in life and the future they want to achieve, this is shown by having a strong motivation to become a better person and improve their quality of being their main motivator. Similar to Hafiza and Mawarpury (2018), some adolescents from divorced families have found meaning and purpose in life. For instance, some began working as early as age 13 and expressed that working is something they enjoy and want to pursue.

This indicates that they already have small goals they want to achieve in life. In addition, some adolescents aspire to start working at a young age to gain valuable experience and prepare for the workforce in adulthood. Others are dedicated to supporting their younger siblings' education, showing that the challenges of parental divorce do not always serve as obstacles but can instead become motivation to improve their life circumstances.

6. Self-Acceptance

In general, it is not easy for adolescents to accept their parents' divorce. Studies show that this experience is often perceived negatively and causes feelings of weakness and disappointment, even years after the divorce (Ifdil et al., 2020; Widyanni'mah, 2019). However, although feelings of disappointment are inevitable for some people, they try to accept their current situation and slowly learn to accept themselves in order to live life to

the fullest (Nurnaningsih et al., 2022). For some adolescents, self-acceptance has its own challenges and is a process that takes time (Maharani & Daulay, 2023). Fortunately, over time, adolescents tend to learn to accept the reality that their family has changed and begin to accept themselves as well, adolescents will continue to learn to accept their situation, such as by distracting themselves by doing fun activities. At first, they often feel jealous of friends who have intact families, especially since they have to live apart from one or both parents after the divorce (Pribadi & Ambarwati., 2023).

In addition, several studies have found that adolescents who have strong self-acceptance skills often view their past more positively and do not remain in sadness, they are no longer trapped in a state of sadness or anger and try to understand that the decisions that have been made by both parents are things that must be accepted. Adolescents also continue to try to be able to make the difficult experiences they experience as an opportunity to learn to develop themselves, as in accordance with the concept of self-acceptance which is not only accepting the situation but also being able to see the positive side of the experience (Subramaniam et al., 2020; Wulandari & Fauziah, 2019).

Factors Affecting Psychological Well-Being in Adolescents Experiencing Parental Divorce

Based on the findings of the literature review, factors that can affect psychological well-being in adolescents who experience parental divorce can be categorized into external and internal factors. One key external factor that plays a significant role in enhancing psychological well-being is social support, which includes emotional, instrumental, informational, and relational support (Wambua et al., 2021; Widyanni'mah, 2019; Wulandari & Fauziah, 2019). Adolescents with strong social support experience a sense of comfort, mutual trust, warmth, affection, and responsiveness. All of which contribute to improving their psychological well-being (Nurnaningsih et al., 2022). Attention, a sense of security, and closeness between adolescents and their environment around them are also proven to help adolescents overcome psychological challenges in their lives, ultimately enhancing their psychological well-being (Ramadhani et al., 2016). A school environment that supports and provides warm feelings to adolescents also has a positive influence on their psychological well-being (Sablaon & Madrigal, 2021).

Another external factor is parental attachment, which has been shown to positively influence adolescents' psychological well-being. A secure attachment and positive parenting can help adolescents feel more supported and emotionally stable (Mohan, 2020). Demographic characteristics, such as age at the time of divorce, also affect psychological well-being. Research shows that the younger the adolescent is during the divorce, the greater the psychological impact tends to be (Wambua et al., 2021). In addition, education level and socioeconomic status also play a role in adolescents' well-being. The higher the education level and socioeconomic status, the better their psychological well-being (Mohan, 2020; Sablaon & Madrigal, 2021).

Not only external factors, adolescent's psychological well-being is also influenced by internal factors. Adolescents with high religiosity, characterized by being able to do self-reflection, feeling close to God, and seeing all situations as part of God's plan are believed to increase their psychological well-being (Nurnaningsih et al., 2022). Wulandari and Fauziah (2019) also found similar results that adolescents with a high level of

religiosity such as diligent worship can interpret all the challenges they face positively. Other internal factors that serve as protective factors is coping strategies. Adolescents who engage in positive outdoor activities, such as camping, hiking, or spending time in nature, tend to have better psychological well-being (Pribadi & Ambarwati, 2023). Similarly, those with good self-control are also found to have higher psychological well-being (Wambua et al., 2021). In addition, resilience was also found to have a strong positive relationship with psychological well-being in adolescents who experienced parental divorce, so that with resilience, adolescents will find it easier to deal with stress and life changes due to parental divorce (Wijaya et al., 2021). In line with the results of research by Maylinda et al. (2024) which found that resilience-based training can improve psychological well-being in adolescents.

DISCUSSION

Based on a review of 17 studies on the psychological well-being of adolescents with divorced parents, the findings show that the condition of each psychological well-being dimension varies. While many studies have found that parental divorce has a negative impact on adolescents' well-being, this literature review also reveals that adolescents may develop positive aspects as they adapt to family changes. The discussion is organized according to Ryff's six dimensions of psychological well-being: autonomy, positive relations with others, environmental mastery, personal growth, purpose in life, and self-acceptance. These findings are reinforced by existing studies on adolescent well-being and other related psychological aspects following parental divorce.

The literature review shows that many adolescents with divorced parents develop greater autonomy, characterized by increased independence and self-reliance. They are often able to make their own decisions and handle responsibilities. This finding is in line with that of Sa'diyah (2017), who found that changes in family structure foster independence, self-regulation, problem-solving skills, and a sense of responsibility in adolescents. This may happen because adolescents do not want to be a burden to their parents, so they are motivated to become more independent and handle problems on their own (Basalamah & Pebriani, 2024). Turning now to positive relationships with others, the results indicate that parental divorce weakens the bond between adolescents and their parents, especially with fathers, and affects their relationships with friends. This finding is in line with that of Zhang (2020), who found that parental divorce often results in adolescents receiving less attention from both parents, which can lead to conflicts in the relationship between adolescents and their parents. This literature review also found that some adolescents maintain positive connections with friends and form stronger friendships. This is consistent with research showing that adolescents are able to maintain positive friendships with peers, which provides them with emotional and social support (Saraswati & Suleeman, 2018).

Furthermore, findings on environmental mastery were mixed. Some adolescents struggled to adapt to their environment, while others showed strong environmental mastery by engaging in positive activities and using supportive social skills. Difficulties in environmental mastery may be caused by emotional distress and behavioral issues that often arise from parental divorce, which can hinder their ability to adapt. Challenges in

this dimension are also marked by a loss of self-confidence (Bajwa et al., 2023). This finding is consistent with that of Mohammad and Masroom (2020). They found that adolescents from divorced families can still demonstrate good adaptation skills in their environment. This adaptability is achieved by managing their emotions more effectively, which helps them adjust to the situations they are facing. In the personal growth dimension, this literature review found that adolescents are generally able to develop their potential and view divorce as a learning experience. This finding was also reported by Budiman and Widyastuti (2022), who showed that adolescents can see parental divorce as an experience that provides valuable lessons, such as a better understanding of themselves and personal development into better individuals.

The next dimension is purpose in life. Most of the articles in this literature review revealed that adolescents who experience parental divorce can have a clear direction and purpose in life. Some studies suggest that the difficulties caused by parental divorce motivate adolescents to develop stronger and more focused life goals. For example, some adolescents have the desire to work, while others seek to support their siblings' education. Even though many changes occur due to parental divorce, adolescents can still have meaningful life goals for their future (Chui & Wong, 2017; Hafiza & Mawarपुरy, 2018; Ryff, 2013). The last dimension is self-acceptance. This review also found that some adolescents need time to cultivate self-acceptance. Several studies indicate that this gradual process of self-acceptance aligns with broader adolescent developmental trajectories (Dewi & Herdiyanto, 2018; Lestari, 2016).

According to the research findings in this literature, several factors can influence psychological well-being in adolescents who experience parental divorce, including external factors such as social support (Nurnaningsih et al., 2022; Ramadhani et al., 2016; Sablaon & Madrigal, 2021; Wambua et al., 2021; Widyanni'mah, 2019; Wulandari & Fauziah, 2019), parental attachment (Mohan, 2020), age at divorce (Wambua et al., 2021), education level (Sablaon & Madrigal, 2021), and socioeconomic status (Mohan, 2020). Internal factors include religiosity (Nurnaningsih et al., 2022; Wulandari and Fauziah, 2019), coping strategies (Pribadi & Ambarwati, 2023), self-control (Wambua et al., 2021), and resilience (Maylinda et al., 2024; Wijaya et al., 2021). These findings accord with those of other studies, such as research by Ryff and Keyes (1995) that suggests that demographic factors, including socioeconomics, can affect adolescents' psychological well-being. Odgers (2015) also added that adolescents who come from materially well-off families tend to experience less psychological difficulties when facing parental divorce compared to those from low-income families. Regarding the social environment support, research by Sa'adah (2017) found that families who can provide direct support to adolescents allow them to deal with the situation more positively. However, adolescents who experience parental divorce often struggle to have adequate support from their parents, which can lead to a decrease in their psychological well-being (Nasri et al., 2018). Other studies have also found that low psychological well-being in adolescents can be improved by providing social support (Prameswari & Muhid, 2022).

Several other studies have found that a high level of parental attachment can serve as a buffer against stress for adolescents experiencing parental divorce. A high level of attachment between parents and children can mitigate the negative effects of stressors, including the challenges posed by parental divorce (Finkelstein

& Grebelsky-Lichtman, 2022; Muzi et al., 2022). Research found that the impact of divorce can vary depending on the age when divorce of the parents occurs. When divorce occurs as a child enters adolescence, it can hinder their ability to form a stable identity and negatively affect their emotional development (Hartman et al., 2016; Pantelis et al., 2015; Tullius et al., 2022). Moreover, the literature shows that religiosity can affect psychological well-being (Nurnaningsih et al., 2022; Wulandari & Fauziah, 2019). Harjanti (2021) and Indrawati (2019) explain that religiosity has a positive relationship with psychological well-being. Adolescents who develop a closer relationship with God tend to view situations more positively, which facilitates a more constructive interpretation of their life experiences. Thus, religiosity may emerge as a key factor influencing psychological well-being in adolescents.

In addition to religiosity, another factor found in this literature is self-control. Galla and Wood (2015) found that adolescents who have a high level of self-control tend to navigate daily stress effectively and in an adaptive way, which helps them manage pressure and maintain their psychological well-being. Furthermore, stress coping also plays an important role, including the ability of adolescents to make cognitive and behavioral adjustments in challenging situations. Effective stress coping strategies have been shown to improve psychological well-being (Pribadi & Ambarwati, 2023). Lastly, the finding indicates that resilience makes a contribution to the level of psychological well-being of adolescents (Maylinda et al., 2024; Wijaya et al., 2021). This is supported by previous research, which found that adolescents who have a high level of resilience are better equipped to deal with stress and emotional turmoil due to the event of parental divorce; therefore, resilience can act as a protective factor for psychological well-being (Schaan & Vögele, 2016).

In addition, we found that some external and internal factors were linked, where external factors can play a role in shaping other internal factors. This is exemplified in research carried out by Nazari et al. (2024), which showed that when adolescents have social support from their environment, they tend to have more adaptive stress coping strategies. In addition, strong parental attachment was found to foster emotional security. For example, when individuals feel close to their parents, receive support, love, and validation, they can regulate their emotions better (Sun et al., 2022). Furthermore, other external factors, such as the age at which parental divorce occurs, has also shown a relationship with adolescent self-control. Those who experience parental divorce at a younger age tend to have difficulties in self-control, especially in controlling their emotions and behavior (Çakmak et al., 2018). Thus, the interaction between these external and internal factors may contribute to adolescents' psychological well-being and may be of interest for further research.

Based on the findings on the factors influencing the psychological well-being of adolescents with divorced parents, it is evident that effective interventions are needed to help them maintain and enhance their well-being. One such intervention is resilience-based training, which aims to strengthen adolescents' resilience in coping with challenges and stress caused by parental divorce (Maylinda et al., 2024). This training has been shown to help adolescents regulate emotions, develop positive thinking, adapt to life changes, and reduce academic stress. Additionally, research highlights the crucial role of parental attachment in adolescent well-being. Therefore, attachment-based interventions, such as Attachment-Based Family Therapy (ABFT) and the Adolescent Adaptation Pilot Program to Parental Divorce (AAPPD), are considered effective in improving

adolescents' psychological well-being (Tay-Karapas et al., 2024; Diamond et al., 2016). These interventions focus on restoring parent-child attachment by rebuilding trust, enhancing healthy communication, and fostering secure attachment, ultimately contributing to better psychological well-being.

Evidence suggests that positive psychotherapy strengthens emotional resilience and fosters adaptive outlooks among adolescents post parental divorce (Sarrami et al., 2018). This intervention focuses on fostering a more optimistic mindset, ultimately contributing to improved psychological well-being. Similarly, mindfulness-based interventions are implemented in schools through school-based mindfulness programs (Slametiningsih et al., 2025). These interventions help adolescents cultivate present-moment awareness without negative judgment, using techniques such as breath regulation, meditation, and other exercises aimed at managing emotions and reducing stress (Slametiningsih et al., 2025). The effectiveness of these interventions is reinforced by social support from families and teachers, aligning with research findings that highlight social support as a key factor in adolescents' psychological well-being. This finding reflects that of Ramadhani et al. (2016), who found that interventions designed to enhance social support, whether from extended family or peers, can facilitate adolescents' adjustment and ultimately lead to better psychological well-being.

The strength of this literature review lies in its use of studies employing diverse methodologies, including quantitative, qualitative, and mixed methods. This combination provides a more balanced understanding and enhances the credibility of the findings, compared to prior reviews that lacked dimension-specific focus. While each method has its potential biases, this literature review enables them to complement one another, helping bridge the gaps in individual approaches. This allows researchers to gain a more comprehensive perspective. Quantitative research offers objective statistical data, whereas qualitative studies provide deeper insights into participants' subjective experiences. Additionally, the alignment of findings from both quantitative and qualitative studies strengthens the conclusions, making them more robust and reliable.

Despite its strengths, this literature review has several limitations. It is limited by the imbalance in the number of articles across different methods, limiting the ability to fully integrate the findings. Furthermore, the majority of the articles included have certain limitations that should be acknowledged. First, most articles had small sample sizes. Second, many did not consider demographic factors such as gender, age, number of siblings, or parental education, which may influence the impact of divorce on adolescent psychological well-being. Third, the dimensions of psychological well-being proposed by Ryff (1989) may be influenced by cultural factors, which were not further discussed in this literature review. Although Ryff's model of psychological well-being (1989) provides a comprehensive framework for understanding adolescent well-being, some scholars have raised concerns about the cross-cultural generalizability of this model, arguing that each dimension of psychological well-being may vary depending on cultural background. Charry et al. (2020) and Lee et al. (2024) found that the autonomy dimension differs between individualistic and collectivist cultures, with individualistic cultures emphasizing independence and collectivist cultures prioritizing family values. Similar cultural differences appear in other dimensions, such as positive relationships and environmental mastery. Adolescents in collectivist cultures can form good relationships even with strained

parental bonds and rely on familial support during stress, while those in individualistic cultures are expected to handle challenges independently (Humphrey et al., 2020). These cultural influences are also seen in purpose in life, personal growth, and self-acceptance (García-Castilla et al., 2020; Humphrey et al., 2020).

CONCLUSION

Overall, this literature review has shown that the psychological well-being among adolescents with divorced parents vary across dimensions and is influenced by a variety of factors. In autonomy, the findings showed that some adolescents developed independence, while others struggled to adapt. In the positive relations with others dimension, adolescents often faced challenges, especially with their fathers, although some maintained communication and sought support from friends. Environmental mastery also varied, with some adolescents being active in school and social activities, while others struggled. Furthermore, in personal growth and purpose in life, many adolescents remained passionate about growth, but some continued to struggle with identity clarity or future goals. The last dimension, self-acceptance, can be a challenge but can improve with time. Factors that influence the psychological well-being of adolescents with divorced parents can be divided into external and internal factors. External factors include social environment support, parental attachment, age at divorce, education level, and socio-economic status. Meanwhile, internal factors, including resilience, religiosity, stress coping, and self-control were found to affect their well-being. The combination of these factors influenced their ability to develop psychological well-being.

The findings of this literature review offer practical insights for psychologists, educators, and parents in supporting adolescents from divorced families. Psychologists can implement interventions, such as resilience training and social support programs involving extended family and friends to boost adjustment and well-being. Positive psychotherapy may also help foster optimism after parental divorce. Educators and parents play a key role through environmental and relational support. School-based mindfulness, especially when reinforced by teachers and parents, may help adolescents manage stress and build positive mindsets. For parents, open communication, emotional bonding, and adaptive coping strategies are essential. Interventions such as Attachment-Based Family Therapy (ABFT) and the Adolescent Adaptation Pilot Program to Parental Divorce (AAPPD) have been shown to be effective in enhancing parent-child relationships and adolescents' psychological well-being. These practical implications may provide valuable guidance for various stakeholders in supporting the psychological well-being of adolescents experiencing parental divorce.

Beyond practical applications, this literature review serves as a valuable foundation for future research by providing insights into adolescent psychological well-being. Further studies could explore this relationship in greater depth, including the role of mediating and moderating variables in clarifying the connection between parental divorce and adolescents' psychological well-being. Additionally, while religiosity and coping strategies have been identified as influential factors, interventions specifically designed based on these aspects are still limited. Future research could focus on developing and evaluating interventions rooted in religiosity and coping strategies to assess their effectiveness in enhancing the psychological well-being of adolescents

from divorced families. Therefore, future research should also consider the cultural context, as cultural norms and values may shape adolescents' interpretation and response to parental divorce.

ACKNOWLEDGMENT

The Researcher would like to express gratitude thanks to the supervisor. In addition, appreciation is extended to the reviewers for their valuable input, which greatly assisted in the writing process and completion of this publication.

REFERENCES

- Aziz, M. (2015). Perilaku sosial anak remaja korban broken home dalam berbagai perspektif (Suatu penelitian di SMPN 18 kota Banda Aceh). *Jurnal Al-Ijtima'iyah*, 1(1).
- Bajwa, M. S. A., Razzaq, H. A. R., & Majeed, M. F. (2023). Negative impact of divorce on teenagers in District Chiniot, Pakistan. *Sociological Research And Innovation*, 1(2). <https://doi.org/10.32350/sri.12.03>
- Balashov, E. (2022). Psychological well-being as cognitive-emotional component of student self-regulated learning. *International Journal of Cognitive Research in Science, Engineering and Education (IJCRSEE)*, 10(2), 101–109.
- Basalamah, H., & Pebriani, L. V. (2024). Parental divorce: Challenges and opportunities for adolescent. *Journal of Family Sciences E*, 09(02).
- Berzonsky, M. D., & Cieciuch, J. (2016). Mediatonal role of identity commitment in relationships between identity processing style and psychological well-being. *Journal of Happiness Studies*, 17(1), 145–162.
- Botelho Guedes, F., Cerqueira, A., Gaspar, S., Gaspar, T., Moreno, C., & Gaspar de Matos, M. (2022). Family environment and Portuguese adolescents: Impact on quality of life and well-being. *Children*, 9(2), 200.
- Budiman, M., & Widyastuti, W. (2022). Dinamika psikologis remaja yang mengalami broken home karena orang tua bercerai. *Cognicia*, 10(2), 72–79. <https://doi.org/10.22219/cognicia.v10i2.22072>
- Cahyarity, T. I., Putri, N. D., Dania, N. R., Utami, F. R., & Arman, E. (2025). Systematic literature review: Dampak Perceraian Orang Tua terhadap Kondisi Psikologis Remaja. *TSAQOFAH*, 5(1), 547–555. <https://doi.org/10.58578/tsaqofah.v5i1.4547>
- Çakmak, S., Gedikli, H., Demirkol, M. E., & Tamam, L. (2018). Effects of Parental Divorcement on Impulsivity in adolescence. *TURKISH JOURNAL CLINICAL PSYCHIATRY*, 21(2), 137–147.
- Charry, C., Goig, R., & Martínez, I. (2020). Psychological well-being and youth autonomy: Comparative analysis of Spain and Colombia. *Frontiers in Psychology*, 11, 564232.
- Chui, W. H., & Wong, M. Y. H. (2017). Association between parents' marital status and the development of purpose, hope, and self-esteem in adolescents in Hong Kong. *Journal of Family Issues*, 38(6), 820–838.
- Dewi, K. S., & Soekandar, A. (2019). Kesejahteraan anak dan remaja pada keluarga bercerai di Indonesia: Reviu naratif. *Jurnal Wacana*, 11(1), 42–78
- Diamond, G., Russon, J., & Levy, S. (2016). Attachment-based family therapy: A Review of the Empirical Support. *Family process*, 55(3), 595–610. <https://doi.org/10.1111/famp.12241>

- Donnalo, R. S. (2020). Implementasi pemuridan kontekstual dalam menanamkan nilai nilai pendidikan karakter bagi anak usia dini. <https://doi.org/10.31219/osf.io/7j82n>
- Erikson, E. H. (1996). *Identity youth and crisis (Issue 7)*. WW Norton & company.
- Ferrari, R. (2015). Writing narrative style literature reviews. *Medical Writing*, 24(4), 230–235.
- Finkelstein, I., & Grebelsky-Lichtman, T. (2022). Adolescents in divorced families: The interplay of attachment patterns, family environment, and personal characteristics. *Journal of Divorce & Remarriage*, 63(2), 120–149.
- Galla, B. M., & Wood, J. J. (2015). Trait self-control predicts adolescents' exposure and reactivity to daily stressful events. *Journal of Personality*, 83(1), 69–83.
- Gao, J., & McLellan, R. (2018). Using Ryff's Scales of psychological well-being in adolescents in Mainland China. *BMC Psychology*, 6, 1–8.
- García-Castilla, F. J., Martínez-Sánchez, I., Campos, G., & Arroyo Resino, D. (2020). Impact of gender and relationship status on young people's autonomy and psychological well-being. *Frontiers in Psychology*, 11, 1735.
- Garriga, A., & Pennoni, F. (2022). The causal effects of parental divorce and parental temporary separation on children's cognitive abilities and psychological well-being according to parental relationship quality. *Social Indicators Research*, 161(2), 963–987.
- Hafiza, S., & Mawarpury, M. (2018a). Pemaknaan kebahagiaan oleh remaja broken home. *Psymphatic: Jurnal Ilmiah Psikologi*, 5(1), 59–66. <https://doi.org/10.15575/psy.v5i1.1956>
- Harahap, E., Sukatno, S., Warzuqni, A., & Saputri, N. M. I. (2021). Kesehatan mental remaja putri korban perceraian orang tua. *Ristekdik: Jurnal Bimbingan Dan Konseling*, 6(2), 268–272.
- Harjanti, D. K. S. (2021). Kesejahteraan psikologis pada remaja panti asuhan ditinjau dari internal locus of control dan spiritualitas. *Gadjah Mada Journal of Psychology (GamaJoP)*, 7(1), 83–98.
- Hartman, L., Mandich, A., Magalhães, L., & Polgar, J. M. (2016). Young adults' experiences of parental divorce or separation during their adolescence: An occupational perspective. *Journal of Occupational Science*, 23(2), 234–244.
- Hulu, A. L., Sitepu, C. A., Silalahi, C. W., Butar, G. S. M. B., Marpaung, W., & Mirza, R. (2024). Dinamika psychological well-being remaja dari orangtua yang mengalami perceraian. *JURNAL SOCIAL LIBRARY*, 4(1), 31–37.
- Humphrey, A., Bliuc, A.-M., & Molenberghs, P. (2020). The social contract revisited: A re-examination of the influence individualistic and collectivistic value systems have on the psychological well-being of young people. *Journal of Youth Studies*, 23(2), 160–169.
- Ifdil, I., Sari, I. P., & Putri, V. N. (2020). Psychological well-being remaja dari keluarga broken home. *SCHOULID: Indonesian Journal of School Counseling*, 5(1), 35. <https://doi.org/10.23916/08591011>
- Indrawati, T. (2019). Pengaruh resiliensi dan religiusitas terhadap kesejahteraan psikologis pada guru di PAUD rawan bencana rob. *Al-Athfaal: Jurnal Ilmiah Pendidikan Anak Usia Dini*, 2(2), 71–82.

- Jiarui, M., & Che Amat, M. A. (2023). The experiences of parental divorce on the psychological well-being among High School Students. *Journal of Public Administration and Governance*, 12(4S), 213. <https://doi.org/10.5296/jpag.v12i4s.20814>
- Lee, S. J., Cloninger, C. R., & Chae, H. (2024). The associations between well-being and cloninger's personality dimensions in a Korean community sample. *PeerJ*, 12, e18379.
- Lestari, S. (2016). *Psikologi keluarga: Penanaman nilai dan penanaman konflik dalam keluarga*. Prenada Media.
- Luailik, M., & Sa'diyah, E. H. (2023). The impact of parental divorce on children's psychology. *HISTORICAL: Journal of History and Social Sciences*, 2(4), 162–169.
- Maharani, A., & Daulay, A. A. (2023). Exploring the influence of broken homes on children's mindsets: A Qualitative study. *Counsnesia Indonesian Journal Of Guidance and Counseling*, 4(1), 53–60. <https://doi.org/10.36728/cijgc.vi.2530>
- Maylinda, R. N., Lubis, R., & Indrawan, Y. F. (2024). The effectiveness of resiliency training on academic stress and psychological well-being. *Journal of Educational, Health & Community Psychology (JEHCP)*, 13(1).
- Meland, E., Breidablik, H. J., & Thuen, F. (2020). Divorce and conversational difficulties with parents: Impact on adolescent health and self-esteem. *Scandinavian Journal of Public Health*, 48(7), 743–751.
- Mohammad, S. N. S., & Masroom, M. N. (2020). Student emotions due to parental divorce. *Sains Humanika*, 12(1).
- Mohan, A. (2020). Self esteem and psychological well being of adolescent children in single parent families. *Indian Journal of Public Health Research & Development*, 11(5).
- Muzi, S., Rogier, G., & Pace, C. S. (2022). Peer power! Secure peer attachment mediates the effect of parental attachment on depressive withdrawal of teenagers. *International Journal of Environmental Research and Public Health*, 19(7), 4068.
- Navari, S., Yekan, M., Hosseini, M. S., Shapari, B., & Khavat-Hesar, N. (2024). The effectiveness of spiritual intelligence training on resilience and psychological well-being of adolescents with high-risk behaviors. *International Journal of Body, Mind & Culture (2345-5802)*, 11(1).
- Nazari, S., Zamani, A., & Farokhnezhad Afshar, P. (2024). The relationship between received and perceived social support with ways of coping in nurses. *Work*, 78(4), 1247–1255.
- Niyazova, A., & Madaliyeva, Z. (2022). Impact of resilience on psychological well-being. *Journal of Intellectual Disability-Diagnosis and Treatment*, 10(4), 178–186.
- Nurnaningsih, N., Yuzarion, Y., Purwadi, P., & Hayati, E. N. (2022). Psychological well-being of young lady from a broken home family in Tana Toraja. *Psikostudia: Jurnal Psikologi*, 11(1), 125.
- Obeid, S., Al Karaki, G., Haddad, C., Sacre, H., Soufia, M., Hallit, R., Salameh, P., & Hallit, S. (2021). Association between parental divorce and mental health outcomes among Lebanese adolescents: Results of a national study. *BMC Pediatrics*, 21, 1–9.
- Odgers, C. L. (2015). Income inequality and the developing child: Is it all relative? *American Psychologist*, 70(8), 722.

- Page, M. J., McKenzie, J. E., Bossuyt, P. M., Boutron, I., Hoffmann, T. C., Mulrow, C. D., Shamseer, L., Tetzlaff, J. M., Akl, E. A., Brennan, S. E., Chou, R., Glanville, J., Grimshaw, J. M., Hróbjartsson, A., Lalu, M. M., Li, T., Loder, E. W., Mayo-Wilson, E., McDonald, S., McGuinness, L. A., Stewart, L. A., Thomas, J., Tricco, A. C., Welch, V. A., Whiting, P., & Moher, D. (2021). The PRISMA 2020 statement: An updated guideline for reporting systematic reviews. *Journal of Clinical Epidemiology*, 134, 1–12. <https://doi.org/10.1016/j.jclinepi.2021.03.001>.
- Pantelis, K., Bonotis, K., & Kandri, T. (2015). It attacked my change: An exploratory study with young adults on the impact of divorce and their adjustment processes during adolescence. *Journal of Divorce & Remarriage*, 56(8), 634–656.
- Prameswari, S. A., & Muhid, A. (2022). Dukungan sosial untuk meningkatkan psychological well being anak broken home: Literature review. *Jurnal Psimawa: Diskursus Ilmu Psikologi Dan Pendidikan*, 5(1), 1–9.
- Pribadi, B. M., & Ambarwati, K. D. (2023). Psychological well-being pada remaja akhir korban perceraian orang tua di Kabupaten Pati. *Innovative: Journal Of Social Science Research*, 3(2), 14889–14901.
- Ramadhani, T., Djunaedi, D., & Sismiati, A. (2016). Kesejahteraan psikologis (psychological well-being) siswa yang orangtuanya bercerai (studi deskriptif yang dilakukan pada siswa di SMK Negeri 26 Pembangunan Jakarta). *Insight: Jurnal Bimbingan Konseling*, 5(1), 108–115.
- Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069.
- Ryff, C. D. (2013). Psychological well-being revisited: Advances in the science and practice of eudaimonia. *Psychotherapy and Psychosomatics*, 83(1), 10–28.
- Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69(4), 719.
- Sa'adah, U. (2017). Parenting skills orangtua dan kesejahteraan psikologis anak. *Psikoislamika: Jurnal Psikologi Dan Psikologi Islam*, 14(2), 5–15.
- Sablaon, C. M., & Madrigal, D. V. (2021). Adolescent Psychological Well-Being: The Case of Filipino Catholic High School Students with Absentee Parents. *Philippine Social Science Journal*, 4(1), 31–41. <https://doi.org/10.52006/main.v4i1.322>
- Sa'Diyah, R. (2017). Pentingnya melatih kemandirian anak. *Kordinat*, 16(1), 31–46.
- Saraswati, K., & Suleeman, J. (2018). Resilience and friendship quality among late adolescents from intact, divorced, and remarried families. *Universitas Indonesia International Psychology Symposium for Undergraduate Research (UIPSUR 2017)*, 323–329.
- Sarrami, M., Nazari, A., & Kassayi, A. (2018). Effect of positive psychotherapy on psychological well-being of divorce children. *Journal of Research and Health*, 8(4), 298–304. <https://doi.org/10.29252/jrh.8.4.298>
- Schaan, V. K., & Vögele, C. (2016). Resilience and rejection sensitivity mediate long-term outcomes of parental divorce. *European Child & Adolescent Psychiatry*, 25, 1267–1269.
- Slametiningsih, Hamid, A. Y. S., Rachmah, I. N., Mustikasari, & Ismail, R. I. (2025). School-based mindfulness enhances psychological well-being in adolescents after parental divorce: A systematic

- review. *Jurnal Promkes: The Indonesian Journal of Health Promotion and Health Education (Special Issue-2nd Happy & Healthy International Symposium)*, 13(S1), 235-245. <https://doi.org/10.20473/jpk.V13.ISI1.2025.235-245>
- Spitzer, M. (2017). *Effect and Use of Positive Psychology Interventions in Clinical Practice. A Systematic Literature Review*.
- Subramaniam, S. D. R., Sumari, M., & Md Khalid, N. (2020). Surviving the break-up: Teenagers' experience in maintaining wellness and well-being after parental divorce. *Asia Pacific Journal of Counselling and Psychotherapy*, 11(1), 60-75. <https://doi.org/10.1080/21507686.2019.1702069>
- Sun, Y., Li, J. B., Oktaufik, M. P. M., & Vazsonyi, A. T. (2022). Parental attachment and externalizing behaviors among Chinese adolescents: The mediating role of self-control. *Journal of Child and Family Studies*, 31(4), 923-933. <https://doi.org/10.1007/s10826-021-02071-6>
- Supratman, L. P. (2020). A qualitative study of teenagers viewpoint in dealing with parents' divorce in Indonesia. *Journal of Divorce & Remarriage*, 61(4), 287-299. <https://doi.org/10.1080/10502556.2019.1699374>
- Tay-Karapas, K., Guzmán-González, M., Gómez, F., Comino, P., Salaberria, K., & Bahamondes, J. (2024). An attachment-based pilot program to promote adolescent adjustment to parental divorce. *Child and Adolescent Psychiatry and Mental Health*, 18(1). <https://doi.org/10.1186/s13034-024-00729-9>
- Tran, B. T., Nguyen, M. T., Nguyen, M. T., Nguyen, T. G., Duc, V. N. H., & Tran, T. T. M. (2023). Mental health and its determinants among adolescents living in families with separated or divorced parents in an urban area of Vietnam. *Osong Public Health and Research Perspectives*, 14(4), 300. <https://doi.org/10.24171/j.phrp.2023.0110>
- Tullius, J. M., De Kroon, M. L. A., Almansa, J., & Reijneveld, S. A. (2022). Adolescents' mental health problems increase after parental divorce, not before, and persist until adulthood: A longitudinal TRAILS study. *European Child & Adolescent Psychiatry*, 31(6), 969-978. <https://doi.org/10.1007/s00787-020-01715-0>
- Van der Wal, R. C., Levelt, L., Kluwer, E., & Finkenauer, C. (2024). Exploring associations between children's forgiveness following parental divorce and psychological well-being. *Family Transitions*, 65(3), 248-270. <https://doi.org/10.1080/28375300.2024.2310432>
- Viejo, C., Gómez-López, M., & Ortega-Ruiz, R. (2018). Adolescents' psychological well-being: A multidimensional measure. *International Journal of Environmental Research and Public Health*, 15(10), 2325. <https://doi.org/10.3390/ijerph15102325>
- Walper, S., Thönnissen, C., & Alt, P. (2015). Effects of family structure and the experience of parental separation: A study on adolescents' well-being. *Comparative Population Studies*, 3, 335-364. <https://doi.org/10.12765/CPoS-2015-12>
- Wambua, M. M., Otieno, R., & Ichuloi, A. (2021). Effect of parental divorce and separation on psychosocial wellbeing of adolescents in Kajiado North Sub-County, Kenya. *Scholars Journal of Arts, Humanities and Social Sciences*, 9(5), 194-200. <https://doi.org/10.36347/sjahss.2021.v09i05.008>
- Widiastuti, N., Soeharto, T. N. E. D., & Purnamasari, S. E. (2024). Kesejahteraan psikologis pada remaja dengan orangtua bercerai: Dapatkah ditingkatkan dengan pelatihan memaafkan? *Persona: Jurnal Psikologi Indonesia*, 12(2), 85-103. <https://doi.org/10.30996/persona.v12i2.8216>

- Widyanni'mah, Z. (2019). Psychological *well being* pada remaja *broken home* di Panti Asuhan Aisyiyah Bontang. *Jurnal Mahasiswa Psikologi*, 1(2), 149–158.
- Wijaya, D. A., Widyorini, E., Primastuti, E., & Dominguez, J. (2021). Resilience, post-traumatic growth, and psychological well-being among adolescents experiencing parents' marital dissolution. *Jurnal Ilmu Perilaku*, 5(1), 1–20.
- Wulandari, D., & Fauziah, N. (2019). Pengalaman remaja korban *broken home* (studi kualitatif fenomenologis). *Jurnal Empati*, 8(1), 1–9. <https://doi.org/10.14710/empati.2019.23567>
- Yaghoobi, A., & Moghadam, B. N. (2019). The effect of positive psychology intervention on the psychological well-being of adolescents. *Iranian Journal of Psychiatry and Clinical Psychology*, 25(1), 14–25. <https://doi.org/10.32598/ijpcp.25.1.14>
- Yurayat, P., & Seechaliao, T. (2021). Effectiveness of online positive psychology intervention on psychological well-being among undergraduate students. *Journal of Education and Learning*, 10(4), 143–155. <https://doi.org/10.5539/jel.v10n4p143>
- Zhang, C. N. (2020). Long-term influence of Chinese family marriage breakdown on Chinese children's achievement. *Journal of Peking University-Philosophy and Social Sciences*, 53(3), 128–139.