

# Mediation of Separation Anxiety in Psychological Distress and Insomnia in Parents Who Do Not Get Child Custody Due to Divorce

Tsania Marwa<sup>1\*</sup>, Monty. P. Satiadarma<sup>2</sup>, Roswiyani<sup>3</sup> 

<sup>1,2,3</sup> Psikologi, Universitas Tarumanagara, Jakarta, Indonesia

## ARTICLE INFO

### Article history:

Received January 19, 2024

Accepted April 15, 2024

Available online April 25, 2024

### Kata Kunci:

Perceraian, Hak Asuh, Psychological Distress, Gangguan Insomnia, Separation Anxiety

### Keywords:

Divorce, Custody, Psychological Distress, Insomnia Disorder, Separation Anxiety



This is an open access article under the [CC BY-SA](https://creativecommons.org/licenses/by-sa/4.0/) license.

Copyright © 2024 by Author. Published by Universitas Pendidikan Ganesha.

## ABSTRAK

Fenomena perceraian sering menimbulkan masalah psikologis baik bagi anak maupun orang tua. Banyak kajian ilmiah lebih terfokus pada dampak perceraian dari sisi anak saja, bukan pada dampak perceraian yang dialami orang tua. Oleh karena itu, penelitian ini bertujuan mengetahui hubungan antara psychological distress dengan gangguan insomnia yang dimediasi oleh separation anxiety pada orang tua yang tidak mendapatkan hak asuh anak akibat perceraian. Partisipan dalam penelitian ini adalah 74 orang tua yang telah bercerai dan tidak mendapatkan hak asuh anak dengan rentang umur 20- 40 tahun. Alat ukur yang digunakan adalah The Depression Anxiety Stress Scale – 42 (The DASS-42) untuk mengukur psychological distress, Insomnia Severity Index (ISI) untuk mengukur insomnia, dan Adult Separation Anxiety – 27 (ASA-27) untuk mengukur separation anxiety. Dengan menggunakan analisis regresi linear berganda, penelitian ini menemukan bahwa separation anxiety berperan dalam memediasi hubungan antara psychological distress dan insomnia secara parsial. Hal ini berarti semakin tinggi separation anxiety, maka semakin tinggi pula psychological distress dan insomnia pada orang tua yang tidak mendapatkan hak asuh akibat perceraian. Selain itu, separation anxiety terbukti lebih tinggi pada orang tua yang tidak bekerja dibandingkan orang tua yang bekerja.

## ABSTRACT

The divorce phenomenon often poses psychological problems for both the children and the parents. Most scientific studies are more focused on the impact of the divorces merely from the children's side, not on the impact of divorce experienced by par-ents. Therefore, the objective of this study is to determine the relationship between psychological distress and insomnia disorder mediated by separation anxiety in parents who do not get child custody due to divorce. There are 74 parents as participants in this study who were divorced and losing custody with the age range of 20-40 years old. The measuring instruments used are The Depression Anxiety Stress Scale – 42 (The DASS-42) to measure psychological distress, insomnia severity index (ISI) to measure insomnia, and Adult Separation Anxiety – 27 (ASA-27) to measure separation anxiety. Using multiple linear regression analysis, this study found that separation anxiety plays a role in partially mediating the relationship between psychological distress and insomnia. This means that the higher the separation anxiety level, the higher the psychological distress and insomnia are experienced by the parents without custody. In addition, separation anxiety is proven more affecting the non-working parents compared to the working ones.

## 1. INTRODUCTION

The divorce rate in Indonesia has tended to increase in recent years. In 2015 the divorce rate in Indonesia reached 353,843 cases, while in 2018 it increased to 419,268 cases. The high divorce rate can be a source of stress for many families. Marriage and low commitment to marriage are strong predictors of divorce (January, 2023; Ramdania, 2020). Divorces that occur in Indonesia until 2021 are still dominated by individuals who are in the age range between 20-40 years. This age range of 20-40 years is

\*Corresponding author

E-mail addresses: [marwaumi2527@gmail.com](mailto:marwaumi2527@gmail.com) (Tsania Marwa)

included in early adulthood (Imaduddin, 2021; Sari et al., 2017). In early adulthood, the individual's nature and style are in a fairly stable condition, however, the individual's personality at this stage may change due to the influence of the life stage and events experienced. Developmental tasks in early adulthood that must be fulfilled include: choosing a life partner, building a household, raising children, and building a career in work. The psychosocial development stage in early adulthood is intimacy vs isolation. Early adults are required to form strong friendships and romantic relationships and in the long term, or they will be threatened with isolation. The existence of a divorce that occurs can trigger a sense of isolation in young adults (Harold Pardede, 2022; Vincensia Esti P. S et al., 2023).

Divorce itself has been shown to be associated with risks for poor psychological and physical health, including decreased life satisfaction, and increased anxiety and psychological distress (Hasyimzum, 2021; Siregar et al., 2023; Sukmawati & Oktora, 2021). This can happen because in cases of divorce for couples who already have children, conflicts over children can occur. Separation between family members if it lasts for a long time and is not resolved can potentially cause separation anxiety (U. Astuti et al., 2020; Praptomojati, 2018; Suroso & Arsanti, 2023). Separation anxiety is a fear or anxiety about separation from an individual to whom one is attached, which is excessive, inappropriate, and persistent. Individuals with separation anxiety may experience extreme anxiety about the fear of separation from an attachment figure (partner, child, or parent) and fear that harm will befall the attachment figure, so that they feel the need to always be near the attachment figure. Adults have been shown to experience separation anxiety after traumatic events such as divorce or loss (Adam & Yudianto, 2022; Nurfitriyani & Kurniawati, 2023). In addition, separation anxiety has also been shown to be related to psychological distress because it is found to be comorbid with anxiety.

Negative life events such as divorce and traumatic life experiences are strongly associated with psychological distress, among both men and women (Cipta, 2017; Sudjana & Bintari, 2024; Untari et al., 2018). Psychological distress is a mental state characterized by a combination of symptoms of mental disorders, ranging from symptoms of depression and symptoms of generalized anxiety, which are shown in personality traits, impaired mental function, behavioral problems, and these symptoms can be associated with somatic symptoms, one of which is insomnia. The impact of divorce will result in psychological distress which is indicated by increased feelings of distress, depression, loneliness, regret, lack of self-control, feelings of helplessness, and anger; especially in mothers (Ramadhan et al., 2024; Sunarto et al., 2024). For parents who do not have custody of their children and have limited opportunities to meet their children, they can experience separation anxiety which leads to psychological distress indicated by increased depression, loneliness, regret, lack of self-control, helplessness, and anger. Conflict between couples including divorce has been shown to be related to psychological distress because it increases depression and insecurity with a partner (Haq & Wicaksono, 2023; Maukar & Huwae, 2024; Pandaleke & Tondok, 2023).

In addition to being related to psychological distress, separation anxiety is also characterized by symptoms of insomnia disorder which is indicated by fear of falling asleep due to excessive worry. Insomnia disorder is a subjective complaint of difficulty falling asleep or staying asleep and having poor sleep quality. Insomnia disorder has also been shown to have a higher prevalence in divorced people compared to non-divorced people and higher in women than men (Lili Hidayati, 2021; Susanti & Widarto, 2021). Severe insomnia disorder is more common in those living alone after divorce or separation. Coping styles in patients with insomnia disorder and examining the relationship between sleep disturbance and psychological distress. The results of the study showed that psychological distress was higher in patients with insomnia disorder than in healthy controls and insomniacs were shown to use more negative coping styles (Megarini et al., 2022; Yodang et al., 2021). Psychological distress and increased life stress have been found to predict changes in general sleep patterns over time (RD Astuti et al., 2022; Marini & Sembiring, 2021).

The novelty of this study is that it offers a new contribution to the field of family psychology by exploring the psychological impact of divorce on parents, especially those who do not have custody of their children. The novelty of this study lies in its focus not only on the impact of divorce from the perspective of children, which has been widely studied before, but also on the psychological effects experienced by parents, especially related to psychological distress and insomnia mediated by separation anxiety. While many previous studies have focused more on the impact of divorce on children's well-being, this study fills a gap in the literature by highlighting the impact of divorce on parents who lose custody, an aspect that is often overlooked. Thus, this study provides a more comprehensive view of how divorce affects all family members and offers new insights that can be used to develop more effective interventions to support the psychological well-being of parents after divorce. The results of this study are also expected to contribute to the creation of fairer and more inclusive policies regarding parental rights in divorce situations.

Various studies have proven that separation of children from parents causes distress that has the potential to cause a series of further psychological problems. In previous studies, there have not been many studies that focus on separation between parents and children. If observed further, most psychological studies focus more on the topic of problems related to child development, while the condition of parents who are separated from their children still receives less attention. Divorce has a negative effect on mental health, not only on children, but also on parents.

Therefore, this study examines more deeply the relationship between psychological distress and insomnia disorder mediated by separation anxiety in parents who are divorced and do not get custody. This study is expected to provide theoretical contributions, especially in the field of family psychology, especially those related to the problem of divorce and separation between parents and children. It is also expected that the results of this study can help the government in determining strict legal regulations regarding the rights of parents to their children.

## 2. METHOD

The research design used is quantitative correlational with non-probability sampling techniques (Artha & Putra, 2021; Kuswandari et al., 2018). This study involved 74 participants with the criteria of parents who experienced divorce and did not receive legal custody of their children, so they had limitations or could not directly care for their children and had an early adulthood age range (20 years - 40 years). This study used a questionnaire with 3 (three) measuring instruments, namely The Depression Anxiety Stress Scale- 42 (The DASS - 42) (Lovibond and Lovibond, 1995) used to measure psychological distress, Insomnia Severity Index (ISI) (Charles M., 1993) used to measure insomnia symptoms, Adult Separation Anxiety (ASA-27) (Manicavasagar, V., Silove, D., Wagner, R., Drobny, J., 2003) to measure separation anxiety. The blueprint of the test instrument can be seen in Table 1.

**Table 1.** The Blueprint Research Instruments

| Variables                    | Indicator                    | Sub Indicator  |
|------------------------------|------------------------------|--|
| Psychological distress       | Stress                       | Getting angry over small or trivial things   |
|                              | Anxiety                      | Mouth feels dry  |
|                              | Depression                   | Unable to see the positive in an event   |
| Insomnia                     | Insomnia                     | Difficulty maintaining sleep   |
| Separation anxiety disorders | Separation anxiety disorders | Have you ever felt depressed before leaving someone close to you when going on a trip? |

Data were analyzed using the Statistical Package for Service Solution (SPSS) application. Data analysis used multiple linear regression. The prerequisite tests carried out were normality tests, linearity tests, homoscedasticity and multicollinearity. Researchers also used PROCESS 4.0 to analyze the mediation that occurred in the variables.

## 3. RESULTS AND DISCUSSION

### Result

#### Assumption Test

Assumption tests include normality, linearity, heteroscedasticity and multicollinearity tests. Normality tests are conducted to see whether the data distribution in this study is normal or not. The separation anxiety disorder variable is normally distributed using the One Sample Kormogorov-Smirnov Test with the Asymptotic Technique. The psychological distress variable and the insomnia variable are normally distributed using the Monte Carlo Technique. In addition, the linearity test in this study uses the compare means test technique. The three research variables are said to meet the linearity assumption if the  $p$  value > 0.05. It can be concluded that there is a significant linear relationship between the three variables, this is because the  $p$  value > 0.05.

The heteroscedasticity test is conducted with the aim of determining whether the variance of the variables is the same or not. The testing technique uses a scatter plot by showing that (1) Data is spread above and below or around the number (2) Data does not collect only above or below (3) Data distribution does not form a wavy pattern that widens then narrows and widens again (4) Data distribution is not patterned. Based on the dependent variables, namely psychological distress and separation anxiety disorder, a scatterplot is obtained that meets criteria (1) to (4).

Multicollinearity test is also conducted to see whether or not there is a high correlation between independent variables in a multiple linear regression model. If there is a high correlation between the independent variables, then the relationship between the independent variables and the dependent variable is disrupted. The results of the multicollinearity test show that there is no multicollinearity between dependent variables.

### ***Correlation Test of Psychological Distress and Separation Anxiety Disorders***

The three variables in this study were normally distributed, so the correlation test used Pearson Correlation. The results of the correlation test between psychological distress and separation anxiety disorder showed that  $r = 0.872$ ,  $p = 0.000 < 0.05$ . Therefore, it can be concluded that there is a positive relationship between the variables of psychological distress and separation anxiety disorder. Because the direction of the relationship is positive, this means that the higher the psychological distress, the higher the separation anxiety disorder. The results of the correlation analysis are presented in [Table 2](#).

**Table 2.** The Correlation of Psychological Distress and Separation Anxiety Disorders

| Connection                                     | Correlation (r) | Sig (2-tailed) |
|--|-----------------|----------------|
| Psychological distress with separation anxiety | 0.872           | 0.000          |

### ***Correlation Test of Psychological Distress and Insomnia***

The researcher also conducted a correlation test between psychological distress and insomnia. The results of the correlation test between psychological distress and insomnia showed that  $r = 0.817$ ,  $p = 0.000 < 0.05$ . Therefore, it can be concluded that there is a positive relationship between the variables of psychological distress and insomnia. Because the direction of the relationship is positive, this means that the higher the psychological distress, the higher the insomnia. The results of the correlation analysis are presented in [Table 3](#).

**Table 3.** The Correlation of Psychological Distress with Insomnia

| Connection                           | Correlation (r) | Sig (2-tailed) |
|--------------------------------------|-----------------|----------------|
| Psychological distress with Insomnia | 0.817           | 0.000          |

### ***Correlation Test of Insomnia and Separation Anxiety Disorder***

The researchers also conducted a correlation test between insomnia and separation anxiety disorder. The results of the correlation test between insomnia and separation anxiety disorder showed that  $r = 0.797$ ,  $p = 0.000 < 0.05$ . These results explain the existence of a significant positive relationship between insomnia and separation anxiety disorder. A positive relationship indicates that the higher the insomnia, the higher the separation anxiety disorder. The results of the correlation analysis are presented in [Table 4](#).

**Table 4.** The Correlation Insomnia and Separation Anxiety

| Connection                      | Correlation (r) | Sig (2-tailed) |
|---------------------------------|-----------------|----------------|
| Insomnia and Separation Anxiety | 0.797           | 0.000          |

### ***Separation Anxiety Mediation Test on the Relationship between Psychological Distress and Insomnia***

Next, the researcher conducted a simple mediation model analysis 4 PROCESS v 4.1 developed by Andrew F. Hayes. In this hypothesis test, if the p value  $< 0.05$  means there is a significant relationship between the variables, then if there is a positive coefficient value ( $\beta$ ) it means there is a positive relationship between the variables, and if the coefficient value ( $\beta$ ) is negative it means there is a negative relationship between the variables. The results of the hypothesis test that have been carried out are presented in [Table 5](#).

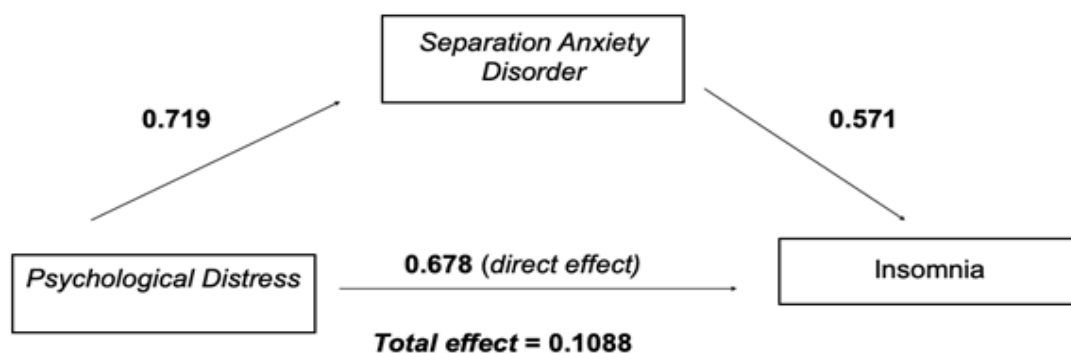
**Table 5.** The Mediator Analysis

| Connection  | Coefficient | R2    | 95%CI |       | P     |
|---|-------------|-------|-------|-------|-------|
|   |             |       | LLCI  | ULCI  |       |
| <b>Line a</b>   |             |       |       |       |       |
| Psychological distress(X) to Separation Anxiety (M)                         | 0.719       | 0.760 | 0.624 | 0.814 | 0.000 |
| <b>Line b and c'</b>  |             |       |       |       |       |
| <b>Line b</b><br>Separation Anxiety(M) to Insomnia (Y)                      | 0.571       | 0.698 | 0.143 | 0.998 | 0.010 |
| <b>Path c' /direct effect</b><br>Insomnia (Y) to Psychological distress (X) | 0.678       |       | 0.325 | 1,031 | 0.000 |
| <b>Line C</b>   |             |       |       |       |       |
| Psychological distress(X) to Insomnia (Y)<br>(Total effect)                 | 0.1088      | 0.668 | 0.908 | 1.268 | 0.000 |
| Indirect effect   | 0.410       |       | 0.082 | 0.742 |       |

Based on Table 5, the results show that psychological distress (X) significantly influences separation anxiety disorder (M), the results obtained are  $\beta = 0.719$ ,  $p = 0.000 < 0.05$ . The magnitude of the influence between psychological distress (X) on separation anxiety disorder (M) is 76%,  $R^2 = 0.760$ . It can be concluded that the two variables have a positive relationship, which means that the higher the psychological distress, the higher the separation anxiety disorder. Furthermore, it is known that psychological distress (X) can significantly affect Insomnia (Y)  $\beta = 0.1088$ ,  $p = 0.000 < 0.05$ . Both variables have a positive influence, which means that the higher the psychological distress, the higher the insomnia.

After the mediator variable, namely separation anxiety disorder (M), is controlled, the relationship between psychological distress (X) and insomnia (Y) becomes significant, this is known based on the value of  $\beta = 0.678$ ,  $p = 0.000 < 0.05$ . Meanwhile, if psychological distress (X) is controlled, there is also a significant influence between separation anxiety disorder (M) and insomnia (Y)  $\beta = 0.571$ ,  $p = 0.000 < 0.05$ . The magnitude of the influence of resilience as a mediator of loneliness on depression is 69.8%,  $R^2 = .698$ ,  $p = 0.000 < .05$ , with an effect size of 0.308.

Because Path c' is significant, the mediation that occurs is partial. The partial mediation results obtained in this study because the influence of psychological distress on insomnia before entering the separation anxiety variable is significant, and remains significant after entering the mediator variable (separation anxiety). Therefore, psychological distress and insomnia can still be directly related without going through the mediation variable. Based on the results of the analysis, it is known that the separation anxiety coefficient as a mediator is 0.410 (indirect effect) with an LLCI value of 0.082 and a ULCI value of 0.742 because the BootLLCI and BootULCI ranges do not include zero (0), it can be concluded that the estimate is significant and there is a mediation effect. The results of the analysis are visualized as in Figure 1.



**Figure 1.** Mediation Pathway of Separation Anxiety Disorders in the Relationship between Psychological Distress and Insomnia

**Discussion**

This study aims to examine the role of separation anxiety in the relationship between psychological distress and insomnia in parents who do not get child custody due to divorce. This study obtained several findings. The first research result is that there is a relationship between psychological distress and insomnia disorders. This shows that the higher the psychological distress, the higher the

insomnia disorder experienced by the individual concerned. Psychological distress experienced due to the impact of divorce, exposure to stressful events that threaten mental health and the inability to cope with stress effectively can cause psychological distress. Negative life events such as divorce and traumatic experiences in life are closely related to psychological distress, both in men and women. Participants who experienced divorce and separation from children due to not getting custody were shown to experience psychological distress and insomnia. Insomnia is more common in people who are divorced (Adam & Yudianto, 2022). Psychological distress is higher in patients with insomnia disorder. Insomnia is associated with increased psychological distress. Psychological distress has been found to predict changes in general sleep patterns over time. So, several previous studies have shown a relationship between psychological distress and insomnia (U. Astuti et al., 2020; Praptomojati, 2018; Suroso & Arsanti, 2023). The results of the second study were that there were the relationship between psychological distress and separation anxiety. The existence of a positive relationship direction indicates that the higher the psychological distress, the higher the separation anxiety experienced by the individual concerned. The results of this study are proven to be in accordance with the results of previous studies which found that adults are proven to experience separation anxiety after traumatic events such as divorce or loss (Pandaleke & Tondok, 2023; Ramadhan et al., 2024; Sunarto et al., 2024). Separation from children has been shown to be a trigger for separation anxiety. Family members who experience separation for a long period of time are likely to experience separation anxiety. The anxiety experienced by participants due to separation from children and considerations of bad things that will happen to their children that separation anxiety can create extreme anxiety about the fear of separation from attachment figures (partners, children or parents) (Pandaleke & Tondok, 2023). Separation anxiety is related to psychological distress because both are comorbid. The results of this study are also in accordance with the results of this study.

The results of the third study were that there were relationship between separation anxiety and insomnia disorder. A positive relationship indicates that the higher the insomnia disorder, the higher the separation anxiety. Separation anxiety is characterized by symptoms of insomnia disorder which are indicated by fear of falling asleep due to excessive worry. The results of the fourth study are that there is a relationship between psychological distress and insomnia disorder mediated by separation anxiety in parents who do not get custody of their children due to divorce. Separation anxiety has been shown to be a mediator between psychological distress and insomnia disorder, meaning that the higher the separation anxiety, the higher the psychological distress and insomnia disorder experienced by parents who do not get custody of their children due to divorce. However, in this study, what happened was partial mediation, because the effect of psychological distress on insomnia before the separation anxiety variable was entered was significant, and remained significant after entering the mediator variable.

This study provides important implications in the field of psychology, especially in understanding the psychological impact of divorce on parents who do not get custody of their children. The practical implication of this study is the need for special attention from mental health practitioners to parents who experience divorce and loss of child custody, because they are at high risk of experiencing psychological distress, separation anxiety, and insomnia. Psychological interventions that target these problems can help reduce the negative impact of divorce on parents' mental health, as well as improve their quality of life. Insomnia disorders have a higher prevalence in divorced people and parents who do not have child custody with limitations in being able to meet their children. This condition has the potential to cause separation anxiety which leads to psychological distress, which is indicated by increased symptoms of depression, loneliness, regret, lack of self-control, helplessness, and anger. The results of this study indicate that the research hypothesis is proven overall.

#### 4. CONCLUSION

The conclusion of this study shows that divorce, especially for parents who do not get custody of the child, has a significant psychological impact. Psychological distress experienced by parents in this condition is positively correlated with increased insomnia disorders, and this relationship is partially mediated by separation anxiety. This confirms that separation anxiety is an important factor that exacerbates the impact of psychological distress on insomnia in parents after divorce. This study also underlines the need for interventions that focus on managing separation anxiety and psychological distress to prevent sleep disorders and improve the quality of life of parents in this situation. Although this study has limitations in terms of generalizability and the use of self-report methods, the findings provide valuable contributions to the scientific literature and clinical practice in the field of family psychology.

## 5. ACKNOWLEDGMENT

Thank you to the various parties who have contributed to the implementation of this research. The re-searcher would like to express his deepest gratitude to the Bisma Indonesia journal which has helped in the pro-cess of publishing articles that can be useful for readers. The researcher would also like to thank the assistance of organizations and communities, as well as the participants who have contributed to the process of this re-search so that it produces the benefits of developing knowledge that can be used in various fields of knowledge. Thanks, are also conveyed to the parties involved in this research, namely Mr. Dr. Monty P. Satiadarma, MS/AT, MCP/MFCC, DCH, Psychologist and Mrs. Roswiyani, PhD., Psychologist. In addition, thanks are con-veyed to Tarumanagara University as a place for the researcher to pursue a master's degree in psychology.

## 6. REFERENCES

- Adam, N. F. J., & Yudiarmo, A. (2022). Parent-Child Interaction Therapy untuk Mengurangi Gangguan Kecemasan. *ANALITIKA*, 14(1), 14–21. <https://doi.org/10.31289/analitika.v14i1.6447>.
- Artha, W. A., & Putra, dewa bagus ketut ngurah. (2021). Pengembangan Media Audio Visual Dengan Model Analysis Design Development Implementation Evaluation Pada Muatan IPA Kelas IV SD Negeri 2 Pejeng Tahun Ajaran 2020/2021. *Jurnal Edutech Undiksha*, 9(1), 149–157. <https://doi.org/10.23887/jeu.v9i1.32974>.
- Astuti, R. D., Dewi, F. A. K., & Iftadi, I. (2022). Psychological Distress Analysis Among Nurses During the COVID-19 Pandemic. *Indigenous: Jurnal Ilmiah Psikologi*, 7(1), 48–58. <https://doi.org/10.23917/indigenous.v7i1.16179>.
- Astuti, U., Hartono, H., & Sunawan, S. (2020). The Influence of Parental Attachment toward Early Childhood Children's Separation Anxiety. *Journal of Primary Education*, 9(5), 501–510. <https://doi.org/10.15294/jpe.v9i5.43210>.
- Cipta, H. (2017). Dampak Perceraian Terhadap Kenakalan Remaja. *Eduagama: Jurnal Kependidikan Dan Sosial Keagamaan*, 3(2), 88–103. <https://doi.org/10.32923/edugama.v3i2.724>.
- Haq, V. I., & Wicaksono, D. B. C. (2023). Quality Of Life For Adolescents With Divorced Parents On Physical And Psychological Conditions In Indonesia: Literature Review. *Jurnal Riset Kesehatan*, 12(2), 120–129. <https://doi.org/10.31983/jrk.v12i2.9958>.
- Harold Pardede. (2022). Perceraian: Boleh Atau Tidak? *Jurnal Cakrawala Ilmiah*, 1(5), 1039–1050. <https://doi.org/10.53625/jcijurnalcakrawalailmiah.v1i5.1207>.
- Hasyimzum, Y. (2021). Hak-hak Konstitusional Anak terkait Penelantaran Akibat Perceraian. *Jurnal Ilmiah Hukum Dan Hak Asasi Manusia*, 1(1), 27–35. <https://doi.org/10.35912/jihham.v1i1.416>.
- Imaduddin, M. A. (2021). Tinjauan Hukum Perceraian Dimasa Pandemi Covid 19. *JISIP (Jurnal Ilmu Sosial Dan Pendidikan)*, 5(4). <https://doi.org/10.58258/jisip.v5i4.2537>.
- Januari, N. (2023). Menggali Akar Masalah: Analisis Kasus Perceraian Di Indonesia. *AKADEMIK: Jurnal Mahasiswa Humanis*, 3(3), 120–130. <https://doi.org/10.37481/jmh.v3i3.613>.
- Kuswandari, A. H., Slamet, S. Y., & Setiawan, B. (2018). Kontribusi Kemampuan Berpikir Kritis Sebagai Konstruksi Peningkatan Keterampilan Menulis Esai. *Gramatika STKIP PGRI Sumatera Barat*, 4(1). <https://doi.org/10.22202/jg.2018.v4i1.2410>.
- Lili Hidayati. (2021). Fenomena Tingginya Angka Perceraian Di Indonesia Antara Pandemi dan Solusi. *Khuluqiyya: Jurnal Kajian Hukum Dan Studi Islam*, 71–87. <https://doi.org/10.56593/khuluqiyya.v3i1.56>.
- Marini, L., & Sembiring, V. R. (2021). Psychological Distress of Ghosting Victims. *Psikologia: Jurnal Pemikiran Dan Penelitian Psikologi*, 16(2), 47–50. <https://doi.org/10.32734/psikologia.v16i2.7312>.
- Maukar, D. S., & Huwae, A. (2024). Kesejahteraan Psikologis dan Psychological Distress pada Mahasiswa yang Telah Berkeluarga. *G-Couns: Jurnal Bimbingan Dan Konseling*, 8(2), 991–1001. <https://doi.org/10.31316/gcouns.v8i2.5811>.
- Megarini, M. Y., Genia, T., & Yuspenti, Y. (2022). Relationship Between Self-efficacy and Social Support with Psychological Distress in Nurses at "X" Hospital Bandung. *Humanitas (Jurnal Psikologi)*, 6(3), 373–289. <https://doi.org/10.28932/humanitas.v6i3.5503>.
- Nurfitriyanie, N., & Kurniawati, F. (2023). Program Intervensi pada Anak dengan Separation Anxiety Disorder. *Jurnal Obsesi: Jurnal Pendidikan Anak Usia Dini*, 7(1), 439–454. <https://doi.org/10.31004/obsesi.v7i1.2415>.
- Pandaleke, V. R. T., & Tondok, M. S. (2023). Peran Self-Compassion dalam Memperkuat Pengaruh Forgiveness terhadap Emotional Distress Individu Berpacaran. *Jurnal Psikologi*, 16(2), 315–327. <https://doi.org/10.35760/psi.2023.v16i2.8011>.

- Praptomojati, A. (2018). Dinamika Psikologis Remaja Korban Perceraian: Sebuah Studi Kasus Kenakalan Remaja. *Jurnal Ilmu Perilaku*, 2(1), 1. <https://doi.org/10.25077/jip.2.1.1-14.2018>.
- Ramadhan, M. R., Ginanjar, A. S., & Djuwita, E. (2024). Post Traumatic Growth in Early Adults from Divorced Families. *ANALITIKA*, 16(1), 11–22. <https://doi.org/10.31289/analitika.v16i1.11465>.
- Ramdania, D. (2020). Aspek Hukum Perceraian Dalam Perspektif Hukum Islam. *Wacana Paramarta: Jurnal Ilmu Hukum*, 19(1), 17–28. <https://doi.org/10.32816/paramarta.v19i1.81>.
- Sari, A., Taufik, T., & Sano, A. (2017). Kondisi Kehidupan Rumah Tangga Pasangan Sebelum Berceraai dan Faktor-Faktor Penyebab Terjadinya Perceraian. *Jurnal Konseling Dan Pendidikan*, 4(3), 41–51. <https://doi.org/10.29210/113400>.
- Siregar, D., Sitepu, K., Darma, M., Na'im, K., Tarigan, M. T. U., Razali, R., & Harahap, F. S. (2023). Studi Hukum tentang Tingkat Perceraian dan Efeknya terhadap Anak. *Jurnal Derma Pengabdian Dosen Perguruan Tinggi (Jurnal DEPUTI)*, 3(2), 178–185. <https://doi.org/10.54123/deputi.v3i2.276>.
- Sudjana, G. S., & Bintari, D. R. (2024). Distress, Mindfulness, dan Kesepian: Intervensi Kelompok pada Adult Child of Divorce. *Psyche 165 Journal*, 57–63. <https://doi.org/10.35134/jpsy165.v17i1.334>.
- Sukmawati, B., & Oktora, N. Dela. (2021). Dampak Perceraian Orang Tua bagi Psikologis Anak. *SETARA: Jurnal Studi Gender Dan Anak*, 3(2), 24. <https://doi.org/10.32332/jsga.v3i2.3801>.
- Sunarto, M., Nova, R., Rosalina, O. F., & Larasati, I. F. (2024). Parents' Mental and Emotional Disorders and Psychosocial Problems in Children at Public Elementary School 1 Kucur. *Journal of Nursing Science Update (JNSU)*, 12(1), 35–44. <https://doi.org/10.21776/ub.jik.2024.012.01.05>.
- Suroso, U., & Arsanti, M. (2023). Perceraian dan Perkembangan Psikologis Anak: Analisis Tematis Temuan Tinjauan Literatur. *Legitima: Jurnal Hukum Keluarga Islam*, 5(2), 331–346. <https://doi.org/10.33367/legitima.v5i2.3315>.
- Susanti, Y. D., & Widyarto, W. G. (2021). Efektivitas Konseling Perilaku dengan Teknik Desensitisasi Sistematis untuk Mengurangi Dampak Trauma pada Anak Korban Perceraian di Desa Bantengan Kecamatan Bandung. *Jurnal Bimbingan Dan Konseling Borneo*, 3(1). <https://doi.org/10.35334/jbkb.v3i1.1999>.
- Untari, I., Putri, K. P. D., & Hafiduddin, M. (2018). Dampak Perceraian Orang Tua Terhadap Kesehatan Psikologis Remaja. *Profesi (Profesional Islam): Media Publikasi Penelitian*, 15(2), 106. <https://doi.org/10.26576/profesi.272>.
- Vincensia Esti P. S, Serlly Waileruny, & Rizky P. P. Karo Karo. (2023). Upaya Pencegahan Perceraian di Masa Pandemi Covid-19 Perspektif Teori Keadilan Bermartabat. *Jurnal Lemhannas RI*, 9(1), 136–150. <https://doi.org/10.55960/jlri.v9i1.383>.
- Yodang, Y., Harisa, A., & Syahrul, S. (2021). Psychological Distress And The Sleep Quality In Older Patients With Chronic Disease. *JKG (Jurnal Keperawatan Global)*, 39–46. <https://doi.org/10.37341/jkg.v0i0.207>.