

## The Impact of Parental Divorce on Children's Personalities in the VUCA Era

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### ABSTRACT

Parental divorce has a more significant negative impact in the VUCA era because the environment is more uncertain and changeable. This research was made using study literature methods and had the aim of analyzing and understanding the impact of parental divorce on children's personalities in facing the VUCA Era. Children who come from divorced families will find it difficult to adapt to a fast and uncertain environment, and will also experience difficulties in forming healthy relationships and will experience trauma and mental disorders. This shows how hard it is for the children to face this highly competitive VUCA era. So there needs to be a way to overcome these negative impacts so that they are more courageous in facing life. Environmental conditions in this era are changing and ambiguous and unpredictable, therefore social support should be the best thing that can be done. Parents' divorce actually has both positive and negative impacts, but in this VUCA era, children need to balance their happiness.

**Keywords :** Divorce, Child, VUCA

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### Introduction

The era of VUCA (Volatility, Uncertainty, Complexity, Ambiguity) is the world we live in now, the world of VUCA develops very quickly, is unpredictable, subjective to truth and becomes reality. VUCA is a state where change occurs full of uncertainty. In the VUCA Era the big challenge for individuals is to face and adapt to changes that are uncertain, fast, complex and ambiguous.

Divorce is an event that occurs religiously and legally where the marriage is officially terminated and the husband and wife are no longer bound to each other. According to statistical reports in Indonesia, divorce cases reached 515,336 cases in 2022. The number increased by 15.31% from the previous year. Divorced parents who don't have children are unlikely to cause trauma to children. However, those who have children, of course, divorce will have psycho-emotional impacts and problems. (Amato, 2000; Olso & DeFrain, 2003)

Harmony between parents is something that all children crave. Divorce decisions made by parents certainly greatly affect the lives of children, of course in terms of personality and mental health.

From the high divorce rate in the VUCA Era, this ambiguity will affect the child's personality and make it a double challenge for children to control themselves in the VUCA Era. Therefore, the VUCA Era requires the ability to think critically, anticipate, innovate, and adapt quickly in facing new and unexpected challenges. The purpose of this paper is to analyze and understand the impact of parental divorce on a child's personality in facing the VUCA Era using a literature study research method by developing personality theory.

### Method

The method used in this paper is the literature study method. Literature study is a series of activities related to methods of collecting library data, reading, taking notes, and managing research materials. Literature study is carried out by collecting references consisting of previous studies which

are then compiled and conclusions drawn (Mardalis, 1999). These results are used to conclude the impact of parental divorce on the child's personality in facing the VUCA Era and to find out how to control yourself from this impact.

### **Results**

The results obtained from the literature study method state that there are many significant impacts due to parental divorce on children's personalities. In the VUCA era, children of divorced parents caused the child's personality to change. According to the theory of GW Allport personality is a dynamic psychophysical organization of a person that causes a person to adapt to his environment. Divorced parents make the family environment not good, the result is that children will behave less well and get caught up in delinquency, feelings of loss of family meaning, the quality of relationships with parents decreases so that children suffer from mental disorders. However, the impact of divorce is not always negative for children, there are positive impacts for children who are victims of parental divorce, namely children will become more independent and more mature. Self and social support and parental care will support children in controlling and coping with these impacts.

### **Discussion**

The family is the main treasure that children have, the first environment followed by children before plunging into the wider community which provides their first moral education. The family is a group of people who live and occupy a place to live together, each individual in it gives care and attention to each other. In the family there are parents as real educators in laying the foundation for a child's personality, and this personality base will encourage children to develop to the next level of the environment. From the womb until the child is born in the world, it is the parents who look after and give full attention to everything including moral education and good personality. Parents are the longest serving teachers to teach and guide their children. In essence, a family is a group of people who live under one roof and share love and happiness. Happiness in the family can be felt when parents and children can come together and accompany them in joy and sorrow.

The family is the first and closest environment for maturing and in it there are children to get education for the first time. A good and harmonious family will certainly have many positive impacts on children and tends not to have negative impacts because the family is the home for children. The function of the family apart from moral education is also for sexual regulation and economic functions. Parents and children can never be separated because children are their flesh and blood which cannot be separated, until whenever the parents of children are still parents.

In reality and the current facts, many husbands and wives live separately with one of them bringing children and even husbands, wives and children live separately from each other. All are the result of divorce. Of course, the parenting style of children will be different from before the parents divorced, communication between parents and children becomes damaged and disharmony arises in a family relationship.

Divorce is an event that occurs religiously and legally where the marriage is officially terminated and the husband and wife are no longer bound to each other. The factors of divorce occur in many ways, such as domestic violence both from words and behavior such as slapping, kicking, choking, differences in principles and beliefs, economic and financial problems often occur, bad behavior between husband and wife who cannot accept each other, infidelity, drug abuse, and other reasons can occur as a factor for divorced husband and wife.

As a result of the divorce, the child of the victim of the divorce changed his personality. Children tend to get angry easily and find it difficult to control their emotions, get frustrated and vent with actions that violate norms such as rebellion, delinquency in the school environment, children who

are victims of divorce are also perpetrators of bullying. In addition, children of divorced parents will live with one of the parents or even live alone, this can make the child hate one of the parents or even hate both of them because they think that there is no one to care for them anymore, the mindset of the parents is also not again prioritizing children because they are busy with their own lives.

Coupled with living in the VUCA Era, a world that is completely ambiguous and uncontrollable, the world we are facing now is very advanced in information and technology, changes are very fast, the VUCA Era is actually scary if we can't control it. As a result of the advancement of information and technology, the emergence of skills in social media, influences from outside come and are not controlled, many human mouths comment on and take part in life, this makes the negative impact on the personality of children of divorced parents even worse. Because the scorn of the outside community is passionate about making the child's mindset hate

parental figures and make it traumatic to have a family. Divorce has an impact on child development (Widiastuti, 2015).

Children with divorced parents create social stigma as "broken home families". Broken home family is a family condition that is not well established, communication between family members is not connected to each other, this social stigma makes children feel that they are different children compared to other children. Situations like this tend to make children more withdrawn, not easy to get along with, can become victims of bullying, are reluctant to socialize and their teaching and learning process will be disrupted.

Children whose parents are divorced will be confused about following their father or mother, for teenagers this makes them frustrated because their basic needs such as getting protection and a sense of security, affection will disappear, as a result these teenagers experience conditions of being ignored, lonely, and can hate their parents, deep sad, lonely, alone. According to Yusuf Al-Bayan Journal, he explained that divorce has a very large impact on the intellectual development and education of children, especially elementary school age. As a result of divorce, children can become withdrawn and have low self-esteem, be too impertinent, have poor academic results and feel lost.

Children aged 1-7 years who are still classified as children, the impact will be feeling of loss between one of the parental figures, either father or mother, different parenting styles between fathers and mothers make the child's environment also change, even small children will be entrusted to other family such as his grandmother or grandfather so that the child feels that he has lost all the parental figures.

According to GW Allport's theory, personality is the dynamic organization within the individual of those psychophysical systems, that determines his unique adjustment to his environment. This means that personality is a dynamic psychophysical organization of a person that causes a person to adapt to his environment. This theory explains that personality adapts to its environment. Children who come from a bad environment, for example parents who don't care and ignore, a toxic child's friendship environment will make the child fall into deviant behavior, he will join the toxic friend. For example, participating in smoking, if you skip school the child will also skip school, etc. Because they feel ignored and ignored by their parents, it makes children feel free and not restrained by norms.

Children with divorced parents' backgrounds will find a different mindset, children are reluctant to marry and have a family because of the trauma of their current family, children tend to be more afraid and anxious that their future as a family will be the same as what they experienced. There are many cases of individuals who are reluctant to marry, especially women who are reluctant to have a family due to trauma in the past, as a result of their parents' divorce. In the VUCA Era, it is easy for people to incite and utter sentences that disturb individual minds. Previously individuals with divorced parents were fine and had good intentions to marry and have a family, but due to the VUCA Era everything became ambiguous and uncontrollable making the individual reluctant to start a family because of comments and community interference in his life

The most severe impact experienced by children as a result of parental divorce is the disruption of mental health. The child will experience anxiety or anxiety because he is confused about his future, excessive and negative thoughts arise about the direction of his life going forward. According to Sullivan, anxiety is the greatest educational influence throughout life, transmitted first by the mother to her baby. If the mother experiences anxiety, it will be expressed in her face, rhythm of words, and behavior. Anxiety produces behavior that hinders people from learning from their mistakes, continues to desire a childish sense of security, and keeps people from learning from their own experiences. Children can also feel stressed and depressed because they feel neglected and also blame themselves for their parents' divor

However, it turns out that the impact of parental divorce on the child's personality is not only negative, there are positive impacts that can be taken and should be carried out by children who are divorced. Olson & Defrain (2000), explained that divorce does not always have a negative impact. It depends on parents if they are able to share their feelings with their children about the conditions they are experiencing, far from having a negative impact. The positive impact of parental divorce is that children will be more independent. Because children who live with one parent or even live separately from both of them, train children to be more independent than other children, children can take care of their own homework, find their own economic needs, and even take care of themselves. Then the next positive impact is that children become more mature. Maturity is not about age, but maturity is how one can go through all life's problems with relief. Children of divorced parents have started to get used to dealing with problems, so that shapes their mindset to become more mature. Children also become more competent, because they are independent, they can manage their own finances, manage what they need and what they don't, children become more careful and alert.

The development of technology and information has become a major influence in this VUCA Era, plus the ambiguity makes individuals oscillate with their lives. Including children who are victims of parental divorce. He will be even more confused about dealing with it in this VUCA Era, children can get caught up in the strong currents of negativity in this era. Therefore, all negative impacts must be controlled and controlled. How can children with divorced parents be able to control themselves so they don't fall into negative impacts for their happiness.

Support from yourself is the first thing to control it, start loving yourself and knowing yourself so as not to plunge yourself into negative impacts, yourself can control and choose what is good and what is not good, start pushing yourself to always be grateful and pray to God, faith there will be happiness after the storm helping oneself to be more confident in accepting problems. The world will definitely give you a lot of problems, but those problems will actually make you strong and take a lot of lessons, you will be mentally strong and will not falter when other problems come.

Apart from self-support, social support is also very necessary. Starting from friends, as a place to tell stories and complain. Good friends will always support and listen, help children and accompany children to always be passionate about life. Teachers or educators also need social support for children who are victims of divorce. Educating and educating children and motivating children will support their lives so that they are always happy. And the most important thing is from the parents, divorced parents should not be strangers to each other for the benefit of the child. Even though they are divorced, parents should not be selfish, parents must always provide protection, affection and economic needs for their children. There is no mistake in the child's decision to divorce parents, therefore parents should always accompany and love children.

### **Conclusion**

Divorce has always been a frightening and unavoidable fact for children. Children become victims of their parents' divorce, it will greatly affect their personality. Especially in the VUCA Era, the world we are facing now is very out of control with very fast changes. The personality of the child

as a result of the divorce of the parents presents a positive impact and negative impact. The positive impact is that children become more independent, mature and competent, while the negative impacts range from delinquency, children become moody, children feel lonely and result in mental disorders. This needs a way to control children to continue to be happy in this VUCA era, starting from oneself as the main force and also social and family support to be the solution. Parents should think carefully about divorce and try to talk nicely to their children so that their children can be mentally prepared and stable

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