

AN OVERVIEW OF EMERGING ADULT ADJUSTMENT IN FACING THE TRANSITION OF PARENTAL MARITAL STATUS

Kristianti Farida¹, Mary Philia Elisabeth¹

¹Faculty of Psychology, Universitas Surabaya,
Jl. Raya Kalirungkut, Surabaya, East Java, Indonesia

kristiantifaridal@gmail.com

Abstrak

Perceraian merupakan peristiwa yang terjadi pada sebuah keluarga yang akan memengaruhi seluruh aspek kehidupan dari keluarga tersebut, baik pada pasangan suami istri maupun anak dari buah pernikahan mereka. Dalam situasi tersebut, dibutuhkan kemampuan nya untuk menyesuaikan diri terhadap situasi yang sedang dihadapi. Disamping itu, perceraian sering diikuti dengan terjadinya peristiwa pernikahan kembali, peristiwa ini sering disebut dengan peristiwa kehilangan kedua karena permasalahan transisi status pernikahan menjadi lebih kompleks dan terjadi reorganisasi keluarga. Penelitian ini menggunakan desain penelitian kualitatif dengan menggunakan paradigma interpretatif fenomenologi. Tujuan dari penelitian ini untuk menggambarkan proses penyesuaian emerging adult dalam menghadapi transisi status pernikahan orang tua nya. Dari penelitian ini dihasilkan tiga tema yaitu hambatan penyesuaian transisi status pernikahan orang tua, dukungan penyesuaian transisi status pernikahan orang tua, dan dampak yang dihasilkan dari transisi status pernikahan orang tua. Penelitian ini berkontribusi pada pemahaman penyesuaian diri emerging adults dalam menghadapi perceraian dan pernikahan kembali orang tua, serta memberikan wawasan bagi individu dan orang tua dalam menghadapi transisi keluarga secara lebih sensitif.

Kata kunci: perceraian; pernikahan; transisi status

Abstract

Divorce is an event that occurs in a family that will affect all aspects of the family's life, both the husband and wife and the children of their marriage. In this situation, the ability is needed to adapt to the situation at hand. Apart from that, divorce is often followed by remarriage, this event is often called a second loss event because the problem of marital status transition becomes more complex and family reorganization occurs. This research uses a qualitative research design using an interpretive phenomenological paradigm. The aim of this research is to describe the adjustment process of emerging adults in facing the transition in their parents' marital status. Three themes emerged from this research, namely barriers to adjusting to the transition to parental marital status, support for adjusting to the transition to parental marital status, and the impact resulting from the transition to parental marital status. This study contributes to understanding self-adjustment in emerging adults during parental divorce and remarriage. It offers insights for individuals in similar situations and encourages parents to communicate more sensitively during family transitions.

Keywords: divorce; marriage; transition status

INTRODUCTION

For families, there are numerous issues that must be addressed promptly to prevent protracted conflict. However, when these issues persist, many couples resort to divorce. According to data from the Central Statistics Agency (2022), the divorce rate in Indonesia has reached 448,126 cases, with disputes and quarrels being the primary cause. The dissolution of a marriage can profoundly alter the quality of interaction between parents and their children, potentially resulting in the neglect of children by one parent who acquires custody (Chusna, 2010). This also happened to the subject, the subject stated her relationship with her parents after the divorce as follows:

“Right now, my relationship with my mom is tenuous. My sister and I live with my father, while my mom lives elsewhere and we have practically lost contact with my mom, so we only know her news through relatives.”

Divorce in a family will affect all aspects of family life, both the couple and the children of their marriage. Children's initial reactions to a parent's divorce may include shock, hurt, anger, fear, guilt, disappointment, sadness and a sense of abandonment. However, the impact of divorce will vary depending on the age of the child. Amato (2000) explains that there is a widening gap in psychological well-being between adolescents and early adults, usually referred to as the emerging adult phase. Conditions that occur after divorce can hinder the process of emotional and social development, so that they spend more time outside the home and separate themselves from the family environment (Bornstein, 2002).

Emerging adulthood is a period of transition from adolescence to young adulthood between the ages of 18 and 25. During this emerging adult phase, individuals will face several new experiences such as leaving home for college, starting a new job, building a marriage relationship and starting a family. However, the influence of parental marital status transition events still needs to be explored, particularly in the emerging adult phase, as this phase allows individuals to separate physically and emotionally from their parents. The reality is that individuals in the emerging adult phase are able to make their own decisions, although they still rely on their parents for emotional support.

In addition to personal independence, emerging adults are also concerned with their romantic lives and relationships with their environment. Research conducted by Willoughby et al. (2019) on the divorce paradigm in emerging adults whose parents divorced shows that emerging adults whose parents divorced have a negative view of marriage. The results show that emerging adults have a pessimistic view of marriage and low confidence in marriage. The research shows that parental divorce can inhibit the developmental stage of emerging adults in terms of forming intimate relationships with others, as this is the stage at which individuals seek to form close relationships with those around them. However, the fear of marriage in emerging adults is not only caused by the individual's view of their parents' marriage, but also by the level of parenting after the divorce of the father or mother. This was proven by Lee (2019), who stated that the quality of mother-child and father-child relationships decreased after divorce, and it was proven that the relationship between parents and children affected their romantic relationships.

When the child is faced with the divorce of his parents, he loses one of the people who play a role in the formation of her attachment, and this will affect the process of social exploration in the emerging adult. In order to cope with this situation, she needs to be able to adapt to the situation she is facing. Wallerstein (1974) concluded that children facing divorce have increased problems associated with divorce when it is characterized by prolonged parental hostility, parental absence and remarriage. Remarriage is often regarded as a second loss event because of the complexity of the marital status transition and the reorganization of the family. The impact of divorce is not only a change in family structure, but also an opportunity to build new, more satisfying relationships. Adolescents' adjustment to the divorce process will be difficult if it is accompanied by adjustment to remarriage.

Referring to the problems described above, there is no research that examines the adjustment process of emerging adults, especially those who experience divorce and parents who build new marital relationships. Research on emerging adults' adjustment to parental marital status transitions, particularly divorce and remarriage, is important to investigate further due to the

lack of studies that specifically highlight the experiences of this age group. Most research on the impact of divorce has focused on children and adolescents, whereas emerging adulthood is also a crucial age in the formation of self-identity, intimate relationships and independence. The change in family structure due to divorce and the arrival of a new family from an early marriage is often perceived as an emotionally complex double loss event. This condition can affect an individual's trust in relationships, create fear of long-term commitment, and create difficulties in building emotional closeness with others. Therefore, it is important to conduct this research to provide a deeper understanding of their subjective experiences to inform the development of more contextualized and responsive psychosocial services. Based on this, the question in this study is how is the adjustment process of emerging adults in dealing with the transition of their parents' marital status, from before divorce, after divorce, to remarriage?

METHOD

This research uses a qualitative approach design, this qualitative research means a research methodology that is carried out to understand the meaning of individual experiences based on the behavior that appears and the reasons that underlie the appearance of this behavior. This research uses an interpretive paradigm and a phenomenological approach method. Phenomenological research seeks to emphasize how individuals make sense of events and experiences. According to Creswell and Poth (2017), the purpose of phenomenological research is to understand the meaning that the research topic raised has for the subject under study. The focus is on each subject's perception, or what is usually referred to as the subject's life experience.

he participants in this study were two people, the selection of participants was based on Creswell (2013) who suggested that the phenomenological approach can involve between 1 to 10 participants because the main focus is in-depth exploration of individual experiences, not generalization of results. Therefore, involving two participants in this study is sufficient because each participant has a different but relevant background experience. In this study the researchers involved two female subjects with the initials N (22 years old) and R (25 years old). Subject N has experienced parental divorce since she was 16 years old and her father has had a potential partner since she was 18 years old until now, while subject R, who is being raised by his mother, has experienced parental divorce since he was 3 years old and when he was 12 years old his mother remarried. Data collection in this study used in-depth face-to-face interview techniques with the subject to obtain an overview of his adjustment in dealing with the change in parental marital status. To collect information from the subject, the researcher uses a semi-structured interview by making an interview guide that contains a list of questions to ask the subject, but the researcher is not only fixed on these questions, the researcher has the right to develop questions based on the subject's answers.

RESULT AND DISCUSSION

In this study, researchers have explored how emerging adults, namely subjects with the initials N (22 years old) and R (25 years old), adjust to the transition of their parents' marital status. The phase he is experiencing now not only affects her emotionally, but also various aspects of her life. The transition of parents' marital status results in profound changes to family dynamics, the quality of relationships with parents and the way subjects manage the psychological challenges they face. From the interviews that the researcher has conducted with the subject, the researcher obtained 3 themes that describe the adjustment process of emerging adults in dealing with the transition of marital status.

Theme 1. Barriers to Adjustment of parents' marital status transition

Emerging Emotions

Each stage of parental marital status transition faced by emerging adults is different. Initial reactions shown by children to parental notification of divorce can include shock, hurt, anger, anxiety, guilt, disappointment, sadness, and a sense of abandonment. However, the impact of divorce will vary depending on the age of the child. In subject N, at the age when the divorce occurred, she had entered adolescence, so subject N already understood the situation that occurred so that the subject was explicitly told by the subject's father regarding her parents decision to separate. The subject's reaction is expressed as follows.

"...when papa came back from picking up mama, papa said mama didn't want to come back home anymore...at that time I was shocked and really cried... because at first we knew mama went to Palu for a while, and we were fine." (N1)

While in subject R, she had very little memory related to her parents' separation, so she did not remember what happened at that time because subject R was still 3 years old and the subject realized after a while, the story related to her family that was not intact/divorced was more complete.

"...actually because I was 3 years old so I don't remember anything...but I realized that my parents were no longer together because I went to full day school...my father always came to school really every day to bring snacks to visit me and my sister, but from there I realized 'oh it turns out we are no longer at home'... but yes, I'm used to it because I feel that everything is fulfilled because of my grandma..." (R1)

In addition to the initial reaction during the divorce, the researcher also saw how the initial reaction was when the subject found out that his parents wanted to build a new relationship with someone else. The difference in the two subjects lies in subject N whose father has been in a relationship for 4 years but has not decided to get married and subject R whose mother has decided to get married since the subject was in 6th grade.

"...at that time my father brought the aunt to the house to introduce me, but I first found out about their closeness from other people, not from my father... when my father called me to introduce myself to the aunt, I immediately replied 'why do you go to someone's house late at night, it's not polite' and went into my room crying..." (N2)

"...at that time when I came home from school, suddenly the house was very crowded, after looking around it turned out that my mother was married...it was really annoying even though when the man was invited by my mother to the house and she asked me I already said no, but at the beginning of the marriage I always fought with him (stepfather) ..." (R1)

Based on the results of these interviews, the responses of the two subjects are different because the ages when they faced divorce were also different. In addition, the factors causing the divorce also affected how they responded to their parents after the divorce. However, the response when their foster parents decided to establish a relationship with a new partner, the emotional reaction of both subjects tended to reject. In addition, the subject's involvement in parental conflict also affected her reaction when the divorce occurred. Gager et al. (2016) found that parental conflict has a long-term impact when children mature.

Changes in Parental Attitudes after Marital Status Transition

When parents decide to rebuild a household with a new person, there will be additional family members, both the new head of the family and the new housewife, stepchildren, and children resulting from the marriage. In subject N, these changes have not yet occurred because there is

no official bond between her father and her future stepmother, but in subject R, changes have been seen in her mother so that R decided to move to her grandma's house.

"...I'm the youngest child, at first there were only three of us at home, when suddenly the aunt came with her four children, I don't want the attention from my father to be divided to others...and I'm afraid that later we won't be as intense..." (N2)

"...in the past, even though I had a problem with my mother, she still wanted to talk to me, but after marriage she talked to me in an angry way...once, if I broke something, I would be hit immediately, but if her husband at that time broke the handle of the parlor, he laughed at me..." (R1)

Based on the results of these interviews, the fear of the two subjects when their foster parents decided to remarry was fear of changes in attitude, attention due to the presence of new people. As happened to subject R, she felt that her biological mother always sided with his stepfather. Likewise, what happened to subject N, she who was positioned as the youngest child at home was not ready if the presence of stepbrothers at home would take away and reduce the attention from her father so far. Praptiningsih (2018) adaptation of communication in stepfamilies becomes increasingly difficult because the relationship between stepfamilies and biological families becomes more complex.

Subject's Involvement in Parental Conflict

When parents are in conflict with their partners, children are often told to understand the situation. However, on the other hand, parents sometimes involve children in their conflicts in order to seek validation of who is right who is wrong. Here the results obtained by researchers are only on subject N because subject R was not involved at all in the divorce process of his parents.

"...my father's principle is that everything must be told to children, even from the age of 10 I have been told what happened to papa and mama... I actually feel this is very heavy and children this young must be required to mature..." (N1)

When the divorce occurred, there was a difference in the subject's position in the conflict that occurred in his family, in subject N the way his parents prevented the subject from experiencing shock in the family conflict was by slowly telling the conflict that occurred. However, based on the subject's statement, the subject felt that it was not appropriate for such a small child to be involved in family problems. In contrast to subject R, subject R was not told explicitly the conflict that occurred, over time he found answers to his questions so far why his parents separated. Bannon et al. (2018) stated that children's involvement in parental conflict is a predictor of children's academic and psychological functioning.

Resistance to Changes in Family Structure

When children experience loss due to the divorce process, children will be faced with changes in the new family structure if their parents choose to remarry. It cannot be denied that accepting new people is very difficult especially when individuals have begun to be able to adapt to post-divorce circumstances. In subject N, her father had first given reasons why he had to remarry, in contrast to subject R, subject R felt she was not involved and was not even listened to because she as a child felt she had to make decisions.

"...I already told my father that until whenever my sister is only one ... every time the aunt comes home to cook or deliver food, my sister and I are always indifferent, just stay in the room, my sister and I are the same, like we don't want to open up to her ... " (N2)

“... if now it's the opposite, when I was still in the same house I always fought with him (stepfather)... once when I was playing at the mall, my stepsister wanted to hold my hand and I immediately brushed her off... how do I feel that my sister is only my sister...” (R1)

Based on the results of these interviews, the process of accepting new people in the family is very long, especially when the people who will enter the subject's family have an important role in the continuity of family life. In addition, the role of foster parents in helping children to adapt to stepparents is also necessary so that the family formed can function properly. The results of a meta-analysis study conducted by Jensen (2022) also showed that low relationship quality between stepparents and children showed high levels of distress.

Social Environmental Pressure

Not only can the community environment be a support, it can also be an obstacle in the adjustment process, especially since there is a lot of stigma attached when a family decides to divorce. In subject N, she felt enough social pressure because her father was considered to have an influence on society because he was a pastor. In contrast to subject R, subject R never received social pressure from the surrounding environment.

“...I was embarrassed because my father was a pastor...anyway if I went to church, I came straight home, that's why the pastor came over at that time...” (N1)

Based on the results of these interviews, a factor that can hinder the adjustment of the subject in dealing with the transition of parents' marital status is the position of parents in the community. In this study, the parent of subject N is a pastor, a pastor is a religious leader who often echoes that divorce is forbidden by God. In this situation, the subject felt embarrassed because what her parents believed all this time, he did not apply in his life. This is because life in the church makes the pastor its role model and the pastor has higher moral and ethical standards than his congregation (Handojono & Pangloly, 2024).

Theme 2. Parents' Marital Status Transition Adjustment Support Quality of Communication with Parents

One of the most important things in the process of children's adjustment to divorce and remarriage is the quality of communication between father-child and mother-child. When communication is hampered, the development of the child will also be hampered. Subject N since she was a child she was closer to her father, this made her feel okay when after the divorce her relationship with her mother was cut off. In contrast to subject R, subject R can indeed contact her parents, but subject R's desire to meet her parents is minimal.

“...after mom decided to leave, since then we have lost contact with her so with mom we only know her news from other people... with dad, I am really close to dad, I tell everything to dad because from a young age when I cried, I looked for dad, not looking for mom...” (N1)

“...I'm a very lazy person to chat, let alone call, so I rarely see my father, yes it's in the same city but I only see him during Eid... As for my mother, I now live with my grandma, honestly I never told her anything, in fact we used to fight almost every day...” (R1)

One of the most important factors to support the subject's adjustment process in dealing with the transition of parental marital status is good communication between parents and children. As happened to the subject, if the subject's communication quality with the other parent is poor, then his relationship with that parent after divorce is also poor. Afifi et al. (2015) stated that child functioning after divorce depends on parents' communication skills with each other and their children.

Sibling Support

The closest people needed when facing a divorce or remarriage event are parents, then siblings. The two subjects both have a sister (older sister), the similarity of the two subjects is that they both make their sister a place to tell stories and open up to each other.

"...I usually tell my sister because she is calm when she responds to me...moreover, my sister is also quite mature and we have both experienced this so we both understand..." (N1)

"I most often tell my sister, there's nothing she doesn't know about me, even our clothes are together... because I feel that my sister and I are in the same boat since we went through everything together..." (R1)

Another supporting factor is the presence of siblings who have been together with the subject in facing the transition of his parents' marital status. By having siblings, the subject can complain and feel understood because they have been facing the same events all this time.

Social Support (Family)

Apart from support from siblings, support from the closest person if individuals do not get emotional support from their parents in this adjustment process is support from the family. In subject N, emotional support from the family is less visible because subject N feels that they only pity her. Whereas in subject R, she has a grandma who she feels is able to fulfill her needs materially and affectionately. Subject R stated that what she did not get in her nuclear family, she got from her grandma.

"...sometimes the aunts in the village just ask where Nova is, why isn't she coming... then when I meet the neighbors they just say 'how could her mother really leave two girls' I cry when they say that..." (N1)

"...my grandma is really fir, that's why what I didn't get from my parents I got from my grandma, like I used to come home from college and continue to do internships and organizations, and my grandpa really waited for me until I didn't sleep... and when I was still living with my mother, my grandpa always took the time to invite me to swim in the middle of his busy schedule..." (R1)

Apart from the supporting factors of siblings, the role of extended family support can also affect the subject's ability to deal with the transition of her parents' marital status. When the subject feels that her new family seems to reject the subject, the subject still gets affection from her extended family from her grandmother, grandfather, uncle and aunt. The presence of social support and quality relationships from other family members can help increase the confidence of young adults affected by parental divorce (Jacson & Fife, 2018).

Theme 3. Impact of the Adjustment Process of Marital Status Transition Independence

One of the successes of individuals in adjusting to events in their lives is to develop in a positive direction. The similarity between subject N and Subject R is that both have prepared themselves for their future financially.

"...the reason I work is to prepare for the possibility that later when my father is gone, the inheritance will automatically be divided by this stepfamily, I don't want to be complicated, so I now prefer to just work first... I have also been vacationing everywhere alone like to bromo, to Jogja, and now I am planning a vacation abroad by myself..." (N2)

"...I won't always be able to depend on my grandfather, later if for example my grandfather is no longer there, and my mother wants to take the house, then go ahead and take it... that's why my sister and I have started planning to pay for an apartment... I'm not holding a grudge but more like wanting to prove that my mother at that time threw me and my sister away but I can do without her..." (R1)

From the results of the interview above, currently the two subjects have entered an age where they are able to be independent and stand on their own, the two subjects have also planned what they will do in the future.

A Realistic Attitude towards Divorce Decisions

Not always the end of divorce is bad for individuals, when a family is filled with conflict, one of the positive impacts is that individuals can experience relief because the conflict that occurs can be reduced. In both subjects, both argued that they accepted the divorce that occurred, they just did not accept what happened after the divorce, namely remarriage.

"...I told papa that papa's decision to divorce from mama was right... because in the past when there was still mama the problem was always there and papa always backed up, but now I feel better like this because I feel safer..." (N1)

"...I don't mind if there is no other solution, divorce can be an option. But for myself, I don't want to get divorced later, because what I don't like is that after the divorce, I have to see my parents remarry..." (R1)

Based on the results of the interview above, between divorce or remarriage, the two subjects both accept divorce if the divorce is not followed by remarriage.

Changes in the Desire to Establish a Romantic Relationship

The impact that occurs due to parental divorce is the desire to establish closeness with the opposite sex, on how subjects view the meaning of marriage and romantic relationships with others. Currently, both subjects are not in a relationship with anyone, the difference is that subject N currently decides not to get married someday, while subject R still has the possibility of getting married.

"...I already told my father that I don't want to get married...I'm afraid that my marriage will fail and because the person I've been role modeling for all this time has also failed, but before they divorced I did pray for my criteria, but after that, not at all, even if I hear sermons about love, relationships, it goes in the left ear and out the right ear... if there is a man who approaches me, I already feel strange first..." (N1)

"...for now, I still want to get married, I'm just not close to anyone..." (R1)

Based on the results of the interview above, the impact of this transition in parental marital status makes the subject feel afraid that in the future if the subject is in a romantic relationship, the subject is afraid of the failure of his marriage. Divorce affects parent-child relationships and young adults' romantic relationships, Roper et al.'s (2019) study states that those who experience parental divorce tend to have low romantic relationship satisfaction.

Parental divorce and separation can be a very powerful experience for children. Amato (2000) views divorce as a process that begins when couples decide to live together but then choose to separate, this will have an impact on parents and children. The adjustment process of adolescents when facing divorce and the transition of parental marital status is individualized such as coping skills and interpersonal relationships. Parental marital transition can be a difficult emotional experience for adolescents (Tullius et al., 2022), and participants in this

study explained that adolescents experience a range of emotions when their parents separate or divorce. Based on the results of this study, the range of emotions experienced by the individuals who experienced them can be determined based on the age when the divorce occurred, the child's involvement in the family conflict, and the way the parents communicated the divorce.

Conflicts that occur between parents before and after divorce are associated with low adolescent adjustment, including internalization or the inability of individuals to cope with problems that occur and externalization problems related to their environment (Fosco, 2016). However, based on the results of this study, the two subjects have different views on the decision to divorce their parents, both of them said that if there is no other way then divorce can be done. In fact, subject N mentioned that she agreed with her father's divorce decision because the subject felt that the conflict that occurred after the divorce was reduced. However, the successful divorce adjustment of these two subjects was greeted with a new event, namely the remarriage of their parents. Subject N stated that she had not seen any changes from his father, it was just that subject N had fears if her father's attention was no longer focused on her. This is also conveyed by Bowerman and Irish (1962) stating that the level of affection between biological parents is greater than stepparents. However, this did not happen to subject R, subject R felt that her mother preferred to lean towards her new husband, even every time something went wrong, the subject had to give in and the subject felt she did not get a defense from her mother.

Tullius et al. (2022) participants in this study explained that adolescents experience a range of emotions when their parents separate or divorce. Participants further explained that helpful support creates a non-judgmental environment where adolescents are encouraged to identify and express their emotions. Parental divorce can have positive effects for children and families (Huff & Hartenstein, 2020). Factors supporting the success of individuals in their adjustment process when facing the transition of their parents' marital status are the quality of communication and delivery of parents. Subject N is quite close to her father, even the subject said that since childhood she was closer to her father, this also happened after the divorce, it was seen that the subject's communication with her mother was cut off. In contrast to subject R, from the results of the subject R interview, it appears that the subject's communication with her parents is not deep enough, even the subject stated that she never told anything either to her mother or her biological father. Apart from the quality of communication with parents, a supporting factor for adjusting to the transition of parental marital status is the support from both siblings and support from the environment (immediate family). The two subjects both have older siblings, who from the beginning of the divorce until the parents remarried and in subject R she and her brother had both faced life with her stepfather stating that the role of siblings is important.

Sever et al. (2007) also explained that individuals who have successfully passed coping after their parents' divorce become more empowered. Empowerment is characterized as the success of individuals related to a sense of growth within themselves such as gaining a higher sense of responsibility, greater self-confidence, and having a greater ability to manage the difficulties experienced. Next is empathy, individuals become more understanding in their own friendly relationships and the last is relationship-shavvy. This relationship-shavvy means that individuals become more intelligent and understanding in managing a relationship. In terms of independence, which leads to empowerment, the two subjects are both preparing for their future and already have plans in anticipating the worst possible events. In subject N, she prefers to stop her college leave so that she currently focuses on working, her desire to work is based on her fear if her father is no longer there. This is almost similar to subject R, subject R has also

prepared a plan if the worst happens. However, in terms of establishing a romantic relationship, subject N after the divorce she has a different view of marriage, she has a fear of marriage and fear of being approached by the opposite sex. From this, the subject is also able to interpret that divorce does not necessarily lead to a worse life, if it is not accompanied by remarriage. This study has several limitations. First, the limited number of participants only two may restrict the diversity of experiences captured, although this aligns with the phenomenological approach that emphasizes the depth of subjective meaning. Second, all participants in this study are female, so the findings may not represent the experiences of male emerging adults, who may have different adjustment dynamics.

CONCLUSION

Based on the results of analyzing interviews conducted with two subjects, it can be concluded that the subject has more fear if her parents choose to remarry. The adjustment process experienced when facing her parents' remarriage was more difficult than when the subject faced divorce adjustment. In addition, taking into account the age of the child, parents should also involve the child in making the decision to remarry or not. Because, based on the results of the interview, children become more relenting if there is a mismatch with their new family. In emerging adults, individuals who have entered this period are able to make decisions that they want to live alone, this also happened to my two research subjects, they prefer to live in different houses rather than later causing additional disputes.

This research can contribute to the development of self-adjustment theory in emerging adults, especially in the context of family transition due to divorce and remarriage. For emerging adults themselves, this study can help individuals who experience similar situations to understand that their experiences are valid and show that there are supporting factors that can help their adjustment process. In addition, for parents, this study can provide important insights for parents on how their marriage transition affects their children so that parents can be more sensitive and communicative in explaining the changes that occur in the family structure.

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