

Study of Why Parents' Divorce Has an Impact on Teenagers' Psychological Growth

Dailing Jiang

Hong Kong Baptist University, Hong Kong, China.

Abstract

Mental health has always been a hot issue in society, and adolescence is the key period to establish a good attitude. With the development of society, the divorce rate in various countries is increasing year by year, which leads to the psychological growth of teenagers will be affected by their parents' divorce. Current research has made it clear that parents' divorce will have an impact on Teenagers' psychological growth. However, scholars have disputes about the degree of impact. Some scholars believe that the impact is limited, while others believe that the impact of parental divorce on Teenagers' psychological growth is huge. And they have no scholars to further study the phenomena that parents' divorce will lead to, which will affect the psychological growth of teenagers. Taking this as the goal, this paper hopes to explore why teenagers' psychological growth will be affected after parents' divorce from three aspects: parental rearing style, teenagers' self-esteem and teenagers' life attitude. Through the questionnaire survey of teenagers whose parents are divorced and teenagers whose parents are divorced, it is found that the impact of parental divorce on Teenagers' psychological growth is limited.

Keywords

Teenagers with divorced parents, Teenagers' psychological growth, Limited influence.

1. Introduction

1.1. Research background

In recent years, the phenomenon of teenagers' psychological problems began to enter the public view, with extreme behaviors such as depression, anxiety and even self injury, and a younger trend, which has attracted more and more scholars' attention. (Nemerov, 2002). The problem of distrust and distrust of their environment is only the surface and behind many teenagers. If we don't adjust now, the problem of teenagers will be unimaginably serious after entering puberty. 12- 16 years old is the main population of emotional disorders such as anxiety and depression. Severe depression is closely related to self injury and suicide. Serious Internet addiction shows more psychological problems (Roza, 2003, kieling, 2001, collishaw, 2004, Gunnell, 2018). Due to the increase of students with depression tendency, the incidence of campus bullying or student suicide is high. Let the society pay more and more attention to the mental health of teenagers, hoping to achieve timely mental health intervention.

Research status of the impact of single parent families on children. Generally speaking, there are two tendencies in global research: "serious impact theory" and "limited impact theory". Wallerstein's survey of children from divorced families showed that 37% of single parent children and adolescents suffered from moderate and severe depression. They felt pain and anger at the loss of a complete family life. Bvnum concluded through the survey that the bad psychological behavior of single parent children will have a great impact on academic performance, manifested as depression and compulsion. Lamp believes that children from divorced families have serious psychological disorders, and boys in single mother families are

more aggressive than girls. Bernard and Nesbitt studied the children of single parent families and children of complete families, and found that there was no significant difference. Shinn believes that the cognitive ability of children in a single parent family is the children of a geographically complete family. Cherlin conducted research in the United States and the United Kingdom and found that children from single parent families had more behavioral problems than those from two parent families. Baydar believes that if the non guardian does not adapt to the change of divorce, it will also have a negative impact on the behavior and mood of the children. Therefore, the deficiency of these studies is that there are two extreme understandings of single parent families: one is the estimation of the impact of single parent families; Second, it exaggerates the negative effects of single parent families and blames all the problems of single parent families on the family structure itself. In fact, the internal relations among family members and family education will also have different effects on children. Based on this, this study proposes to explore the impact of divorced families on Teenagers' psychological growth from the perspective of family education, teenagers' self-esteem and life attitude. Help experts better protect teenagers from sensitive and vulnerable puberty, protect them from psychological diseases, and promote the healthy development of personal mental health from youth to middle age.

1.2. Research objectives

Based on the research status of other scholars, this paper determines that the mental health problems of teenagers are serious year by year, and scholars have begun to carry out relevant research and investigation in this field. However, the current research is mainly based on how to help teenagers establish a correct outlook on psychological growth, or study various factors that may lead to teenagers' mental health problems (Kieling, 2011, Rickwood, 2005). And the conclusions drawn by scholars are not unified. By understanding some previous literature, it can be determined that family relations will affect teenagers' mental health. The specific influencing factors include family status, family financial resources, parents' educational level and so on. On this basis, this study hopes to focus on the impact of family factors on Teenagers' own mentality. It mainly includes three aspects: the way of parents' education, the development of teenagers' self-esteem and their attitude towards life. Compared with the research of valuable scholars, this paper believes that these three aspects can explain why parents' divorce will affect teenagers' psychological growth from the perspective of teenagers themselves, and put forward relevant suggestions based on the conclusion. To help society make better use of limited resources to help teenagers from these single parent families.

2. Literature Review

2.1. Research Background

Shaping a harmonious and warm family environment is a key link in the development of teenagers' mental health (Hamid, 2003). To protect the mental health of teenagers, families and schools need to coordinate and communicate in time. In recent years, the mental health problems of teenagers have been widely concerned by the society (Cheng, 2021, Shahyad, 2021, Guo, 2022). Mental health problems not only affect the normal growth of teenagers, but also lead to some tragedies. Such as suicide, intentional injury to other students and other acts and events (Barrios, 2000, Hawton, 2002). It can be said that the mental health problems of teenagers have become the focus of the whole society.

The psychological construction of adolescent teenagers mainly comes from three support systems: family, teachers and companions (Danielsen, 2009, Ystgaard, 1997, Feinberg, 2021). For most teenagers, at least having a good support system can help teenagers not be easily knocked down when they encounter some setbacks and difficulties. However, for a small

number of teenagers, if their social support system is very lacking and they don't know to take the initiative to ask for help (such as seeking psychological counseling) when they encounter setbacks(Helsen, 2000), it is easy to lead to crisis events. From the shocking and regrettable cases of juvenile suicide or violence in society, as parents and adults, people should deeply reflect: do not transfer our exaggerated survival anxiety to teenagers(Ackermann, 2004), provide certain psychological support to teenagers(Ford, 2004), understand the teenagers' psychological age characteristics, and develop according to the teenagers' psychological function, help them do a good job in the construction of psychological function(Walsh, 2014).

2.2. Definition of Mental Health

This paper mainly studies why divorced families have an impact on Teenagers' mental health, so as to effectively guide society to intervene in teenagers' mental health in time. Therefore, first of all, researchers need to determine the definition of mental health and the necessity of intervening in mental growth. In recent years, with the continuous development of psychology and people's extensive attention to mental health, psychologists and researchers have actively explored the concept and model of mental health (Bakker, et al, 2010; Angner, 2010; Tillmann, 2018; Essler, 2006), which provides a theoretical basis for the discussion of the goal of mental health intervention. The World Health Organization believes that mental health is not only the absence of psychological barriers, but also includes subjective well-being, self-efficacy, autonomy, capriciousness, intergenerational trust, and the ability to recognize an individual's intellectual and emotional potential (WHO, 2003); Scholars from various countries believe that mental health refers to the good state in which an individual's various psychological states (such as general adaptability, sound personality, etc.)(Connor, 2003; Malambo, 2019) maintain a normal or good level, and the internal self (such as self-awareness, self-control, self experience, etc.) and the harmony between self and environment (Morley, 2018; Bachi, 2012). According to different theories, the standards of mental health can be obtained from different perspectives. Psychological researchers have made a lot of discussions on this (Cambridge, 2012; Barksdale, 2014; Koocher, 2008; Jahoda, 1958; Bartlett, 2011). The standard of mental health is not only the focus of intervention, but also the evaluation standard of intervention effect. Taking a comprehensive view of previous researchers' discussions on mental health, most of them involve cognition (self-awareness, cognition of others' environment, etc.), emotion (emotional stability, emotional management, etc.), behavior (bad behavior, work performance, etc.), interpersonal (initiative, accessibility, etc.), adaptation (environmental change, role change, etc.) and relative stability of personality.

When scholars have determined the standards and definitions of mental health, the research direction has gradually shifted to psychological intervention for patients with psychological problems. In adolescence, there are many opportunities to promote health and prevent diseases, which may benefit the lives of young people in the short and long term (Malti, 2016). Considering the obvious neuroplasticity of adolescence and the opportunity to intervene at the beginning of most mental health problems and risky behaviors, this stage is considered to be one of the best time frames for intervention (Carr, 2013). Cowen (2000) combed this in detail: in the early stage, treatment-oriented, the goal of mental health intervention tends to be disease treatment; Now, the concept of prevention is gradually recognized by researchers, and its important role in mental health intervention is becoming more and more obvious; In the future, preventive intervention will be more affirmed, recognized and studied. Among the objectives of psychological intervention, developmental intervention is the most complex, difficult to determine and the most promising intervention method.

Psychological counseling and treatment is an intervention aimed at psychological problems or diseases, which takes the alleviation of psychological problems or the rehabilitation of diseases as one of the objectives of intervention(Magyar-Moe, 2015). There is no doubt that many

empirical studies on mental health intervention take the restoration of health as the goal, so it is also widely recognized and accepted (Durlak, 1998). However, due to the controversy of the concept of prevention, in order to explore the specific content of preventive objectives, people must explore the development and change of the concept of prevention. With the development of psychology, the concept of prevention has been gradually introduced into the field of mental health. In the 20th century, Caplan divided prevention into primary prevention, secondary prevention and tertiary prevention (Caplan, 2000). The intervention goal of primary prevention is to reduce the prevalence rate of people at risk of mental illness. It can also implement early intervention for the general population to control the risk factors. The intervention goal of secondary prevention is early detection, early diagnosis and early treatment of high-risk groups, so as to reduce the severity of mental diseases, including scientific treatment of individuals diagnosed with mental diseases. The intervention goal of the third level prevention is aimed at individuals in the stage of disease rehabilitation, so as to minimize the negative impact of patients and help them return to normal life. Gordon proposed a comprehensive prevention model, which divides prevention into universal prevention (prevention for the whole population), selective prevention (for high-risk people without disease symptoms) and indicative prevention (screening non disease patients with early disease symptoms for intervention) (Caplan, 1967). This study helps to determine the different standards of psychological intervention. After the experimental data are obtained, we can give sub standards and put forward some relevant suggestions.

From the necessity of psychological intervention. In 1994, the American IOM (Institute of Medicine) put forward the mental health intervention spectrum, which focused on expanding the scope of prevention and pointed out that the prevention and intervention of psychological problems or diseases focused on psychological prevention (Munoz, 1996). In 2009, the National Institute of research and the school of medicine of the National Academy of Sciences pointed out that developmental intervention should become the basis for the prevention and treatment of mental diseases and an important part of mental health intervention (O'Connell, Boat, & Warner, 2009). Developmental psychological intervention should include developing individuals' ability to complete tasks, improving individuals' sense of self-esteem, control, happiness and social belonging, as well as coping ability and adaptability in difficult situations. At present, the intervention research on mental health has gradually paid attention to and included the goal of developmental psychological intervention (Barry, Clarke, Jenkins & Patel, 2013; Lendrum, Humphrey & Wigelsworth, 2013). Liu Tianfang and Yang Liping also pointed out that psychological prevention should combine negative prevention with positive prevention (Tian- Fang, 2012). Prevention aimed at eliminating risk factors is mainly aimed at the risk factors of disease. It is obviously passive and negative, which belongs to negative psychological prevention; Developmental psychological intervention aims to establish protective factors such as health and happiness, and focuses on improving and maintaining people's happiness, self-esteem and self- efficacy. It is obviously active and positive. Therefore, people should take into account the elimination of risk factors and the establishment of protective factors; It not only focuses on solving psychological problems or obstacles, but also focuses on improving happiness and self- efficacy, promoting individuals to actively develop their potential and improve people's health and happiness. Tian Fang's research can help this paper determine what aspects should be taken into account when considering psychological intervention suggestions to protect the mental health growth of teenagers.

With the development of the concept of mental health and the goal of mental health intervention, academia has gradually reached a unified consensus on the goal of intervention, that is, mental health intervention should include counseling and treatment of psychological problems or diseases, universal prevention, selective prevention and indicative prevention, and

developmental psychological intervention (Cohen, 2014; Lajunen, 2004). From the comprehensive research point of view, combined with the development principle and survival principle, people can divide the objectives of mental health intervention into developmental objectives and survival objectives (including psychological problem prevention, counseling and treatment). Based on these definitions, the necessity of this study is determined. Teenagers from divorced families themselves belong to vulnerable groups in society. This study explores why parents' divorce will have an impact on Teenagers' mental health, which can better help the society pay attention to the teenagers of these single parent families. Carry out targeted assistance and psychological intervention.

2.3. Current Research on Adolescent Mental Health

Referring to previous studies, this paper has determined the definition of mental health and the necessity of psychological intervention, as well as the relevant theoretical basis, which provides a good theoretical basis for making suggestions at the end of this paper. From the above, we know that teenagers are the key period of psychological growth. Adolescent mental health is also a key age group studied by scholars. The health behavior of teenagers is mainly to investigate the family, school and other relevant places, as well as the socio-economic environment in which teenagers grow up. The research contents mainly include adolescents' social environment and socio-economic status, family socio-economic status, family composition and communication, peer relationship, friendship quality, school environment, smoking, drinking, marijuana use, eating habits, lifestyle and harmful behavior, and study the relationship between survey factors and health and healthy behavior, trying to understand the factors affecting adolescents' health and healthy behavior. The next literature research will focus on the investigation of adolescent mental health.

Sirirassamee in "national survey on adolescent risk behavior in Thailand" showed that 15.9% of adolescents participated in fighting, 8.1% of adolescents participated in online bullying, and the use rates of smoking, alcohol and marijuana were 22.3%, 27.9% and 2.3% respectively (Sirirassamee, 2015). It was also found that high-risk behaviors were prevalent among young people in Thailand, including accidental injury and violence, unsafe sex, and excessive consumption of cigarettes and alcohol (Sirirassamee, 2015). These data show that adolescent mental health problems are not a specific problem in a country, and adolescent mental health problems are becoming more and more serious.

From the perspective of the influencing factors of adolescent psychological health behavior, scholars from various countries have conducted a large number of relevant studies on the influencing factors of adolescent health behavior in recent years (Lawton, 2014; Aneshensel, 1996; Green, 2013). Many studies have found that there are many factors affecting adolescent health behavior. For example, Lawton's steadfast pointed out that teenagers' mental health is related to their personal family and living environment, and it is not a single factor that independently affects teenagers' Mental Health (Lawton, 2014). Sung's research is mainly to explore the impact of gender on adolescent mental health, but the limitation of this point is that Sung's research focuses on South Korea, but the way male and female students get along in each country is different, which may have an impact on the experimental results (Sung, 2020). In addition, both Petersen and Zwaanswijk mentioned the impact of family factors on adolescent mental health (Zwaanswijk, 2003; Petersen, 1991). In terms of family factors, other studies have found that self-concept can affect adolescent health behavior (Alsaker, 2020). Research by Zambon has proved that socio-economic status has an impact on adolescents (Zambon, Alessio, Patizia Lemma et al., 2006). Josephine A. et al. found that there is a correlation between family economic pressure, support education and adolescent health behavior (Kwon, 2014). Blum others found that in addition to family income and family structure, race is also one of the factors affecting adolescents' health behavior (Blum, 2000).

VanderValk and others found that family structure has an impact on adolescent health behavior in 2013 (VanderValk, 2005). Some studies have also found that the mother's rearing style has a great impact on the health hazard behavior of college students (Xiuqin, 2010). Through these studies, it is confirmed that there are many factors affecting teenagers' mental health growth, including gender, neighbors, school and family. Among them, scholars mostly study the influence of family factors.

But some scholars believe that, many factors affecting adolescents' health behavior can be summarized into individual factors, psychological factors and social factors. International studies have found that psychosocial factors have a great impact on adolescent health behavior (Kwon, 2004). In addition, the research review of Spear Shows that the factors affecting adolescent health behavior include: psychological factors and social factors, among which psychological factors include: cognitive and emotional aspects; Social factors include demographic variables, family factors, peer factors, etc. (Spear, 2001). In addition, other studies have shown that among the psychological factors affecting adolescents' healthy behavior, self-esteem, healthy psychological locus of control and self-efficacy are regarded as important influencing factors (Steese, 2006; Kim, 2003). At the same time, Prosen believes that teenagers' emotions are in the contradictory characteristics of semi mature and semi childish, and there are cracks in their relationship with their parents. They don't know how to maintain or establish their due position among family (Prosen, 1981), which shows that family are also very important in adolescence. The research of Whitehead et al. Also shows the importance of family factors and peer factors on adolescents' healthy behavior (Whitehead, 2015). From the perspective of scholars on the factors affecting teenagers' mental health, family factors, social factors and individual factors. However, it is worth noting that family factors belong to the scope of social factors. Secondly, the individual factors of teenagers will be affected by family factors. Therefore, this paper believes that family factors are the key to the healthy growth of teenagers' psychology.

3. Conclusion

From the conclusion, after parents divorce, parents' parenting attitude, teenagers' self-esteem and life attitude will affect the growth of teenagers' mental health. From the statistical results, there is no significant difference in the mental health level between divorced and non divorced students. Preliminary statistics on the mental health of adolescents from divorced and non divorced families show that, at all levels of adolescents' mental health, the data of adolescents from non divorced families in the three research directions of evaluating parents' educational attitude, self-esteem evaluation and self life attitude evaluation are slightly lower than those from divorced families. Because the questionnaire adopts the rhetorical method, In other words, the psychological growth of teenagers from non divorced families is slightly better than that of teenagers from divorced families. This gap is not as significant as known in the literature review, indicating that although parental divorce will have a negative impact on Teenagers' psychological growth, it is limited.

Based on the results, this study can appeal that although divorced parents are no longer husband and wife, their relationship with their children still exists. For the healthy growth of their children, they should continue to be their children's parents, ensure that there is no vacancy in their children's upbringing and education, try to give them due care and warmth like the children of the whole family, and minimize the negative impact of divorce on their children. Children from divorced families often live with one parent and lack the influence of the other, which will lead to children's personality defects and hinder the development of children's interpersonal skills. What deserves our special attention is that with the comprehensive transformation of social structure and the lack of gender roles of parents, many divorced

families cannot bear the responsibility of education, but they hope to change this situation through school education and social education. However, facts have proved that blindly shirking responsibility can not fundamentally solve the problems and contradictions, but further expand the problem of interpersonal barriers of teenagers from divorced families.

3.1. Limitation

This paper adopts the method of comparative research, that is, to investigate the psychological growth of teenagers from divorced families and teenagers from non divorced families. However, it is easily disturbed by other influencing factors, such as social factors and educational factors. Secondly, due to the use of questionnaire survey method, it is difficult to strictly control the research conditions, which may lead to the inaccurate relationship between the discussed variables. This defect needs to be overcome in future research, and combined with a variety of research methods to deeply explore the relationship between individual mental health level and parental rearing style, so as to make the research conclusion more accurate. Secondly, because the subjects belong to a special group, the sampling is difficult and the sample size is relatively small, so the research data can not be fully and comprehensively analyzed and tested. Finally, the sample of this study is limited, and it can be measured in a wider range in future research in order to obtain more representative research conclusions.

3.2. Future work

In the future, hybrid data collection methods can be used. In addition to comparing teenagers from divorced families and non divorced families, teenagers from divorced families can also be interviewed in depth to understand the psychological changes of their parents before and after divorce. This helps to eliminate other interference factors and better understand the impact of parental divorce on Teenagers' psychological growth.

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