



The Impact of Parental Divorce on Adolescent Social Behavior: An Islamic Legal Perspective

Adila Dwi Afifah¹, Elsa Elvionita¹, Yusrial², Awang Ringgit³

¹STAI Balaiselasa YPPTI Pesisir Selatan, Sumatera Barat, Indonesia

²STAI Solok Nan Indah, Indonesia

³STIT Al-Yaqin Muaro Sijunjung, Indonesia

✉ dwiafifahadila@gmail.com*

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Abstract

Adolescents, as individuals in the transitional phase toward adulthood, are highly vulnerable to changes in the family environment, especially those resulting from parental divorce. This study is motivated by concerns over the increasing incidence of social dysfunction among adolescents from divorced families, such as declining academic performance, deviant behavior, and emotional disturbances. The study aims to analyze and describe in depth the impact of parental divorce on adolescents' social behavior, both from psychological and social perspectives, and to examine the issue through the lens of Islamic law. Additionally, this study aims to identify efforts that can be made to ensure that adolescents maintain good social and moral resilience after their parents' divorce. The research method used is a descriptive qualitative approach with data collection techniques through observation, in-depth interviews, and documentation. The study was conducted on several adolescents from divorced families. Data analysis was performed through data reduction, data presentation, and inductive conclusion-drawing. The results of the study indicate that parental divorce has a significant impact on adolescents' social behavior. The implications of this study are the need for active roles from various parties, such as extended families, communities, schools, and religious institutions, to provide emotional and spiritual support to adolescents who are victims of divorce. Additionally, there is a need for regulations that strengthen parents' obligations in raising children post-divorce to ensure their healthy social and spiritual development. This study is expected to serve as an academic and practical reference in developing an inclusive social support system for adolescents affected by divorce.

INTRODUCTION

Within the family, children acquire various fundamental foundations in their lives, ranging from love and affection, moral and religious values, to the ability to build healthy social relationships. Therefore, family stability is an essential prerequisite for supporting children's optimal development, especially during the teenage years, which are a crucial and dynamic period (Basri et al., 2024; Sa diyah & Jannah, 2025; Sinulingga et al., 2024).

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Adolescents are individuals who are undergoing a transition from childhood to adulthood. This period is characterized by rapid and complex physical, psychological, cognitive, and social changes, requiring a safe, stable, and supportive environment. If disruptions occur within the family system during this period, such as divorce between parents, the impact can significantly affect the emotional balance, behavior, and social life of adolescents (Rais, 2022; Siti Sumarni & Dewita Rahmatul Amin, 2024).

The phenomenon of divorce today has become a social issue that not only reflects the breakdown of relationships between two adults, but also creates a series of complex consequences for children who are indirect victims of such events. Within the Islamic legal framework, divorce is known as *thalak*, which means the dissolution of the marriage bond. Islam, as a religion that regulates all aspects of human life, does not deny the existence of divorce as a last resort in resolving domestic conflicts that have gone through various stages of mediation and reconciliation efforts (Basyiroh & Afif, 2024). However, Islam views divorce as a lawful matter that is most hated by Allah. As stated in the hadith of the Prophet Muhammad: “*The lawful matter most disliked by Allah is divorce*” (HR. Abu Dawud). This statement emphasizes that although permitted, divorce should be the last resort, as its impact is not limited to the divorcing couple but also affects the emotional and social well-being of their children.

In Indonesia, divorce rates have been on the rise year after year. According to the 2023 Statistical Yearbook of Indonesia, the number of divorces has seen a drastic increase, driven by various factors such as prolonged disputes, relationship disharmony, economic issues, domestic violence, and infidelity. The phenomenon of divorce has become an increasingly evident social reality. Over the past three years, the Religious Court of the District has recorded over two thousand divorce cases spread across the region. This surge in divorce rates cannot be separated from the socio-economic dynamics of society and the lack of understanding regarding the responsibilities involved in maintaining a household. Ironically, in efforts to resolve conflicts between couples, the long-term impact on children is often overlooked (Sridepi et al., 2024). Adolescents who are victims of their parents' divorce generally experience role disorientation and an inability to form healthy social relationships. They are vulnerable to emotional disturbances, chronic stress, anxiety, depression, guilt, and loss of trust in authority figures. Many of them eventually resort to negative coping mechanisms through deviant behaviors such as truancy, promiscuity, substance abuse, and minor criminal acts (Sasono et al., 2025).

In some cases, teenagers who are victims of divorce show a decline in motivation to study, a loss of zest for life, and even experience social isolation. Families that are divided into two camps, with separated fathers and mothers, often fail to provide warmth, moral guidance, and adequate supervision. When primary social control weakens, the likelihood of negative influences from the environment increases, especially amid the tide of modernization and digitalization, which offers various forms of escape for teenagers experiencing identity and emotional crises (Febrianti et al., 2024). This study aims to explore in depth how parental divorce affects adolescents' social behavior from an Islamic legal perspective. The research focuses on the forms of social behavior changes in adolescents post-divorce, such as emotional changes, social interaction patterns, value orientations, and attitudes toward their surroundings. Additionally, this study seeks to examine how Islamic legal norms and principles regulate the consequences of divorce on children, as well as the extent to which both parents are responsible for ensuring the continuity of their children's education and moral upbringing after separation.

This study is increasingly relevant when linked to the results of previous studies that also highlight the impact of divorce on children's psychosocial well-being. Parental divorce has a negative impact on children's emotional maturity, characterized by excessive reactions, emotional volatility, and difficulty managing frustration (Sembiring et al., 2022). Children affected by divorce often experience social isolation, loneliness, and prolonged feelings of shame, which impact their self-confidence in social interactions (Salsabila, 2025). Family conditions significantly influence teenagers' lifestyles and social behavior, particularly in terms of social interactions, interpersonal communication, and decision-making (Rondonuwu et al., 2024). Divorce significantly contributes to low social empathy, resistance to norms, and the emergence of antisocial behavior in adolescents (Shodiq et al., 2024).

Based on this background, this research is a scientific effort that not only contributes to the development of family sociology and Islamic law theory, but also serves as an empirical basis for the formulation of social policies, family education, and rehabilitation programs for adolescents experiencing family dysfunction. Through an interdisciplinary approach combining social science, developmental psychology, and Islamic law, it is hoped that the findings of this study will enrich the body of scholarly thought while also serving as a practical reference for the community, educational institutions, local governments, and religious and traditional leaders in responding to the complexities of the impact of divorce among adolescents in a more wise, holistic, and sustainable manner.

METHODS

This study uses a qualitative approach with a descriptive method, which aims to systematically and factually describe the social phenomenon under study, namely the impact of parental divorce on the social behavior of adolescents from an Islamic law perspective (Anhar, 2025; Setiawan et al., 2024; Syarif, 2023). The qualitative approach was chosen because it allows researchers to deeply understand the social and psychological realities experienced by the research subjects, particularly adolescents who are victims of divorce. Data in this study were obtained through three main techniques, namely direct observation of objects in the field, in-depth interviews with key informants (adolescents who are victims of divorce, parents, community leaders, and religious leaders), and documentation of other supporting data (Sari, 2024). Informants were selected using purposive sampling to ensure the relevance and depth of the information obtained. To ensure the validity of the data, this study used triangulation techniques, namely by comparing various data sources, methods, and perspectives (Kaputra et al., 2021). Data analysis was conducted interactively through the stages of data reduction, data presentation, and the drawing and verification of conclusions as developed by Miles and Huberman. This study also employed an empirical approach, meaning the researcher was directly involved in data collection in the field to obtain authentic and contextual information. Through this method, it is hoped that a complete picture will be obtained regarding changes in adolescent social behavior due to parental divorce and its relevance to Islamic legal principles that emphasize the protection of children as an integral part of family protection.

RESULT AND DISCUSSION

Public Perceptions of Divorce and Adolescent Social Behavior

In the social structure of Indonesian society, particularly in rural areas, the continuity of the household is an integral part of overall social stability (Darmawan et al., 2024; Bimantoro et al., 2024). Therefore, divorce is not merely viewed as a private matter between husband and wife but as a social event with far-reaching implications within the social order. From a societal perspective, divorce symbolizes the failure of a household, accompanied by psychosocial implications not only for the separating couple but especially for their children (Fitri & Supriadi, 2024; Putri & Hakim, 2024). In a society that upholds the values of collectivity and family honor, divorce is often considered a disgrace or stain on a family's social record. As a result, children from divorced families not only experience psychological impacts within the family, but also have to face social pressure from the surrounding community.

The impact becomes even more complex when linked to the social behavior of adolescents, as they are one of the age groups most vulnerable to environmental changes and emotional pressure. Information from community leaders reveals that children of divorce tend to show significant changes in their social behavior. Some of the identified symptoms include increased aggression, a tendency to become easily angered, withdrawal from social environments, and feelings of shame regarding their family status, which is perceived as incomplete. This reflects that divorce not only destroys the formal bond between couples but also causes deep emotional wounds for the children involved, especially during transitional periods such as adolescence (Himmah & Hasibuan, 2024; Ajisaputri, 2021). Psychologically, adolescence is a critical phase marked by the search for self-identity, increased emotional sensitivity, and a strong need for social recognition. When family stability is disrupted by divorce, the foundational elements needed by adolescents to develop a positive self-concept become weakened (Sugitanata, 2024). They lose the authoritative figures who should serve as role models in shaping attitudes, values, and social behavior.

Children of divorce often do not receive adequate emotional support and moral guidance (Asriadi, 2024; Muntu, 2023). This exacerbates their psychological condition and accelerates the process of developing deviant behavior. In some cases, as observed by informants, children affected by divorce show a significant decline in academic performance, avoid religious or social activities, and begin engaging in self-harming or harmful behaviors toward their environment. It is interesting to note that although society recognizes divorce as an emergency option, the social stigma against divorced families remains strong (Hamid, 2023; Jamil & Nur, 2022). This stigma indirectly creates a social environment that is less conducive for children of divorce to grow and develop healthily. They not only face internal family breakdown but also have to deal with discrimination and negative judgments from society, which further deepens their feelings of alienation and lack of self-confidence. From the perspective of legal sociology and Islamic law, this societal view reflects a normative and moral awareness of the importance of maintaining the integrity of the family as a fundamental social institution. Islam itself stipulates that divorce is permissible under certain circumstances, but it comes with a great moral responsibility, especially regarding the care and education of children (Badawi & Nasution, 2021; Kusmardani et al., 2022).

Based on this narrative, it can be concluded that public perception of divorce is closely related to concerns about the future of children who are victims of divorce. They view divorce not only as a form of relationship failure but also as a cause of moral and social crises among children, particularly adolescents. Therefore, collaboration between families, communities, and social institutions such as schools and religious organizations is necessary to collectively provide adequate protection

and guidance to ensure that adolescents affected by divorce do not become lost in the emotional turmoil and social pressures they experience.

Juvenile Delinquency and Emotional Escape Patterns

Juvenile delinquency is one of the most obvious manifestations of psychological and social imbalance experienced by individuals in transitional ages, especially adolescents who are victims of parental divorce (Engkizar et al., 2022). Based on interviews conducted with various informants in the field, the majority of them stated that children who experience divorce in their families show a higher tendency toward various forms of deviant behavior. Such deviant behavior is not solely caused by malicious intent or inherent moral flaws, but is more often triggered by the accumulation of internal pressure, deep disappointment, and feelings of emptiness resulting from the absence of a father or mother figure in daily life. In many cases, adolescents feel that there is no longer a safe place to lean on emotionally (Ikrima & Khoirunnisa, 2021; Vasty et al., 2021). The previously constant presence of both parents, who were sources of love, guidance, and discipline, has now been replaced by emptiness and internal chaos that they are unable to verbalize. It is in this context that deviant behavior emerges as a form of coping mechanism or emotional escape, albeit in a negative way.

Furthermore, such delinquent behavior can also be seen as a symbolic expression of resistance against the emotional injustice they feel. Teenagers who are victims of divorce often feel like they are the ones being sacrificed in the conflict between their parents, without ever being asked for their opinion or given space to voice their feelings (Afdal et al., 2021). They also experience confusion in understanding their position in the changed family structure. In such circumstances, misbehavior can serve as a form of silent protest, or even an indirect signal seeking the attention and affection that has been lost.

From a developmental psychology perspective, this phenomenon shows that divorce is not the end of a child's future, but rather a major challenge that, if not handled properly, can have long-term effects on their cognitive, affective, and social aspects (Hasibuan, A. S., & Lubis, 2024; Zubaidah, 2020). This is where the role of the social environment, extended family, educational institutions, and religious institutions becomes crucial as a support system to help adolescents navigate this emotionally turbulent transitional period. Therefore, the patterns of misbehavior and emotional withdrawal observed in adolescents affected by divorce must be understood holistically, not merely as wrongful behavior deserving punishment, but as a call for attention, guidance, and ongoing recovery. Only through a humane and preventive-liberal approach can the younger generation be spared from the moral and social crises rooted in unhealed family wounds.

Potential Positive Impact and Emotional Resilience

Although parental divorce generally has a significant and largely negative impact on the psychological and social development of adolescents, it cannot be ignored that in certain cases, divorce can serve as a moment of introspection and a turning point in the development of an individual's emotional resilience (Engkizar et al., 2025). This phenomenon highlights the variability in adaptive responses among children of divorce, depending on their internal capacity and the presence of adequate social support systems. In this context, a small number of respondents in the study indicated that the divorce taught them to be more resilient, more reflective, and more independent in life. The emotional resilience they built after the divorce shows that adolescents, when given the space to understand and manage their emotions in a healthy way, are capable of developing extraordinary inner strength.

From a developmental psychology perspective, the process of building resilience or emotional resilience in adolescents depends heavily on two main factors: first, intrapersonal factors such as the ability to recognize and manage emotions, and second, external factors such as support from close friends and family (Andriyani & Sa, 2024; Ichsono et al., 2024). This process illustrates that divorce, although painful, can also serve as a life lesson that shapes a stronger character and personality. In some cases, children of divorce actually grow up to be more responsible, independent, and socially mature individuals. They believe that this positive adaptation pattern is greatly influenced by the presence of an extended family that continues to provide consistent love, attention, and supervision after the divorce. A supportive and non-judgmental social environment also plays a significant role in creating a psychosocial climate conducive to children's growth and recovery from emotional wounds (Fadly & Islawati, 2024). In such circumstances, adolescents do not feel abandoned but rather feel cared for and valued as human beings, thereby having a greater opportunity to positively actualize themselves.

Sociologically, these findings show that the existence of a caring and inclusive social network can transform narratives of suffering into opportunities for growth. Children surrounded by an empathetic and responsive environment are more likely to exhibit prosocial behavior, avoid deviant behavior, and have a clear vision for their future. They do not use divorce as an excuse for failure but rather as motivation to prove that they can become successful individuals despite coming from a broken family. Thus, the potential positive impact of divorce is not impossible, but rather depends on how adolescents cope with and interpret the experience, as well as the extent to which support from their surroundings is present in a tangible and consistent manner (Anwar et al., 2022; Titalessy & Endang Kusumiati, 2021). The emotional resilience developed during this adaptation process serves as an indicator that individuals are not solely defined by their family background but also by their ability to transform wounds into strength, failures into lessons, and losses into wisdom.

Islamic Legal Perspective on Divorce and Child Protection

In follow-up interviews conducted by researchers with religious and community leaders, there was a strong consensus that divorce in the Islamic perspective is a legally valid act under Sharia law, but it remains a category of actions that are greatly disliked by Allah. This view refers to the hadith of the Prophet Muhammad, which states, “The most detestable lawful matter to Allah is divorce” (HR. Abu Dawud). This hadith explicitly shows that although divorce has legal validity in Islamic law, it is not a recommended action, let alone the primary solution to marital problems. Islam strongly emphasizes the importance of reconciliation (peace), consultation, and patience in maintaining family unity as a manifestation of the values of *sakinah* (tranquility), *mawaddah* (love), and *rahmah* (compassion). Religious leaders interviewed emphasized that one reason divorce is disliked is due to its social and psychological impacts, particularly on children (Sukmawati & Oktora, 2021). Children are both a trust and a shared responsibility that does not cease even after the marital relationship has officially ended. In this context, Islamic law not only regulates the formal mechanism of divorce, but also contains ethical and moral principles that bind both parties to continue to perform their parenting and educational functions towards their children (Daud & Syarif, 2021).

In Surah Al-Baqarah, verse 233, Allah states: “*Mothers shall breastfeed their children for two full years, for those who wish to complete the breastfeeding period. And the father’s obligation is to provide food and clothing for the mothers in a manner that is appropriate...*” This verse, although spoken in the context of an intact family, remains relevant in emphasizing that responsibility toward children does not disappear even if the couple has

divorced. The father remains obligated to provide for the children and the mother, as long as the mother is caring for the children, and the mother continues to play the role of the first and primary educator in the children's lives. In the context of divorce, this provision underscores the importance of maintaining the continuity of parental roles in the child's growth and development. Community leaders also emphasize that divorce without a sense of post-divorce responsibility can lead to new social harm, namely a generation of young people growing up without adequate caregiving figures. Children abandoned after divorce are at high risk of experiencing a lack of affection, identity crises, and distortions in moral and religious values (Jannah & Satwika, 2021).

From interviews with religious leaders, it was also revealed that Islam strongly encourages the resolution of family disputes through non-litigious channels, namely by involving traditional leaders, religious leaders, and community leaders as mediators. This effort is not only to prevent divorce, but also to ensure that if divorce does occur, all post-divorce aspects, especially those concerning children's rights, are agreed upon fairly and humanely (Engkizar et al., 2021). Thus, from an Islamic legal perspective, divorce is not merely a legal phenomenon, but also a moral and social event with significant consequences for the continuity of future generations. Therefore, divorce must be managed with full responsibility, always prioritizing children as the primary subjects whose rights must be fully protected. This understanding aligns with the primary objective of Islamic law, which is to achieve the greater good and prevent harm (*jalb al-mashalih wa dar' al-mafasid*), especially within the realm of family and the education of the younger generation.

CONCLUSION

Parental divorce has a complex, multidimensional impact on adolescent social behavior, including psychological disorders such as prolonged stress, a tendency to isolate oneself, and the emergence of deviant behavior as a form of emotional escape. In a society that highly values family and collectivity, divorce is not merely seen as the failure of a marital relationship but also as a social stigma that creates a stigma against the children of divorced parents, thereby exacerbating their psychological condition. Nevertheless, some adolescents demonstrate strong emotional resilience, supported by a responsive environment, loving surrogate figures, and spiritual approaches that help them reconstruct their identity and rise from adversity. From an Islamic legal perspective, divorce is a lawful act but one that is greatly disliked by Allah because it risks disrupting social and moral order, especially when children's rights are neglected. Islam emphasizes that parents' obligations toward their children remain intact after divorce, both in terms of care, education, and fulfillment of emotional and spiritual needs. Therefore, collaboration between families, communities, educational institutions, and religious institutions is needed to build a supportive ecosystem so that adolescents affected by divorce can grow up healthy, resilient, and with dignity.

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