The Role of Nurses in Divorce

Andria Praghlapati

Yuwana and Maramis (1990) say that mental disorders in some urban areas show that problems in married life are the factors most often associated with mental disorders and women are more affected than men, this is possible because the nature and openness of women make themselves easy affected by changes from outside. Based on these studies that marriage affects anxiety, anxiety affects the Coping Strategy, Coping Strategy affects the tendency of mental disorders. The Coping Strategy is constructive when anxiety is used as a warning sign and individuals accept it as a challenge to solve the problem. The destructive Coping Strategy turns off anxiety warnings and does not resolve conflicts, and may use a Coping Strategy that avoids resolution (Stuart, 2013).

Research on adolescents whose parents are divorced or family is not harmonious using emotionally oriented coping (Rahmayanti, 2010). While research conducted in North Sumatra found that coping by families of psychiatric patients who have received adequate treatment prioritizes problem-oriented coping (Islamie, 2011). A similar study by Tegegne, Molla, Wonde & Jibat (2015), found that the Coping Strategy used by divorced couples is negotiating with each other, presenting problems to the elder, presenting problems to women's care institutions, by informing family/relatives/friends, come to court, and discuss with the environment.

In the practice of mental care standard care that becomes the focus in caring for clients is the maintenance of optimal health and well-being as well as prevention of psychobiological disorders, self-care limitations or functional disorders associated with mental and emotional distress, deficits in biological, emotional and cognitive symptoms, which are significant, stress emotional or disease components, illness, and disability, changes in self-concept, developmental problems, and changes in life processes, problems related to emotions such as anxiety, anger, sadness, loneliness, and grief, physical symptoms that occur along with changes in psychological function, changes in thinking, perceiving, symbolizing, communicating, and making decisions, difficulties relating to others, behaviors and mental status that indicate the client is dangerous to himself or others or has severe disability, interpersonal, systemic, socio-cultural, spiritual, or environmental conditions environment, or events that affect the mental or emotional well-being of an individual, family, or community, management of symptoms, side effects / toxicity of psychopharmacological interventions, and other aspects of therapeutic programs (Videbeck, 2013).

The role of nurses as providers of nursing care services, nurses have a duty to provide services to clients who experience mental health problems due to divorce. Nurses can provide psychoeducation and psychosocial interventions. Psychosocial Interventions are nursing activities that enhance the client's psychological and social functions and improve social skills, interpersonal relationships, and communication. Nurses often use psychosocial interventions to help meet client needs and achieve final results in all practice sites (Videbeck, 2013).

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