Marriage and Divorce

Andria Praghlapati

In-Law No. 1 of 1974 in article 1, marriage is an inner and outer bond between a man and a woman as husband and wife with the aim of forming a happy and eternal family (household) based on the Godhead of the Almighty. The law does not specifically explain the meaning of divorce. In the Big Indonesian Dictionary, Divorce comes from the syllable of divorce, and divorce according to language means separation, concerning divorce between husband and wife, division, divorce.

Law No. 1 of 1974 Article 38 explains marriages can be terminated because of death, divorce, and the court's decision. Furthermore, Article 39 explains that divorce can only be carried out in front of the Trial Court after the relevant Court tries and fails to reconcile the two parties, to divorce there must be enough reasons, that between the husband and wife will not be able to live in harmony as husband and wife, and the procedure the method of divorce before a court hearing is regulated in separate laws. Then divorce is permitted, although in principle this law complicates divorce. This principle is an effort to reduce and reduce the number of divorces and that divorce is not used as a last alternative by husband and wife if there is a fight in the household.

Divorce (divorce) is an event of official separation between husband and wife and they are determined not to carry out their duties and obligations as husband and wife. They no longer live and live together, because there is no official bond. Those who have divorced but do not have children, separation does not have a psychological traumatic effect on children. But those who already have children, of course, divorce creates psycho-emotional problems for children. On the other hand, it is possible that children born as long as they live as husband and wife will be included with one of their parents whether they follow their father or mother (Dariyo, 2004).

Divorce results in emotional setback (emotional setback). Divorced people may blame themselves for the misfortune (divorce). Indicators of mental health that are affected by divorce are related to depression, anger, low self-esteem, and anxiety. (Goldstein, 2008). According to Kurdek, (1990); Hung, Kung, & Chan, (2004) in Sharma (2011), divorce brings emotional and mental impacts on individuals, especially women. Women are considered as a strength in the family, believed to be responsible for whatever wrongdoing is done, more coping in the family, take greater responsibility in marriage, and therefore divorce is a greater failure than men.

Divorce has a negative impact which is a traumatic experience in one of the life partners (male or female) and instability in work. Divorce has a negative impact on mental and physical health (Waite & Gallagher, 2000; Hughes & Waite, 2009; Bronselaer, De Koker & Van Peer, 2008; Zulkarnain & Korenman, 2015). Divorce is associated with an increased risk of disability, mental health problems, decreased health, and mortality (Zulkarnain & Korenman, 2015). Divorce gives rise to transitional changes to someone such as changes in responsibilities, worsening financial situation, lack of social support, changes in health behaviors that are often perceived as stressful

and have long-term negative impacts on one's health status (Bronsealer, De Koker, and Van peer, 2008).

The bad effects of divorce on mental health are stress, depression, and anxiety. Depression is a depressed state, due to a great disappointment (death, divorce, bankruptcy) or personal loss (the death of a lover) naturally becoming depressed. His soul was depressed with symptoms of feeling very sad, hopeless, and lost of excitement, feeling tired and tired, no appetite, and insomnia. And also mentally disturbed, often pensive with delusional thoughts, reduced concentration, uncertainty, and difficulty to make decisions (Dariyo, 2003).

*Nursing Department, Universitas Pendidikan Indonesia

Andria.pragholapati@upi.edu

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