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Influence of Co-Parenting In Divorced To Psychological Well-Being On Young Adult

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Abstract

More than 10% of marriages in Indonesia ended in divorce. The impact of divorce could change the condition of the child. Previous research said that the psychological well-being (PWB) of children of divorce will be low when they reach adulthood. On the other hand, co-parenting is collaboration between parents in raising a child. It would give the children an emotional stability, an improved quality of life with parents, an increased independence and commitment to develop and maintaining a successful relationship. In other word, the child would have a high PWB. This study aimed to see the influence of co-parenting on young adult's PWB of divorced families. Respondents are 397 individuals of 20-40 years old from divorced families and live in Greater Jakarta Area (Jabodetabek). The research used a quantitative approach, and the data were analysed using correlation technique of linear regression analysis. The result shows that there is no influence between co-parenting in divorced families on young adult's PWB. However, an additional analysis of dimensions of co-parenting and PWB showed that there is a negative correlation between co-parenting supports with purposive in life, and a positive correlation between undermining co-parenting with environmental mastery.

Keywords: *co-parenting, psychological well-being, PWB, divorced families*