

The Phenomenon of Divorce and Its Impact on Changes in Family Structure and Dynamics in the Millennial and Z Generations

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Abstract

This study discusses the phenomenon of divorce, how the description of the divorce phenomenon and its impact on changes in family structure and dynamics in two generations, namely millennials and Z, using a literature study method in the form of studies conducted only based on books, journals, scientific articles and news sites. The purpose of this article is to provide an overview of the phenomenon of divorce and its impact on changes in family structure and dynamics in the millennial and Z generations so that in the future in facing all challenges and in making decisions regarding married life can be taken into account and considered carefully in terms of avoiding problems that may occur. The results of the literature study show that the factors that cause divorce are economic problems, infidelity, domestic violence and communication that is less effective in building a marital relationship. The impact on the family structure is to change the role, function, education of children, and parenting of children. All forms of change will change various conditions from structured because of the marital relationship to changing due to separation. The impact of family dynamics that occur is a change in communication patterns, which become tense due to conflict and children find it difficult to adapt to the new atmosphere and conditions after divorce.

Keywords: Divorce, structure, family dynamics, millennial and Z generations

INTRODUCTION

The problem of divorce that occurs in the lives of the wider community, especially for some couples who are bound in a marriage bond who then decide to live separately or end the marriage relationship is no longer a foreign problem heard by the general public. Married life is not always accompanied by happiness, but sometimes there are also problems that become spicy seasonings. Every life marriage certainly has its own problems that are a test for family members (Sadu & Lahaji, 2023). In this case, especially husband and wife, they usually have different opinions or visions and missions, causing an argument that may lead to a serious stage such as divorce, if there is no longer an opportunity to unite and resolve the problem in a good way. Cases of problems in the household have become commonplace in society, especially in the era of increasingly sophisticated technology like today, which has made it easier for people to find out information about someone's divorce. This can be seen from the various divorce problems that have occurred in several public figures in the

country that have caused a stir in cyberspace (Furqany & Kholil, 2023; Haq et al., 2023).

The number of divorce cases that occurred in Indonesia in 2022 reached 516,334 cases, the statistical data increased by 15.31% compared to the previous year which was 447,743 cases. This figure is the highest in the last six years. The most divorce cases that occurred in Indonesia in 2022 were divorce cases filed by wives and decided by the court. Throughout last year, there were 388,358 divorce cases or 75.21% of the total cases in Indonesia filed by wives. Meanwhile, 127,986 cases or 24.78% of all divorce cases occurred after a divorce between husband and wife, namely divorce lawsuits filed by the husband after a court decision on the divorce issue. This means that divorce lawsuits are mostly filed by the wife. Of the many divorce cases that occur, most are due to economic factors (Mauliddina et al., 2021; Siregar et al., 2023).

Based on the results of the research analysis by (Marizal et al., 2024) a total of 127 samples, as many as 45 couples decided to divorce at the age of marriage 0-5 years, at the

age of marriage more than 5 years there were 82 couples divorced and from the results of the Log-Rank test it was found that there was a significant difference between the chances of the husband's age over 38 years and under 38 years of age on the length of marriage that was built. At the age of the husband under 38 years, there is a greater chance of divorce when compared to the age of the husband over 38 years. Mochammad Iqbal (2021) that the average age of husband or wife who file for divorce in court ranges from 25 to 40 years. There are only 2 to 5 percent with ages 50 to 60 who file a lawsuit (Putri et al., 2022). Then reported from <https://www.popbela.com> in fact, what is quite worrying is the increasing number of couples who divorce in their 20s and 30s, which are still very young. The average age of marriage is only 4 years or even below. So it can be ascertained from the various data that the average age of divorce for couples is 20-40 years, which is where the age is included in the millennial and Z generations.

The millennial generation family is a generation group referred to as the "Baby Boom Echo" according to demographer David Foot, because millennials are the children of Baby Boomers (1946-65) (Sijabat, & Rizkiyah, 2021). The millennial generation is the current generation living at the turn of the millennium. At the same time, digital technology began to penetrate all aspects of life. The millennial generation or also called generation Y was born around 1981 to 1996 (Arif et al., 2024). So the millennial generation is the current young generation who are currently aged 29-44 years.

Generation Z is a generation born between 1997 and 2012 with an age range of 13-28 years. In addition, generation Z is also known as the iGeneration, as well as the internet generation because they live in the digital and sophisticated era. Psychologist Elizabeth T. Santosa (2015) in her book "Raising Children in the Digital Era" stated that the internet generation is a generation born after 1995, or precisely after 2000. This

generation was born when the internet began to penetrate and develop so rapidly in the history of human life. This generation also does not know the time before the existence of mobile phones, or when most daily entertainment was still traditional. Hellen Chou P. (2012) the digital generation is understood as the younger generation who grow up and become more dependent on digital technology. According to Hellen Chou P, it is not surprising that at a young age, people who are still students are already familiar with technology. Generation Z has a unique profile where the internet tends to grow and develop along with the rise of digital media. The existence of Generation Z was born from a combination of two previous generations, namely Generation X and Generation Y (Akbar et al., 2022).

Divorce is understood as the termination of a marital relationship between a man and a woman. The conditions that then cause the termination of the bond are caused by either the death of one party, the husband and wife divorce, and one party moves residence so that the court considers the person concerned to have died (Fauziah et al., 2020). Divorce can also be interpreted as the end of a husband and wife relationship determined by law or religion (talak) because there is no longer a sense of love, mutual trust and also no longer harmony between the two which results in disputes in the household (Oktora, 2021; Awaru, 2021).

Many factors can influence divorce cases among couples in marital status, such as the most common, namely economic factors, differences of opinion, domestic violence, problems with in-laws who interfere too much in their children's marital lives, and so on (Wijayanti, 2021; Pohan & Setiawan, 2024). No one wants to live a married life that ends in divorce. Family integrity is of course the dream of every individual who deliberately enters into married life. However, because of the problems faced by married couples, divorce can be used as a safety valve without considering the impact on both parties,

especially their own children (Anwar et al., 2022).

Divorce that occurs not only affects the relationship between husband or wife but also significant changes in the structure of the role of function and dynamics of the family itself, especially in the millennial and Z generations as generations in which many divorce cases occur (Mozin et al., 2024). Children whose parents then divorce will feel feelings of loss, sadness and difficulty in adapting to changes in their family environment. This will also have an impact on their academic, emotional and social development. Then social behavior such as the process of interaction and involvement in social relationships will also change.

Family structure is a hierarchy of needs that are not visible through the arrangement of family members' strategies in interacting. Where the family is a system that operates according to prevailing economic conditions. Business updates then make plans on how, when, and with whom to contact and this plan supports the strategy being implemented (Azizah, 2020). In addition, family structure can also be better understood as a composition of members in a family who have ties in the form of blood relations, marriage or adoption processes and are followed by various functions of each member (Herawati et al., 2020).

According to (Friedman, 2010), there are four family structures, including: a) Role structure, which is a behavior associated with someone who occupies a certain position, where the position identifies a person's position or place in a social system; b) Family value structure which is understood as a system of ideas, behaviors, and beliefs about the value of something or a concept that consciously or unconsciously unites family members in everyday culture or in general culture; c) Communication process, in this case there are two communication processes, the first is the functional communication process which is considered the basis for the success of a healthy family, and is defined as the sending

and receiving of messages that are direct and clear in content and level of instruction, as well as the harmony between content and level of instruction. Then the second is the dysfunctional communication process which is a picture of the sender and receiver, and dysfunctional communication which then also involves the sender and receiver; d) Power structure and decision making. Family power as a characteristic of the family system is the capacity or potential of current family members over other members. There are five different parts that can be analyzed as indicators of family power, namely: marital power (adult couples), parental power, children, siblings and kinship. Meanwhile, decision-making is an interaction technique used by family members in their efforts to gain control and negotiate the decision-making process (Simatupang et al., 2021).

Family dynamics is something related to patterns of interaction, relationships, and communication in a family system. Specifically, some of the most prominent things discussed in family dynamics include communication patterns, roles and functions of family members, joint decisions on a policy, and families in terms of how to adapt to all changes and challenges that occur in everyday life, especially in the family environment (Daniswara & Faristiana, 2023).

In family dynamics, it can also be seen in the resilience within the family that regulates loyalty to the challenges that will occur. From good and positive communication patterns, it will provide opportunities for resolving conflicts that can lead to one party giving in and being able to survive in all situations in their family. This family resilience is also very important in family dynamics because the final stage will have a positive influence on the survival of the family (Novianti & Primana, 2022). Several factors that contribute to family dynamics, based on previous researchers, are individualism, cohesion, flexibility, dependency, effective communication, and reciprocity of roles as the

main factors influencing healthy family dynamics (Retnoningias et al., (2024). In particular, mutuality, feelings of cohesion and warmth together, are identified as very important contributing factors. Conversely, factors that contribute to unhealthy family dynamics include attachment, isolation, rigidity, disorganization, unclear communication, and role conflict (Dwi, 2024).

For further confirmation regarding divorce that results in changes in family structure and dynamics, especially divorce experienced by the millennial and Z generations themselves, it will be emphasized in the structural functional theory by Talcott Parsons in the concept of AGIL (Adaptation, Goal Attainment, integration latency). This theory focuses on welfare in social or societal structures, especially in the smallest sub-unit, namely the family, and defines the family as a social and economic unit, which supports all social activities such as regulating sexual behavior, interacting with children, caring for and maintaining social norms, providing wealth and support for family members (Haukilo, 2023).

With the phenomenon of divorce cases that have an impact on the survival of couples and children or their households, it was found that there were many changes, especially in the aspects of the structure and dynamics of the family itself. Thus, the researcher intends to analyze further how the phenomenon or problem of divorce occurs and specifically on the impacts caused by changes in family structure and dynamics, especially divorce that occurs a lot among the millennial and Z generations.

RESEARCH METHOD

This study uses a qualitative research method with a descriptive approach. Descriptive qualitative research is understood as the process of describing and depicting previously collected data.

The data collection technique in this study uses the literature study method. Research based on literature studies itself is data collection that is only based on books, scientific journals, and research articles. This data collection was carried out by collecting several books, research journals and news sites related to the main topics, namely the problem of divorce, changes in family structure and dynamics that occur in the millennial and Z generations. Data analysis was carried out systematically starting from data reduction, data creation, and decision making. Then the researcher carried out the data reduction process (tasks related to the selection, targeting, simplification, collection and organization of data), data interpretation (classifying and validating data), drawing conclusions and validating these conclusions.

RESEARCH RESULT

Based on the results of the review of various journals or articles that have been conducted by researchers, information data was obtained regarding the phenomenon of divorce and its impact on changes in family structure and dynamics, namely as follows:

Divorce Phenomenon Examined in Terms of Causal Factors

Reviewing research by (January, 2023) which states that there are several causes of divorce according to the lawsuits of husbands or wives who experienced divorce which were then hotly discussed in various media, namely:

1. Infidelity. Infidelity is one of the main causes of divorce in Indonesia, and it also occurs in many other countries. Data from religious courts shows that a high percentage of divorces are caused by infidelity.
2. Domestic Conflict. Domestic conflict can be caused by several factors, such as poor communication, repeated arguments or disagreements, so it is often the main cause of divorce.

3. Incompatibility. Incompatibility between husband and wife can result in quarrels and fading or even loss of comfort in the life built in the household. This also includes differences in values, norms, interests, and life goals, causing ongoing tension and ultimately leading to divorce.
4. Financial Problems. This is like increasing debt, inability to manage money wisely, or disputes over the division of joint property, can be a significant factor in divorce. Because it causes financial pressure that triggers conflict, stress and instability in the household.
5. Financial Stress. Financial difficulties, such as being unemployed or losing a job and high inflation that increases household needs, can trigger conflict and contribute to higher divorce rates.
6. Family Disputes. Conflicts with family members that affect the marriage relationship, such as parental interference or pressure from the extended family. This can be seen from the involvement of in-laws who are too involved in all conditions of their child's household. From what is seen in reality, a wife often has disagreements with her in-laws, so that she experiences mental pressure and can't stand it, which ultimately leads to divorce.
7. Health Issues. Mental or physical health issues affecting one partner, either husband or wife, can cause tension in a marriage. This is due to the inability of the partners to understand and support each other.
8. Gender Inequality. Gender inequality and the limited role of women in society can cause conflict in the family, leading to divorce. This can also be seen from the injustice in the division of tasks and responsibilities and the significant difference in income between husband and wife. The strong patriarchal culture

embedded in the family has played a role in justifying violence and male-dominated mindsets, resulting in dissatisfaction and marital conflict.

9. Getting married at a young age (Early Marriage). Getting married at a very young age and not being mature in thinking about facing the stages of marriage often raises the risk of divorce. In this case, the husband and wife may not be ready to face the various demands of married life. Building a household is not only seen from one side but must be seen from various sides because it is very long, so the twists and turns must be accompanied by strong mental readiness. If the mentality is not strong enough, finances are insufficient, emotional attitudes and lack of understanding of married life, then divorce will be experienced by the husband and wife at any time.
10. Inequality in the Division of Household Work. Inequality in the division of household work and childcare can lead to conflict in the household.
11. Social and Cultural Conditions. Socio-cultural factors, such as differences in cultural, religious, or social backgrounds, can cause tension in marital relationships and lead to divorce. If there is a lack of appreciation and respect for differences in household life, it will cause various tensions within it which will cause various problems.

According to (Ja'far, et al., 2023) the factors behind the high divorce rate, especially those that have occurred in Lampung Province, are weak spirituality, polygamy without the consent of the first wife, denying rights and obligations, economics, and ongoing quarrels and disputes in the family.

From the research conducted (Ridha et al., 2023) it was concluded that there were several factors that caused early divorce during the Covid-19 pandemic at the Maninjau

Religious Court, namely because the couple did not understand the meaning of marriage, were impatient and felt betrayed, lack of intense communication between husband and wife, education, livelihood, being left by the husband, temperamental husband, husband being imprisoned and interference by a third party. Divorce in a marriage that is still relatively young does not conflict with Islamic law if it is carried out with the aim of preventing harm between husband and wife if the marriage is maintained.

The existence of conditions were inadequate economic conditions are also a factor causing divorce, this is due to the lack of sustenance given by a husband to his wife, resulting in arguments that end in divorce. In addition, causes of divorce such as infidelity, which have occurred a lot from Sabang to Maruke, infidelity itself is either done by the husband or wife. Another cause of divorce is domestic violence. Divorce has an impact on the psychology of both husband and wife, especially children, it also has an impact on society where children whose fathers and mothers are divorced are more vulnerable to bullying, the economy worsens because there is no one to earn a living, health will be disturbed when a divorce occurs, even children can have an impact on SDGS and their education will not continue because there are no funds (Khairuddin, 2024).

With the various literature studies above related to the factors causing divorce by the millennial and Z generations, it can be concluded that most of them occur due to economic problems, infidelity, domestic violence and ineffective communication in building a marriage relationship. This then contributes to the high number of divorce cases that occur in the community. So that it not only has a bad impact on both of them but also on children and relationships between family members.

The Impact of Divorce on Changes in Family Structure

A broken household can be seen from two sides: First, a broken family because the family structure is not good, because one of the heads of the family dies or divorces, and both parents are not divorced, but the family structure is not good because the father or mother is often not at home or there is no affection.

As for the impact of divorce on family structure, in research (Nurlita, 2024) where divorce will result in changes in the function and role between father and mother. Child custody mostly falls to the wife, so that in reality many women become single parents due to the lack of responsibility of a husband after a divorce. This then gives rise to a dual role for the father or mother, namely between taking care of children and working. The condition of complete parents in the development of the child's soul is very important. If a child loses the role and responsibility of both parents, then he will be lost in the process of growth and development, losing his right to get attention, affection, and so on. Children who grow up in families with marital dysfunction and lack of parental affection have a high risk of experiencing personality development problems, namely intellectual development, psycho-emotional development, and even psychological and spiritual development. (Hidayati, 2021). This is because the structure and function have been lost and do not run as previously formed through the bonds or relationships of marriage.

As a single parent, the father or mother has the primary responsibility to guide and care for the child. They must be able to meet the physical, mental, and emotional needs of the child independently without relying on the help of a spouse. In this situation, single parents must be more ethical and intelligent in raising children, because they must be able to replace the responsibilities imposed on their spouse. (Balqis et al., 2023). This means that there is a dual role for the ex-husband or wife who gets custody of the child.

Children from families who experience divorce will certainly experience changes in their place of residence, school or daily routine. This is because the lives of divorced couples have differed in all aspects, both in terms of residence and decisions from both parties regarding child custody and the interests of the child so that they remain under the supervision of both parents even though there has been a divorce. Of course, this leads to changes in the parenting style between husband or wife who have separated but there is still something connecting them, namely the child. Research by (Hakim, 2023), the stigma of society for divorced husband and wife will get a new naming status, namely as a widower and widow. So this change is mainly in the structure that they no longer have a life partner (tied to their partner). Both parties who are divorced will live their lives individually. The possibility of cooperation exists if the previous marriage had children, because children are a bond for both of them even though there has been a divorce.

Changes in family structure due to divorce that often occur in millennials and Z generations, are very prominent that this will change the role, function, education of children, and parenting patterns. Any form of change will change various conditions from being structured because of the marriage relationship to changing because of separation.

The Impact of Divorce on Changes in Family Dynamics

Divorce can cause disintegration between the men or women who experience it. Because what is discussed is the issue of dynamics, it involves interaction and relationships between family members, especially after divorce carried out by the millennial and Z generation categories, so the impacts are:

From research by (Azani & Cysillia, 2022) that one of the impacts of divorce in terms of family dynamics is the emergence of conflict for divorced people (ex-husband or

wife) after the divorce caused by poor communication between ex-partners which then results in emotional stress, especially for their children. The relationship between husband or wife becomes strained and it is rare for both parties to divorce to still have a good relationship. Even though there is communication, it is usually only because of children's problems.

There is a change in communication patterns, this can be seen from the results of the study (Prawita & Augusta, 2024) where children may feel forced to side with one of their parents or can become a mediator in communication. Communication that arises in divorced families, for example between husband and wife, where the role of parents is often disrupted, disharmonious and disagree with each other, which leads to arguments. In addition, communication between mother and child is often less efficient, because children as teenagers feel they have to shoulder a lot of responsibility in the family. As a result, children often feel unable to open up to their parents. They feel misunderstood and do not want to be a burden to their parents. Meanwhile, the relationship between children and fathers of teenagers who experience this situation is often in the form of not wanting to care and not wanting to know what is happening to their father's condition, because they feel disappointed.

Another impact of divorce as stated by (Sihabuddin & Nahuway, 2022) is that divorce causes a shift in the balance of power. Single parents often have to make their own decisions, which can affect the way they raise their children. This is included in the pattern of unbalanced and separate communication. Children who live with one parent after divorce will be governed by only the father or mother without the consent of both, meaning that the determination of the child's future, both education, work and even marriage matters, is only unilateral.

Changes in children's emotional regulation for divorced parents. This can be

seen from research (Abror, 2025) that children may feel lost, confused, or guilty, which can affect social relationships and relationships within the family. The adaptation process is difficult and must be able to be adjusted to new conditions, especially in the family. So that children who are victims of divorce, especially in the millennial and Z generations, will easily feel sadness, emotion, and insecurity with the events that have happened to both parents.

Based on the various impacts of divorce on family dynamics that have been explained, it is clear that the impact greatly affects communication relationships, both between men and women who have divorced, to the impact on the lives of their children. The pattern of communication relationships changes to become foreign, even though before the divorce problem occurred everything was fine. Relationships are strained due to quarrels, especially in the extended families of both parties. Children find it difficult to find opinions from both parents regarding their life decisions, so that they are required to be able to adapt to the conditions that have occurred, to the demands of independence and maturity even though they are not yet in accordance with their age.

The application of structural functional theory in the context of the family can be seen from the structure and dynamics and the rules set (Anesti & Abdullah, 2024). One of the important studies concerning the family, that every healthy and stable family is formed from a clear division of roles, functions and tasks, patterned in a harmonious hierarchical structure, and patterns of relationships or communication based on commitment to the implementation of these roles and functions.

Structural functional theory views that everything such as a social system has a function for its existence, if it does not function properly then it will be replaced by something else in maintaining balance, otherwise there will be conflict or imbalance in the system (Abdullah, 2022). Proponents of structural functional theory see society by analogizing

society to a biological organism. A society is healthy if its parts are together with each other. If there is a part that is no longer united collectively, then the health of the community is threatened or sick. As in a family consisting of family members who are interconnected with each other and each has a function towards other family members. The family consists of father, mother, and child, each of which influences and needs each other, all develop intensive relationships between families.

Divorce occurs due to role dysfunction which results in imbalance in the family. More clearly, this phenomenon can be observed by looking at the AGIL scheme by Talcott Parsons, namely: 1) *Adaptation* is the ability to interact with a dynamic environment (Sulistiawati & Nasution, 2022; Fitri et al., 2024). The ability of husband and wife to adapt to external conditions that affect the sustainability of the household is important to apply in the family environment, because life runs with its dynamic nature. Economic problems as one indicator that life is influenced by several factors in meeting household needs. Many married couples are then less able to adjust to these conditions that do not match their expectations. This can lead to divorce, then after the divorce many families find it difficult to adapt in the division of roles due to changes in the structure and function of their family members; 2) *Goal attainment*, this is related to the family's ability to determine goals and plans or strategies in achieving goals after a divorce due to unachieved goals or lack of strength in the aspect of achieving goals. In this case, the goal to be achieved is how the ex-husband or wife and their children survive and continue to have a stable relationship even though the family structure has changed. The goal to be achieved is related to fulfilling the child's needs, both basic and related to new values after a divorce; 3) *Integration*, related to family unification even though there has been a divorce. The integration process between the parts that have changed is important to

continue to be implemented. This process aims to maintain and preserve the relationship between family members as a dynamic even though there has been a change in structure after the divorce. Maintaining relationships can be implemented especially in the era of advanced technology like today experienced by the millennial and Z generations, namely communication with social or digital media; 4) *Latency*, the system must be able to maintain motivation and maintain the values that are strengthening factors in the system (Marhamah, 2022). Families experiencing instability require latency to restore integrity due to divorce. Although there has been a change in structure due to divorce in the family members involved, it is important to form new values to educate children so that they do not have the wrong view of marriage and the roles and structures within it that can make them take bad steps in their lives.

CLOSURE

From the various studies above, it can be concluded that, the increasing divorces are mostly due to minimal thinking related to the world of marriage, especially those that occur in young marriages, other more prominent causes of divorce are economic problems, infidelity by one of the partners, domestic violence and unstable communication. The impact of divorce is widely felt by children and by the divorced parties. This can be seen from the aspect of the structure and dynamics of the family itself, where the impact in terms of structure is a change in the function and role of parents in regulating their children's lives, for both parties themselves they will lose their roles as husband and wife. In terms of family dynamics, the impact is on unstable communication patterns because of the conflict that has occurred, children of divorce victims find it difficult to tell their parents directly because of changes in the atmosphere in the house. Children get unilateral decisions about their lives because they are far from one party, either their father or mother, because of the

divorce. And it is difficult for children to adapt to a new environment and a new atmosphere with their social conditions.

Hopefully in the future for every couple who wants to take a more serious step, such as building a household to learn a lot, consult with people who have experience and think carefully about the steps to be taken. As much as possible avoid narrow thinking about the world of marriage that only always provides a sense of comfort, because in it there will also be many tests and obstacles in order to maintain household life. In addition, for couples who are married, in facing all situations in their household, they should be resolved as much as possible with family and full consideration in making decisions and building good communication with their partners. This is because if there has been a big storm in a marriage such as divorce, the impact is not only on the ex-husband or wife but also has a major impact on the lives of their children and the families of both parties who are divorced. For the government, it should always provide socialization to the younger generation, especially minors, about the prohibition of underage marriage and the impacts of marrying at an early age. Marriage guidance carried out by the local government for couples who are going to get married is also made easier and provides material that really makes prospective husbands or wives aware of the purpose and meaning of marriage, this is to avoid problems in the household later. Hopefully, future researchers will be able to provide a broader and more in-depth picture of the problem of divorce and its impact on changes in family structure and dynamics in the millennial and Z generations.

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