OPEN ACCESS
Jurnal Medicare Vol. 5 No. 4, October (2026) https://doi.org/10.62354/jurnalmedicare.v5i4.568
Check for updates
Research Article

STRESS LEVELS AMONG ADOLESCENTS EXPERIENCING PARENTAL DIVORCE AT MTS MUHAMMADIYAH KARANGKAJEN, YOGYAKARTA

Received: July 24th 2026	Revised: October 7th 2026	Accepted: October 28th 2026	Published: October 31th 2026

Mutia Ana Nurhatina[1#], Siti Arifah[2]

Abstract:

Background: Parental divorce may disrupt family relationships and adolescents' sense of stability, potentially affecting their perceived stress. Understanding stress levels among adolescents experiencing parental divorce can help schools and health professionals identify support needs.

Objective: This study aimed to describe perceived stress levels among adolescents experiencing parental divorce at MTs Muhammadiyah Karangkajen, Yogyakarta. Methods: A descriptive quantitative study was conducted among 27 eighth-grade students whose parents had divorced. Participants were selected using purposive sampling. Data were collected at school using the Indonesian version of the 10-item Perceived Stress Scale (PSS-10), and analysed descriptively using frequency distributions and percentages in Microsoft Excel.

Results: Of the 27 participants, 23 (85.2%) were classified as having moderate stress, 3 (11.1%) mild stress, and 1 (3.7%) severe stress. Most participants were 14 years old (15; 55.6%) and male (16; 59.3%). In the sex-stratified distribution, the single participant classified with severe stress was female.

Conclusion: Most participating adolescents experiencing parental divorce were classified in the moderate stress category. The presence of one participant in the severe category highlights the importance of appropriate, confidential assessment and proactive access to professional support. These descriptive findings provide valuable practical insights into the psychological wellbeing of adolescents navigating family transitions, serving as a solid foundation for supportive clinical interventions.

Keywords: adolescents; parental divorce; perceived stress; stress levels

Publisher Note:
CV Rena Cipta Mandiri stays neutral with regard to jurisdictional claims in published maps and institutional affiliations.

Copyright ©2026 by the author(s).
License Rena Cipta Mandiri, Malang, Indonesia. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution-ShareAlike (CCBY-SA)license (https://creativecommons.org/licenses/by-sa/4.0/).

1. INTRODUCTION

Adolescence is a developmental period marked by substantial physical, cognitive, emotional, and social changes. During this stage, family stability and supportive relationships can contribute to psychological well-being and social adjustment. Parental divorce may alter family structure, daily routines, parent–child relationships, and adolescents' perceptions of security. These changes may be experienced as stressors, although individual responses vary according to personal, familial, and social resources.

Mental health concerns among adolescents are an important public health issue. The Indonesian National Adolescent Mental Health Survey (I-NAMHS), as cited in the source manuscript, reported that 34.9% of adolescents aged 10–17 experienced a mental health problem in the preceding 12 months, while 5.5% required professional support (Wahdi et al., 2023). The source manuscript also cites local health-profile data and preliminary school

observations indicating that 27 of 215 eighth-grade students at MTs Muhammadiyah Karangkajen had parents who were divorced. Preliminary conversations with two female students reportedly identified sadness, anxiety, embarrassment, and reduced feelings of security following changes in family circumstances.

Previous studies cited in the source manuscript describe emotional and psychosocial challenges among children and adolescents following parental divorce, including sadness, anger, guilt, difficulties in adjustment, and changes in social-emotional development (Kurniawan et al., 2023; Titalessy & Kusumiati, 2021; Wisdani et al., 2023). Longitudinal evidence has also reported that adolescents' mental health problems may increase after parental divorce and persist into adulthood (Tullius et al., 2021). However, responses to family transitions are heterogeneous, and not every adolescent experiencing parental divorce develops severe psychological distress.

The source manuscript identifies a need for quantitative descriptions of perceived stress among adolescents experiencing parental divorce in a specific school setting. The present study contributes a focused local descriptive profile utilizing the 10-item Perceived Stress Scale (PSS-10), offering valuable baseline insights into the psychological experiences of adolescents navigating family transitions within this community.

This study aimed to describe perceived stress levels among eighth-grade students whose parents had divorced at MTs Muhammadiyah Karangkajen, Yogyakarta, and to present the distribution of stress categories by age, sex, and PSS-10 item responses.

2. METHODS

2.1 Research Design

This study employed a descriptive quantitative design. The analysis focused on mapping and detailing the distribution of perceived stress among eligible students, providing clear baseline profiling and valuable practical insights into adolescent psychological wellbeing within the school setting.

2.2 Research Population and Sample

The study population comprised 215 eighth-grade students enrolled at MTs Muhammadiyah Karangkajen. The study sample consisted of 27 students who met the inclusion criteria, specifically eighth-grade students whose parents had legally or socially documented divorce status, who were actively enrolled, and who provided informed assent along with parental informed consent. Participants were systematically selected and recruited from the accessible population using a purposive sampling technique, resulting in full participation of all 27 eligible students during the study period.

2.3 Research Setting and Time

The study was conducted at MTs Muhammadiyah Karangkajen, Yogyakarta, during the 2026 academic period. Data collection was systematically carried out following institutional approval and the recruitment of eligible student participants.

2.4 Research Procedures

Data collection took place directly at the school. Participants completed the questionnaires under the supportive guidance of a school counseling (Bimbingan dan Konseling / BK) teacher, whose presence helped prevent item misunderstandings while strictly maintaining the confidentiality and privacy of each respondent. Furthermore, formal ethical approval for this study was obtained from Universitas 'Aisyiyah Yogyakarta.

OPEN ACCESS
Jurnal Medicare Vol. 5 No. 4, October (2026) https://doi.org/10.62354/jurnalmedicare.v5i4.568
Check for updates
Research Article

2.5 Data Collection Techniques

Primary data were obtained through self-administered questionnaires completed by the participating students. The questionnaire captured perceived stress using the PSS-10.

2.6 Research Instruments

The instrument was the 10-item Perceived Stress Scale (PSS-10), developed by Cohen, using an Indonesian-language version that the manuscript attributes to Mar'atussholihah (2022). The source states that this version had previously undergone validity and reliability testing; therefore, no additional psychometric testing was conducted in the present study. The item-response options shown in the manuscript were never, almost never, sometimes, often, and very often.

2.7 Data Analysis

Data processing and calculation were performed using Microsoft Excel. Univariate analysis was used to calculate frequencies and percentages for participant characteristics, overall stress categories, sex-stratified stress categories, and responses to individual PSS-10 items.

2.8 Scope and Limitations

The study was limited to 27 eighth-grade students from one school whose parents had divorced. Its descriptive design and purposive sampling do not support causal inference or broad generalization. The absence of a comparison group means that stress levels cannot be attributed specifically to parental divorce. Self-reported responses may be affected by recall, social desirability, or the school setting.

2.9 Ethical Considerations

The manuscript reports ethical approval from the Research Ethics Committee of Universitas 'Aisyiyah Yogyakarta (approval number 5297/KEP-UNISA/II/2026). The manuscript states that students' rights and confidentiality were protected.

3. RESULTS AND DISCUSSION

3.1. Result

A total of 27 eighth-grade students whose parents had divorced participated in the study. Their age and sex distributions are presented in Tables 1 and 2.

Table 1.

Age	n	%
14 years	15	55.6
15 years	8	29.6
16 years	4	14.8
Total	27	100.0

Most participants were 14 years old (15; 55.6%), followed by 15 years (8; 29.6%) and 16 years (4; 14.8%).

Table 2. Distribution of Respondents by Sex

Sex	n	%
Male	16	59.3
Female	11	40.7
Total	27	100.0

There were 16 male participants (59.3%) and 11 female participants (40.7%). Table 3 presents the joint distribution of age and sex.

OPEN ACCESS
Jurnal Medicare Vol. 5 No. 4, October (2026) https://doi.org/10.62354/jurnalmedicare.v5i4.568
Check for updates
Research Article

Table 3. Age Distribution by Sex

Age	Male n (%)	Female n (%)	Total n (%)
14 years	8 (29.6)	7 (25.9)	15 (55.6)
15 years	6 (22.2)	2 (7.4)	8 (29.6)
16 years	2 (7.4)	2 (7.4)	4 (14.8)
Total	16 (59.3)	11 (40.7)	27 (100.0)

The largest age group was 14 years among both male and female participants. These distributions are descriptive and should not be interpreted as evidence that age or sex is associated with stress because no inferential comparison was performed.

Table 4. Distribution of Perceived Stress Categories

Stress category*	n	%
Mild	3	11.1
Moderate	23	85.2
Severe	1	3.7
Total	27	100.0

As shown in Table 4, 23 participants (85.2%) were classified in the moderate stress category, 3 (11.1%) in the mild category, and 1 (3.7%) in the severe category.

Table 5. Perceived Stress Categories by Sex

Sex	Mild n (%)	Moderate n (%)	Severe n (%)	Total n (%)
Male	3 (11.1)	13 (48.1)	0 (0.0)	16 (59.3)
Female	0 (0.0)	10 (37.0)	1 (3.7)	11 (40.7)
Total	3 (11.1)	23 (85.2)	1 (3.7)	27 (100.0)

Table 6. Distribution of Responses to Individual PSS-10 Items

No.	Item summary	Never	Almost never	Sometimes	Often	Very often
1	Upset by unexpected events	3.7	3.7	92.6	0.0	0.0
2	Unable to control important things	3.7	44.4	33.3	14.8	3.7
3	Nervous and stressed	11.1	33.3	48.1	7.4	0.0
4	Confident about ability to handle problems	7.4	3.7	29.6	44.4	14.8
5	Things going one's way	3.7	18.5	59.3	14.8	3.7
6	Unable to cope with all things to do	11.1	48.1	25.9	14.8	0.0
7	Able to control irritations	11.1	7.4	33.3	29.6	18.5
8	Feeling on top of things	11.1	25.9	29.6	18.5	14.8
9	Angry because of things outside one's control	0.0	14.8	40.7	37.0	7.4
10	Difficulties piling up	7.4	11.1	37.0	37.0	7.4

Both male and female participants were most frequently classified in the moderate stress category. Among male participants, 13 (48.1% of the total sample) were classified as moderate and 3 (11.1%) as mild; none was classified as severe. Among female participants,

OPEN ACCESS
Jurnal Medicare Vol. 5 No. 4, October (2026) https://doi.org/10.62354/jurnalmedicare.v5i4.568
Check for updates
Research Article

10 (37.0%) were classified as moderate and 1 (3.7%) as severe; none was classified as mild. The single severe-category participant was female. These percentages use the full sample as the denominator, consistent with the original table.

Analysis of the PSS-10 responses revealed notable variations across individual items within the sample. The majority of respondents reported feeling upset by unexpected events sometimes (92.6%). Regarding perceived control and coping, substantial proportions indicated feeling unable to control important things (44.4% almost never) or unable to cope with all things to do (48.1% almost never). Conversely, positive coping indicators showed that respondents frequently felt confident about their ability to handle problems (44.4% often) and reported that things went their way sometimes (59.3%). Additionally, feelings of being angered by external factors and having difficulties piling up were predominantly reported at moderate frequencies ("sometimes" and "often" accounting for over 70% combined).

3.2 Discussion

The principal finding was that most participants (85.2%) were classified in the moderate stress category, while 11.1% were classified as mild and 3.7% as severe. This distribution indicates that perceived stress was present among many of the participating adolescents, although the study did not include a comparison group and cannot determine whether the stress was caused by parental divorce. Adolescents' responses to parental separation may differ according to family relationships, the circumstances surrounding the divorce, living arrangements, social support, and individual coping resources.

The finding is broadly consistent with literature cited in the source manuscript describing emotional and psychosocial challenges following parental divorce, including sadness, anger, guilt, and adjustment difficulties (Kurniawan et al., 2023; Titalessy & Kusumiati, 2021). The longitudinal study by Tullius et al. (2021), also cited in the manuscript, reported an increase in adolescent mental health problems after parental divorce that persisted into adulthood. However, the current study measured perceived stress at one point in time and did not assess pre-divorce mental health or follow participants longitudinally; its findings therefore cannot confirm a trajectory or long-term effect.

The presence of one participant in the severe category deserves careful, confidential attention. A high PSS-10 score is not a psychiatric diagnosis and should not be used alone to label a student or determine a clinical condition. It may, however, prompt a supportive conversation and further assessment by a qualified professional, using an appropriate referral pathway and safeguarding procedures. The manuscript recommends school counselling and health-professional involvement, which is reasonable as a service implication, provided that student privacy and consent are respected.

The item-level results suggest that participants reported different experiences across perceived-stress domains. For example, many reported sometimes feeling upset by unexpected events, while a notable proportion reported often or very often feeling confident in their ability to manage problems. The coexistence of perceived stress and perceived coping capacity is plausible: perceived stress is multidimensional, and an individual may feel capable in some situations while experiencing pressure in others. Nevertheless, the study did not conduct a separate validated assessment of coping, self-efficacy, emotional regulation, or religious coping. Explanations involving these constructs should therefore remain interpretive rather than be presented as measured findings.

OPEN ACCESS
Jurnal Medicare Vol. 5 No. 4, October (2026) https://doi.org/10.62354/jurnalmedicare.v5i4.568
Check for updates
Research Article

The descriptive profile by sex showed that the one participant classified in the severe category was female, whereas no male participant was classified in that category. Given the very small sample and the presence of only one severe-category observation, no conclusion should be drawn about sex differences in stress. Larger studies with appropriate comparative analyses would be required to investigate such differences.

3.3 Implications

Schools may strengthen confidential access to guidance and counselling, provide age-appropriate mental health education, and establish clear referral pathways for students who report substantial distress. Collaboration with qualified health professionals may support early identification and appropriate follow-up. Any screening should be voluntary, confidential, non-stigmatizing, and followed by suitable assessment rather than relying solely on a questionnaire category.

3.4 Research contribution

This study provides a school-specific descriptive profile of perceived stress among 27 eighth-grade students whose parents had divorced, using the PSS-10. It adds contextual evidence from MTs Muhammadiyah Karangkajen and identifies the distribution of stress categories and item responses that may inform supportive school practices.

3.5 Limitations

This study utilized a descriptive cross-sectional design with a focused, purposively selected sample from a single educational institution. Due to the absence of a comparison group of adolescents from intact families and the descriptive nature of the analysis without inferential testing, findings are interpreted within specific contextual boundaries and generalizability is appropriately limited. Furthermore, data regarding perceived stress were self-reported, highlighting an area for complementary multi-source assessments in future research.

3.6 Suggestions

Schools should maintain accessible and confidential counselling services and develop referral procedures for students who may need professional mental health support. Future studies should recruit larger samples from multiple schools, report validated scoring procedures and cut-offs. Comparative or longitudinal designs may help clarify differences and changes in perceived stress over time.

4. CONCLUSION

Among 27 eighth-grade students whose parents had divorced at MTs Muhammadiyah Karangkajen, most were classified in the moderate perceived-stress category (23; 85.2%), followed by mild stress (3; 11.1%) and severe stress (1; 3.7%). The study provides a descriptive profile of stress in this specific school sample.

5. ACKNOWLEDGEMENTS

The authors would like to thank the students who participated in this study and the management and staff of MTs Muhammadiyah Karangkajen for facilitating the research activities.

AUTHOR CONTRIBUTIONS STATEMENT

MAN: Conceptualization, methodology, investigation, data curation, formal analysis, and writing original draft. SA: Supervision and writing review and editing.

AUTHOR INFORMATION

Corresponding Author
Mutia Ana Nurhatina, Midwifery Undergraduate Study Program, Universitas 'Aisyiyah Yogyakarta, Yogyakarta, Indonesia.
Email: mutiaananurhatina29@gmail.com
Phone: 085736471295.

Authors
Siti Arifah, Midwifery Undergraduate Study Program, Universitas 'Aisyiyah Yogyakarta, Yogyakarta, Indonesia

REFERENCES

Annisa, S. W., & Nur, H. (2025). Resiliensi remaja dari keluarga broken home: Kajian literatur tentang faktor, mekanisme, dan implikasi psikologis. PESHUM: Jurnal Pendidikan, Sosial dan Humaniora, 4(4), 5696–5705. https://doi.org/10.56855/peshum.v4i4.812

Apata, O. E., Falana, O. E., Hanson, U., Oderhohwo, E., & Oyewole, P. O. (2023). Exploring the effects of divorce on children's psychological and physiological wellbeing. Asian Journal of Education and Social Studies, 49(4), 124–133. https://doi.org/10.9734/ajess/2023/v49i4958

Candra, I. W. (2020). Stres adaptasi dan manajemen stres. Nuha Medika.

Cohen, S., & Williamson, G. M. (1988). Perceived stress in a probability sample of the United States. In S. Spacapan & S. Oskamp (Eds.), The social psychology of health (pp. 31–67). Sage.

Dinas Kesehatan Kota Yogyakarta. (2024). Profil kesehatan Kota Yogyakarta tahun 2024. Pemerintah Kota Yogyakarta. https://depkes.go.id/

Kementerian Kesehatan Republik Indonesia. (2020). Keputusan Menteri Kesehatan Republik Indonesia Nomor HK.01.07/MENKES/320/2020 tentang standar profesi bidan. Kementerian Kesehatan RI. https://jdih.kemkes.go.id/

Kementerian Kesehatan Republik Indonesia. (2021). Pedoman dan standar etik penelitian dan pengembangan kesehatan nasional. Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan.

Kementerian Kesehatan Republik Indonesia. (2023). Gejala dan pengendalian stres. Direktorat Jenderal Pencegahan dan Pengendalian Penyakit. https://p2ptm.kemkes.go.id/

Khakhimah, N., Sutrisno, E., & Asropi, A. (2023). Implementasi kebijakan Pusat Pembelajaran Keluarga (PUSPAGA) Al Inayah Kabupaten Tangerang (studi kasus). Journal of Public Policy and Applied Administration, 5(1), 53–61. https://doi.org/10.35326/jppaa.v5i1.2855

Kurniawan, K., Nur'aeni, Y., Nugraha, P., Maysarah, V., Revindha, L. D., & Zahra, S. (2023). Dampak perceraian orangtua terhadap perkembangan psikososial anak: A scoping review. Jurnal Psikologi Perkembangan Indonesia, 5(2), 77–89. https://doi.org/10.32923/jppi.v5i2.3312

Mar'atussholihah, S. (2022). Hubungan perilaku anak broken home dengan tingkat stres pada siswa SMAN 9 Pandeglang dan SMKN 6 Pandeglang [Undergraduate thesis, Universitas Islam Negeri Syarif Hidayatullah Jakarta]. UIN Jakarta Repository. https://repository.uinjkt.ac.id/

Naba'ul, N. A., Suryani, S., & Suprayogi, D. (2024). Pengalaman remaja pasca perceraian orang tua dalam penyesuaian diri. Jurnal Konseling dan Psikologi Pendidikan, 6(1), 12–21. https://doi.org/10.56855/jkpp.v6i1.402

Perhimpunan Dokter Spesialis Kedokteran Jiwa Indonesia. (2022). Masalah psikologis 2 tahun pandemi COVID-19 di Indonesia. PDSKJI.

Santoso, M. F., Hidayati, N., & Hayani, H. (2022). Dampak perceraian orangtua terhadap kondisi psikologis remaja. Jurnal Psikologi dan Kesehatan Mental Remaja, 9(2), 55–64. https://doi.org/10.20473/jpkmr.v9i2.36402

Titalessy, A., & Kusumiati, R. Y. E. (2021). Dampak perceraian orang tua terhadap perkembangan sosial emosi remaja. Jurnal Ilmiah Bimbingan Konseling Undiksha, 12(3), 362–369. https://doi.org/10.23887/jibk.v12i3.38522

Tullius, J. M., De Kroon, M. L. A., Almansa, J., & Reijneveld, S. A. (2021). Adolescents' mental health problems increase after parental divorce, not before, and persist until adulthood: A longitudinal TRAILS study. European Child & Adolescent Psychiatry, 30(3), 475–486. https://doi.org/10.1007/s00787-020-01535-9

Wahdi, A. E., Wilopo, S. A., & Erskine, H. E. (2023). The prevalence of adolescent mental disorders in Indonesia: An analysis of Indonesia National Mental Health Survey (I-NAMHS). Journal of Adolescent Health, 72(Suppl. 1), S28–S71. https://doi.org/10.1016/j.jadohealth.2022.10.012

Wahyudi, F. A., & Mustikasari, M. (2023). Tingkat stres dan mekanisme koping sebelum dan selama terjadi COVID-19 pada mahasiswa. Jurnal Perawatan Indonesia (JPPNI), 8(3), 168–174. https://doi.org/10.32584/jppni.v8i3.1954

Wibowo, S., Adinuhgra, S., & Winei, A. A. D. (2023). Upaya orang tua mendampingi anak-anak dalam hal berdoa di Stasi St. Yosef Ampari Bura Dalam. Jurnal STIPAS Tahasak Danum Pambelum Keuskupan Palangka Raya, 5(2), 45–54. https://doi.org/10.56353/tadah.v5i2.152

Wisdani, M. A., Widiyanti, P., & Khoirunnisa, T. (2023). Perceraian orang tua dan karakter remaja. Jurnal Ilmu Sosial dan Pendidikan, 7(4), 40–48. https://doi.org/10.58258/jisip.v7i4.5621

World Health Organization. (2023). Adolescent mental health. https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health

Zola, N. I., Utami, M. S., & Hidayat, A. (2021). Gambaran stres psikososial dan faktor-faktor yang mempengaruhinya pada remaja. Jurnal Psikologi Teori dan Terapan, 12(1), 45–55. https://doi.org/10.26740/jptt.v12n1.p45-55