JURNAL KEPERAWATAN KOMPREHENSIF

OPEN ACCESS

Jurnal Keperawatan Komprehensif

(Comprehensive Nursing Journal)



A Journal of Nursing Values, Innovation, Collaboration, and Global Impact

Volume 12, Issue 4, October 2026

Published by STIKep PPNI Jawa Barat

ISSN 2354-8428, e-ISSN 2598-8727

Review Article

Strength-Based Counseling and Psychological Resilience in Adolescents Affected by Parental Divorce: A Structured Narrative Review of Direct, Adjacent, and Contextual Evidence

Lutfiana Yanuar Goffar [1], Sarwinanti Sarwinanti[1], Mamnuah Mamnuah[1]

[1]Master of Nursing, Universitas 'Aisyiyah Yogyakarta, Indonesia

OPEN ACCESS

Jurnal Keperawatan Komprehensif (Comprehensive Nursing Journal)

Volume 12 (4), 679-688
https://doi.org/10.33755/jkk.v12i4.1068

Article info

Received : October 12, 2026
Revised : October 26, 2026
Accepted : November 05 2026
Published : November 15, 2026

Corresponding author

Lutfiana Yanuar Goffar*
Master of Nursing, Universitas 'Aisyiyah Yogyakarta
Jl. Siliwangi (Ring Road Barat) No. 63, Nogotirto, Gamping, Sleman, Yogyakarta - 55292
Phone : 082238891907
Email: yanuarlutfiana@gmail.com

Citation

Goffar, L. Y., Sarwinanti, S., & Mamnuah, M. (2026). Strength-based counseling and psychological resilience in adolescents affected by parental divorce: A structured narrative review of direct, adjacent, and contextual evidence. *Jurnal Keperawatan Komprehensif (Comprehensive Nursing Journal)*, 12(4), 679–688. https://doi.org/10.33755/jkk.v12i4.1068.

Website

https://journal.stikep-ppnijabar.ac.id/jkk

This is an **Open Access** article distributed under the terms of the Creative Commons Attribu tion-NonCommercial 4.0 International License

p-ISSN : 2354 8428
e-ISSN: 2598 8727

Abstract

Background: Smoking and alcohol use contribute substantially to preventable morbidity and mortality. In Indonesia, tobacco use is strongly patterned by sex, but community-level evidence describing the co-occurrence of smoking and alcohol consumption in rural coastal settings is limited.
Objective: To describe self-reported smoking and alcohol consumption among participating adults in Pulisan Village, compare the proportions reporting each behaviour by sex, and examine the crude association between smoking and alcohol consumption.
Methods: A cross-sectional study was conducted among 216 adults recruited by convenience sampling. Two investigator-developed yes/no questions, administered in private interviews, asked whether participants smoked and consumed alcohol; neither question specified a reference period, frequency, quantity, or product type. Frequencies and percentages were reported overall and by sex. Pearson chi-square tests and crude odds ratios (ORs) with 95% confidence intervals (CIs) were used for 2 × 2 comparisons.
Results: Among participating men, 82/115 (71.3%) reported smoking and 67/115 (58.3%) reported alcohol consumption; among women, the corresponding proportions were 5/101 (5.0%) and 7/101 (6.9%). Sex differences were statistically significant for smoking (crude OR = 47.71, 95% CI 17.80–127.84; $p < 0.001$) and alcohol consumption (crude OR = 18.74, 95% CI 7.99–43.97; $p < 0.001$). Alcohol consumption was reported by 64/87 (73.6%) smokers and 10/129 (7.8%) non-smokers (crude OR = 33.11, 95% CI 14.85–73.85; $p < 0.001$).
Conclusion: In this convenience sample, self-reported smoking and alcohol consumption were concentrated among men and frequently co-occurred. Because the measures lacked a defined reference period and the smoking–alcohol estimate was unadjusted for sex and age, the findings should be interpreted as descriptive and hypothesis-generating rather than as population prevalence or evidence of a causal relationship.

Keywords: Alcohol consumption; cross-sectional study; rural health; sex differences; smoking; Indonesia

INTRODUCTION

Parental divorce is a major family transition that can alter adolescents' living arrangements, relationships, routines, and exposure to interparental conflict. In Indonesia, Statistics Indonesia recorded 408,347 divorces in 2023 in its table of divorce cases by cause. This administrative count indicates the scale of marital dissolution but does not identify how

many adolescents were affected or imply that divorce inevitably produces psychopathology. The more clinically relevant question is why some adolescents experience persistent difficulties whereas others adapt successfully.

Longitudinal evidence supports a cautious risk-and-resilience perspective. In the TRAILS cohort, internalizing and externalizing problems increased after parental divorce and remained elevated over follow-up, but individual trajectories varied. Recent longitudinal analyses also suggest that the timing and mental-health correlates of parental separation may differ by sex. Thus, parental divorce should be understood as a potential stressor embedded in family and social processes rather than as a deterministic cause of poor mental health.

Psychological resilience provides a useful framework for this heterogeneity. Contemporary resilience research treats resilience as a dynamic process of positive adaptation under adversity rather than a fixed personality trait. Protective processes can operate at several levels: individual capacities such as self-regulation and self-efficacy; relational resources such as supportive parenting, peer support, and family belonging; and wider school or community resources. Studies of adolescents from divorced families in Indonesia and elsewhere have linked resilience or psychological well-being with self-regulation, self-efficacy, social support, and quality of post-divorce parent–child relationships.

Strength-Based Counseling (SBC) is potentially relevant because it deliberately identifies, validates, and develops client strengths, competencies, resources, and successful coping. However, SBC must be distinguished from the broader family of strengths-based, positive-psychology, resilience-building, solution-focused, and cognitive-behavioral interventions. A recent meta-analysis of strength-based psychotherapeutic methods found a small additional benefit over other bona fide psychotherapies, and newer meta-analytic evidence suggests that strength-based capacity-building interventions can improve adolescent resilience. These findings establish plausibility for strength-oriented work, but they do not establish SBC effectiveness for adolescents affected by parental divorce.

The evidence gap is therefore more specific than the original question of whether SBC 'works.' Evidence can be separated into three tiers: (1) direct evidence—SBC tested in adolescents affected by parental divorce with resilience as an outcome; (2) adjacent intervention evidence—SBC in adolescents without divorce-specific sampling, or another counseling intervention in adolescents affected by parental divorce; and (3) contextual evidence—observational studies identifying resilience-related protective factors after parental divorce. This distinction prevents indirect findings from being presented as direct clinical evidence.

This review aimed to synthesize the available evidence on SBC and psychological resilience in adolescents affected by parental divorce, classify the evidence by directness, identify plausible mechanisms and protective factors, and specify the methodological requirements for a definitive intervention study.

METHODS

Review design

This study was conducted as a structured narrative review. A narrative design was retained because the available literature was heterogeneous in population, intervention, comparator, outcome, and study design, and because the central purpose was to distinguish direct from indirect evidence rather than to estimate a pooled treatment effect. The flow of identification and screening was reported using a PRISMA-style structure, while the narrative synthesis was organized using evidence-level and endpoint principles consistent with SANRA. PRISMA is used here as a reporting aid for the search flow and should not be interpreted as evidence that the review was a registered systematic review.

Review question and evidence framework

The primary review question was: What evidence supports the use of Strength-Based Counseling to improve psychological resilience among adolescents affected by parental divorce? A strict PICO formulation was insufficient because very little literature simultaneously matched all four elements. Therefore, the synthesis prespecified three evidence tiers:

Table 1. Evidence-tier framework used for the synthesis.

Evidence tier	Definition	Interpretive use
Direct evidence	Adolescents affected by parental divorce; SBC as the intervention; resilience as a measured outcome; comparative or evaluative design.	Can support population-specific effectiveness claims if methodologically robust.
Adjacent intervention evidence	Matches SBC + adolescent resilience but not divorce status, or matches divorce + adolescent resilience but uses a different intervention.	Supports plausibility and intervention design, not SBC effectiveness in the target population.
Contextual evidence	Adolescents affected by parental divorce; observational or qualitative evidence on resilience, adjustment, protective factors, or post-divorce relationships.	Supports mechanism and target selection, not intervention effectiveness.

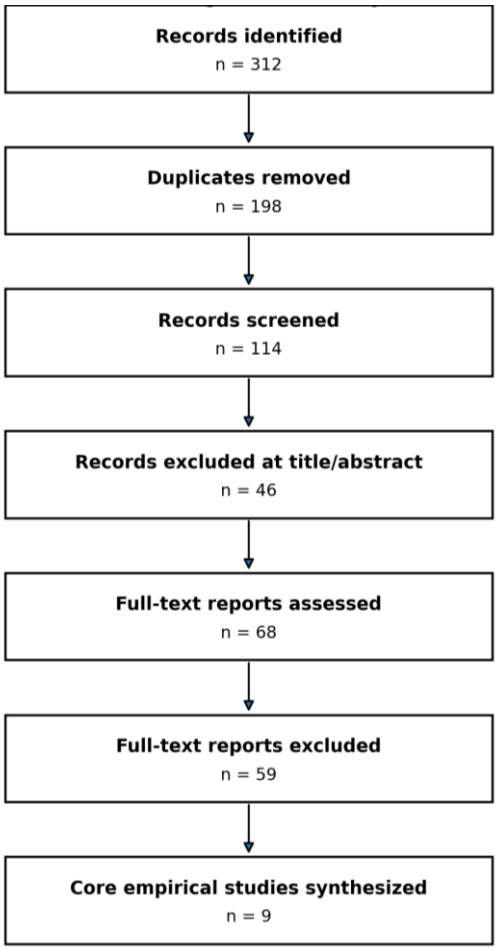


Figure 1. PRISMA-style study-flow counts reported for the review.

Search strategy and eligibility

The original search covered publications from January 2020 through December 2025 in ScienceDirect, PubMed, and Google Scholar. Core concepts were combined using Boolean operators: (strength-based counseling OR strength-based intervention OR resilience intervention) AND (resilience OR psychological resilience) AND (adolescent OR teenager OR student) AND (parental divorce OR children of divorce OR family disruption). Because terminology differed across counseling and psychology literature, broader strength-based and resilience-intervention terms were used during citation verification to avoid missing adjacent evidence.

Eligible empirical studies included adolescents or populations relevant to adolescence; evaluated SBC, another resilience-oriented counseling intervention, or resilience-related factors after parental divorce; reported psychological resilience or a clearly related adaptation outcome; were available in English or Indonesian; and were published from 2020–2025. Secondary reviews were not counted among the nine core empirical studies but were used to interpret the broader evidence base. Adult-only studies were used only as theoretical context when they directly examined strength-based counseling after divorce.

Study selection and verification

The reported search yielded 312 records. After 198 duplicates were removed, 114 titles and abstracts were screened; 46 were excluded as irrelevant. Sixty-eight full texts were assessed, and 59 were excluded because they did not meet the review scope, leaving nine core empirical studies. These counts are internally consistent (312 − 198 = 114; 114 − 46 = 68; 68 − 59 = 9). During manuscript revision, bibliographic details and DOI links were independently checked against publisher pages, PubMed, DOAJ, or Crossref-indexed journal pages. Incompletely specified records from the draft were not used to support substantive conclusions.

Data extraction and synthesis

For each core empirical study, the population, design, intervention or exposure, outcome, principal finding, and relevance to the review question were extracted. Given substantial clinical and methodological heterogeneity, no meta-analysis was attempted. Findings were synthesized narratively by evidence tier. Effect estimates were reported only when they could be verified from the source article or publisher abstract; otherwise, conclusions were summarized without inventing numerical results.

RESULTS

Direct evidence

No core study simultaneously tested SBC, enrolled adolescents specifically affected by parental divorce, and measured psychological resilience. Therefore, there is currently no direct empirical basis for claiming that SBC is effective for improving resilience in this target population. This absence of direct evidence is the principal finding of the review.

Adjacent intervention evidence

The strongest SBC-specific adolescent study was the small quasi-experimental trial by Darbani and Parsakia. Twenty adolescents aged 14–17 were allocated to intervention and control groups; the intervention comprised ten 90-minute strength-based counseling sessions. The authors reported improved resilience ($F = 8.20$, $p = 0.001$) with persistence at follow-up. Because parental-divorce exposure was not specified and the sample was very small, the study supports SBC–resilience plausibility but not divorce-specific effectiveness.

Suranata and colleagues tested self-help SBC in 418 high-school students using LMS-based and printed modules against a waiting-list control. The study supports feasibility of strength-based delivery in secondary-school populations, but its target outcomes were nomophobia and FoMO rather than resilience after parental divorce. Conversely, Setyorini and colleagues studied students affected by parental divorce and found increased resilience after CBT group counseling with cognitive restructuring, but this supports the treatability of resilience rather than SBC specifically.

Evidence from broader resilience interventions further supports plausibility. A 2024 cluster RCT in 578 at-risk adolescents evaluated a six-session school program incorporating self-esteem, emotion regulation, social skills, problem solving, community resources, and peer support. Meta-analyses of school and child/adolescent resilience programs generally show small-to-moderate improvements in resilience, although effect sizes and durability vary. These data support the idea that resilience can be modified, but they cannot identify SBC as the active mechanism for adolescents affected by parental divorce.

Characteristics and directness of the evidence

Table 2. Core empirical evidence

Study	Population	Design / exposure	Verified finding	Evidence tier
Darbani & Parsakia, 2023	Iran; adolescents 14–17 (n=20)	Quasi-experimental; 10 SBC sessions vs control; CD-RISC	SBC increased resilience; F=8.20, p=0.001; follow-up effect reported.	Adjacent: SBC + adolescent resilience, but parental-divorce exposure not specified.
Suranata et al., 2022	Indonesia/Malaysia; high-school students (n=418)	Randomized three-arm self-help SBC; LMS, printed module, waiting list	SBC reduced nomophobia/FoMO; resilience was not the primary outcome.	Adjacent: SBC in adolescents, but different target problem/outcome.
Setyorini et al., 2021	Indonesia; students affected by parental divorce	Multiple pretest–posttest CBT group counseling	Resilience increased from pretest through posttest/follow-up; reported F(1,8)=275.03, p<0.001.	Adjacent: target population + resilience, but intervention was CBT, not SBC.
Llistosella et al., 2024	Spain; at-risk adolescents 12–15 (n=578)	Cluster RCT; six-session school resilience program	Program evaluated resilience and mental-health outcomes in at-risk adolescents.	Adjacent: robust adolescent resilience intervention, but neither SBC nor divorce-specific.
Aryani et al., 2023	Indonesia; adolescents from divorced families	Cross-sectional correlational; self-regulation and resilience	Self-regulation was positively related to resilience.	Contextual: identifies a plausible individual strength target.
Afifah & Trimulyaningsih, 2025	Indonesia; late adolescents with divorced parents	Cross-sectional; social support, self-efficacy, resilience	Social support and self-efficacy were jointly related to resilience.	Contextual: supports relational and self-efficacy targets.
Wijaya et al., 2021	Indonesia; adolescents experiencing parental marital dissolution (n=56)	Cross-sectional/path analysis	Resilience and post-traumatic growth were positively related to psychological well-being.	Contextual: links resilience with positive adaptation.
Rejaän et al., 2024	Netherlands; adolescents from divorced families (n=166)	Longitudinal cross-lagged study	General quality of parent contact was more consistently related to family belonging than contact frequency.	Contextual: supports relationship quality as a post-divorce resource.
Dianovinina et al., 2023	Indonesia; depressed adolescents after parental divorce (n=30)	Descriptive study	Stressors included reduced family cohesion/support, academic problems, remarriage, and economic decline.	Contextual: identifies post-divorce stressors that counseling may need to address.

Note: CD-RISC = Connor–Davidson Resilience Scale; CBT = cognitive behavioral therapy; FoMO = fear of missing out; SBC = Strength-Based Counseling.

Contextual evidence from adolescents affected by parental divorce

Contextual studies identify potential mechanisms that an SBC protocol could target. Aryani and colleagues reported a positive association between self-regulation and resilience among adolescents in divorced families. Afifah and Trimulyaningsih found that social support and self-efficacy were jointly associated with resilience in late adolescents with divorced parents. Wijaya and colleagues linked resilience and post-traumatic growth with psychological well-being among adolescents who had experienced parental marital dissolution.

Relational context also matters. Rejaän and colleagues followed 166 adolescents in post-divorce families and found that general quality of parent contact was more consistently related to family belonging than contact frequency. Indonesian studies similarly describe social support, family cohesion, and changing parent–child relationships as important features of adaptation. These findings support a social-ecological view in which individual strengths are useful but insufficient without relational resources.

Dianovinina and colleagues documented stressors among depressed adolescents after parental divorce, including reduced family cohesion and parental support, academic problems, parental remarriage, and economic decline. Such findings caution against an exclusively individual-strength formulation: counseling that emphasizes strengths without recognizing ongoing family conflict or material stress may under-address the adolescent's actual environment.

Evidence from higher-level syntheses

Higher-level evidence strengthens the rationale for a cautious strength-based hypothesis. Flückiger and colleagues' comparative multilevel meta-analysis found a small benefit of strength-based psychotherapeutic methods over other bona fide psychotherapies (g approximately 0.17). Fu and colleagues' 2025 meta-analysis of strength-based capacity-building interventions reported improved adolescent resilience in the short term, although heterogeneity was substantial. Meta-analyses of resilience interventions in children and adolescents also report positive average effects, but intervention content, populations, and follow-up periods vary. Thus, the broad intervention literature supports modifiability of resilience, not population-specific effectiveness of SBC.

DISCUSSION

The central conclusion of this review is more limited—and scientifically stronger—than the original manuscript implied. SBC has a credible theoretical basis and some empirical support in adolescents, and counseling can improve resilience among adolescents affected by parental divorce. However, these two evidence streams have not yet converged in a direct trial of SBC for resilience among adolescents affected by parental divorce. The current literature therefore supports intervention development and testing, not a clinical effectiveness claim.

This distinction matters because indirect evidence can easily be overgeneralized. Darbani and Parsakia provide the closest SBC–resilience evidence, but the study involved only 20 adolescents and did not specify parental divorce. Suranata et al. provide stronger sample size and randomized comparison, but the intervention targeted nomophobia and FoMO. Setyorini et al. directly studied divorce-affected students and resilience, but the treatment was CBT. Each study answers only part of the review question.

The broader psychotherapy literature suggests that systematically activating strengths may add a small benefit to treatment, while recent adolescent meta-analyses suggest that strength-based and resilience-building interventions can improve resilience. The likely active ingredients overlap with the contextual findings in divorce-affected adolescents: self-efficacy, emotion and self-regulation, positive identity, problem solving, supportive relationships, and access to social resources. A future SBC protocol should therefore specify whether it aims primarily to identify existing strengths, build new coping capacities, mobilize relational resources, or combine these components.

The divorce context also requires attention to family processes. Post-divorce adjustment is shaped by the quality of parent–child relationships, interparental conflict, changes in living arrangements, economic stress, and opportunities for stable support. A purely intrapersonal intervention risks implying that

the adolescent alone is responsible for adaptation. Strength-based work is more defensible when it recognizes personal agency while also mapping and mobilizing family, peer, school, and community resources.

From a nursing perspective, the review supports a potential—not established—role for resilience-oriented, strength-informed psychosocial care. Psychiatric, community, and school nurses are well positioned to identify adolescents experiencing distress after parental divorce, assess risk and protective factors, provide supportive psychoeducation within scope of competence, and refer for specialist counseling when needed. Formal SBC should be delivered only by professionals with appropriate counseling training and within organizational and professional scope-of-practice requirements.

The clinical significance of the evidence should also be interpreted cautiously. Statistical improvements in resilience scores in small or heterogeneous studies do not automatically demonstrate clinically meaningful recovery, sustained functioning, or prevention of depression and anxiety. Future trials should report absolute change, standardized effect size, 95% confidence intervals, responder definitions where validated, follow-up durability, adverse events or deterioration, and relevant functional outcomes.

A definitive study should recruit adolescents with clearly documented parental-divorce exposure and prespecify resilience as the primary outcome. A randomized controlled or cluster-randomized design should compare a manualized SBC protocol with an attention-matched comparator or usual counseling, use a validated resilience instrument, assess baseline mental-health symptoms and family context, monitor intervention fidelity and adherence, and include follow-up beyond the immediate post-intervention period. Stratification or adjusted analysis may be needed for age, sex, time since divorce, living arrangement, and baseline distress.

Since the original review window ended in 2025, newer studies provide useful contextual confirmation but should not be silently added to the nine-study synthesis. In 2026, an Indonesian narrative-counseling study described resilience as a process of meaning reconstruction after parental divorce, and randomized digital post-divorce interventions reported improvements in conflict and mental-health outcomes. These studies reinforce the importance of intervention research in this population, while remaining conceptually distinct from SBC.

STRENGTHS AND LIMITATIONS

This review's principal strength is its explicit separation of direct, adjacent, and contextual evidence. That structure reduces the risk of presenting evidence from different populations, interventions, or outcomes as if it directly answered the target clinical question. Bibliographic verification also removed reliance on incompletely specified citations and added higher-level evidence to calibrate interpretation.

The review also has important limitations. It used only three search sources, one of which was Google Scholar, whose ranking and result counts are dynamic and difficult to reproduce. The original search log, exact database-specific search strings, screening decisions, and full risk-of-bias forms were not available in the manuscript; therefore, the review should not be presented as a fully reproducible systematic review. Restricting the primary evidence window to 2020–2025 may omit older relevant studies. The nine core studies were clinically and methodologically heterogeneous, precluding meaningful meta-analysis. Several intervention studies had small samples, and most divorce-specific evidence was observational. Publication and language biases are possible. Consequently, certainty about SBC effectiveness in the target population remains very low.

IMPLICATIONS

Clinical and nursing implication: clinicians may use a strengths-informed assessment to identify coping successes, self-efficacy, supportive relationships, and community resources, but should not present SBC as an evidence-established treatment for resilience after parental divorce.

Research implication: the highest priority is a controlled, adequately powered trial of manualized SBC in adolescents affected by parental divorce, with resilience as the primary outcome, prespecified mechanisms, fidelity assessment, and longitudinal follow-up.

Methodological implication: future reviews should preregister a protocol, search multiple bibliographic databases using database-specific strategies, archive search results, use two

independent reviewers, report study-level risk of bias, and separate direct from indirect evidence a priori.

CONCLUSION

Direct evidence that Strength-Based Counseling improves psychological resilience specifically among adolescents affected by parental divorce is currently absent. SBC has promising adjacent evidence in adolescents, resilience can be modified by psychosocial interventions, and divorce-specific studies identify self-regulation, self-efficacy, social support, and relationship quality as plausible resilience resources. Together, these findings provide a coherent rationale for developing and testing SBC in the target population, but they do not justify describing SBC as an established effective intervention. The next step is a rigorous controlled trial rather than broader clinical implementation.

Acknowledgement

The authors would like to express their sincere gratitude to the Master of Nursing Program, Universitas 'Aisyiyah Yogyakarta, Indonesia, for its academic support and guidance throughout the preparation and completion of this narrative review.

Funding Statement

This study received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

Conflict of Interest

The authors declare that they have no conflicts of interest related to the research, authorship, or publication of this article.

Author Contributions

LYG contributed to the study conceptualization, review design, literature searching, study selection, data extraction, evidence synthesis, and preparation of the original manuscript draft. SS contributed to methodological guidance, research supervision, interpretation of findings, and critical revision of the manuscript. MM contributed to research supervision, conceptual development, interpretation of evidence, and critical revision of the manuscript for important intellectual content. All authors reviewed and approved the final manuscript and agreed to be accountable for all aspects of the work.

REFERENCES

1. Badan Pusat Statistik. Number of divorces by province and factors causing divorce, 2023 [Internet]. Jakarta: BPS-Statistics Indonesia; 2024 [cited 2026 Nov 3]. Available from: https://www.bps.go.id/
2. Tullius JM, De Kroon MLA, Almansa J, Reijneveld SA. Adolescents' mental health problems increase after parental divorce, not before, and persist until adulthood: a longitudinal TRAILS study. Eur Child Adolesc Psychiatry. 2022;31(6):969–978. doi:10.1007/s00787-020-01715-0.
3. Hugh-Jones S, Atkins R, Gillibrand S, Wilding A, Munford L, Sutton M. Does the timing of parental divorce or separation impact adolescent and young adult mental health differently by gender? Soc Sci Humanit Open. 2025;11:101264. doi:10.1016/j.ssaho.2024.101264.
4. Flückiger C, Munder T, Del Re AC, Solomonov N. Strength-based methods—a narrative review and comparative multilevel meta-analysis of positive interventions in clinical settings. Psychother Res. 2023;33(7):856–872. doi:10.1080/10503307.2023.2181718.
5. Fu C, Chien WT, Zhang Y, Lam KK. Strength-based capacity-building interventions to promote adolescents' mental health: a systematic review and meta-analysis. Eur Child Adolesc Psychiatry. 2025;34(10):2975–3015. doi:10.1007/s00787-025-02741-6.
6. Darbani SA, Parsakia K. Investigating the effectiveness of strength-based counseling on adolescent resilience. J Adolesc Youth Psychol Stud. 2023;4(5):169–175. doi:10.61838/kman.jayps.4.5.16.
7. Suranata K, Ifdil I, Rangka IB, Abu Bakar AY, Subramaniam TS. Strength-based counseling as self-help method to overcome nomophobia and FoMO among students. Int J Res Couns Educ. 2022;6(2):107–114. doi:10.24036/00546za0002.
8. Setyorini WW, Wibowo ME, Awalya A. The effectiveness of cognitive behavioral therapy group counseling to improve the resilience of students as divorce victims. J Bimbing Konseling. 2021;10(3):156–160. doi:10.15294/jubk.v10i3.50567.
9. Llistosella M, Castellví P, García-Ortiz M, López-Hita G, Torné C, Ortiz R, et al. Effectiveness of a resilience school-based intervention in adolescents at risk: a cluster-randomized controlled trial. Front

Psychol. 2024;15:1478424. doi:10.3389/fpsyg.2024.1478424.
10. Llistosella M, Goni-Fuste B, Martín-Delgado L, Miranda-Mendizabal A, Franch Martinez B, Pérez-Ventana C, Castellvi P. Effectiveness of resilience-based interventions in schools for adolescents: a systematic review and meta-analysis. Front Psychol. 2023;14:1211113. doi:10.3389/fpsyg.2023.1211113.
11. Pinto TM, Laurence PG, Macedo CR, Macedo EC. Resilience programs for children and adolescents: a systematic review and meta-analysis. Front Psychol. 2021;12:754115. doi:10.3389/fpsyg.2021.754115.
12. Mei Z, Cai C, Wang T, Yang Y, Lam C, Zhang Y, et al. Interventions to promote resilience in children and adolescents: a systematic review and meta-analysis of randomized controlled trials. Gen Hosp Psychiatry. 2025;96:295–306. doi:10.1016/j.genhosppsych.2025.08.011.
13. Cai C, Mei Z, Wang Z, Luo S. School-based interventions for resilience in children and adolescents: a systematic review and meta-analysis of randomized controlled trials. Front Psychiatry. 2025;16:1594658. doi:10.3389/fpsyt.2025.1594658.
14. Aryani E, Hadi A, Ningsih R, Saputri NSD, Laras PB, Nurbaiti AT. Self-regulation and resilience in adolescents in divorced families. In: Proceedings of the 1st Annual International Conference: A Transformative Education: Foundation & Innovation in Guidance and Counseling. 2023. p.65–72. doi:10.2991/978-2-38476-030-5_9.
15. Afifah JN, Trimulyaningsih N. The role of social support and self-efficacy on resilience of late adolescence with divorced parents. Psikologika. 2025;30(1). doi:10.20885/psikologika.vol30.iss1.art8.
16. Wijaya DA, Widyorini E, Primastuti E, Dominguez J. Resilience, post-traumatic growth, and psychological well-being among adolescents experiencing parents' marital dissolution. J Ilmu Perilaku. 2021;5(1):1–20. doi:10.25077/jip.5.1.1-20.2021.
17. Rejaän Z, van der Valk IE, Branje S. Adolescents' belonging in post-divorce families: examining residential and digital contact with mothers and fathers. J Res Adolesc. 2024;34(2):568–583. doi:10.1111/jora.12920.
18. Dianovinina K, Surjaningrum ER, Wulandari PY. Stressful life events among depressed adolescents after parental divorce. J Psikol Ulayat. 2023;10(1):151–166. doi:10.24854/jpu581.
19. Azizah FN, Rohmani N, Riyadi S. Analysis of factors related to the resilience of adolescent with divorce parents in Yogyakarta. Media Ilmu Kesehatan. 2022;11(1):75–84. doi:10.30989/mik.v11i1.686.
20. Mayfani S, Adiwinata AH, Nadhirah NA. Resilience and self-esteem of broken home teenagers. J Educ Couns. 2022;3(1):34–45. doi:10.32627/jeco.v3i1.624.
21. Yeo JY, So ES, Chae SM. Effectiveness of a strength-based intervention into nursing education in South Korea. Psychol Res Behav Manag. 2023;16:3269–3278. doi:10.2147/PRBM.S416930.
22. Darbani SA, Parsakia K. The effectiveness of strength-based counseling on the reduction of divorced women's depression. J Assess Res Appl Couns. 2022;4(1):64–76. doi:10.61838/kman.jarac.4.1.6.
23. Abdollahpour MA. The effectiveness of the strength-based approach on self-control and emotional regulation of divorced women. J Psychol Dyn Mood Disord. 2022;1(1):24–35. doi:10.61838/kman.pdmd.1.1.3.
24. Wolchik SA, Tein JY, Winslow E, Minney J, Sandler IN, Masten AS. Developmental cascade effects of a parenting-focused program for divorced families on competence in emerging adulthood. Dev Psychopathol. 2021;33(1):201–215. doi:10.1017/S095457941900169X.
25. Wolchik SA, Sandler IN, Millsap RE, Plummer BA, Greene SM, Anderson ER, et al. Six-year follow-up of preventive interventions for children of divorce: a randomized controlled trial. JAMA. 2002;288(15):1874–1881. doi:10.1001/jama.288.15.1874.
26. Orben A, Tomova L, Blakemore SJ. The effects of social deprivation on adolescent development and mental health. Lancet Child Adolesc Health. 2020;4(8):634–640. doi:10.1016/S2352-4642(20)30186-3.

27. Baethge C, Goldbeck-Wood S, Mertens S. SANRA—a scale for the quality assessment of narrative review articles. Res Integr Peer Rev. 2019;4:5. doi:10.1186/s41073-019-0064-8.
28. Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. BMJ. 2021;372:n71. doi:10.1136/bmj.n71.
29. Sugara GS, Tsani FAH, Muhajirin M. Resilience as narrative reconstruction after parental divorce: adolescents' experiences of narrative counseling. Fam J. 2026. doi:10.1177/10664807261483707.
30. Hald GM, Johnsen DB, Øverup CS. Reducing postdivorce conflict through a child-oriented digital intervention: a randomized controlled trial of SES NXT. J Fam Psychol. 2026;40(5):651–662. doi:10.1037/fam0001449.
31. Øverup CS, Johnsen DB, Lange T, Hald AN, Hald GM, Sander S. Effects of the SES NXT intervention on mental health and well-being for children of divorce. npj Digit Med. 2026. doi:10.1038/s41746-026-02638-x.
32. 32. Tan GXD, Hartanto A, Guevarra YA, Lee AKMP, Koh KJJ, Kasturiratna KTS. Outcomes associated with childhood parental divorce: an umbrella review of meta-analyses. Child Prot Pract. 2026;9:100320. doi:10.1016/j.chipro.2026.100320.