

CHAPTER I

INTRODUCTION

1.1 Background of the Study

Marriage is important for a better future to create a family goal. It is considered holy (meaning that God has already united two people to become a family which is a husband and a wife), a permanent bond between a man and a woman who become husband and wife until they die. After that, they entered a new chapter of their life, which is “having sex” legally until the wife is pregnant and has a child.

People nowadays have consider marriage to be less important and paltry due to several problems or conditions that make them decide to do a “divorce”. Some of the common marriage problems are caused by having different interests, different spending habits, falling out of sync with intimacy, being too possessive or jealous, and getting bored (Zlotnick, 2021). In addition, Stritof (2020) stated that 40% of married couples are impacted by infidelity. There are four reasons behind people who cheat such as of unhappy or unsatisfied life of marriage, boredom, lack of commitment, and losing sexual appetite. Moreover, lack of love and communication also can happen. It happens because one of the parents loves another person and has an affair (betraying). Also, the unblest marriage more strongly failed the marriage. It goes to cheating, the boredom of intimacy, less having sex between husband and wife, and ends with a divorce.

There are several common effects of parent's divorce on teenagers which are mental illness, academic problems, behavior problems, depression, sadness, or anger at one parent or both, and so on (Morin, 2021). Furthermore, mental illness is also related to mental health disorders. It affects our mood, the way to think of something, and how to behave toward others. Mental illness includes such as depression, anxiety disorders, and so on. In addition, teenagers at school turn out to be people who like to be absent and always want to miss a class. Teenagers also care less about their responsibilities at school, such as doing homework and failing the examination test given by the teachers in every subject at school. Moreover, teenagers will behave badly with other friends because they want to vent their anger to their friends at school. They cannot express it in front of their parents. Otherwise, the parents will get angrier, and it will increase more traumatic experiences.

In addition, children (especially teenagers) need to know the differences between a successful marriage and a failed marriage. The first characteristic of a successful marriage can be seen in having a good wife. A wife's duty after marriage is not only cooking in the kitchen and cleaning the house, but also obviously more than that. A woman is also the same as a man. They need to get more knowledge of everything, especially during emergency cases. A woman also needs to work or do their own business with the purpose to get a salary or income, so it will help the man to stabilize their financial stuff. The second characteristic is that successful marriage can raise citizens. A married couple needs to start up their new life, so they should be able to work together with citizens. They should devote themselves to raise a good citizen. The third characteristic of a successful marriage is seen in

the effectiveness of communication and companionship. A husband and a wife need to create a strong communication without any hesitation and be open to each other's minds. Also, they should be honest with each other. A true husband and a wife are not hiding secrets from each other, and do not care whether the reality will hurt them or not. Forgiving each other (even if they make a big mistake) is also important to bond their relationship. Failed marriage often impacts teenagers (around 16 years old) and leads to bad character.

1.2 Project Objectives

The writer's project objectives are:

1) **To raise awareness regarding divorce and infidelity issue.** They should realize that divorce is not good and has a bad impact on the future. When parents are divorced and the children are followed by only one parent only (either the mother or the father), they would be very confused since their parents want to have a divorce and perhaps live in a separate house. Perhaps, in a separate place, region, or even country too. If the children grow up without any support from one of the parents who is separated, they will not know what might happen in the future and will miss his/her parents. Especially for teenagers, mental health is important due to their growing environment and creating a good impression in other people's eyes and perspectives.

2) **Mental Health Awareness**

According to Wieman (2013), mental health awareness is the recognition of well-being and psychological aspects of our health, productivity, and happiness, as well as the well-being around our communities. Moreover, the most two common mental health problems are anxiety disorders and mood disorders. Holthaus (2022) states that more than 18% of adults have a problem with post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), panic disorder (panic attacks), and different kinds of phobias. On the other hand, around 10% of adults every year face mood disorders, especially depression and bipolar depression. It depends on how they face every single problem in the communities. In addition, Yadav (2020) states that stressful events after marriage ends with mental problems like anxiety, depression, suicidal tendencies, the use of drugs, and drinking alcoholic beverages.