

**TEENAGERS' WELLNESS IN DIVORCED FAMILIES:
A PHENOMENOLOGICAL STUDY**

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**FACULTY OF EDUCATION
UNIVERSITY OF MALAYA
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**TEENAGERS' WELLNESS IN DIVORCED FAMILIES: A PHENOMENOLOGICAL
STUDY**

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**THESIS SUBMITTED IN FULFILMENT OF THE REQUIREMENTS FOR THE
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ABSTRACT

This study aimed to explore an in-depth understanding on the wellness of teenagers in divorced families. This qualitative study used the phenomenological approach to explore the experience of ten teenagers living with single mothers after the divorce of their parents. Participants in this research are 10 teenagers age between 16 to 18 years' old who lived with their mothers after their parents' divorce. The duration of their parents' divorce during the data collection was in the range of one to ten years. Data were collected using semi-structured interviews and document analysis by social media. Data were analysed using NVIVO12 software. Nine themes and 26 sub-themes emerged from this study. Three main themes and ten subthemes answered the first research question on, what is the meaning of wellness among teenagers in divorced families? Another three more theme and eight sub themes answered the second research question on, what are the perception of teenagers towards wellness in divorced families? The remaining three themes and eight sub themes answered the third research question on, how does divorce changes the wellness in teenager's life? In conclusion, teenagers' in this study accepted the changes that occurred as a result of parental divorce. The implications of this study is viewed from three aspects; 1) practical implications for professions such as counselors, 2) theoretical implications for future research, and 3) implications in the field of education for the wellness of the community. The information extracted from the findings of this study can help counselors to understand better on the actual living experience of teenagers in divorced families. The study also helps counsellors to understand how some teenagers manage to live a successful life and fulfilling all the wellness of life in spite of living in divorced families. As this study only focus on teenagers living with their mother after their parents' divorce, it recommends future

researchers to consider exploring areas of wellness among teenagers in joint custody parents or teenagers living with their single father after the parental divorce.

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KESEJAHTERAAN REMAJA DALAM KELUARGA BERCERAI: SATU

KAJIAN FENOMENOLOGI

ABSTRAK

Kajian ini bertujuan untuk meneroka pengertian kesejahteraan remaja yang dibesarkan dalam keluarga yang terlibat dengan perceraian. Kajian ini menggunakan kaedah kualitatif dengan menggunakan pendekatan fenomenologi untuk menerokai pengalaman sepuluh remaja yang tinggal bersama ibu tunggal selepas perceraian ibubapa. Peserta kajian ini juga terdiri daripada 10 remaja yang berumur antara 16 hingga 18 tahun dan tinggal bersama bersama ibu mereka selepas perceraian kedua ibu bapa. Tempoh perceraian ibu bapa mereka semasa pungutan data adalah antara antara satu hingga sepuluh tahun. Data dipungut dengan menggunakan kaedah temubual separa struktur dan analisis dokumen yang dipelorehi melalui media sosial. Data dianalisis melalui perisian NVIVO12. Sembilan tema dan 26 sub tema telah dikenal pasti. Tiga tema utama dan sepuluh sub tema menjawab soalan kajian 1, iaitu apakah makna kesejahteraan remaja dalam kalangan keluarga yang bercerai? Tiga lagi tema utama dan lapan sub tema menjawab soalan kajian 2, iaitu apakah persepsi remaja ke arah kesejahteraan dalam keluarga yang bercerai? Seterusnya tiga lagi tema utama dan lapan sub tema muncul untuk menjawab soalan kajian 3, iaitu bagaimana perceraian mengubah kesejahteraan dalam kehidupan remaja? Kesimpulannya, remaja dalam kajian ini untuk menerima perubahan yang berlaku akibat perceraian ibubapa. Implikasi kajian ini dilihat daripada tiga aspek; 1) implikasi praktikal terhadap profesion seperti kaunselor, 2) implikasi teori terhadap penyelidikan di masa akan datang, dan 3) implikasi dalam bidang pendidikan untuk kesejahteraan masyarakat. Maklumat yang dipelorehi daripada hasil kajian ini dapat membantu kaunselor untuk lebih memahami pengalaman kehidupan remaja selepas

penceraian ibubapa. Kajian ini juga membantu kaunselor untuk memahami bagaimana sesetengah remaja mampu menguruskan hidup mereka dan mencapai kesejateraan hidup walaupun hidup walau dibesarkan dalam keluarga yang melalui proses perceraian. Oleh kerana kajian ini hanya memberi tumpuan kepada remaja yang tinggal bersama ibu tunggal selepas penceraian ibubapa, pengkaji akan datang boleh mempertimbangkan untuk meneroka kesejateraan di kalangan remaja dari yang menerima penjagaan bersama atau remaja yang hidup dengan bapa tunggal selepas perceraian ibubapa.

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LIST OF ABBREVIATIONS

ACA	:	American Counselling Associations
ALAM	:	Malaysian Maritime Academy
ASCA	:	American School Counsellor Association
IPTA	:	Public Institutions of Higher Learning (<i>Institut Pengajian Tinggi Awam</i>)
IPTS	:	Private Institutions of Higher Learning (<i>Institut Pengajian Tinggi Swasta</i>)
JAKIM	:	Islamic Development Department (<i>Jabatan Kemajuan Islam Malaysia</i>)
JPW	:	Department of Women's Development (<i>Jabatan Pembangunan Wanita</i>)
KLIA	:	Kuala Lumpur International Airport
KPWKM	:	Ministry of Women, Family and Community Development (<i>Kementerian Pembangunan Wanita, Keluarga dan Masyarakat</i>)
LLB	:	Bachelor of Laws
LPPKN	:	The National Population and Family Development Board (<i>Lembaga Penduduk dan Pembangunan Keluarga Negara</i>)
MAS	:	Malaysia Airlines
NGO	:	Non-Governmental Organization
NPFDB	:	The National Population and Family Development Board
NWI	:	National Wellness Institute
PT3	:	Form Three Assessment (<i>Pentaksiran Tingkatan 3</i>)
PTPTN	:	National Higher Education Fund Corporation

- SAMHSA: *(Perbadanan Tabung Pendidikan Tinggi Nasional)*
Substance Abuse and Mental Health Services Administration
- STPM : Malaysian Higher School Certificate (*Sijil Tinggi Pelajaran Malaysia*)
- SPM : Malaysian Certificate of Education (*Sijil Pelajaran Malaysia*)
- UPSR : Primary School Achievement Test (*Ujian Pencapaian Sekolah Rendah*)
- UTAR : University Tunku Abdul Rahman
- UTM : University Technology Malaysia (*Universiti Teknologi Malaysia*)
- WHO : World Health Organization

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CHAPTER 1

INTRODUCTION

1.1 Background of Study

A traditional family or better known as a nuclear family is a family with a mother, father, children and a possible extension of grandparents. In a nuclear family, the parents remain together and raise their children on their own (Elliott, 2008). However, these days, the definition of a nuclear family has undergone considerable diversity (Dunne, 2015). Each year, millions of marriages end up in divorce which has led to children suffering emotionally and psychologically due to their divorced families (Baker, 2005). The number of children suffering as a result of divorce has been increasing dramatically since the 1950s and the US. Bureau of the Census in 1989 reported that just in the United States of America, more than 1 million children suffer from cases of divorced families every year (Kennedy & Ruggles, 2014; Mauskopf, O'Leary, Banihashemi, Weiner & Cookston, 2015). The world is undergoing drastic demographic changes with the fast-growing single-parent family (Bianchi, 2014). A single-parent family encompasses a wide variety of diversity, which has a significant impact on the wellness of the child (Amato, 2000; Njeru, 2017).

There is consistent empirical evidence from previous divorce-related studies to indicate a very stressful and traumatic impact on the wellness of teenagers from divorced families (Amato, 2000; Njeru, 2017). Teenagers are vulnerable to multiple physiological and psychological disturbances in divorced families (Animasahun, 2014). Transitions and reorganizations such as changes in the geographical location, school, and adjusting to a single-parent household are unavoidable in the aftermath

of a divorce (Pedro-Carroll, 2001; Kennedy & Ruggles, 2014; Storksen, Røysamb, Holmen, & Tambs, 2006). A large number of studies have concluded that a child's adjustment in divorced families is a public health issue due to the high rate of divorces and a substantial number of children going through various adjustment problems (Storksen et al., 2006). There is numerous literature that reveals divorced families suffering the undesirable effects related to the mental health and social wellness of teenagers (Pedro-Carroll, 2001; Storksen et al., 2006).

In Malaysia, one of the most significant demographic changes in recent years has been the increase of single parenting (Roddin, Sidi, Yusof, Mohamed & Razzaq, 2011). The increase in the divorce rate in the country has played a major contribution to these demographic changes (Evans, 2011). There is a growing interest in studying the "effects of single parenting due to divorce" as there is evidence that divorced families expose their children to numerous environmental stressors that affect their wellness (Pedro-Carroll, 2001; Kennedy & Ruggles, 2014). The stress experienced by children has been studied in depth by various researchers in order to have a better understanding of divorce and its effects. For instance, Weisz, Sandler, Durlak, & Anton (2005) highlighted that divorce is a separation that causes a stressful (Animasahun, 2014; Njeru, 2017), traumatic (Ahmad, MuhdYusoff, Ratnasingam, Mohamed, Nasir, Mohd Sallehuddin & Aris, 2015) and painful (Sandler, Miles, Cookston & Braver, 2008) experience for all family members (Pedro-Carroll, 2001). The consequences of divorce are due to changes in social support, finances, childcare, housework, work demands and change of residence (Pedro-Carroll, 2001; Storksen et al., 2006). The stresses and strain associated with role changes and transitions will eventually affect the wellness of the children (Amato, 2000; Animasahun, 2014; Njeru, 2017). In addition to this, single parents and teenagers in

divorced families will encounter various psychological effects are related to social problems (Hasim, Juliza, Mustafa & Hashim, 2015).

Consequently, there is diversity in the teenager's sense of wellness in divorced families (Amato, 2014). Many teenagers face difficulties in adjusting their intra- and interpersonal problems as a result of parental divorce (Johnson & Wiechers, 2003). Moreover, studies on divorced families indicated that there is a lower standard of living, which leads to less wealth and families experiencing greater economic hardships (Oldehinkel, Ormel, Veenstra, De Winter & Verhulst, 2008). Hence, this research on teenager's wellness in divorced families creates more interest in the researcher to have an in-depth understanding of the phenomenon being studied. Therefore, this chapter will focus on the overview of the topic, problem statement, objective of the study, theoretical and conceptual frameworks, operational definitions, limitation of the study, the significance of the study and organization of the thesis.

1.2 Rationale of the Study

The family system is a family function where every family member plays a unique role. Disruptions in the family system will upset the relationship in almost all areas of the parental subsystem, and the impact will strongly affect the family system even after 20 years (Ahrons, 2007). According to Cummings, Koss, & Davies (2015), the disruption in the family system will also have implications on the wellness of all family members in divorced families. Teenagers' emotional wellness will be the most affected as they will face multiple adjustment problems and emotional insecurity due to the separation of their parents (Cumming et al., 2015). As such, this research proposes to identify the problems and the state of wellness faced by

Malaysian teenagers due to the divorce of their parents. Similarly, studies in the early 21st century estimated that half of the first marriage ends involuntary marriage dissolvent (Amato, 2000; Johnson, Thorngren, & Smith, 2001). Therefore, from the perspective of the family system, divorce is a multidimensional process that changes the family system (Kerr, 2012). Kerr (2012) asserted the importance of family function is based on the good parental relationship, which has a long term impact on the families. The positive parent-child relationship will enhance the environmental wellness of the family by providing a protective living condition and better family communication (Lwin, 2016). Therefore, it is fundamental that this study investigates the parents-child relationship after the parents' divorce in the context of families in Malaysia. As reported by Amato (2014), in the process of divorce, each family will be affected, and it is not possible that one member of the family to leave without causing a ripple effect of changes in the family system. Hence, the process of divorce harms the multiple dimensions of wellness as it lowers the overall state of wellness experienced by all family members (Njeru, 2017).

Once a marriage is dissolved, single parents also require the support and assistance from their children (Njeru, 2017). Similarly, it is extremely difficult for the children as they will be experiencing various issues which will affect their overall wellness (Amato, 2014; Njeru, 2017). Ideally, this rationalizes the importance of the study as teenagers, even without the trauma of divorce, usually experience an emotional upheaval during the transitional period of time between one's childhood and adulthood (Animasahun, 2014; Ahmad et al., 2015) and there will be various physical and emotional changes that naturally take place within them (Dlamini, 2002). These changes will also affect the teenagers' overall wellness as they struggle to get adjusted and learn to be less dependent on their parents (Balgui, 2017). Hence,

this study will look into the overall state of wellness of teenagers in divorce families and their abilities to cope with changes during the transition period to adulthood.

Children from divorced families are prone to have a complicated life, which can lead them to various social problems such as drug abuse, early pregnancy, prostitution or crime (Hasim et al., 2015). Considering the wellness of teenagers who are still schooling, Chang & Hirsch (2015) highlighted that the negative events in life, such as parents getting divorced, are linked with multiple social behavior problems with the current population of students. In addition to these, the Malaysian Statistic Department (2016) has recorded a high rate of juvenile cases associated with more than 10000 teenagers' pregnancy every year in Malaysia (Omar et al., 2010). Therefore, this is an important study to provide awareness of the actual psychological problems faced by the teenagers that could potentially lead them to become tangled in various social problems. Identifying the psychological problems of the teenagers will help to provide betterment to the state of wellness of teenagers from divorced families.

Divorce minimizes parental monitoring of teenagers who are facing a transition period, and these can easily tempt teenagers to engage in various social problems (Sharif & Roslan, 2011). Similarly, the participants' living environment also contributes to the social problems faced by these teenagers (Ismail, Ahmad, Ibrahim & Nen, 2017). Ideally, this research will examine the social and environmental wellness of teenagers after the separation of their parents. At this stage, the teenagers will face various adjustment issues to escape from their childhood adversities and consequences of early family adversity (Amato, 2014). It is also the stage of growth where teenagers typically begin to renegotiate their relationship with parents to get more freedom and flexibility (Noller & Callan,

2015). Therefore, the ability of these teenagers to gain back their lost sense of wellness and minimize the negative influence of their friends must be closely examined as teenagers naturally have an extreme desire to choose between family and friends (Noller & Callan, 2015).

In the event of teenagers taking their responsibilities of growing up, the teenager's wellness should remain the responsibility of their single parent (Noller & Callan, 2015). Yet, in reality, assuming parental responsibility becomes very challenging as divorce permanently weakens the family and damages society (Animasahun, 2014). Divorce leads to economic hardship and increases other negative life events such as social issues, poverty, crime, substance abuse, a decline in education, erosion of neighborhoods, and communities (Amato, 2000). In addition to this, studies in Malaysia have highlighted the contribution of divorce towards the rise of various social issues among teenagers (Hasim et al., 2015). These rationalize the importance of the study as there is no way of predicting how or to what extent any particular teenage's wellness is affected as a result of a divorce. However, it is possible to predict the societal effects of divorce and how these large cohorts of children can be affected as a group. These effects are both numerous and serious (Fagan & Churchill, 2012) as they change the overall wellness of the teenagers.

The ascendancy of divorce worldwide has increased the number of teenagers growing in broken homes (Bojuwoye & Akpan, 2009). Joint research between United Nations Development Program in Kuala Lumpur with the Ministry for Women, Family, and Community Development, Malaysia has recorded that the number of single motherhood in Malaysia has doubled from 444 000 in the year 1980 to 895 000 in the year 2000 (Evans, 2011). The rise of single-parent households is due to the ascending rate of divorce in Malaysia (Rahman, Abdullah, Darus &

Mansor, 2017). Hence, there is a need to conduct more studies on the wellness of the Malaysian society living in divorced families as the given rates and figures from the past studies are alarming. Generally, a rapid raising of the number of single mothers in a nation indicates the risks of poverty (Lokshin, Harris & Popkin, 2000).

In Malaysia, it is important to study and monitor the societal effects of divorce although the number of divorces in Malaysia is still lower compared with the Western countries. Along with Malaysia, many Asian countries faced similar issues on single parenting and divorce as they still practice high traditional and religious values in which changes in the family structure is often blamed for the social problems in the society (Evans, 2011). The increasing marital disruption is often linked with ideological and structural changes associated with modernization and economic developments in these countries (Heaton, Cammack & Young, 2001). Since the early 1970's research in Asian countries such as Malaysia, modernization and industrialization have been blamed for the rise of divorce (Hirschman & Teerawichitchainan, 2003) and the failure to overcome this problem has a multilayer impact on the countries' young generation from various aspects such as social learning, child adjustment, trauma, cognition as well as their wellness (Animasahun, 2014; McIntosh, 2003).

The family concepts of trust and care have a major influence on the wellness and development of teenagers. Being a single parent to a teenager is a very difficult role as parents play the part as role models for the mental development and behavior of the teenagers (Green, Walker, Hoover-Dempsey & Sandler, 2007; Lobo & Fernandes, 2015). These teenagers are exposed to more stressful experiences and circumstances in an attempt to seek love and attention from their parents (Lobo & Fernandes, 2015). Issues related to divorces such as divorce mediation, child

custody, single parenting, and step-parenting resulted in a significant impact on the wellness of children (Amato, 2014). These teenagers will experience various problems in their social, emotional, and educational lives (Baskerville, 2002; Veinberga, 2016).

There are various links between the structures of divorced families and teenagers' wellness. The drop in parental resources in a single mother's family will result in a poorer outcome for the teenager's wellness (Thomas & Sawhill, 2002). Past research has shown that many single parents, mainly single mothers, have not received sufficient support from law enforcement agencies, which resulted in them facing a disproportionate risk of economic disadvantage in various ways. Even if there is support for single parents, the wellness of the teenagers is far from being at par with families who have both parents as the single parents are substantially poorer (Waldfoegel, Craigie & Brooks-Gunn, 2010).

The mental health of parents also has an immense influence on the wellness of the teenagers as it directly interferes with their ability to display good parenting skills (Brown et al., 2015). Studies indicated that single mothers often suffer immense depression and psychological problems compared to married mothers (Waldfoegel et al., 2010). The influence of the mental health of single parents will affect the wellness of the children as it has a direct impact on the socio-emotional problem of the children in various aspects (Eamon & Zuehl, 2001).

Studies have identified a strong link between the quality of parental relationships with the wellness of teenagers regardless of gender, race, ethnicity, culture, socioeconomic status, or geographic boundaries (Khan, 2011). In a single-parent family, the quality of the parental relationship will decline as they tend to have more conflicts and receive less cooperation compared to a nuclear family (Waldfoegel

et al., 2010). The experiences of divorced families encompass beyond the act of physical separation of parents, and the effects are extended to a process of putting the teenagers at risk of poor outcomes (Olsson et al., 2003). Teenagers who do not have positive relationships with their parents may harbor anger and anguish which will subsequently threaten their wellness in various ways (Waldfogel et al., 2010). Parental warmth, encouragement, support, cohesion, care, and close relationship within the family are commonly associated with the development of wellness of the teenagers (Olsson, Bond, Burns, Vella-Brodrick & Sawyer, 2003).

1.3 Statement of the Problem

In recent years, there has been a steady increase in the number of divorce cases in Malaysia. 6.5 per cent of Malaysian married men and 9 per cent of Malaysian married women end their first marriage in divorce (*Kajian Penduduk dan Keluarga Malaysia Kelima*, 2014). High divorce rates and the effects of these divorces are well known around the world. Since most of the world statistics and studies on the effects of divorce are conducted in western countries, there is a gap in the literature to uncover if the effects are similar in the Asian countries, which has a different culture and family bonding dynamics. In Malaysia, most of the studies on effect of parental divorce are conducted by counselors and psychologists in Malaysia (Chlen & Mustaffa, 2008). This study is motivated by the need and desire to understand how some teenagers manage to live a successful life and have a fulfilling sense of wellness in life despite living in divorced families and encountering its negative effects. By researching “Teenager’s wellness in divorced families”, the findings will allow for in-depth knowledge about the effects of divorce on the state of wellness of teenagers in Malaysia.

In Malaysia, the rate of divorce is ascending (Azmawati, Hashim & Endut, 2015) and studies have indicated that the increasing rate of divorce is one of the main factors that contribute to various social issues in the country (Hasim et al., 2015; Sahin, Arseven & Kiliç, 2016; Sheppard et al., 2014). Similarly, the increase of poverty due to divorce (Clark et al., 2016) and single parenting have also contributed to the rise of various juvenile cases as teenagers with minimum monitoring from parents tend to have a high tendency to get involved in various social problems (Sharif & Roslan, 2011; Sheppard et al., 2014). A study on the social issues in Kuala Lumpur, Malaysia highlighted that some of the key factors that contribute to the teenager's violence are parental conflict in their early childhood, poor supervision of children, poor attachment to parents, parental divorce and low family cohesion (Lim & Minhat, 2014; Krug, Mercy, Dahlberg & Zwi, 2002). In addition, past research have indicated that single parents in divorced families, primarily victims of domestic violence, are prone to have psychological problems and their children will also face a complicated life which can lead them to various social problems such as drug abuse, early pregnancy, prostitution and crime (Hasim et al., 2015). However, most of this studying are related to the effects of divorce towards social issues. Considering the wellness of out Malaysia teenagers, it is essential to conduct an in-depth study on the challenges faced by teenager due to their parents' divorce. Therefore, this study will close the gap of in-depth research and investigation on wellness among Malaysian teenagers in divorce families.

Based on the statistic report from Women's Aid Organization 2016, violence against women in Malaysia have 39.1 percent in Malaysia. Past studies have indicated that divorce is very much related violence against women (DeKeseredy, Dragiewicz & Schwartz, 2017; Brassiolo, 2016; Hardesty, Crossman, Khaw &

Raffaelli, 2016; McLaren, 2016 & Stone, 2017). Therefore, there should be more studies focused on the wellness of teenagers in divorced families. Statistic report from the Department of Social Welfare (2016) has recorded a total of 4569 juveniles in Malaysia with a high rate of teenagers involved in crime (36 percent) and drugs (29.7 percent) (Children Statistics Malaysia, 2016). Similarly, more than 10 000 teenage girls at the age of 19 years old or below became pregnant and give birth in Malaysia every year (Omar et al., 2010). This is an alarming situation as the child is born to an unprepared parent, and they may face many issues such as neglect, school failure, abuse, or even engaged in criminal activities (Barnet et al., 2009). As many studies have linked divorce with teenagers' pregnancies ((Baskerville, 2002; Hasim et al., 2015; Mancini, 2010), it is critical to study the teenager's wellness in divorced families to get a better understanding of the actual psychological problems faced by the teenagers that can lead them to be involved with various social problems. Thus most of the study on teenagers' social problem which relates with parental divorce was done in western countries, this study becomes essential as it closes the gap to understand the effect of cultural differences between countries towards social problems of teenagers after parental divorce. Similarly, studying the wellness of teenagers in divorced families provides a deeper understanding of the consequences of divorce in Malaysia. As teenagers are categorized as the backbone of the nation's future development, any research on the teenager's wellness will become one of the vital researches in Malaysia.

The process of obtaining a divorce in Malaysia involves a very complicated legal procedure (Chlen & Mustaffa, 2008; Nair & Chuan, 2017; Nair et al., 2017). With the existence of Syariah Law for the Muslims and Civil Law for non-Muslims, the outcome of the case and child custody may differ from one case to another (Nair

& Chuan, 2017; Nair, Shamsuddin & Yusoff, 2017). Teenagers who are caught between their parent's separation will undergo various post-divorce adjustments (Kelly, 2000; Veinberg, 2016; Kennedy & Ruggles, 2014; McCann et al., 2015; Njeru, 2017). Past studies from other parts of the world have shown the outcome of a divorce, and the custody awarded by the court has a significant impact on the wellness of the child (McCann et al., 2015). Research shows that young women whose fathers were not given custody of them were the most affected (Mancini, 2010). Consequently teenagers are bind by their own emotions and expectations towards these create a gap in the wellness literatures in regards of custody issues according to the rulings of the Malaysian courts and how this take into account the real expectation of the teenager does. In Malaysia, further studies must be conducted to investigate first if the custody given by the Malaysia courts are as per the expectation of the teenagers and secondly to what extent has it impacted the teenager's wellness. As the divorce rate increases in Malaysia (Dommaraju & Jones, 2011), it is vital to conduct studies on the teenager's wellness because divorce families create mental disturbances among teenagers. In regard to this, analysis of the relationship between divorce and teenager's wellness is important as marriage and divorce are two important issues affecting family development.

ASEAN Summit, held in Kuala Lumpur, Malaysia in November 2015, made an initiative to form the ASEAN Community 2015 to increase the quality of life and wellbeing of the ASEAN community. The focus was given to the issue as the situation can affect the wellness of society (Animasahun, 2014). In conjunction with the ASEAN Summit in November 2015, the World Health Organization (2014) urged nations worldwide to take action to prevent mental health problems at all levels, which include environmental, structural, and local interventions. Studies

indicated that mental health problems among teenagers are rising worldwide (Bannink, Broeren, Van de Looij–Jansen, DeWaart & Raat, 2014; Kieling et. al., 2011; Yen et al., 2014) due to various aspects such as emotional abuse and child negligence, sexual abuse, and physical abuse, witnessing domestic violence, loss of loved ones or due to war and violence (Cook et al., 2017). Despite identifying the relevant causes of mental health, children and teenagers are still neglected mainly in third world countries (Kieling et al., 2011). Along with issues related to wellness of society, this study becomes essential in closing the gap in understanding the effects of parents' divorce towards the education and future of Malaysian teenagers.

In Malaysia, a statistic study on the mental health of children and adolescent using the comparison of “World Health Organization’s (WHO) records” and “records up to the year 2007 from Ministry of Education Malaysia (*Kementerian Pendidikan Malaysia*)” estimated a total of 1.4 million Malaysian children suffer from mental health difficulties as it interrupts with the child’s normal function and development (Ahmad et al., 2015). With regard to this, Peters (2010) stated that Malaysia is undersupplied in terms of providing adequate service to deal with children's mental health issues due to a lack of systematic developmental screening from the early age of the child. The prevalence of mental health problems among teenagers in Malaysia shows an increasing trend from 13 percent in 1996 to 19.4 percent in 2006 and 20 percent in 2011 (Ahmad et al., 2015). Similarly, the National Health and Morbidity Survey (2015), concluded that the overall mental health problems among Malaysians have increased from 10.7 percent in 1996 to 29.2 percent in 2015. The survey estimated a total of 516300 teenagers aged between sixteen years to eighteen years old could be found in Malaysia. From this figure, the findings indicated that 34.7 percent of teenagers are suffering from mental health

problems in Malaysia (National Health and Morbidity Survey, 2015). A higher percentage of mental health problems among teenagers is found compared to the overall teenage population, and this is considered very alarming as the current lifestyles of teenagers in Malaysia can expose them to various high risks that could lead to mental health issues. This creates a gap in the currently available literature on the reliability of past studies that projects the state of wellness in the current society. In accordance with this, Animasahun (2014) emphasized that parental disputes that lead to divorce create mental turmoil among teenagers. For the betterment of Malaysian society, it is important to study the teenager's wellness in divorce family as there is clear evidence from the past research that divorce leads to various effects such as emotional, physical and financial problems among teenagers that will also affect the future adulthood of these teenagers (Osgood, Foster & Courtney, 2010).

1.4 Research Objectives

The general objective of this study is to systematically understand, appraise, and summarize the research on "teenager's wellness in divorced families".

The specific objectives of the research are:

1. To understand the meaning of wellness among teenagers in divorced families.
2. To understand the perception of teenagers towards wellness.
3. To understand how divorce changes the state of wellness in a teenager's life.

1.5 Research Questions

This study will systematically identify the state of wellness among teenagers from divorced families in Malaysia. The main goal of the study is to answer the following three research questions:

1. What is the meaning of wellness among teenagers in divorced families?
2. What are the perceptions of teenagers towards wellness in divorced families?
3. How does divorce changes the state of wellness in a teenager's life?

1.6 Theoretical and Conceptual Framework

1.6.1 Theoretical Framework

A theoretical framework is an unique way of lensing or viewing a phenomenon to help the researcher to get a better understanding of the issues being studied (Anfara & Mertz, 2014). In this study, the theoretical framework is used to provide a tentative theory to support the researcher to investigate the teenagers' wellness in divorced families. In search of a suitable model to study the wellness of teenagers in divorced families, previous literatures were used by the researcher as a guide. Two wellness models were identified which were the Hettler's Six Dimensions of Wellness (1976) and the SAMHSA'S Eight Dimensions of Wellness (2006). The study has also used the Bronfenbrenners's Ecological Systems Theory (1979) to identify the surrounding environment of the teenager after the separation of their parents. The Bronfenbrenners's Ecological Systems Theory (1979) is discussed in detail at the Model of Wellness in Chapter 2. At the commencement of this investigation, the researcher was not able to ascertain the status of a teenager's wellness in divorced families and therefore conducted this investigation to establish the current level of wellness based on the wellness model. Figure 1. 1 below summarizes each of the model selected to create a suitable model for this research.

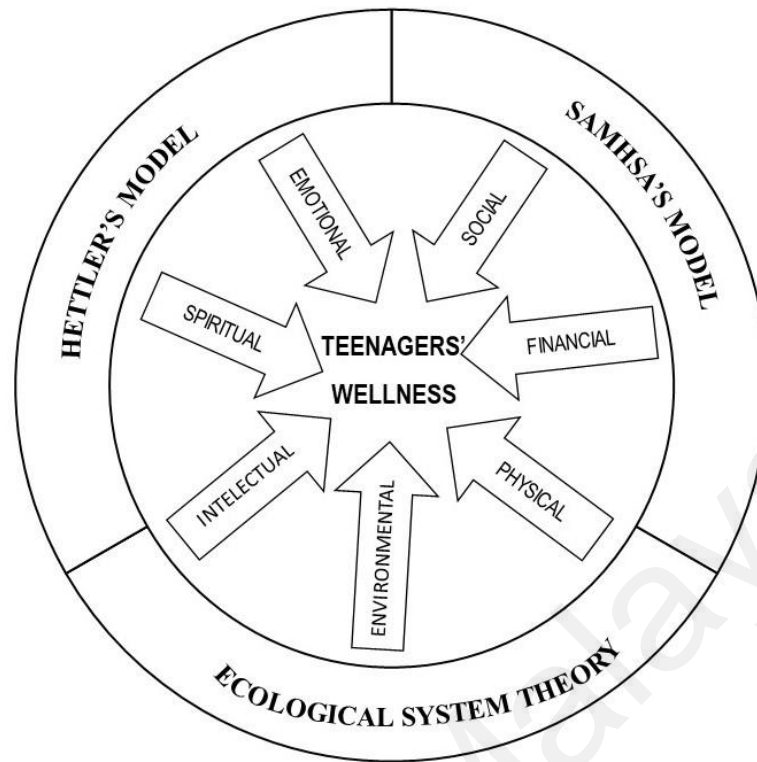


Figure 1.1. Theoretical Framework step by step development for this study

1.6.2 Conceptual Framework

The conceptual framework developed in this study integrates Hettler's Six Dimensions of Wellness on teenager wellness with the current demographics of the teenagers. This study considers the importance of the wellness of teenagers from divorced families. The researcher will also look into the importance of multiple interrelated and interdependent contexts that the teenagers live in, such as family, neighborhood, or school.

It is important to have a detailed study on teenager wellness in divorced families as any changes in one of the wellness dimensions would change the teenagers' overall wellness. The study will use various dimensions of wellness to understand the changes of context related to the teenager's wellness that is linked to

the outcome of the divorce. Figure 1.2 depicts the conceptual framework developed by this study.

Therefore, the conceptual framework describes the relationship between various dimensions of wellness with demographic changes of teenagers from divorced families. The framework which was derived from a number of theories reviewed in this study, pay particular focus on teenagers in divorced families and the possible impact it may have on their state of wellness. The delineation of wellness in the study emerged under the influence of Hetler's Six Dimensions of Wellness (1976) and SAMHSA's Eight Dimensions of Wellness (2006). The researcher designed a seven-dimension conceptual framework that is inclusive of physical, social, intellectual, spiritual, emotional, environmental and financial wellness. These seven dimensions of wellness will be the major dimensions used in this study to guide the researcher to study the teenagers' state of wellness in divorced families. The development of the teenagers due to the changes in demographic will be studied using the Ecological System Theory, Bowlby's Attachment Theory and Erikson's Theory to encompass a more exhaustive range of concepts to identify the wellness of the teenagers.

The research questions are designed after an extensive literature review based on the resulting conceptual framework was accomplished. The framework provides a guide and roadmap to conduct the investigation in such a way that the data collection and data analyses are tuned to answer the research questions in the most rigorous academic approach.

The related and relevant theories are all summarized in a step by step approach towards establishing a selection of concepts to be investigated in this study. The result and overall conceptual framework are presented in Figure 1.2.

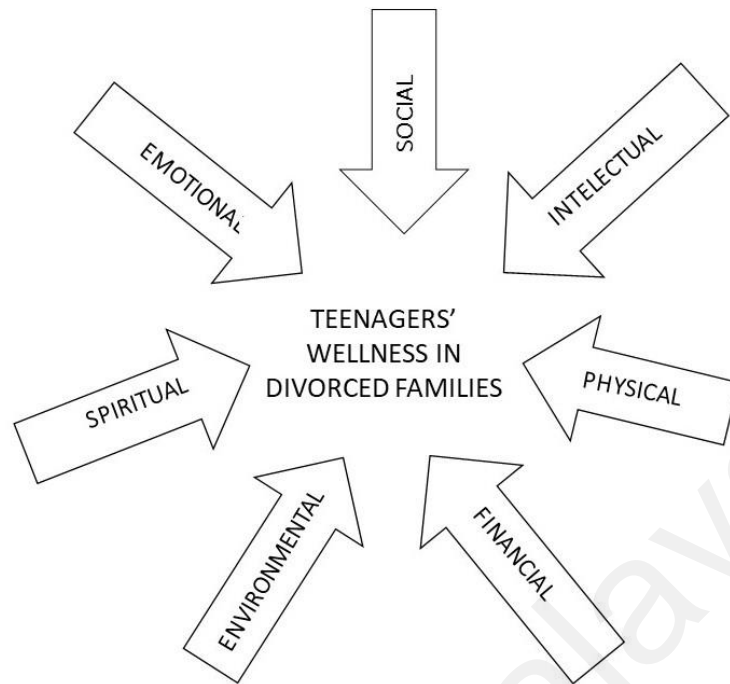


Figure 1.2. Conceptual Framework developed to study a teenager's wellness in divorced families.

The approach of using the dimension of wellness model is to focus on an integrated approach to a healthy and happy life. The study interconnects various dimensions of wellness in the teenager's life such as the physical, emotional, intellectual, spiritual, social and financial wellness. Conceptually, the development of teenagers provides a greater vulnerability to overcome the negative outcomes on the teenager's wellness in divorced families (Lee & Mc Lanahan, 2015). The development of teenagers should create a fair balance in all dimensions of their wellness. Environmental support after the divorce in families can play an additional role by buffering or reducing the impact of divorce on the family and the teenagers' wellness. Poor development within the teenager is known for a higher risk of getting poor wellness (Lee & Mc Lanahan, 2015). Therefore, strengthening the development within the

teenagers would be important to prevention and intervention strategies in the wellness of the teenagers in divorce families.

1.7 Conceptual and Operational Definitions

For the purpose of this study, the teenager's wellness in divorced families is discussed and classified based on the terms teenagers, wellness, and divorced families. The classification of operational definitions in this research will be used in the coding of data during the data collection, and it will support the data analysis. A brief description of the conceptual and operational definition in this research is listed below in Table 1.1. The researcher will start the research by identifying the divorced families before finalizing the current state of the teenagers' wellness in divorced families.

Table 1.1.

Conceptual and Operational Definition

	Conceptual Definition	Operational Definition
Divorced Families	Official end of marriage through legal process	Divorced families between one to ten years.
Teenagers	Age 13 to 19 Transition Period between childhood and adulthood	Age 16 to 18. Only one teenager per family. Living in the same house with biological mother.
Wellness	Dynamic process of realization on the true potential to live a healthier, happier and more successful live.	Seven dimension of wellness which includes physical, social, intellectual, spiritual, emotional, environmental and financial wellness.

A brief description of the relevant classifications on the conceptual and operational wellness are as follows:

1. Divorced Families

In the current study, divorce is defined as the dissolution of marriage.

For the purpose of this study, the researcher sets a time frame of a minimum of one year to ten years after the parental divorce to ensure the participants have sufficient experience to express their living experience in divorced families.

2. Teenagers

In the present study, teenagers are referred to a child in divorced families aged from sixteen to eighteen years old. This phenomenological research uses the method of an interview to understand the life experiences of teenagers in divorced families. As such the specific age of teenagers selected for the study is from sixteen to eighteen years due to the ability of the participants to express and verbalize their experience well. Only one teenager from each divorced family will be selected as a participant in this study to protect the confidentiality of individuals who participate in the research. The chosen teenagers must be living together in the same house with their biological mother. The teenagers' wellness in this study is related to the adjustments and development made by the teenager in the new surrounding environment caused by parental divorce.

3. Wellness

In the context of this research, wellness refers to the six dimensions of wellness highlighted in the conceptual framework in Figure 1.3. The six dimensions are physical, social, intellectual, spiritual, emotional, and financial wellness. The Hettler's six-dimension wellness and SAMHSA's eight-dimension wellness will be

used in this study to guide the researcher in conceptualizing wellness from a holistic perspective.

Based on the research questions, operational definition of wellness will be studied from the perspective of meaning of wellness, perspective of wellness and changes of wellness. The operational definition for “meaning of wellness” refers to what participants interpret on wellness. It is their understanding of wellness in their living experiences. As for the operational definition of “perspective of wellness”, it refers to participants’ point of view on wellness. It is lensed through the world point of view and determines how participants view wellness. The operational definition for “changes of wellness” refers to differences faced by teenagers after their parents’ divorce compare to the time before the divorce.

1.8 Limitation of study

The participants in this study were only teenagers who came from "divorced families". The studied participants are limited to only one participant per family. This is to protect the confidentiality of the individual who participated in the research. It is also to avoid confidentiality dilemmas that can prevent them from reporting rich and detailed data to dilute the confidentiality of the participants (Kaiser, 2009). Moreover, two or more participants from the same family can weaken the findings as a result of the direct influence of the sibling that contributes to a high correlation to the delinquent behavior of the sibling on any unobserved factors (Altonji, Cattani & Ware, 2016). The existence of another family member may have a potential impact on the quality of findings as the participants may not have the ability to answer the entire research questions freely. Since this is a qualitative study, the limited participant per family will ensure that all of the questions are related to their state of

wellness to be answered without any support, opinion, understanding, or influence of their siblings. Hence, the outcome of this study cannot be interrelated to the overall wellness of teenagers within the population. Teenagers in divorced families are subjected to various adjustments, challenges, and experience various emotional difficulties. Therefore, the findings of wellness within the selected teenager and the overall population of teenagers will differ.

The limitation of this study gives importance to the research methodology that influences the interpretation of the finding. Hence, the limitation constraints the generalizability of the findings as the research is designed with methods to establish internal and external validity. The researcher will improve the generalizability so that the findings will be more applicable to a larger segment of the population.

The selection for participation in this study is limited to only one teenager from a divorced family which will be referred to by the National Population and Family Development Board of Malaysia (NPFDB), which is widely known in Malaysia as *Lembaga Penduduk dan Pembangunan Keluarga Negara* (LPPKN). As the researcher is only looking for approximately ten participants, only teenagers aged sixteen to eighteen years old with excellent coping skills and ability to express their emotions will effectively be selected. The selected teenagers must be in divorce families with a minimum of one year of living experience under the custody of their mothers. In spite of all the other criteria's, the research is only limited to participants who are willing to be interviewed and share their experience with the researcher.

Ultimately, the study limits the selection of participants to only one teenager per family with the support from the National Population and Family Development Board of Malaysia (NPFDB). As the study is limited to only ten participants, the findings of the study cannot be generalized. Therefore, any future studies can be

more inclusive when the findings of this study can be replicated with a more heterogeneous population. In this case, the findings can differ due to different cultural values and lifestyles (Doshi, 2005).

1.9 Significance of the Study

Divorce has become a common phenomenon that changes the social and economic facets of family life (Yu & Liu, 2007). Many researchers in the past have focused on the adverse effects of divorce on family and child wellness. However, the problem focuses on the approaches that can be used to the study on divorce, and child wellness could impede the understanding of their development and successes. Hence, this is an important study to provide insights on the impact of divorce on the wellness of teenagers from the perspective of the teenagers themselves.

This is awareness-raising research to educate the society about the teenagers' wellness in divorced families. The study will create awareness for the stakeholders who have interests in the teenager's state of wellness as it is the voice of a real phenomenon. Stakeholders include parents, guardians, teachers, social workers, school counselors, psychologists, sponsors, religious authorities, public agencies and all registered counselors serving the public. Ethically, it is the parents' responsibility to safeguard their children's wellness from all aspects. However, parental decision on divorce will cripple the family system (Ahrons, 2007) and affects the wellness of teenagers from various dimensions as discussed in the "Conceptual Wellness" in this chapter. Similarly, the study can also create insights for other teenagers in divorced families and help them to see alternative coping skills and obtain wellness. As such, the findings of the study can create social advocacy as well as promote public

awareness, public conscious, and generate an understanding of the struggles faced by teenagers in divorced families.

As the researcher is a counselor in the Headquarters of Counseling Unit at the National Population and Family Development Board of Malaysia (NPFDB), this research will contribute to the counseling unit of NPFDB. In addition to this, the findings of this research can be added to the counseling modules to create more awareness for single mothers and teenagers in divorced families. Since the wellness of single mothers and their children comes under the jurisdiction of the Ministry of Women, Family and Community Development (KPWKM), the findings of this research will support seminars and workshops organized by NPFDB to create awareness among single mothers and teenagers. With the support of the Non-Governmental Organization (NGO) working together with NPFDB, awareness can be achieved by initiating roadshows, especially implemented to cater to teenagers' wellness in divorced families for better coping skills. The importance and significance of why this research needs to be conducted, how it is conducted and the possible outcomes of the study are reflected in Figure 1.3.

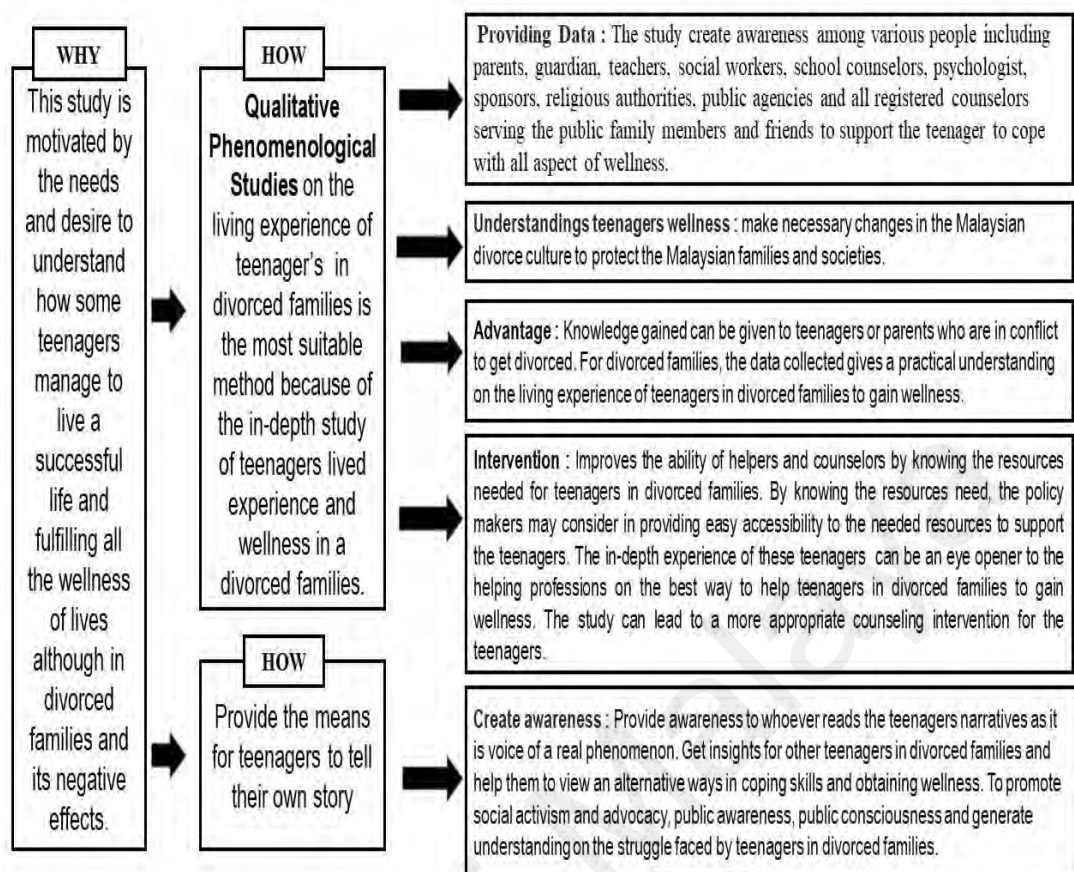


Figure 1.3. Significance of the research

1.9.1 Intervention

1. Ministry of Women, Family and Community Development

Federal Departments such as Department of Social Welfare and Department of Women's Development (JPW) which comes under the purview of the Ministry of Women, Family and Community Development (*Kementerian Pembangunan Wanita, Keluarga dan Masyarakat*), will have a better knowledge of the issues faced by single parents and teenagers in divorced families as the study will probe various in-depth dimensions of teenagers' state of wellness. As divorce is becoming a global issue that leads to the creation of a nuclear family, this study will provide an upper hand for Federal agencies such as the National Population and Family Development Board to strengthen national development policies and strategies on family

development in Malaysia. By knowing the resources needed by the teenagers in divorced families, the policymakers may consider providing easy accessibility to the needed resources to support the teenagers. Furthermore, this study intends to help counselors from various agencies to handle teenagers in divorced families carefully because these teenagers need psychological support and attention to help them cope with their daily life challenges. Therefore, this research study is expected to provide good counseling intervention therapy for teenagers as well for their single parents in handling teenagers so they will be able to respond effectively in the counseling sessions.

2. Islamic Development Department (JAKIM)

In Malaysia, it is the requirement of the legal proceeding that any Muslim individuals who file for divorce are required to attend counseling at the Islamic Development Department (JAKIM). Although JAKIM contributes to the effort of controlling the divorce rate among Muslims in Malaysia, the competence, qualification, and effectiveness of counselors in JAKIM can be questioned as they do not have a proper model to support the counselors on how to handle divorce couples and family (Nor, Karim & Ahmad, 2017). The finding of this research will support the development of new models and interventions to support counselors to help divorced families. It also improves the ability of the helpers and counselors by knowing the actual resources needed by teenagers in divorced families.

3. Non-government Organization

This study will open up a new vision or era for social agencies or Non-Government Organizations about the changes in wellness concerning teenagers in divorced families. The study will benefit the Ministry of Women, Family and

Community Development (KPWKM) in establishing and determining the challenges faced by teenagers in divorced families in order to be able to provide better support of the teenager's wellness development of divorced families. The in-depth experience of these teenagers could be eye-opening findings to guide professionals on the best way to help teenagers in divorce families to gain wellness. The study can lead to a more appropriate counseling intervention for teenagers.

4. Counselor and Researcher

Counselors require support and references from past literature but Chlen & Mustaffa (2008) reported that there is currently limited studies on single parenting or divorce conducted by psychologist or counselors in Malaysia due to the nation's complicated legal procedure. Similarly, Anjali (2005) stated that there is limited research conducted on divorce, single parenting and wellness among children in Malaysia. In addition, this research will benefit all counselors mainly from schools, colleges, universities and government bodies to understand the student's emotions particularly students with sudden decline in academic and behavior performance. The study creates awareness among various people including family members, schoolteachers, and friends, to support teenagers to cope well in all aspects of wellness.

There is evidence that many children, teenagers, and adults are able to overcome their life issues, difficulties, and stress, which results in a positive outcome (Froma, 2002; Greeff & Van Der Merwe, 2004). Thus, the prime focus of this study is to identify wellness of teenagers in divorced families that enable some teenagers to become more aware of making choices to achieve a healthy and fulfilling life. This study will facilitate the development of appropriate models of prevention and intervention that will benefit teenagers in divorced families'. The knowledge gained

from this study can be given to teenagers or parents who are on the verge of conflict to get a divorce. Similarly, for divorced families, the data collected gives a practical understanding of the lived experience of teenagers in divorced families to gain wellness.

1.9.2 Understanding on teenager's wellness

The recent rising divorce rate in Malaysia (Omar et al., 2010) and a large number of juvenile cases reported every year (Children Statistics Malaysia, 2016; Sharif & Roslan, 2011) had brought teenager wellness in divorced families into the glare of publicity. At the national level, Dewan *Rakyat*, 2017 debated about the rising divorce cases in Malaysia as the current rate of divorce among Malaysian is 170 families each day (*Parlimen Ketiga Belas*, 2017). Since divorce is highly linked with various social problems (Amato & Cheadle, 2005) that affects the long term psychological wellness of the teenagers (Fagan & Rector, 2000; Huurre, Junkkari & Aro, 2006), the findings of this research will help policymakers to make necessary changes to the Malaysian divorce culture to protect the Malaysian families and society.

1.10 Chapter Summary

This chapter describes the background of the study, its objectives and also highlights the importance of investigation on teenager's wellness for divorced families. The chapter also discussed the limitation and the significance of the study. The next chapter will review past research related to teenagers' wellness in divorced families.

CHAPTER 2

LITERATURE REVIEW

2.1 Introduction

This chapter aims to provide a meta-synthetic review of past research on teenagers' wellness in divorced families. Meta-synthetic is an analytical technique used in qualitative studies to interpret raw data, unanalyzed quotes, field notes, or documents to get a deeper understanding of a particular phenomenon (Walsh & Downe, 2005).

As the prime focus of this study centralizes on the overall teenagers' wellness in divorced families, this chapter will extensively explain the usage of Hettler's six dimensions of wellness and SAMHSA's eight-dimensions of wellness that will be the fundamental wellness models adopted in this research. The chapter will describe The Ecological System Theory to define the development of teenager wellness within the divorce families.

This chapter also relates past research findings with the objective and conceptual framework of the current research. Various literature have been reviewed repeatedly after the data analysis to discover and compare with the concepts in the conceptual framework. Issues and interpretations emerging from the finding of data analysis are also reviewed again with the literature.

2.2 Models of Wellness

In the search of a suitable model to study the wellness of teenagers in divorce families, previous literature has been used by the researcher as a guide. Two wellness models were identified, which were the Hettler's Six Dimensions of Wellness and the SAMHSA'S Eight Dimensions of Wellness. The study also used

Bronfenbrenners's Ecological Systems Theory to identify the surrounding environment of the teenagers after the separation of their parents. The following section will describe each of the models and theories selected for discussion to describes the wellness of teenagers in divorce families.

2.2.1 Hettler's Six Dimensions of Wellness

The Six Dimensions of Wellness Model by Hetler defines wellness in six equal areas of life which are physical, emotional, social, intellectual, occupational and spiritual (Hettler, 1976). According to Hetler, all six dimensions in the model are equally important, and any disruption in any one of the dimensions can affect the other dimensions or the overall status of wellness (Strout & Howard, 2012). Through this model, Hetler highlighted an integrated overview of human functions whereby a harmonious life of wellness can be achieved only by maintaining a balance of all six wellness dimensions, as shown in the model (Pang, 2014).

In this study, the wellness of teenagers will be integrated using Hettler's six dimensions of wellness (Hettler, 1976). Knowledge of teenager's wellness in divorced families will strengthen the conceptual base needed in the development of wellness as well as prevention and intervention programs for this group of teenagers. In the late 1990s, Myers, Witmer & Sweeney (2000) developed the original Wheel of Wellness model based on individual psychology (Myers et al., 2000; Myers & Sweeney, 2004). This model was later modified to incorporate new findings relative to various issues of diversity (Myers & Sweeney, 2004). The structure of wellness was reexamined, and it led to the creation of the new Indivisible Self-model of wellness (Myers & Sweeney, 2004).

Hettler, the co-founder of the National Wellness Institute (NWI), developed an interdependent model which is commonly referred to as the Six Dimensions of Wellness (Hattie, Myers & Sweeney, 2004; Strout & Howard, 2012). This research used the Six Dimension model for Theoretical Framework as the model had shown a significant change in the overall wellness. Hettler's model is known as a multidimensional and holistic state of being conscious, self-directed, and continuously evolving model that can achieve one's full potential (Strout & Howard, 2012). Hettler defined wellness in six equal areas of life which are physical, emotional, intellectual, spiritual, social and occupational as shown in Figure 1.1. All the six areas in the chart are equally important, and wellness can only be achieved by finding balance in all six areas as they are all interconnected (Montague, Piazza, Peters, Eippert & Poggiali, 2002; Strout & Howard, 2012; Strout & Howard, 2015).

In this study, the physical, social, intellectual, spiritual, and emotional wellness of teenagers will be integrated using Hettler's six dimensions of wellness. Knowledge of the teenager's wellness in divorce families will strengthen the conceptual base needed on the development of wellness as well as prevention and intervention programs for this group of teenagers.



Figure 2.1. The Six Dimensions of Wellness by Dr. Bill Hettler (Modified from Hettler, 1976)

The Six Dimensions of Wellness presented in Figure 2.1 was adapted from Hettler (1976). There is no permission required as it is used for academic purposes only, and even then, it was an adaptation from the original diagram by Dr. Bill Hettler, MD Co-Founder of National Wellness Institute, 1976.

Physical wellness

Physical wellness focuses on physical strength and energy to carry out daily activities (Strout & Howard, 2012). It also focuses on how an individual treats his body and managing some healthier behaviors (Williams, Teixeira, Carraça, & Resnicow et al., 2011). Their physical dimension encourages a balanced diet and discourages unhealthy behavior such as the consumption of alcohol, tobacco, and drugs. The optimal wellness can only be met by the combination of proper exercise, a balanced diet, good eating habits, and getting enough sleep (Kang, Russ & Ryu, 2008; Kang & Russ, 2009; Williams et al., 2011). Personal responsibility for self-medical care and appropriate medical usage is a part of the physical dimension of wellness (Montague et al., 2002). Individuals should know when to take safety precautions on self-medical care for minor illnesses and when they are required to get professional medical attention from doctors (Russ, 2012). An energetic body and sound nutrition lead to a good looking physical benefit and other psychological benefits such as an enhancement of self-esteem, determination, self-control and a sense of direction (Parks, Radke, Mazade, & Mauer, 2008). In this research, the researcher will determine the perspective and the current findings that relate to the teenager's physical wellness in divorce families. The researcher will identify the physical wellness of the teenager based on their physical health, usage of tobacco,

consumption of alcohol, nutrition food intake, medication adherence, possibility of being infected with diseases, physical activities and exercises.

Emotional wellness

Emotional wellness is an awareness and acceptance of one's feelings (Kang & Russ, 2009; Montague et al., 2002; Parks et al., 2008). Emotional wellness also includes the level of an individual feeling positive and enthusiastic about themselves and their life (Montague et al., 2002). An emotionally stable person will also be emotionally mature in accepting a wide variety of emotions such as happiness, anger, sadness, determinations, frustration, and many more that life brings (Strout & Howard, 2012). The emotional wellness is achieved when an individual is able to recognize, understand, accept and constructively share their feelings of love, hope, sadness, fear as well as anger (Kang et al., 2008; Kang & Russ, 2009). It gives the capacity and ability to manage feelings, make a realistic assessment and the ability to cope with stress effectively (Montague et al., 2002). Emotional wellness gives the ability to maintain satisfying relationships with others by accepting a wide range of feelings within the individual and others (Parks et al., 2008). This awareness and acceptant are essential to wellness. Emotional wellness also supports in expressing and managing feelings freely (Kang & Russ, 2009). As such, individuals will work independently, although they realize the importance of seeking and appreciating support or assistance from others (Montague et al., 2002). Emotional wellness gives an individual the courage to take life as an adventure or take life by accepting challengers, taking risk and recognizing conflict as potentially healthy (Montague et al., 2002).

This research will give importance to study the emotional wellness as parental divorce is a stressful event in the teenager's life, which will influence their feeling and behavior of the teenagers (Animasahun, 2014) traumatic (Ahmad et al., 2015). The researcher will identify the emotional wellness of the teenager based on their level of acceptance towards their parent's divorce. The researcher will also look into the awareness of thought, attitude, expression, setting priorities, feelings, and the ability to learn from mistakes to determine the emotional wellness of a teenager in divorced families.

Intellectual wellness

Hettler (1976) has defined Intellectual wellness as "evidence of self-directed behavior, which includes continuous acquisition, development, creative application, and articulation of critical thinking and expressive/intuitive skills and abilities focused on the achievement of a more satisfying existence (Njeru, 2017). Intellectual wellness is also evidenced by a demonstrated commitment to lifelong learning (Kang & Russ, 2009; Njeru, 2017; Strout & Howard, 2012). Intellectual wellness requires one's active commitment in a routine of challenges and activities that allow them to be creative, able to analyze or contemplate (Strout & Howard, 2012). This dimension recognizes one's creative stimulation by engaging and challenging their mind into mental activities (Parks et al., 2008). Due to the curiosity of mind, Intellectual wellness can be achieved by pursuing personal interests in reading books, magazines, newspaper or by keeping abreast of current issues and ideas (Russ, 2012). Despite exploring issues related to problem-solving creativity and learning, intellectual wellness could also be achieved by sharing one's knowledge or skills with others

(Strout & Howard, 2012). An individual who achieves intellectual wellness will cherish intellectual growth and stimulation (Montague et al., 2002).

In addition to this, the study gives importance to the intellectual wellness of the teenager in divorced families to understand the teenager's mental growth and their intellectual level to explore new ideas. The researcher in this study also focused on the curiosity of teenagers about current issues and interests of teenagers to explore or expand life in various aspects. The creative mind and personal interest of teenagers in reading books, magazines or newspapers will also determine the intellectual wellness of the teenagers.

Spiritual wellness

Spiritual wellness focuses on understanding the meaning of life for themselves and others around them (Kang et al., 2008; Strout & Howard, 2012). This dimension looks into the ability to find peace and harmony into one's life by finding the purpose and meaning of life (Kang et al., 2008; Kang & Russ, 2009). Spiritual wellness is not specific wellness that focuses on religion as it is merely a state of universal question or value that many desires to understand. The spiritual dimension is actually a search for the meaning and purpose of human existence (Kang & Russ, 2009). The journey in the spiritual path develops a deep appreciation towards life and to natural forces that exist in the universe (Russ, 2012). In the process of achieving spiritual wellness, individual will dwell into complicated feelings of doubt, fear, despair, disappointment as well as feeling joy, pleasure, happiness, and discovery (Cashwell, Bentley & Yarborough, 2007). Spiritual wellness is characterized by a search for peaceful harmony between interpersonal feelings and emotions (Kang &

Russ, 2009). The wellness could be achieved by consistent action and beliefs that resulted in a universal value throughout the world (Parks et al., 2008; Russ, 2012).

The research gives importance to the spiritual wellness of teenagers as it supports teenagers to set values in their life. Despite the stressed event of parental divorce, spiritual wellness can help teenagers to seek the meaning and purpose of their life. Here, the researcher will look into the involvement of the teenagers in their faith and their belief system based on their own religion.

Occupational wellness

Occupational wellness is a personal achievement to fulfill one's meaningful daily activity (Kang et al., 2008). The dimension recognizes one's personal satisfaction and enrichment through work (Kang & Russ, 2009). Occupational wellness is achieved when a person uses their skills effectively in a paid or unpaid setting to contribute to the community (Strout & Howard, 2012). The choice of profession, job satisfaction, career ambition, and personal performance are important components that contribute to occupational wellness (Parks et al., 2008). According to Hettler (1976) the wellness can be achieved when an individual contributes their unique skills or talents to work that is meaningful and rewarding to them (Russ, 2012).

Social Wellness

Social wellness is an involvement of one's relationship with individuals, groups, or communities (Park et al., 2008). It is an ability to develop and maintain a positive, respectful and meaningful relationship with others (Strout & Howard, 2012). According to Hettler "a person experiencing social wellness is living in

harmony with his/her fellow human beings and seeking positive, interdependent relationships with others (Russ, 2012; Park et al., 2008). Social wellness can be achieved by converting the neighborhoods and communities to a good place to live (Park et al., 2008). The social dimension makes us be more aware of our importance in society as well as the impact on multiple environments (Kang et al., 2008). Social wellness is also moral wellness whereby individuals are socially responsible, and they mutually benefit from their actions with the involvement with others (Cavico & Mujtaba, 2013).

Along with this study, the researcher will also analyze the social wellness of teenagers in divorce families. As parental divorce can lead to various social issues, it is vital for these teenagers to be comfortable with their social surroundings. A positive social network can help and support teenagers to uplift their self-esteem. The social wellness of the teenagers will be identified by the researcher based on the aspects of social life that brings joy to the teenagers. The researcher will also explore the efforts of teenagers to keep in touch with their friends or family members. The involvement of the teenager in a club or an organization will also determine the social wellness of teenagers despite coming in divorced families.

The strength of using the Six Dimension of Wellness Model in this study is based on its potential to guide and attain a complete life of wellness. In the new era, wellness and living a healthy life has evolved to more than just being physically fit (Myers et al., 2000). Since 1947, wellness was defined as physical, mental, and social wellbeing and not just the absence of disease (Hattie et al., 2015). Wellness is defined as strengths-based approach to mental care, a paradigm for counseling and its development (Myers & Sweeney, 2004). The Six Dimension of Wellness Model offers a framework to look at the conscious or a self-direction of teenagers in

divorced families in an evolving process to achieve their full potential. The model can be used to explain several crucial areas of wellness for teenagers in divorced families.

Hetler (1976) emphasized that the six dimensions of wellness are interconnected to represent a person. Similarly, the National Wellness Institute (NWI) defined wellness as a multidimensional conscious of self-direct, which constantly evolves one's achievement into full potential (Strout & Howard, 2012). As such in this study, teenagers' wellness will only be studied by assessing multiple dimensions of wellness, which is reflected in the conceptual framework of Chapter One.

Hetler's model is known as the leading model of health management that incorporates the holistic perspective and integrates six dimensions of wellness (Kang & Russ, 2009). However, in this study, the researcher looked at five out of the six dimensions of wellness introduced in Hetler's Model. The occupational wellness will not be studied in this research as it is not a dimension of wellness, which is constantly evolving as part of the teenagers' achievement. As all teenagers in this study are still students, therefore it is not essential to study the occupational wellness in this research. Moreover, the Malaysian teenagers are subjected to the Contracts Act 1950 [Act 136] and the Age of Majority Act 1971 [Act 21] which enabling any teenager below the age of 18 years old to be engaged in any valid employment contract. In conjunction with the Malaysian law, it is not applicable to study occupational wellness among teenagers in this study. However, Hettles's model will be used as a lens in this study as it is able to guide the researcher to look at five out of the six dimensions of wellness introduced by the researcher in the conceptual framework.

2.2.2 SAMHSA's Eight Dimension of Wellness

Swarbrick (2006) defined wellness as a deliberate process of becoming aware and making a choice for a more satisfying lifestyle. In conjunction with this, Swarbrick (2010) worked with the Collaborative Support Programs of New Jersey (CSPNJ) and The University of Medicine and Dentistry of New Jersey (UMDNJ) to produce a manual Substance Abuse and Mental Health Services Administration (SAMHSA) which created a campaign to promote the importance of addressing all parts of a person's life using the SAMHSA's model with eight dimension of wellness (Cabral, Muhr & Savageau, 2011; Swarbrick & Moosvi, 2010). SAMHSA's model, with eight dimensions, provided awareness to increase wellness with tools to support their needs for a better quality of life (Swarbrick, 2010). SAMSHA defined wellness in eight dimensions in equal areas of life, which are physical, emotional, intellectual, spiritual, social and occupational, environmental and financial as shown in Figure 2.2 below.

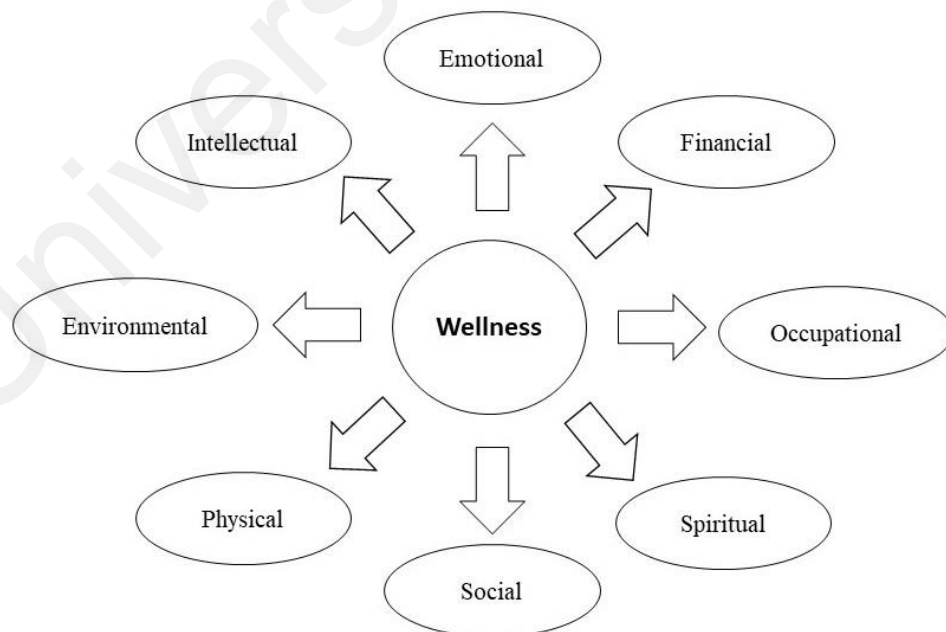


Figure 2.2. SAMHSA's Eight Dimensions of Wellness (Modified from Swarbrick, 2006)

The term wellness is a comprehensive term, and how one perceives wellness can be influenced by their culture and life experiences. According to SAMHSA all eight-dimensions need to be attained for a truly flourished and harmonious lifestyle.

Financial wellness was never a foundational dimension of wellness by other wellness model until SAMHSA (2006) introduced the importance of the dimension as it has its own relevance in each individual life. SAMSHA (2006) elaborates financial wellness as satisfaction of current and future financial situations with an in-depth knowledge of financial obligations, limitations, and responsibilities in every individual's life (Cabral et al., 2011).

A high level of wellness can only be achieved by maintaining a balance of all dimensions of wellness (Pang, 2014). When there is a decrease in one dimension of wellness, it may affect the overall status of wellness (Strout & Howard, 2012), financial wellness will turn out to be a vital dimension that needed to be studied among teenagers in divorced families. Divorce parents may experience more significant financial strain due to low family income, which also affects the teenager's academic achievement (Veinberga, 2016; Gutman & Eccles, 1999; Jeon & Lee, 2015). The teenagers in this study are students who are about to complete their schooling life and venture into college or university life. At this point, the teenager's intellectual, social, emotional, and physical is expected to be at the peak because of various schooling activities, whereas financial resources generally would be at the lowest point of their life (Goss, 2011).

Similarly, environmental wellness was introduced by SAMHSA (2006) by stimulating the importance of the living environment in optimizing the wellness of every individual. SAMSHA (2006) elaborated that how and where a person lives has a significant influence on their overall wellness. In the dimension of wellness, a

balance of all wellness could only be achieved with the presence of environmental wellness. SAMSHA is a comprehensive model that maintains and integrates overall wellness with healthy living environmental (Das, 2015).

This research will explore environmental wellness as the outcome of a divorce can influence the living environment of teenagers. Studies indicated that divorced families exposed teenagers to numerous environmental stressors as divorce transforms a nuclear family into single parenting family (Pedro-Carroll, 2001; Kennedy & Ruggles, 2014). In a divorced family, changes in the living environment of the teenagers included the individual's family, peers, playmates, caregivers, school, and neighborhood (Hong, Espelage & Kral, 2011; Ryan, 2001) would affect the environmental wellness of the teenagers. Moving into new neighborhood with high rate of crime will increase fear among teenagers due to the lack of safety and security in the neighborhood (Kneeshaw-Price et al., 2015). In this study, the dimension of environmental wellness will be studied with the support and guidance of five different levels of living environmental introduced by Bronfenbrenner in the Ecological System Theory (Ryan, 2001). The dimension of wellness in this study will look into good and healthy living environment of the teenagers in addition to their safety and security.

Hence divorce decreased the living standard of teenagers; the economic adversity created more challenges for the single parent to provide the necessary resources such as books, computers, travel, private tutors, and assistance with college expenses to support the teenager's education (Amato & Cheadle, 2005). The financial constraint and change of living environmental faced by teenagers will also affect their chances of higher education. Financial constraints will limit the teenager's choices to public education, which is a reasonable fee compared to private

education or overseas studies (Tartari, 2015). Most of the time, students who qualified to further their studies in private universities or colleges in Malaysia were unable to fulfill the payment criteria, and at the same time, there were only limited scholarships or fee waivers available in these private universities or colleges (Sivalingam, 2007). The change in the living environment can result in poor education results, which will affect the further studies of teenagers.

2.2.3 Ecological systems theory by Urie Bronfenbrenner

Urie Bronfenbrenner is a Russian American psychologist who is known for developing the Ecological System Theory (Härkönen, 2005). The ecological system theory is one of the many theories used by researchers to study human development (Tudge, Mokrova, Hatfield & Karnik, 2009). This is a development theory which is influenced and related to several environmental systems (Johnson, 2008). The theory emphasizes environmental factors that played significant roles in the child's development (Ryan, 2001). According to the Ecological Systems Theory, the growth and development of an individual are influenced by his inherent qualities and the characteristics of his external environment (Derksen, 2010).

Ecological systems theory is an approach to study a person's development due to the factors of their surrounding environment (Johnson, 2008). Ecological Systems Theory has divided an individual's environment into five different levels, which are the microsystem, mesosystem, exosystem, macrosystem, and chronosystem (Skinner, 2012; Ryan, 2001). According to Bronfenbrenner, the five different levels of environmental can influence individuals to varying degrees, and

the levels are categorized from the most intimate level to the broadest (Tudge et al., 2009). The five levels of Ecological Systems Theory are shown in Figure 2.3 below.

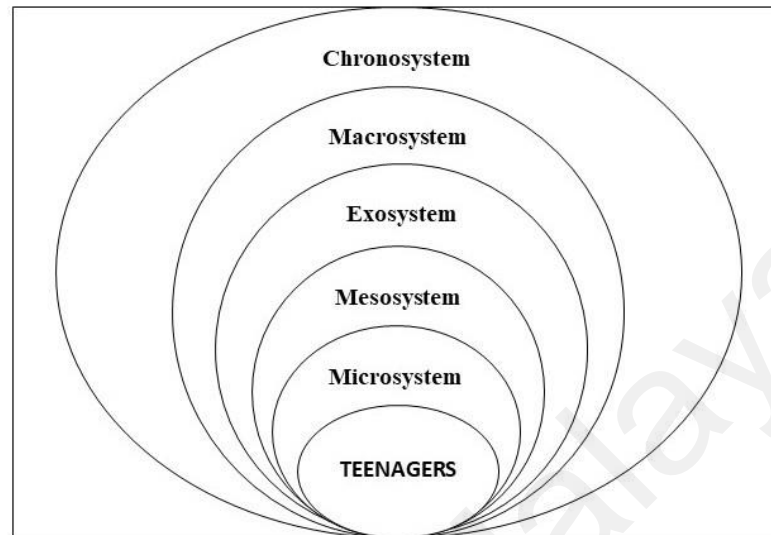


Figure 2.3. The Ecological Systems Theory by Urie Bronfenbrenner (Modified from Ryan, 2001)

Individual

The individual level in the Ecological System Theory refers to demographic factors of an individual (Skinner, 2012). It is the socioeconomic characteristics of an individual such as age, sex, education level, income level, religion, culture, personal health, social status, social network support and average size of a family (Hong et al., 2011). All the characteristics are the key of conceptualizing in general and it can influence the children in their development (Swick & Williams, 2006). For instance, there are theoretical reasons to hypothesize relationship between a child's age, socioeconomic and development. Studies shows that family poverty in the preschool years is very much related to later poverty of the child in cognitive ability such as intelligence and verbal ability (Duncan & Brooks-Gunn, 2000).

Microsystem

The microsystem is the innermost level and the closest to the individual in the Ecological Systems Theory (Ryan, 2001; Swick & Williams, 2006). It is the small, immediate environment the individual lives in and the one in which they have direct contact (Johnson, 2008). This level includes the individual's family, peers, playmates, caregivers, school, and neighborhood (Hong et al., 2011; Ryan, 2001). In the microsystem level, individual will have a bi-directional relationship (Ryan, 2001). How an individual reacts to the people in the microsystem is very much related to how they treat the individual in return (Swick & Williams, 2006). On how the groups in this level interact with the child will have an effect on the child's growth (Härkönen, 2005). As such, the microsystem level is also known as the most influential level of the ecological systems theory (Tudge et al., 2009).

Mesosystem

Although the mesosystem is the second layer in the Ecological Systems Theory, it is still evolving within the environment of microsystem (Härkönen, 2005; Ryan, 2001). The mesosystem consists of interactions between different parts of microsystem and this interaction has an indirect impact and influence on the individuals (Johnson, 2008). Mesosystem is a situation where individuals in microsystem does not function independently. It focuses more on the connection between two or more individuals in the microsystem and on how they manage to influence one another (Leonard, 2011).

Some common examples of mesosystem are the connection between family experiences and school experiences, school experiences to neighborhood playground experiences, and family experiences to friend's experiences (Johnson, 2008; Härkönen, 2005). For an example, if parents are actively involved with the child's

friend by spending time with them, then the development of the child is positively affected through harmony. In contrast if the parents dislike the child's friends by openly criticize them, then the development of the child negatively affected through conflicting emotions (Leonard, 2011).

Exosystem

The exosystem is the third layer of Ecological Systems Theory. At this level the individual does not have an active role in the system but it still has an impact on their development (Johnson, 2008; Ryan, 2001; Tudge et al., 2009). The layer contains parts of microsystem and mesosystem which impacts the wellness of those who comes into contact with the individual (Härkönen, 2005). In exosystem the decision is made at different level, yet it has a large effect and impact on the child development (Ryan, 2001). As an example if a teenager's parent gets divorce it will create a negative effect on the teenager although the teenager did not have any participation in the decision-making process (Cashmore & Parkinson, 2008). The divorce can lead to a negative effect on the teenager's wellness (Kennedy & Ruggles, 2014) and development (Leonard, 2011). This leads to various social problem such as poverty, crime, substance abuse, declining in education erosion of neighborhoods and communities (Amato, 2000).

However, if the single parent receives a promotion at the working place, this may have a positive effect on the teenager. Although the teenager does not have any active participation on the decision making of their parent promotion yet it has an impact on the teenager's wellness and development as the parent are able to give more for their children's physical needs.

Macrosystem

Macrosystem is the fourth layer in the Ecological Systems Theory.

Macrosystem describes the culture that an individual life in such as socioeconomic status, poverty, ethnicity, cultural characteristics, political system, or economic disruption (Swick & Williams, 2006). Although the macrosystem level is at a much broader level in the Ecological Systems Theory, but it has a great influence over the individual development (Härkönen, 2005). The layer includes things such as relative freedoms that can affect the individual either positively or negatively (Swick & Williams, 2006). For an example, consider the different on the development of an individual growing in a war torn area compared to and individual growing in a community where peace reigns. In another example, cultures that are having a much liberal divorce law are more likely to have more divorce cases and single parent families. Such law affects the family income as well as hindering many opportunities and physical needs of the child.

Chronosystem

The chronosystem is a time dimension which changes the constancy of an individual environment (Ryan, 2001). Bronfenbrenner's model encompasses various aspects which has varying degrees of impact on development of an individual (Hong et al., 2011). However, this impact decreases as time progresses (Härkönen, 2005). Example of the chronosystem includes the changes in family structure, residential address, parent's employment, countries economic status including the nation's status of going for war. As an example, researchers have found that the negative impact of divorce on children is often peak on the first year. After two years the

family with parental divorce generally becomes less chaotic and more stable (De Vaus, Gray, Qu & Stanton 2017).

In recent years, many studies on the children's development have broadened the impacts of various ecological levels and interactions. (Evans & Wachs, 2010; Fisher-Owens et al., 2007; Holt, Spence, Sehn & Cutumisu, 2008). The Ecological systems theory offers a framework to look at the development of teenagers from divorced families which is influenced by several environmental systems. By studying the different systems using Bronfenbrenner's model, it creates awareness of contexts and variations in a way teenager's may act in different settings and its relation with their wellness.

2.2.4 Psychological Theories

2.2.4.1 Attachment Theory by Bowlby

The attachment theory refers to the long-lasting psychological connection which adds meaning to a person's life. This theory will be used in this research as it addresses how individuals respond when there is a separation in a relationship with the loved ones. It is an evidence-based theory that supports individual progress, development, emotions, and survival through an intimate relationship with parents and close siblings (Holmes, 2015). The separation of their parents will have a critical effect on the teenagers' development as it is linked with the overall wellness of the teenager (Reuther, 2014). According to the attachment theory, the quality relationship between the child and its parents is linked with teenager's developmental issues. The theory proposed a framework to get a better understanding of teenagers' normative and pathological functions to develop an

intervention model of dysfunctionality between parent-child relationships (Dubois-Comtois, Cyr, Pascuzzo, Lessard, & Poulin, 2013).

One of Bowlby's primary goal of developing attachment theory is to preserve the genuine insights of a relation and its development (Waters, Merrick, Treboux, Crowell, & Albersheim, 2000). Although attachment theory originated from a framework to explain children's emotions when separated from their mothers, the theory had a broad scope and was able to address the fundamental emotional of an individual throughout their lifespan (Yaakobi & Goldenberg, 2014; Reuther, 2014). Hence, in this research, the researcher will study the connection between attachment and emotional wellness among teenagers in divorced families with the support of the attachment theory.

Based on attachment theory, divorce should be handled in a critical manner as the separation from the attached figure often evoked feelings of distress, fear, or protest, which is generally known as separation anxiety (Reuther, 2014). As such, the attachment theory becomes a critical theory in this study as it is a theory that uses, guides and handles separation. An attachment theory believes that separation can be handled effectively by developing adaptive strategies, through other relations, exploring the environment, or by moving towards autonomy (Reuther, 2014). Similarly, separation also leads to avoidance of communication and weaker communication skills as a result of the individual's withdrawal behavior (Yaakobi & Goldenberg, 2014). Bowlby's theory emphasized that impairing a child's emotional development through the child's ability to explore the world has a profound long-lasting impact the child's development in the actual social world (Reuther, 2014). The theory empirically confirmed that other early attachments such as adult friends

could influence and predict the individual's behavior as well as their interpersonal functions (Yaakobi & Goldenberg, 2014)

2.2.4.2 Erikson's Theory

Erikson's Theory of Psychosocial Development focused on the socio-cultural aspects to determine the development of an individual, which consists of eight stages of psychosocial conflicts (Degges-White, 2017; Syed & McLean, 2017). The eight stages introduced by Erikson referred to stages of development from a child to adulthood (Degges-White, 2017; Syed & McLean, 2017). In each of these stages, the individual will face and experience a psychosocial crisis, which would be regarded as bringing positive or negative outcomes on his/her personality development (Benson, Ginsburg, Grand & Lazyan, 2012). According to Erikson's Theory of Psychosocial Development, every individual will face crisis which will contribute to psychosocial growth to identify his/her development and this individual crisis must be dealt with successfully by getting adjusted to the environment or individual's willingness in exploring the decision making in defining themselves (Malone, Liu, Vaillant, Rentz & Waldinger, 2016). In this study, the researcher used these facts and importance in analyzing the teenager's wellness in divorced families.

The fifth stage of Erikson's Theory of Psychosocial Development will be the prime focus of this study as it referred to the teenagers aged between 12 years to 18 years old (Mayo & Aquino–Malabanan, 2015). The psychosocial state of human development at this stage was used by the researcher to identify the development of the teenager based on their physical changes, cognitive thinking, and social factors, which are related to the outside world (Darling-Fisher & Leidy, 2015; Syed & McLean, 2017). The research placed importance on this stage as every teenager that

came from divorced families requires certain strength, sense of responsibilities, and courage to live in the altered family structure (Makofane & Mogoane, 2014). The teenagers required competence to relate themselves to the new family settings (Mayo & Aquino–Malabanan, 2015).

2.3 Review of Wellness

In the past decades, there have been significant changes in the conceptualization of wellness. After World War Two, the term wellness emerged as an advancement in medical technology to reduce lifestyle illness and expand the concept of health by encompassing all aspects of the life of a person (Panelli & Tipa, 2007; Miller, 2005). In 1967, World Health Organization (WHO) defined wellness as not just the absence of illness but also a state of complete physical, mental, and social wellbeing (Hattie et al., 2004; Panelli & Tipa, 2007). Most researchers have defined wellness as a multidimensional synergistic construct (Kennedy, 2014; Kwon, 2015; Larcus, Gibbs & Hackmann, 2016; Lenz & Smith, 2010), which continued to evolve in every individual throughout their lifespan (Kennedy, 2014). Researchers also defined wellness as not just the absence of the harmful elements such as illness or disease but also the presence of positive elements such as physical health and happiness (Corbin & Pangrazi, 2001; Hales, 2005; Panelli & Tipa, 2007).

Dunn (1959) was known as the early founder who defined the concept of wellness in the late 1950s (Miller & Foster 2010; Spurr, 2009; Stará & Charvát, 2015) and was known as the father of the wellness movement (Terry, 2013). Dunn defined wellness as an “integrated method of functioning which is oriented towards maximizing the potential of which the individual is capable, whereby it was required that the individual maintained a continuum of balance and purposeful direction

within the environment where he is in function” (Hattie et al., 2004; Miller, 2005). Similarly, Myers & Williard (2003) also defined wellness as the combination of optimizing both human behaviors with the integrating function of human body, mind, and spirit.

Travis (1977) was a prominent advocate of wellness promotion in the 1970s (Stará & Charvát, 2015) who defined wellness as not being a static state but a high level of wellness which involved taking good care of your physical self by using your mind constructively, being creatively involved with those around you, and being concerned about your physical, psychological and spiritual environments (Strohecker, 2015).

Ardell (1939), a leading figure in the wellness movement, developed a slightly breezy conversation style in making wellness a household term, which was much more accessible for the average lay reader (Miller, 2005). Ardell described that wellness got stuck within the field of health, which is more concerned with a disease or treatment framework, but in reality, wellness could be found in individual psychology, sociology, or in every public policy. Ardell (1939) emphasized that it is easier for people to think wellness in terms of quality existence rather than their health (Stará & Charvát, 2015).

Hettler (1976) defined wellness as a process of making a choice for a successful existence through a complex mix of environmental, occupational, intellectual, emotional, physical, spiritual, cultural, and social components (Myers & Williard, 2003). Wellness is a life-long process of moving towards enhancing each of these components in your own life, and it is a state of optimal well-being that is oriented towards maximizing an individual’s potential (Mafumbate, 2014; Myers & Williard, 2003; Syed, Rehman, Hussain, & Shaikh, 2017).

Hettler's concept of wellness was expanded by Egbert (1980), who stated that wellness is an integration of various aspects of the personality, such as integration between biological and psychological of a person (Johnston, 2012). Egbert defined wellness as a combination of various aspect such as strong sense of identity, oriented to the perspective of reality, have a clear purpose of their life, to identify of an unifying force in their life, the ability to creatively cope as well as inspired by their hopes and the ability to inspire an open relationship (Johnston, 2012; Miller & Foster, 2010). Egbert's definition was supported by Ardell, who was a lifetime devotee of wellness research as he defined wellness as a conscious effort in taking responsibility for improving the quality of one's life by adopting changes in various areas of lifestyle (Miller & Foster, 2010).

Although many authors proposed various definitions of wellness from different dimensions of wellness (Adams, Bezner, Drabbs, Zambarano & Steinhardt, 2000; Brymer, Cuddihy & Sharma-Brymer, 2010; Corbin & Pangrazi, 2001; Horton & Snyder, 2009), an integrated definition of wellness has not been created (Corbin & Pangrazi, 2001). Similarly, Lenz and Smith (2010) highlighted the lack of identifying variables in the measurement of wellness components, which had an effect on the precise definition of wellness and obstructed the establishment of new supervision models to explore the integration of wellness. A comprehensive review of wellness indicates that previous authors and theorists had defined a broad concept on the definition of wellness (Adams et al., 2000; Brymer et al., 2010; Corbin & Pangrazi, 2001; Miller & Foster, 2010). Wellness also differed from one concept to another (Koncul, 2012) , as there was no common and clear definition that had led to many disagreements concerning its definition (Corbin & Pangrazi, 2001). The integrative and dynamic nature of wellness which constantly flowed along societal and global

adaptations resulted in establishing an exact definition of wellness ambiguous (Miller & Foster 2010).

This review is to illustrate and present a prominent theorist definition of wellness. It gives a clear picture that wellness is a complex state of balance between particular dimensions of life. In this study, wellness became synonymous with health to form a state of balance between six equal areas of life, which are physical, emotional, intellectual, spiritual, social, and occupation. The study reviewed the development of teenagers with their balance of wellness after the divorce families.

2.4 The Wellness, Well-being, and Health

The concept of well-being could be viewed from two different perspectives which are the long-standing “clinical tradition” that defined wellbeing through measures of depression, distress, anxiety, or substance whereas “psychological tradition” that defined wellbeing in terms of subjective evaluation of one’s life satisfaction (Hattie et al., 2004). Wellbeing is a broad concept that encompasses and hypothesizes a combination of cognitive and emotion antecedent variables that generate higher frequency of positive effects, which are related to retention, creativity as well as ultimate outcomes (Harter, Schmidt & Keyes, 2003). The self-application of subjective wellbeing on individual is an indication of eudemonic thinking in generating hypotheses concerning how goals and lifestyles are linked as well as to be reflective of wellness (Ryan, Richard & Veronika Huta, 2009). Wellbeing is the descriptors of wellness as it outlined the history and future of wellness (Corbin & Pangrazi, 2001). The concept of wellness is a life-long process of moving towards enhancing each component of our life to optimized individual potential towards maximizing its well-being (Carrington & McIntosh, 2013).

The definition of wellness is a longstanding issue in the field of psychology as the concepts overlap with the concept of happiness linked to positive mental health and flourishing wellbeing as this concept alone is not sufficient; wellness is a multifaceted concept that integrates the signs of wellbeing with the ability to function well (Schueller, 2009). Alternatives to family health are proactively oriented to wellness enhancement and positive psychology to the fact of building health rather than reactive, repair, or containment-oriented (Cowen & Kilmer, 2002). Both mental health and positive psychology focused on the “positive mental health” to the fulfillment of human well-being and the outcomes are related to the initiatives of wellness (Kobau et al. 2011). However, recently, psychology has been criticized for a negative bias or diversion from primary dedication to mental illness instead of mental wellness based on the number of psychology publications with the ratio of 14:1 (Bakker, Schaufeli, Leiter and Taris, 2008). Measures to recover the gap between mental illness and mental wellness were recovered with the intervention of Wellness Recovery Action Planning that emphasized supporting people with holistic health and wellness for long term mental health (Cook et al., 2009).

Wellness is known for its complex construct that concerns optimal experience and functioning (Ryan & Deci, 2001). The importance of measuring subjective wellbeing can be equated with high wellbeing with positive mental health, and this is internationally recognized by many governments around the world (Huppert, Felicia & So, 2013). In most research, subjective wellbeing is measured by directly questioning the participants on what they feel about their lives in order to retrieve broad, global, and comprehensive information about their quality of life (Rodriguez-Blazquez et al., 2011). However, there is doubt about the reliability of this method as the reports on subjective wellbeing fail to reflect on the inner stability state of

wellbeing, and the method only applies judgments of an individual based on information that is temporary at that point of time (Schwarz & Strack, 2000). Participants in the wellbeing study must focus on both positive definitions of health, which encompasses psychological wellbeing and holistic wellbeing while a positive definition encompasses the feelings of vitality and equilibrium (Bishop & Yardley, 2010). Similarly, Hermon & Hazler (2000) highlighted that the increase of wellness program at higher educations had focused primarily on physiological components of wellness and by ignoring the other aspects that had diverted the research to a holistic view of people's wellness which is the institutional evidence to improve the quality of life, psychological well-being, and holistic development.

Studies on related literature had highlighted that complete literature on health, wellbeing, and wellness has yet to be accomplished (Kirsten, Van der Walt & Viljoen, 2009). Miller & Foster (2010) stated that the terms used by numerous related literature in the study of health, wellbeing, and wellness are inconsistent. Although globally, the term wellness emerged from the same WHO notion of wellbeing and health, the concept of wellness differs in relation to different countries (Koncul, 2012). The definition of health by WHO was also criticized due to its difficulties in measuring the dimensions of healthy physiology and the vague definition of wellbeing (Saylor, 2004). Even at present, with the understanding of wholeness of human beings, the wide range of health, wellbeing, and wellness aspects had tied each other in terms of eco-systemic anthropology (Kirsten et al., 2009). Lunau, Bambra, Eikemo, Van Der Wel & Dragano (2014) reported on a broad domain reflected in past literature that addressed the "health and wellbeing" and variation between countries which considered the factor of variations in the meaning as well as the definition related to "health and well-being."

Wellness is a multidimensional state of being able to describe the existence of positive health in an individual as exemplified by the quality of life and a sense of well-being (Corbin & Pangrazi, 2001). The multi-dimensional concept of wellness had been studied in various scientific areas such as medicine, public health, occupational health, and mental health to describe more comprehensive health and well-being of people as wellness (Seppala, Nykänen, & Ruotsalainen, 2012). The vastly expanded view of this research on wellness, wellbeing, and health will help health practitioner to consider the cause of illness through the perspective of lifestyle and wellness rather than just looking at the symptoms (De Chavez, Backett-Milburn, Parry & Platt, 2005; Miller & Foster, 2010). It is recommended that future researchers in this area examine wellness in terms of the lifestyle of individuals, communities, cities, and countries. However, various terms and language used in corresponding or interrelating the notion of wellness, wellbeing as well as health have made the descriptions more complicated and confusing (Miller & Foster, 2010). This research also recommended that future studies on the general term on wellness, wellbeing, and health that the latter should be a term that can similarly be understood and used by researchers from various parts of the world.

2.5 Teenagers Wellness

Research on adolescent wellness has emerged to be a new trend among professional researchers as they endeavor the influence of youth to establish the life patterns of future generations in this critical period of life (Spurr, Bally, Ogenchuk & Walker, 2012). Measuring wellness among teenagers had gained its popularity over the years among professional researchers who wished to focus on the lifestyle patterns as they believed that the wellness of adolescents is an important indicator of future health

and lifestyle habits of the nation (Rachele, Washington, Cuddihy, Barwais & Mc Phail, 2013). Recent researchers carried out studies that focused on teenagers' wellness with high level of concern and awareness about the state of the nation's youth as many studies had previously highlighted numerous problems faced by the nation's youths such as the risks of teen suicide, substance abuse, violence, psychological health concerns, school dropout rates, bullying and general health concerns (Ashley, Ennis & Owusu-Ansah, 2012). Current studies had reported that children had been known as a risk population while there is sufficient evidence to support and identify these children across nations and populations (Moreno et al., 2009; Tatar & Myers, 2010). Early interventions from the perspective of health and wellness to promote adolescent development have shown to be an effective method to prevent a harmful lifestyle that begins early in their life (Tatar & Myers, 2010).

The previous research literature on teenagers has highlighted that teenagers' wellness is an important indicator of future health and lifestyle habits (Rachele et al., 2013). It is believed that wellness could be an important construct, which is a necessary addition to health psychology (Bishop & Yardley, 2010). However, if wellness is an indicator of positive health, then it will be challenging to have a quality research that establishes lifestyles as it is widely known that unhealthy lifestyle leads to early death in society but to what extent does wellness contributes to the healthy lifestyle still remains a question (Corbin & Pangrazi, 2001). Many believe that the perception of wellness does not incorporate health psychology as there is no established or widely used theoretical framework that can outline the impact of wellness on health or illness behaviors (Bishop & Yardley, 2010). Most of the wellness evaluation models used to study the population of adolescent had less than the ideal validation and the absence of peer-reviewed studies reporting

psychometric testing for wellness evaluation instruments used on adolescents needed to be addressed in order to give priority for future studies in this field (Bishop & Yardley, 2010; Rachele et al., 2013).

Generally, the outcome of our lifestyles such as stress, self-esteem, self-worth, nutrition, and physical activity are concluded in the dimension of wellness (Rachele et al., 2013). Several authors had proposed various models that emphasized the meaning or purpose of life with the intention to define specific physical, psychological and social wellness (Savolaine & Granello, 2002). Spurr (2009) concluded that the current models and theories on the development of wellness gave preference to the adult populations. Spurr's conclusion was supported by Oppenheim et al. (2016) as they identified that current models are not really suitable for studying teenagers' wellness from the perspective of psychosocial influences on behavior as the models were only partially successful in predicting the risk behavior of youths.

Spurr (2009) indicated that most of the studies on wellness eventually focused more on the problems of an adolescent. According to McGillivray (2005) the language of "health and wellness" which initially focused on the body had a drastic change in the early 1980s when it changed and targeted intervention and started to focus more on the wellness program of lifestyle behavior. Taking this matter into consideration, lifestyle behavior of teenagers had a significant influence their psychological wellness since studies had indicated that a positive mood within teenagers is very much related to the usage of tobacco, alcohol, and marijuana among teenagers (Epstein, Griffin & Botvin, 2002).

Similarly, globalization played its part on teenager's psychological wellness as various studies indicated that adolescents were more vulnerable to internet addiction compared to adults which affected their social lifestyles and psychological wellness

due to irregular dietary habits, extended time spent on the Internet, lack of physical inactivity, short of sleep or increased abuse of alcohol and tobacco while using internet (Kim et al., 2010). For most teenagers, the usage of social media had a negative impact on their social wellness due to the evolution of social norms, which contributed to their high-risk behavior (Cookingham & Ryan, 2015). This indicated that most studies conducted by medical science were dominated by the use of drugs on young people as a protective factor had actually failed to focus their investigation on the effects, from the perspective of mental health (Epstein et al., 2002) to support physical wellness.

Spurr et al., (2012) indicated that there is a link between physical activity, wellness, and healthy nutrition consumed by teenagers. Similarly, in United States under the Child Nutrition and Women, Infants, and Children Reauthorization Act of 2004 (15) the government created a Local Wellness Policy (LWP) to increase opportunities for healthy eating and physical activity among school students (Belansky et al., 2010). Generally, the personal appearance or image of teenagers is very much related to the nutrition contained in their food, and it alarming as their choices of food are often inappropriate for the nutrition required by their bodies ((National Middle School Association, 2010). Recent studies indicated that the rising rates of childhood obesity focused more the level of physical activity, wellness and healthy nutrition among them (Russell-Mayhew, McVey, Bardick & Ireland, 2012). As poor dietary intake could lead to chronic diseases or death, wellness counseling has gained its popularity and increased effectively due to its strong evidence base which incorporated both individual and other family members in group therapy (Fullen, 2016).

There is evidence from previous research that teenage years are known as experimental years in terms of behavior, particularly involving smoking and drinking, which accelerated a higher body mass index (BMI) among teenagers (Sutter, Kocher, Glätzle-Rützler & Trautmann, 2013). The experimental years of teenager are also associated with their sexual behavior issues, as the number of adolescent pregnancies and abortions are increasing (Bottorff et al., 2014) which brings the issue to the attention of medical health practitioners (Acharya, Kocher, Glätzle-Rützler & Trautmann, 2014).

Various past research had also linked television violence with children's aggressive behavior, while television had a similar impact as video games, the increase of video games usage by teenagers is also alarming as past studies had shown that 85 percent of the games in the market are related to violence, death or destruction (Boxer, Groves & Docherty, 2015; Griffiths, 2000; Padilla-Walker, Coyne, Collier & Nielson, 2015). As disruptive behaviors and substance use became a common problem associated with teenagers, scholars and policymakers asked for more research on the mental health of adolescents to provide early treatment of clinical dysfunction so a more preventive role can be assumed (Santisteban et al., 2003). However, the evidence related to the research on teenage risk-taking behavior during the experimental years is still scarce as none of the previous research had examined the predictive power of experimental elicited attitude in the field of behavior (Sutter et al. 2013). Research on the nature and function of teenagers in their experimental years is currently concerned with the process of coping with the self-regulatory development in adolescence (Compas, Coyne, S. M., Collier, K. M., & Nielson, 2001). As such, the experimental years of the teenager cannot be all negative as it actually builds an optimal design of policy interventions on teenagers'

behavior by experiencing the uncertainty and long-term consequences (Sutter et al. 2013). The experimental years of the teenager are actually the adoption process of coping that gives the teenagers a sound development to manage their emotions, think constructively, regulate or direct their behavior, control their autonomic arousal and act on the social or nonsocial environments to alter (Compas et al., 2001).

There is a connection between every risk behavior of teenagers with their family (Goldfarb, Tarver & Sen, 2014) and school (Shochet & Smith, 2014). For instance, easy access to guns at home leads to suicide and violence (Simonetti, Mackelprang, Rowhani-Rahbar, Zatzick & Rivara, 2015) or access to substance at home is associated with the usage of cigarettes, alcohol, and drugs among teenagers (Zhan, Smith, Warner, North & Wilhelm, 2016). School violence had emerged to be a new concept within the research literature of teenagers' risk behavior as it is strongly associated with family, school and it gained the attention of the nation to understand the issue extensively (Bonny, Britto, Klostermann, Hornung & Slap, 2000; Shochet & Smith, 2014). Research to explore adolescent wellness, connectedness with their school or family can provide insightful information on the implementation or enhancement in existing programs for the healthy development of adolescents (Ashley et al., 2012). The connectedness of school and family is known to be the most powerful predictor of various adolescent maladjustments (Jose, Ryan & Pryor, 2012). Similarly, McNeely & Faici (2004) highlighted that a caring and supportive school or family had joined together to promote better academic achievements for the adolescence as well as protect them from health risk behaviors.

Recent global studies on the life satisfaction of teenagers reported that there was a decrease in the subjective well-being of adolescents (Schwarz et al., 2012). Life satisfaction is an important factor in the research of wellbeing, and over time it

has emerged as a vital indicator in the study of global wellness (Steger & Kashdan, 2007). However, some researchers argued that the focus to study life the satisfaction of adolescents is still new, and the current studies are hindered by lack of validation with the limited one-dimensional measure of global wellness (Suldo & Huebner, 2006). There are limited validating methods available in the study of life satisfaction for adolescents, as most studies focused on general life satisfaction (Suldo & Huebner, 2006). Positive youth development, which is associated with life satisfaction and wellness (Sun & Shek, 2010) needs an in-depth study to construct a guiding force for future development (Schwarz et al., 2012).

2.6 Wellness from the perspective of counseling.

Johnston (2012) concluded that there is limited counseling literature that examined the concept using a counseling wellness paradigm. The existing reviews of literature are forced to examine literature from other mental health disciplines such as positive psychology and existentialism (Johnston, 2012). In the early 1960s and 1970s, counseling literature was more focused on developing human potential despite the need to focus on health and wellness to support counselors who intimately provide human services (Myers, Mobley & Booth, 2003; Purdy & Dupey, 2005). However, in recent years, the development of holistic models with multidimensional wellness was grounded by counseling literature with various components of essential needs for achieving optimal functions (Watson, Harper, Ratliff & Singleton, 2010). The concept of wellness and health have permeated the literature of counseling to the point of suggesting that social science behavioral studies could articulate the vision of a good life and wellbeing (Purdy & Dupey, 2005). Literature concerning with “health and wellness” should be defined and operationalized in a peer-viewed as it is

the foundation for future development of best wellness coaching to disseminate any adverse consequences of the global chronic problems (Wolever et al., 2013).

In professional counseling, wellness is also known as the central construct which emphasized treatment in conjunction with the prevention, using counseling interventions. This is supported by the American Counseling Associations (ACA) as they adopt the counseling wellness paradigm as the best therapeutic approach (Johnston, 2012). Wellness is known as the paradigm of counseling and development as its holistic paradigm (Barden, Conley & Young, 2015) which is used as a philosophical base for counseling as well as counseling development that provides an intervention guideline for the unique counseling approach with the development of professional mental health (Vereen, Hill, Sosa & Kress, 2014).

The wellness paradigm acts as an integral component used by counselors to help and inculcate values to optimize human functions using the proactive wellness approach (Myers & Williard, 2003). As much as wellness is an in-depth component used by counselors, in medical terms, researchers in the field of healthcare argued that the link between wellness and health is just a societal trend because wellness is not synonymous with health (Russell, 2009). The researchers drew the vitalism concept by explaining that the body is capable of healing naturally when injured or infected by diseases (Russell, 2009; Willis & Rayner, 2013). Scholars have argued that counseling is more orientated to wellness because of its ability to prevent and develop a unique inter-professional collaboration at all levels (Mellin, Hunt & Nichols, 2011).

In 2012, American Counseling Association (ACA) conference in Pittsburgh, Pennsylvania finalized the definition of counseling as *“Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish*

mental health, wellness, education, and career goals” (Kaplan, Tarvydas, & Gladding, 2014; Spurgeon, 2012). Similarly, historians, scholars, and theorists argued that professional counseling had positioned itself under the humanistic philosophy with enactment of professional value of the counselor to emphasize the empowering wellness of social justice (Vereen et al., 2014). As wellness engenders an internal positive spark that strengthens an optimistic attitude on individuals, to face a life crisis, it is highly recommended for mental health professionals to work collaboratively on self-empowerment or self-directed moves within their wellness (Swarbrick, 2006).

The professionalism of counselors is integrated with the standard competency code of ethics for the development of a nation that incorporated mental health, psychological, and human development principles (Spurgeon, 2012). However, the American Counseling Association’s Task Force on Wellness set up an interesting dichotomy of the ethical construct of counselors’ wellness as counselors are commonly victims of secondary trauma as they frequently burnout due to lack of self-care (Hendricks, 2008). Since 1970s, professional literature on counseling and psychology examined the secondary traumatic burnout issues, which noted that counselors are more willing to focus on the wellness of the clients than themselves (O’Halloran & Linton, 2000).

The American School Counselor Association (ASCA), highlighted that school counselors should be focused more on the comprehensive needs of their students using wellness programming and holistic counseling as prevention to guidance as well to promote emotional, social, and cognitive growth among adolescents facing problems in their lives (Rayle & Myers, 2004). The various studies had indicated that during early adolescence, there would be pervasive psychological and physical

changes among adolescents, which will lead to emotional distress, poor self-esteem, or maladaptive eating practices due to dissatisfaction with their body image (Choate, 2007). Generally, it is essential that school counselors apply “culturally responsive counseling” for students with the ethic of caring and understanding as their “culture and background” may not mirror the culture of American society they expected (Day-Vines, Patton & Baytops, 2003). The application of holistic wellness by school counselors will encourage the development of multiple life dimensions within adolescent instead of only focusing on physical wellness of appearances (Choate, 2007). The implication of holistic wellness will provide a broader range of developmental and remedial solutions needed by counselor to support diverse groups of students from various backgrounds (Rayle & Myers, 2004).

2.7 The Effects of Divorce

Family solidarity, mainly in the western population, is facing social changes under different circumstances due to the increasing divorce rates and the decline in marriages (Daatland, 2007). Studies on family life in the 20th century with the estimation of the demographers indicated that almost half of the first marriages end involuntary marriage dissolvent (Amato, 2000; Johnson et al., 2001). Many studies indicated that in the United States, more than one million children under the age of 18 experienced divorce families yearly, and the effects are felt throughout their lives regardless of their age (Johnson et al., 2001; Ross & Miller, 2009). Various factors were brought forward by observers who were believed to be the major contributors for the rise of divorce in the 20th century such as the increasing economic independence of women, descending in the income of men without college degrees, fulfillment of expectations from marriage and changes in the social acceptance of

divorce by the society (Amato, 2000).

In conjunction with the 20th-century reasons for divorce, many researchers also linked the high demands for women's labor and their economic independence with the ascending rate of divorce (Kalmijn, De Graaf & Poortman, 2004; Kalmijn & Poortman, 2006). The rules of economic exchange with more independent women do not discuss the traditional division of household earning, especially when the wives become the breadwinner with more power to negotiate the domestic roles (Cooke, 2006). Theoretical models of the marital structure had linked women's economic independence with marital dissolution despite the stability of divorce rate in the recent decade (Teachman, 2010) because women with economic independence threaten divorce when their income is higher and if they are unable to negotiate a favorable division on their domestic task (Cooke, 2006). However, there are studies that indicated that a wife's occupational status which designates their economic independence and increases their self-esteem but it has no apparent effects on the rising divorce rate (Kalmijn & Poortman, 2006). Studies have identified many women who sought economic independence even after marriage and they are known to be highly motivated to be wives as well as career women (Dicicco-Bloom, 2004).

Subsequently, the data from the Census Bureau in 2008 indicated that there is a correlation between education and divorce as the data indicated a higher percentage of divorce among those without a college diploma compared with those with a minimum college diploma (Fry, 2010). Similarly, high emotional expectation is actually another major contributor to divorce when the marriage does not meet the heightened expectations and fails to deliver satisfaction to achieve personal fulfillment of the marriage (Coontz, 2007). However, the perspective of divorce is often under-researched at micro level by accessing individual attitude or experience

as researchers should also view it at the macro level as countries that accepted divorce a culture recorded a higher rate of divorce rather than countries with the lowest acceptance (Yodanis, 2005).

Parents and children will go through a new form of stress after divorce due to adjustment to their own intra- and inter-personal problems and set their roles as a single parent (Johnson & Wiechers, 2003). This stress damages the parent-child relationship (Johnson et al., 2001; Kelly & Emery, 2003), and the children will experience less emotional support as well as financial assistance (Amato & Booth, 2009; Kelly & Emery, 2003). The most common consequences of divorce are the sudden reconfiguration of the family into a single-parent household that interrupts the parenting system (Votruba, Braver, Ellman & Fabricius, 2014). A single parent with no custody will face many challenges in establishing a relationship with their child due to emotional and practical obstacles created by divorce as they lose their direct commitment in parenting (Bastais, Ponnet, Van Peer & Mortelmans, 2015; Botterman, Sodermans & Matthijs, 2015).

Divorce families can lead to various social problems for the grown-up teenagers in the future as the effect of divorces such as lower education, lower income, poverty, trouble marriage, weaker ties with parents, and psychological distress are linked across multiple generations (Amato & Cheadle, 2005). The impact of divorce families, which cumulatively complicates the psychological maturation process of a child with social problems in their childhood is proven to be more serious a long-term consequence of adulthood (Huurre et al., 2006). Generally, a child in divorce families will be less optimistic about the future to secure their own marriages due to their own general assumptions, narrow influence, or specific belief about their interpersonal relationships (Amato, 2014). Overall, the effects of divorce

are harmful to society as it transcends generations while contributing to the cycle of social decay, which alarms policymakers and community leaders (Fagan & Rector, 2000).

Nevertheless, in this study, it is the responsibility of the researcher to establish the effects of divorce on teenagers and their wellness. Prime to this, the following literature will study the overall effects of divorce on teenagers and subsequently to their wellness.

2.8 The Effects of Divorce Towards Wellness

The final stage in the development of a teenager before emerging into adulthood is the stage where many teenagers will seek higher education, and they need support from their families before becoming financially independent (Bumps, 2002). Divorce families at this stage will have a negative impact on the wellness of the teenagers as divorce significantly brings a negative consequence for families like a decrease in household income, which leads to a higher risk of poverty and diminishes the teenager's academic achievements (Fagan & Rector, 2000). Changes in the life events of the family structure or residence over the divorce will lead to family instability as the teenagers cope with the changes and might create stress in the family's living environment (Adam & Chase-Lansdale, 2002). Divorce, which disrupts the family's quality life will create a variation in the general family functions into a family of conflict with various psychological wellbeing adjustments (Van der Aa, Boomsma, Rebollo-Mesa, Hudziak, & Bartels, 2010).

Divorce families will have a negative impact on the wellness of the teenagers, and this impact remains throughout adulthood (Amato, 2014). The focus of

researchers on social science is no longer on the ill effects of divorce but instead on the in-depth effect on the child as the effects of divorce are long-lasting and will continue to affect the wellness of the child in the next generation (Fagan & Rector, 2000). The effect of divorce on wellness is known to have a multidimensional effect that should be viewed not as a discrete event but rather an event that unfolds years of stressful incidents that created physical and mental health issues in adulthood (Amato, 2013). The long term effect of divorce is related to the psychological wellness of all family members with a stressful life of multi-life changes which include the family economic status, change of residence, living under childcare, social relationship with supporting network and family members' relationship (Chappel, Suldo & Ogg, 2014).

With the ascending rate of divorce, it is fundamental that the researcher should focus more on the prevention programs of psychological wellness such as building social-emotional competence program, promoting coping and resilience, social system modification and empowerment program for families of divorce families rather than "after fact diagnosis" with repair models (Pedro-Carroll, 2001). Policymakers from all levels should take the necessary efforts to change the divorce culture in the society and conduct effective marital education to prevent divorce for affecting the wellness of families within the society (Fagan & Rector, 2000). Considering the possibilities of divorce as a long term effect, family therapists need to focus the post-divorce factors on giving a broader view of how their post-divorce families will be and its implications on the family relationship after the divorce (Ahrons, 2007).

Although the review of literature had seen a contentious debate on the negative contributions of divorce to the society, in contrast, a few other scholars argued that

divorce eventually provides a second chance of happiness in a dysfunctional family while the stress experienced by the family is just a temporary effect (Amato, 2000). As not all marriages will turn out to be as expected, unhappily married couples with poor quality married life may choose to take divorce as their best option to gain back their wellness and happiness in life (Hawkins & Booth, 2005). Yet from the perspective of a child, there may not be any factor that can bring more wellness for the child than continuing their relationship with their own parents (Ahrons, 2007).

2.9 The Effect of Divorce Toward Teenagers

Divorce families create a negative impact on teenagers' psychological adjustments, behavior, social ability, self-esteem, academic achievement (Block & Spiegel, 2013). The consequences of divorce family's impacts children from all ages and the impact remained throughout the adulthood (Amato, 2001; Amato, 2014; Baker & Ben-Ami, 2011; Bing, Nelson III & Wesolowski, 2009; Clarke-Stewart, Vandell, McCartney, Owen & Booth, 2000; Short, 2002). In the year 2004, there were 16 million college students in United States and out of this figure, more than 4 million students came from divorced families (Knox, Zusman & DeCuzzi, 2004). Students who originated from divorced families often demonstrated a high level of anxiety and aggression compared to students from an intact household (Ross & Miller, 2009; Short, 2002). Generally, college students from a divorced families struggled with various issues such as poor academic achievements, struggle with occupational achievements, displayed antisocial behavior, had problems with intimate relationships, relationship with parents and it affected their physical health (Bulduc, Caron & Logue, 2007; Hannum, & Dvorak, 2004; Knox et al., 2004; Mullett & Stolberg, 2002; Ross & Miller, 2009).

Generally, divorce weakens the abilities of teenagers to handle family conflicts as the changes of the parental model in a divorced family diminished the capacity of their children for a stable marriage life in their future (Fagan & Churchill, 2012). From an early age, teenagers of divorced families generally needed more behavioral and psychological adjustments (Amato, 2001; Kelly & Emery, 2003; Lansford, 2009). Past research stated that teenagers of divorced parents would exhibit more behavioral problems, emotional disturbances, scored lower academic grades and had more significant problems with their social relationships (Amato, 2014). Subsequently, divorce, which weakened their emotional ties with parents, also continuously affected the teenager's future as they can obtain less education, earn lower income, poor physical health with greater possibilities of getting nonmarital birth (Amato, 2014).

Teenagers from a divorced family were two or three times more likely to drop out of school compared with other teenagers from an intact family (Kelly & Emery, 2003). Similarly, the risk of teenager in divorce families to bear a child early was doubled (Kelly & Emery, 2003). Hence, these teenagers became at high risk as school dropouts, which is also associated with poverty due to their low income (Pong & Ju, 2000).

From the perspective of parental resources, children in divorced families are provided with less financial, social, and cultural support compare with children from an intact family (Sun & Li, 2001). As they grow older, children in divorced families will have difficulties in their intimate relationships (Kelly & Emery, 2003). Studies indicated that the difficulties in their intimate relationships are most likely due to their early marriage and frequently they will be dissatisfied with their marriage (Kelly & Emery, 2003).

However, in reality, there is evidence that children in divorced families have adjustment problems even before the parental divorce (Lansford, 2009). Factors such as genetics can contribute to the adjustment problem. Therefore, many studies believe that the genetical sensitivity of the child will subsequently influence the child's behavior from an early stage (Elam et al., 2014).

2.10 Factors by Nature that Contribute to the Teenagers Wellness

There are factors that naturally contribute to the teenager's wellness in divorced families, and this factor permanently contributes to the overall wellness of the teenagers. As the negative impact of divorce on teenagers is unavoidable, the severity and persistence of the impact can be moderated through a number of natural factors. Various researchers have studied these factors to have a better understanding of teenager wellness in divorce families (Block & Spiegel, 2013). The following literature will study these factors to get an in-depth understanding of its contribution to teenagers' wellness.

2.10.1 Gender

Gender is one of the factors that has always been contradictory when it comes to the study of children's responses to divorce. Some of the researchers pointed out that boys from divorced families had more adjustment problems compared to girls (Malone et al., 2004; Spruijt & Duindam, 2009). Contradictory to this, a few other researchers have concluded that divorce brings more negative impacts to girls than to boys (Nielsen, 2011; Naevdal & Thuen, 2004). There are also researchers who argued that there are no gender differences regarding the effects of divorce on teenagers (Amato & Cheadle, 2005; Sun & Li, 2002). Teenagers see their divorced

families from different perspectives, but they deeply resented the strains and difficulties which came with losses as well as changes in their lives (King, Boyd, & Thorsen, 2015). Teenager girls in divorced families will desire love and attention yet the fear of abandonment will always hunt them. These teenage girls are also prone to desire and anxiety (Jacquet & Surra, 2001). This will influence their decision making on marriage in the future (Wallerstein & Blakeslee, 2004). Studies on divorce families also indicated that teenage girls who experienced divorce families would show lower relationship commitment and confidence as they grow older into adulthood (Whitton, Rhoades, Stanley & Markman, 2008). Teenage boys, on the other hand, will experience fewer role models of intimacy with their absent fathers' modeling to build their interpersonal skills (Risch, Jodl & Eccles, 2004; Scott, Booth, King & Johnson, 2007). Overall, divorce leads to various problems with the risk of mental health and low wellness mainly among teenagers in single parental care (Bergström, Fransson, Hjern & Wallby, 2014; Strohschein, 2005). It is vital for the child to have a positive relationship with both their parents to maintain their mental health and for the importance of the child's wellness (Låftman & Östberg, 2006). In regard to this, past research had recommended joint custody as studies indicated that the result was more satisfactory to the teenagers and their state of wellness (Fabricius & Luecken, 2007; Spruijt & Duindam, 2009). In fact, the Swedish data indicated that parental relationship among children from joint custody is as satisfying as children from a nuclear family (Swedish Government Official Report, 2011 cited from Bergström et al., 2014).

2.10.2 Age during the Parent's Divorce

Age during the divorced families is another factor that determines the impact

of divorce on a child (Bergström et al., 2014). Based on the age differences, children who suffered parental separation at a younger age will experience more significant negative experiences compared with older aged children (Lansford et al., 2006). Amato (2001) explained the differences in the experiences of the children in parental divorce, which was influenced by the age of the child during the parental divorce, is considerably related to the historical cohort effects. However, parental divorce became more normative and accepted over time as the child gets older compared to a teenager, which reduced the adverse effects (Lansford et al., 2006).

The child's adjustment due to parental divorce is also very much related to the age of the child when the parents got separated (Malone, Liu, Vaillant, Rentz & Waldinger, 2004). Similarly, to understand the child's adjustment to the impact of divorce, it is necessary to study the developmental stages of the child based on the child's age (Roth, Harkins & Eng, 2014). Stocker & Richmond (2003) concluded that young children who were exposed to parental divorce would face higher risks of adjustment as they are less autonomous. Older children will have a better adjustment to separate themselves from the conflict as they have better-coping skills (Roth et al., 2014).

There is also evidence that the academic achievements of a teenager in divorced families are significantly related to the child's age when the parents got separated (Anthony, DiPerna & Amato, 2014). Amato (2001) highlighted that the negative impact of divorce on the academic achievement of the child is more significant for teenagers compared to younger children. Similarly, Lansford (2009) concluded that divorce brought more negative effects on the high school students compared with the elementary level students.

2.10.3 Duration of Parent's Divorce

Duration of divorce is also another important factor that influences moderation during the study of divorce families and the impact on young children and teenagers. Lansford (2009) highlighted a methodological problem in most studies on children's adjustments after their parents divorced; most studies only reported the age of the children during when the studies were conducted rather than their ages during the divorce. Amato (2000) accepted the importance of children's age at the time of divorce and agreed that it was one of the essential factors which were lacking in his earlier studies. The most common approach to study child development in families who have gone through the trauma of divorce is by comparing children in divorced families with children from parents who are not divorced (Lansford, 2009). The drawback of using the comparison strategy is that the length of time between the divorce families and the time of assessment can vary considerably across the sample (Lansford, 2009). To overcome this issue, researcher should set the time of divorce as an anchor point and modeling trajectories of adjustment over a period from one year prior to the divorce to three years after divorce (Lansford et al., 2006). This research gives teenagers a comparable point in relation to their parent's divorce (Lansford et al., 2006).

2.11 Literature Gap

This section will focus on the deficiencies of existing literature and establish the gap in understanding the living experience of teenagers in divorced families. A total of six literature gaps was identified. The following review will describe the gaps in detail and explore the reasons for selecting or rejecting the identified gap in this research.

Family relationships and cultures in Asian countries are more family-centric compared to those in western countries. The tradition of getting family's approval before getting married is still highly practiced in the Asian society compared with the western culture where self-interest is given more preference over family. Hence, in the western culture decision about marriage and relationships are more of the individual decision rather than the families. As most of the statistics and studies on the effects of divorce are conducted in western countries, there is a gap in the literature to uncover if the effects are similar in the Asian countries, which has a different culture and family bonding dynamics. As Malaysia is a multicultural Asian country, the finding of this research will close the gap on the effects of divorce on Malaysian teenagers from different cultures. The findings will also determine the effectiveness of applying western literature to study Malaysia teenagers as Malaysian teenagers thought to have a more close-knitted family bonding compared with teenagers from western countries.

Most of the established wellness models, such as those proposed by Dunn (1961), Hetler (1980), Travis (1981), Eberst (1984), and Adams (1997) were designed in the 20th century. Currently, the popularity of social media has changed the lifestyles and modes of communication of society in the 21st century. Therefore, the term wellness as in social or intellectual wellness has also changed. This creates a gap in the currently available literature on the reliability of these models to study the state of wellness in the current society. In this study the researcher will study the social and intellectual wellness of teenagers as an attempt to close the gap, primarily to evaluate if the former models are still effectively applicable to the current modern society. Moreover, the usage of social media requires the high cost of obtaining a computer or mobile phone. With the development of information technology, schools

in Malaysia and many other parts of the world are already using social media as another source of communication with the students. This raises the question of financial wellness, which was never discussed by any of the wellness models from the 20th century. In this study the researcher will use the SAMHSA model to identify the financial wellness of teenagers from divorced families in Malaysia.

The existing wellness model and the founders originated from western society, and the reference for the instruments and validation of these models suited the western culture (Goss, 2011). As the religious aspects of each culture differ from another, a literature gap concerning the effectiveness of the application of these models to study the state of wellness of society that has a different religious faith should be explored. Bearing this in mind, this research will examine the spiritual wellness of teenagers in divorced families and close the gap by examining to what extent do the western models contribute to the spiritual wellness of Malaysian teenagers who live in a multiracial culture.

The current wellness models and theorists were also designed with a preference for the adult lifestyle (Spurr, 2009). Inevitably, a literature gap currently exists to choose a suitable model for investigating wellness in teenagers as there is no specific model from previous studies which is dedicated to teenager's lifestyle. This research will study seven dimensions of wellness by creating its own conceptual model, consisting of the physical, emotional, intellectual, spiritual, social, environmental and financial state of wellness. The model was designed based on the essential requirement of teenagers to optimize their wellness.

As mentioned earlier, divorce requires a complicated legal procedure in Malaysia to navigate the jurisdiction of both the Syariah and civil laws. (Chlen & Mustaffa, 2008). The outcome of divorce, involving custody, for example, may differ

on a case to case basis. As teenagers may have their own emotions and expectations regarding the outcome of their parents' divorce, there is currently a gap in the literature regarding the issues of custody according to the rulings of the Malaysian courts and how does this take into account the real expectation of the teenager. In a situation of expectation versus reality, a disappointed teenager will face various negative impacts on their wellness due to divorced parents. This research will explore the emotional wellness of teenagers, their expectations about the outcome of divorce and the impact on their families and to what extent has it influenced their life as phenomenological study is a method that can be used to explore teenagers' emotional wellness in this in-depth study (Wojnar & Swanson, 2007) to explore what is considered as a rapid and flexible investigative strategy.

Intellectual wellness refers to creative and stimulating mental strength, which is linked to the academic performance of an individual throughout his/her life. As divorce has a tendency to decrease household income, leading to a higher risk of poverty, it diminishes the teenager's opportunity to have access to academic opportunities (Fagan & Rector, 2000) as well as their intellectual wellness. This fact is unavoidable even though in Malaysia there are various education facilities provided, such as *Perbadanan Tabung Pendidikan Tinggi Nasional* (PTPTN) or even education insurance, which could offer financial support to teenagers to obtain a higher education fund. This is another literature gap that could be explored on the effects of divorce on higher education opportunities for teenagers in Malaysia, which has its own distinct policies on higher education. Therefore, this research will also study to what extent does divorce creates changes in the intellectual and financial wellness of teenagers in Malaysia whose parents are divorced.

2.12 Summary of the Literature

The progression of teenagers' sense of wellness in divorced families involves not only their health but also wellness because wellness is a life-long process that continuously evolve to enhance our lives by optimizing individual potential as well as maximizing their health and wellbeing (Carrington & McIntosh, 2013). Besides this research, the literature reviews of studies concerning teenage children who are undergoing the transitional period between childhood and adulthood were also conducted. The related literatures have illustrated the relationship between members within a divorced family has an effect on the teenager's wellness, and this indicates the importance of a nuclear family in developing the state of wellness within teenagers. In summary, there are many factors contributing to the wellness of teenagers, yet the rising cases of divorce has brought issues related to the wellness of teenagers to the public interests as the result of various social and economic challenges faced by the nations.

CHAPTER 3

METHODOLOGY

3.1 Introduction

This chapter explains the research methods employed by the researcher in this study. This qualitative study intends to conduct an in-depth analysis of teenagers' feelings, values, and perceptions regarding divorced families. The chapter also encompasses an overall view of the methodology used in this study; a comprehensive explanation of the methodology will provide a more in-depth understanding of the research approaches used, procedures involved, and the process of data collection pertaining to this study through an explanation of research design, sampling strategies, data collection and data analysis used in this study.

3.2 The Phenomenological Research Methodology

This is a phenomenological study investigates the living experience of a homogeneous group of teenagers in divorced families. As there are various types of phenomenology studies, the researcher initially examined the characteristic scaffolding or staging of the phenomenology to choose the right type of phenomenology study (Padilla-Díaz, 2015).

Hermeneutic phenomenology was chosen as the most suitable phenomenology method as the study allows for an in-depth exploration of the state of wellness in teenagers from divorced families. The hermeneutical phenomenology investigation refers to personal experience, description, interpretation, and the meaning of the phenomena's lived experience from the perspective of the participants. Although the similarities between the participants were identifiable

towards the end of the study, the resulting analyses cannot be generalized to the entire population as only ten teenagers were selected as participants.

Hermeneutic phenomenology is a study that explains detailed information about the lived experience of a human (Lavery, 2003). In hermeneutic phenomenology, the study makes an effort to obtain the participants' in-depth experience and acquires a genuine realization of an individual's nature (Kafle, 2013). In this study, hermeneutic phenomenology refers to the study of teenager's consciousness and living experiences in families that have undergone a divorce. The focus was given to the wellness of the participants after parental divorce. To understand the teenagers' living experience, the participants were asked questions that were semi-structured in the interviews.

Husserl (1931) believed that the essence of experience could be obtained by using the "epoché" or bracketing approach (Husserl, 2012; Wall, Glenn, Mitchinson & Poole, 2004). Hence, throughout the duration of the study, the researcher would be open to all new experiences gathered through the interviews by putting aside his own pre-interpretation on the phenomenon (Chen, 2012). Epoché is derived from a Greek word, which means to check or pause (Bednall, 2006). In phenomenological research, epoché can highlight a particular period which occurs by setting aside all the unexplained assumptions that the researcher has (Wojnar & Swanson, 2007). The application of epoché or bracketing in this research is explained in detail in the Phenomenological Investigation section of this chapter.

This study established three primary tasks that the phenomenological researcher needs in order to collect a deep understanding of the lived experience from the participants' perspective. The first task of the researcher is to follow the rules of epoché that entails bracketing as the data is presented (Bednal, 2006) and

discussed in the earlier section of this investigation where the researcher makes an assumption of the phenomenon by carefully examine, understands and creates an explicit knowledge of the phenomenon (Butler, 2016). The researcher has to detach all prior knowledge including whatever experimental and theoretical knowledge of the phenomenon, in order to get a more precise focus and openness when examining the participants' lived experience. This can also help to reveal the fundamental nature of the phenomenon.

The second primary task for the phenomenological researcher is to ensure that the ability of the participant to describe their personal lived experiences, excluding any casual explanations, generalizations, or abstract interpretations, which must be avoided (Ajjawi & Higgs, 2007). Therefore, in this study the researcher will encourage the participants to speak as specifically as possible with descriptions filled with feelings, moods, and emotions on their lived experience.

The final task for the phenomenological researchers is to apply the "rule of horizontalization" or the "equalization rule" during the interview session (Guzman-Martinez, 2012). Every single data received from the participant should be initially treated as having equal value or significance; any initial hierarchies of importance in the data should be avoided (Chudý, Neumeister, Plischke, Richterová & Kučerová, 2015). The rule plainly states that upon establishing an experience of the phenomenology being investigated, the researcher should not assign any importance or rank according to importance or priority but to treat all experiences with the same level of importance or priority.

3.3 Phenomenological Research Design

The research design is an extensive area of research procedure and method to be

undertaken in completing a given investigation. For the purpose of this investigation, the researcher relied on the works of Saunders, Lewis & Thornhill (2009) to form the research design outline discussed and presented in this chapter.

The phenomenological research design developed for this study can be summarized and tabularized, as shown in Figure 3.1 below.

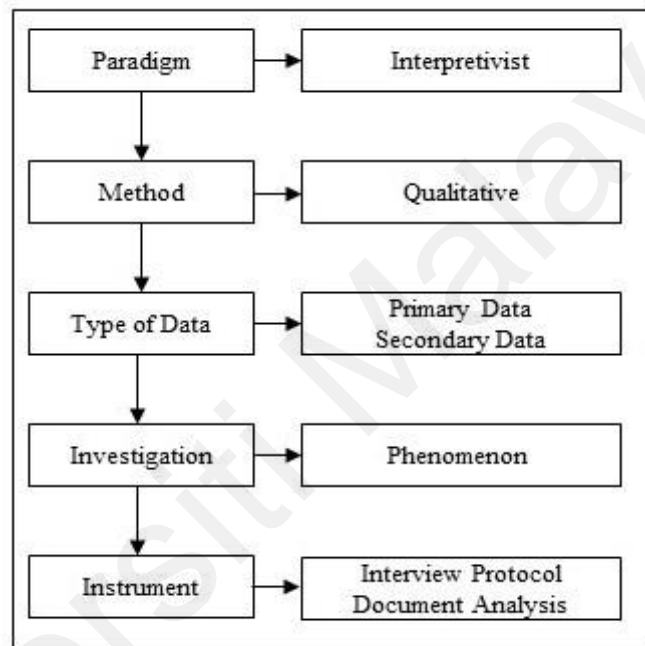


Figure 3.1. Research Design

3.3.1 Research Paradigm

Research paradigm refers to common belief and agreement which is shared to understand and address a phenomenon (Johnson & Onwuegbuzie, 2004; Johnson, 2017). It is generally accepted that qualitative research is usually based on interpretivism's paradigm. (Tashakkori & Teddlie, 2003).

3.3.2 Method

In this research, the researcher used a qualitative method to gain insight into the teenagers' state of wellness after they became part of divorced families. The

researcher has to gain understanding of developing ideas or potential propositions to solve the research problem. In the qualitative approach, the information is gathered by describing the phenomenon in a profound, comprehensive manner (Dahan & Bedos, 2010). As mentioned earlier, the goal of qualitative phenomenological is to describe the lived experiences of the selected participants being investigated (Starks & Trinidad, 2007), which is also known as an educational qualitative research design (Waters et al., 2000). The educational qualitative research design refers to the ability of the researcher to learn and educate the stakeholders and interested parties to understand the phenomenology being investigated to develop corrective and preventive measures at varying policies and management levels.

The aim can be described as follows:

1. The researcher develops ideas for the investigation through the formation of the conceptual framework presented in Figure 1.3 in Chapter 1 of this investigation.
2. The researcher can investigate further to form a research proposition for this investigation, but the researcher takes into consideration that the research questions are sufficient enough to understand the phenomenology being investigated.
3. A naturalistic approach is defined as the researcher studying the phenomenon in its natural settings. This is established by the meaning given to it by the people who have lived the experience. (Hashemnezhad, 2015).
4. The qualitative phenomenological research approach is the most appropriate method for the study to explore and understand the lived experiences of teenagers in divorced families and their state of wellness. Through phenomenological approach, the researcher will gain a deeper understanding

of the teenagers' development and the meaning of wellness based on their everyday experiences. This method will allow the participants to engage themselves in-depth interviews and to elicit their own experience of being a teenager in divorced families.

In this investigation, the researcher had decided to use the multiple methods for the purpose of data collection. There are two different methods of data collection, employed which invoke the multi-method choice of research in this study. The multi-method data collection of this study includes a semi-structured interview and observation which are discussed and presented in detail in the "Data Collection Procedure" of this chapter.

3.3.3 Data Type

There are two different types of data, commonly known as primary and secondary data. Primary data refers to the data collected personally by the researcher for data analyses in a given study. The source of primary data in this study is from the interview transcripts and the field notes obtained from the teenage participants during the interview and from the observations conducted during the interview to collect data for this investigation.

The secondary data refers to the existing and readily available data which are relevant and suitable for data analyses to achieve the aims and objectives of the study. The source of secondary data in this research will be in the form of a literature review. The secondary data is used to form the foundation of the study to guide the researcher to establish the definition of problem, aims, and objectives of the study.

In this study, the researcher uses only the primary data in the course of the investigation to answer the research questions. Secondary data is only use as references to support statement given by the researcher.

3.3.4 Investigation

This study utilized the phenomenological investigation to achieve the aims and objectives of this study. The researcher chose the phenomenological investigation to understand the phenomenon pertaining to the teenagers' state of wellness resulted from their experiences being in divorced families through their lived experiences (Maypole & Davies, 2001). The strategies of the phenomenological investigation are as shown in Figure 3.2.

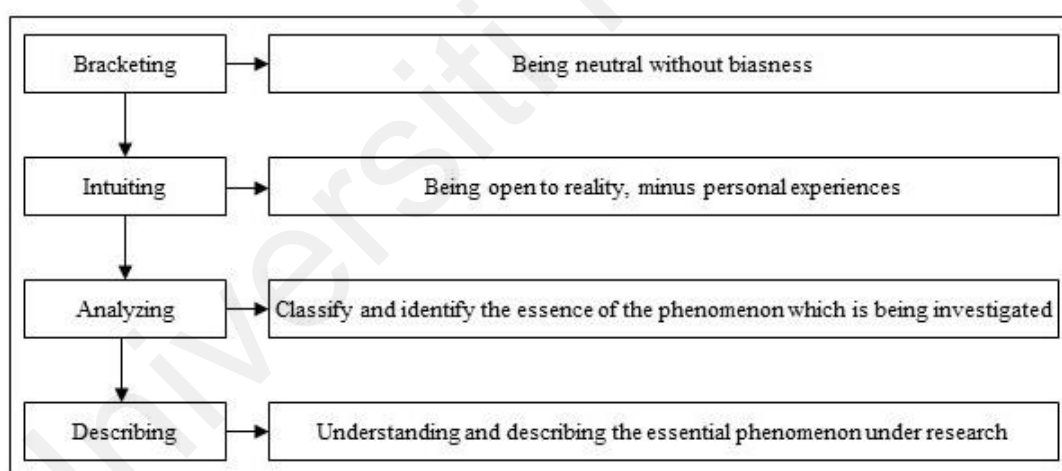


Figure 3.2. Strategies of Phenomenological Investigation

There are four significant strategies involved in this hermeneutical phenomenology research. These strategies are known as a distinct component in hermeneutical phenomenology research as the strategies are blended throughout the investigation (Wojnar & Swanson, 2007). The strategies are used as a method to demonstrate the validity of a phenomenological research (Chan, Fung & Chien, 2013). The strategies are described in the paragraphs above.

1. Bracketing

Bracketing refers to the process where the researcher remains neutral by putting aside his prior understanding and assumptions about the phenomenon under investigation (Wojnar & Swanson, 2007). Although bracketing is a method to improve the rigor of the research during data collection and data analysis, how the researcher uses it in a phenomenological study is rarely demonstrated explicitly in most studies (Chan et al., 2013). In this study, the researcher adopts the process of bracketing from the first part of the research which during the preparation of the research proposal and not during the process of data collection or data analysis. From the beginning, the researcher concealed all her preconceptions about the teenagers' state of wellness and their background in divorced families. During the interview with the participants, the researcher remained neutral by maintaining a sense of caution to avoid personal biases in the research (Markey, Tilki & Taylor, 2014). All personal knowledge and experiences of the researcher about the studied phenomenon were excluded from the research to give entry and understanding of the pure description of the phenomenon without any interference. Bracketing plays a fundamental role in determining the truth and trustworthiness of the research finding (Johnston et al., 2013).

2. Intuiting

Intuiting is the ability to acquire new knowledge. It is a process when the researcher becomes absorbed in the phenomenon by remaining open to the reality of participants' experiences which will eventually lead to an innate sense of achieving a more profound knowledge about what it is like to live the life of the participants (Wojnar & Swanson, 2007).

Hermeneutics is the interpretation of a new understanding, like a phenomenology. In the single hermeneutics or in the conventional interpretation, the researcher is interested in interpreting how the basic world is composed or structured. In the double hermeneutics the researcher not only interprets the phenomenology of being investigated but also how the people understand a given phenomenology around them, which shaped their behavior and actions (Norreklit, 2006). This is done in view of changing the action and behavior of the people. In this investigation, the researcher accepts the intuitive view to be part of the double hermeneutics interpretation whereby the researcher investigates the phenomenology and also how the people understand the phenomenology.

In this study, the researcher will get involved in the phenomena with a clear mind that it is something new without layering it with whatever that has been bracketed out. The researcher will get intensely involved with the teenagers and concentrate on getting a shared understanding of their wellness, which is under investigation in this study.

Through the intuitive process, the researcher will remain open to the reality and belief system of the teenagers. The researcher will generate data through attentive listening and concerted effort to understand the teenagers better. Intuiting is a conscious attempt to get deeper into the data to ensure that a truly comprehensive and accurate interpretation is reached at the end of the study.

3. Analyzing

Analyzing qualitative data in a phenomenological study is a rigorous analysis of data in the form of word and observation. It involves the researcher's creativity, discipline and systematic approaches to identify the essence of the phenomenon which is being investigated (Taylor-Powell & Renner, 2018). In this research, the

researcher compared and contrasted the data obtained from the teenagers. This is to identify all the recurring themes and the interrelationship among the data. The researcher in this study also referred to reflective journal and field notes while analyzing the data. Discussion and debriefing from a phenomenology expert was vital at this point in the research.

4. Describing

Describing refers to the final point of a phenomenological study, to present a theoretical model of the essential structure in the phenomenon under research (Wojnar & Swanson, 2007). In this final stage of the study, the researcher communicated and described the critical elements of the phenomenon to others in the form of writing and verbal recordings. In this study, the researcher classified all the critical elements of the common themes from the lived experience of teenager's wellness in divorced families.

3.3.5 Instrument

The instruments used in this study consists of the teenager interview protocol and the field notes used in the interview and observation. The instruments are shown in Table 3.1

Table 3.1

Research Instrument

Method	Instrument	Attachment
Interview	Teenager Interview Protocol	Appendix D of this study
Document Analysis	Field Notes/ Observation	Appendix E of this study

3.4 The Phenomenology Research Flow

In this section, the researcher developed a suitable and relevant research flow to provide a summary of the entire investigation planned for this study. The researcher attempted to present the entire investigation based and aided by this research flow. In most instances, the flow was strictly followed in a step by step manner. The summary of the research flow is illustrated in Figure 3.3.

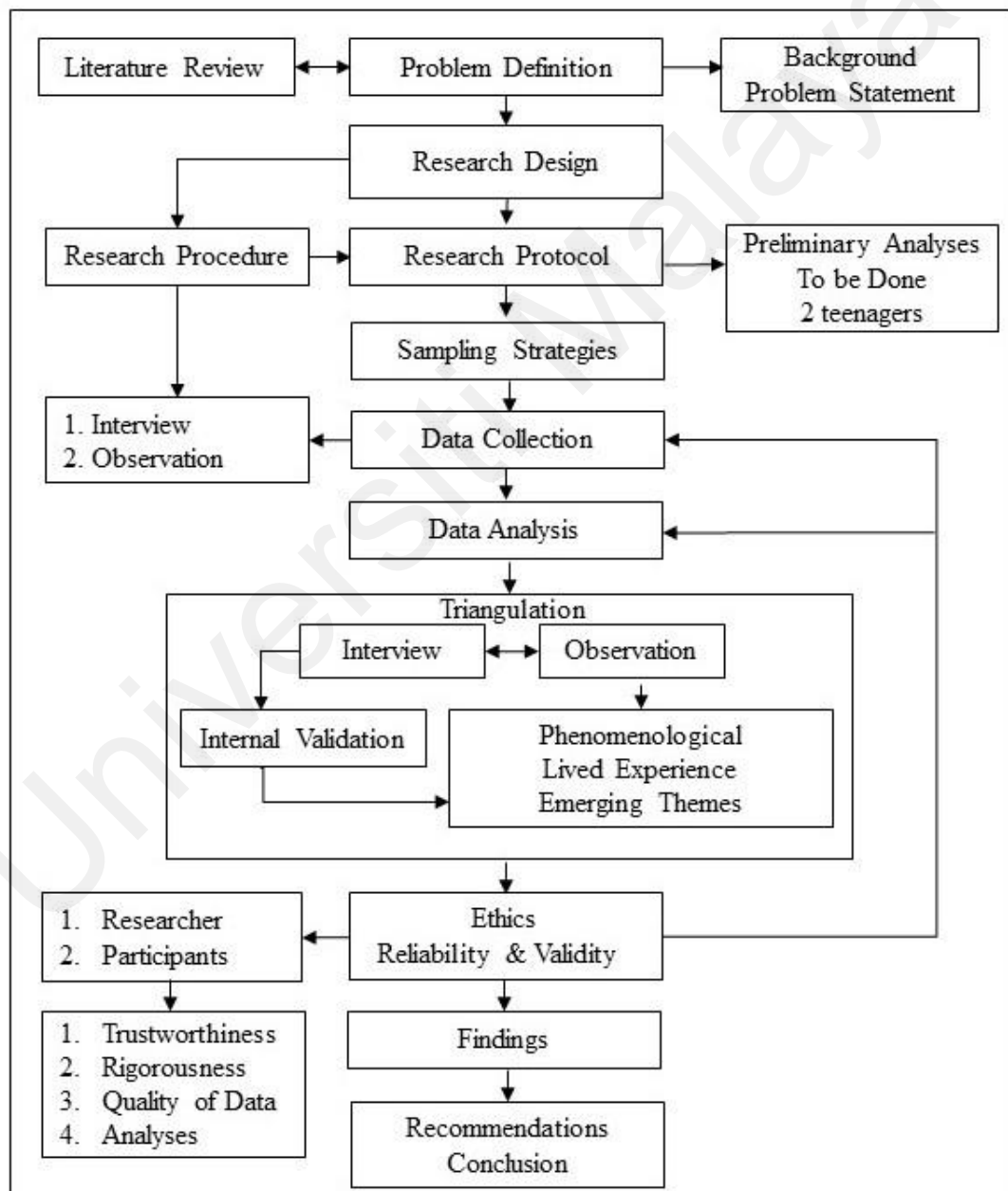


Figure 3.3. Research Flow for the Study

The problem definition included the background of the study, and problem statements were presented and discussed at length in Chapter 1 of this study. Following that, the researcher has completed an extensive literature review in Chapter 2 of this study, which was presented in the earlier chapter of this study. This chapter begins with research flow and continues with the research design stage which is discussed and presented in the following section.

3.5 The Phenomenology Research procedures

The research procedure is the step by step procedure taken by the researcher in completing the data collection. The entire steps are collectively known as the research procedure for the purpose of this investigation.

The researcher in this study used hermeneutic phenomenology as a guide for the research procedures to investigate the teenager's wellness as children of divorced parents. Hermeneutic phenomenology is a qualitative research methodology using research questions of a phenomenon to understand human experience (Crist & Tanner, 2003). Since the researcher is interested in the living experiences of teenagers in divorced families, hermeneutic phenomenology would be the best method to describe their experience as it gives opportunity for the teenagers to voice out their own living experiences, which is elicited for the study (Sloan & Bowe, 2014). Meanwhile, the use of hermeneutic phenomenology added more values to the findings of qualitative research related to human living experience (Sheehan, 2014). Hermeneutic phenomenology is focused on describing the actual living experiences from the perspective of the teenagers (Todd et al., 2016). Hermeneutic phenomenology is a concept that encloses the true meaning of a natural phenomenon

with and within their own identity (Moerer-Urdahl & Creswell, 2004). In this research, hermeneutic phenomenology supports the methodology by providing a logical, systematic, and coherent design element that provides essential descriptions (Moerer-Urdahl & Creswell, 2004) of the living experience of the teenagers' state of wellness living in divorced families.

3.6 Researcher

It is mentioned clearly in this section the vital information about the researcher's background, role, and biases to ensure the pre-judgment as well as being transparent in conducting this study to avoid preconceived ideas about the teenager's wellness in the divorced families (Malterud, 2001). Since the researcher is the primary instrument for data collection and analysis, therefore, it is a vital for the researcher to focus on the controversial issues which often occur in qualitative research (Cresswell, 2008; Merriam, 2009).

Therefore, in this study the researcher is also very conscious about the ethical considerations applicable to the researchers generally. Researchers are expected not only to conduct research without bias but also to report without bias or fear and favor (McNamara, 2009; Unluer, 2012). Throughout the investigation, the researcher was very focused on identifying and establishing a very high standard of conducting the research. The researcher was guided by deploying only well-established principles, procedures and methods in conducting research. The researcher used all possible methods to adhere to a high standard of investigation. There was no manipulation of any of the procedures, steps or methods declared in this investigation. This essentially means that the researcher did not apply any unethical means to conduct the investigation, collect data from the participants, analyze the data and finally in

reporting the findings as it transpired. Overall, the researcher conducted this study with integrity, which involves proper ethical stance. The strict observance of all the ethical is clearly stated in the “Ethical Consideration” discussed in this chapter.

3.6.1 Researcher’s Background

The researcher has been working as a registered counselor for eight years. Her experience serving the family counseling unit of NPFDB has allowed the researcher to provide counseling services to teenagers from divorced families. The teenagers’ sharing of their challenges are often related to family issues and this had motivated the researcher to seek further understanding of this matter. NPFDB also focuses on modern youth-friendly centers named Kafe@teen provided by the NPFDB for the purpose of helping teenagers aged between thirteen to twenty-three years old to handle their adolescent years with confidence and ease. This kafe@TEEN adolescent center provided service since November 2005 in Butterworth and at NPFDB Headquarters in Kuala Lumpur. As of 2014, fourteen kafe@TEEN have been established in various states in Malaysia under NPFDB. Through these centers, many teenagers have been offered counseling services, and more services are given to assist teens in recognizing their personality, skills, abilities, and potential in terms of emotional, cognitive and behavioral competence. In addition, the researcher also served as a counselor to address the teenagers’ issues through counseling interventions and therapies by assisting teenager clients to navigate personal issues, inner conflicts, peer conflicts, and educational issues.

Counseling sessions for individuals or groups are conducted twice weekly by NPFDB counselors according to the required fixed appointments by client. The researcher also trains the teenagers based on the Life Wellness module or

'Kesejahteraan Hidup'. The module consists of four components, namely sex and gender, family, and life skills development without violence. The components in the training module aim to improve the understanding, awareness, and skills of youth in dealing with the policies and laws of the country and the government commitment to international treaties. The teenagers are trained to use the module, which has been developed in the form of interactive learning using a variety of methods such as role-play methods, sketches, working groups, and discussions to attract teenagers and young adults. All these experiences create immense insights that inspire the researcher to develop further interests to understand and assist these teenagers.

As a counselor and trainer, the researcher is driven by the wish to facilitate such teenagers by creating awareness in single parents to be more attentive to their teenage children's needs and wants. However, there is currently no program that specifically addresses the issues faced by teenagers from divorced families. Only general counseling services have been given to help them to cope with their issues. This phenomenon held the researcher to gain more interest in understanding the wellness of teenagers in divorced families. In most cases, the researcher feels that currently the teenagers' issues are only dealt with superficially but while providing personalized services to each teenager, client, and family, she began to develop interest in how these teenagers attain their wellness in their daily lives despite having to cope with parental separation. The researcher has a strong passion for this study because of her own work experience at NPFDB and other non-governmental agencies which work closely with NPFDB. As a result of all these work experiences and social services, together with her intense interest and passion, she has embarked on this study to understand the phenomenon of teenagers' wellness in divorced families.

3.6.2 Role of the researcher

The nature of qualitative study emphasizes that the researcher observes and interpret primary questions, explores the questions and plans strategies for data collections (Ritchie et al., 2013). Based on the traditional grounded theories of qualitative studies, the researchers are required to enter the field of research with a minimum and, if possible, without any predetermined thoughts as well as being sensitive to data without filtering it (Mills, Bonner & Francis, 2006). In this study the role of the researcher was very much related to the theoretical sensitivity of the researcher in dealing with the natural evolving and unfolding of events.

Theoretical sensitivity refers to the multidimensional concept that includes the researcher's level of insight regarding the research area, the ability of the researcher to harmonize with the nuances and complexity found in the participant's word or actions (Mills et al., 2006). In this study, the researcher's skills and readiness to conduct a qualitative study on teenagers' wellness are evaluated by the ability of the researcher to maintain theoretical sensitivity. Before conducting the study, the researcher adopted the stance of the naturalist paradigm. The researcher also developed level of skills appropriate with the research on the human instrument, namely the participants of this investigation. Finally, the researcher applied a theoretical sensitivity by preparing a research design that utilized and applied naturalistic strategies. Theoretical sensitivity is defined by Figure 3.4.

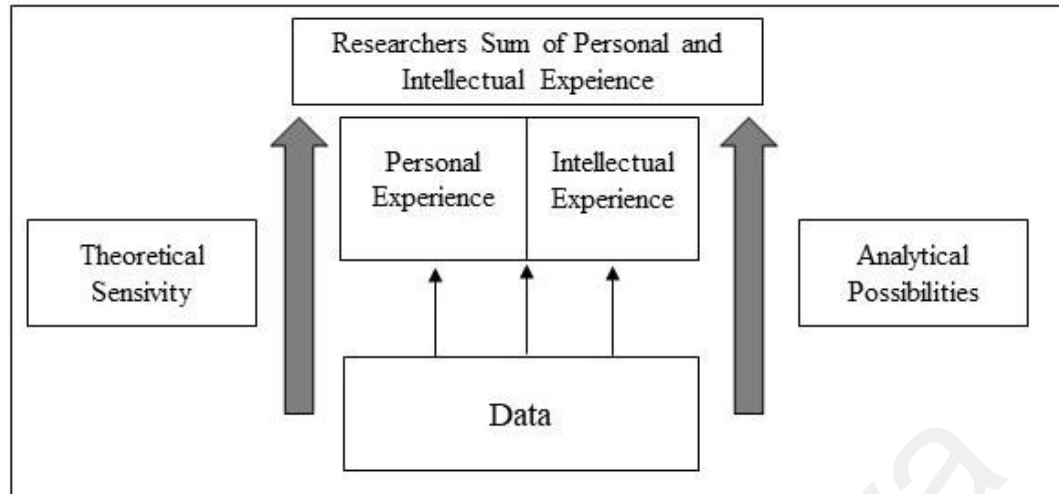


Figure 3.4. Theoretical sensitivity by Glaser, 2017

The researcher's theoretical sensitivity includes the personal and intellectual experiences of the researcher. As such, when the researchers became involved with more data analyses over a period of time, the theoretical sensitivity increased the analysis possibilities (Glaser, 2017). The ability of the researcher to apply theoretical sensitivity came from various sources such as reading professional literature, the researcher's professional experiences, and personal experiences as a registered counselor at NPFDB, Malaysia.

In this research, importance is given to the ability of the researcher to apply naturalistic strategies, and sensitivity to the data as well as decisions involved throughout the study as this could determine the credibility of the research. The credibility of the study is heavily relied on the personal qualities of the researcher, therefore it is crucial for the researcher to make self-evaluation to apply check and balance from time to time in the process of maintaining the naturalistic inquiry and enhance the researcher's sensitivity.

3.6.3 Biases in the Researcher

The researcher is very concerned about maintaining and ensuring the trustworthiness of the data. Therefore, the researcher aimed to identify her own personal biases on issues pertaining to teenagers' wellness in divorced families. This action taken was to identify the personal biases which could interfere with her own awareness in preventing personal influences to interrupt the study's outcome. This is also to minimize the influence of personal biases of the researcher in the study. The researcher is married with one daughter and has the experience of growing up as a young teenager. The researcher believed that all religions inculcate ethical values for parents to nurture their children and address their needs with care and support.

With regards to parental divorce, the researcher believes that teenagers who have experience living with their single-parent mothers have many issues to share about their experiences and how they achieved their wellness despite living under such circumstances. As a counselor, she believes that the profession has a great deal to offer the teenagers concerned. This research is expected to serve and help in knowledge building and practices.

A total of four biases identified by the researcher that may interfere with the research are: (a) teenagers' wellness in divorced families is a very challenging situation for the teenagers (b) teenagers wellness can only be achieved through good bonding with single parents (c) teenagers from divorced families requires a long process to recover their wellness, and (d) teenagers from divorced families have their own internal resources that can guide them in making the best decision for themselves. In order to proceed with the process of data collection the researcher continued to be reminded to avoid her personal biases. This is to prevent personal

biases during the process of interview sessions and the process of analyzing data collected from the interview session.

3.7 Sampling Process

The sampling process in this research refers to a systematic selection of participants from a large population group. Participants from the process of sampling are samples of a population, and they are chosen as representative to enable findings based on the studies in the selected population (Polkinghovne, 2005). In the sampling process, it is an essential consideration for selecting participants in a qualitative study to ensure the avenue and the individual's ability to facilitate in providing the needed information to answer the research questions (Maxwell, 2013). Therefore, the researcher has established a purposeful selection of her participants for the study to obtain relevant information. Sampling can be divided into probability and non-probability sampling.

Based on Figure 3.5, the researcher decided to conduct a non-probability sampling, which is purposive to ensure that all the selected teenagers were from divorced families. The participants were homogeneous as they shared similar experiences, beliefs, and backgrounds.

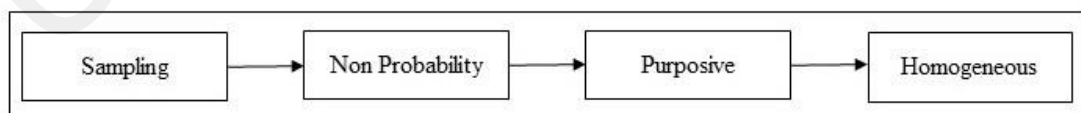


Figure 3.5. Sampling strategies

In this study, the population comprised of teenagers from divorced families aged between sixteen years to eighteen years old. Hence, it is not possible to access all teenagers from the population. The researcher recruited ten teenagers from

various states in Malaysia. The decision of the researcher to select samples from various states was due to availability of the Counseling Unit from NPFDB in all the state offices that allowed for the selection of the most eligible candidates for the study.

3.7.1 Participants

A total of 10 teenagers aged between sixteen years to eighteen years old participated in this research. The teenagers were Malaysians from various states in Malaysia, and their parents have been divorced for more than a year, and they are currently staying with their mother. Based on their ethnicity, three of the teenagers were identified as Malays, another three were identified as Chinese while the remaining four were identified as Indians. A brief description of the background and the living experiences of the teenagers is summarized in the demographic info shown in Table 3.2. In this research, all the participants' names are pseudonyms.

Table 3.2

Summarized Demographics of the Participants

	Sub	Yug	Jay	Lee	Haf	Tan	Koh	Ain	Dvy	Saf
Age	18	16	18	17	18	18	18	18	16	18
Race	Indian	Indian	Indian	Chinese	Malay	Chinese	Chinese	Malay	Indian	Malay
Gender	Female	Female	Male	Female	Male	Male	Male	Female	Female	Male
Sibling	0	2	1	0	1	0	1	1	1	2
Years of Parental Divorce	8	5	8	8	10	10	6	5	7	5
Cause of Parental Divorce	Drug Addiction	Marital Affair	Financial	Physical Violence	Financial	Financial	Physical Violence	Financial + Physical Violence	Physical Violence	Regular fight

The researcher centered on the ethical issues for the participants on the 4 issues identified (Beskow et al., 2004). The issues were as follows:

1. The participants were requested to sign the informed consent form to establish the voluntary nature of the participation in the interview.
2. The participants were assured that their confidentiality would be preserved. This is done by distinguishing all risks associated with confidentiality were addressed.
3. The participants were informed about the risk assessment in the study, and there are no such risk or harm for the participants that could prevent the interview.
4. The interview was conducted with no deception. This was made clear to the participants at the commencement of the interview.

Over and above that, the participants were also informed that they were free to withdraw from the interview at any point of time if they wished to do so.

At the very commencement of the interview, the researcher explained the method and the objective of the study to all the participants. The participants were made aware that this investigation was being carried out as part of a Doctor of Philosophy (Ph.D.) program from the University Of Malaya for the researcher as a part of her personal and academic development.

3.7.2 Sampling Frame

The sampling frame for this investigation refers to teenagers aged between sixteen to eighteen years old living with their mother as a single parent. According to Galić et al. (2015), age sixteen to eighteen is known to be the stage of elder minor before reaching the adult stage. Therefore, the age group of sixteen years to eighteen

years old was selected by the researcher as this age group was expected to be more matured and articulated to be suitable participants for the investigation.

The researcher excluded the younger age group as the participants were regarded as lacking the verbalizing skills and they may not be as matured (Qin, Young, Supekar, Uddin & Menon, 2012). The researcher identified the suitable participants provided by NPFDB who comprised all major races: Malay, Chinese and Indians.

3.7.3 Sampling Criteria

This is phenomenological research using ten teenagers as participants. All participants or family members of the participants were registered and they had sought counseling support with the Counseling Unit, NPFDB, to resolve family issues related to divorce. These criteria will allow the researcher to probe deeper into their lived experiences as teenagers as the selected participants were familiar with the settings in NPFDB, and they were expected to have more confidence with the researcher as the researcher also served as a registered counselor of NPFDB.

The researcher also set a few criteria for purposeful selection of the participants. The early screening of qualified candidates for the study will be carried out by the Counseling Unit, NPFDB based on the eligibility criteria given by the researcher. Eligibility criteria are the guidelines used by researcher to select the most potential candidate as participants for the research study. In the first criterion, it had to be the homogeneous purposive which includes all teenagers who came from divorced families as this is not a typical area of investigation. For the purpose of this study, the researcher set a time frame of at least one year for the selected participants

to experience life as children of divorced parents. The teenagers underwent the selection process before they could become qualified participants for the study. This was intended to help qualified teenagers to describe their lifestyle experiences before and after their parents' divorce.

The second criterion was the teenagers were required to obtain their parents' consent before sharing their experiences living as divorced families. They should also agree to do a face to face interview, and their conversations with the researcher were recorded for the study's purposes. As such the researcher had created an information sheet about the study to circulate to all the participants (see Appendix A).

The following criterias was based on the age, gender and number of participants. The researcher selected participants from the age of sixteen to eighteen years old where the participants were expected to be able to express and verbalize their experiences well (Qin et al., 2012). The selection of new participants stopped after five males and five females teenagers were found as the study had reached a saturated point where there were no new emerging themes that could be elicited from the interview. Therefore, the number of participants in this research was determined by the saturation of the data. In this study, the saturation point was reached at the tenth participants. At this saturation point, there was no new data shed to further enlighten the issues being studied (Mason, 2010), and the researcher had sufficient data to answer all the research questions. Hence in this research all three research question were answered when the research reached a saturation point at nine themes. To answer the meaning of wellness among teenagers in divorce family, saturation was reached when most participants' agreed that wellness can be obtained by forgiving their parents and accepting their parental divorce positively. In this

research saturation was also reached in answering the meaning of wellness when all participants described social media as their wellness. Similarly, in answering the perception of wellness among teenagers in divorced families, saturation was reached when most participants gave a perception that they obtained wellness by self-helping, willing to express or reflect their emotion and by understanding the sensitivity of confronting their parents on their divorce. Finally, in answering the changes of wellness, saturation was reached when most participants repetitively said that they are willing to let go their past and move on in life. Similarly, the participants' also said that changes took place in their wellness when they started to accept support from others and inclined themselves spiritually.

3.7.4 Sampling Method

The sampling method refers to the rigorous techniques used in the process of selecting the most potential participants to provide illumination and understanding of complex psychosocial issues (Englander, 2012). The purpose of the qualitative study is not to generalize a population, but it is to develop an in-depth exploration of a phenomenon (Creswell, 2002; Englander, 2012). This research used the non-probability sampling method as it did not require a statistical generalization (Ritchie, Lewis, Nicholls & Ormston, 2013). Non-probability sampling method, which is also known as purposeful sampling will be used to discover an occurred phenomenon and its relationship with the occurred phenomenon, which had a direct reference to the experience of the teenagers in the divorced families (Merriam & Tisdell, 2015). Hence, the participants in this research were deliberately selected from a particular group in the population based on the essential characteristics (Ritchie et al., 2013).

The researcher will include purposive sampling in this study to understand and explore the lived experience of the teenagers' wellness in divorced families. As the researcher sought for a deeper understanding and richer information from the participants, the use of purposive sampling would be ideal for this research (Petty, Thomson & Stew, 2012). The usage of purposed sampling was a more intelligent strategy that started with the researcher determining the samples and site based on the selection criteria (Merriam & Tisdell, 2015). Purposed sampling is also known as judgment sampling, as it is a deliberate choice of informants due to its qualities and the possesses (Tongco, 2007). Hence, seeking participants based on the eligibility of sampling criteria after referral by the Counseling Unit of NPFDB was a fundamental decision.

3.7.5 Sample Size

Based on the common practice in a qualitative investigation, a sample size of approximately ten participants is usually considered good for research saturation (Boyd, 2001). In this study, homogenous sampling was used by the researcher to select ten participants from various states in Malaysia. The homogeneous criterion was used in this study due to the similar characteristics (Etikan, Musa & Alkassim, 2016) of the participants. All the participants must come from a similar age group and must share a similar living experience as children of divorced families.

In this study, the researcher gathered and analyzed all data received from the ten participants to support the study. The sample size for a qualitative study must be large enough to ensure most, or all critical perceptions could be covered. Therefore, the researcher had terminated the sampling process and determined the final sample

size to ten participants as the researcher was satisfied with the maximum information gathered from the participants.

The decision of the researcher was very much related to the number of information gathered from the participants, and there was no new information that could be gathered from new participants. Hence, the sample size in this qualitative study followed the concept of saturation when there is no new data to shed further light on the issue being studied (Mason, 2010). At this point redundancy was the primary criterion for the researcher (Merriam & Tisdell, 2015).

3.8 Data Collection Procedure

The data collection strategy is illustrated in Figure 3.6.

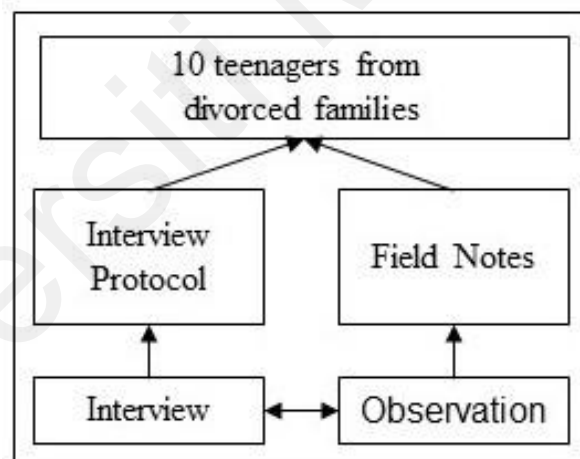


Figure 3.6. Data collection strategy by Quinlan, 2008

Multiple methods of data collection were used in this study. The methods used included an interview and document analysis.

In the qualitative study, the researcher had described and clarified the lived experiences of humans by gathering data that will be served as evidence in their

distilled descriptions (Polkinghorne, 2005). The process of turning a distilled description to become defined evidence is summarized in Figure 3.7.

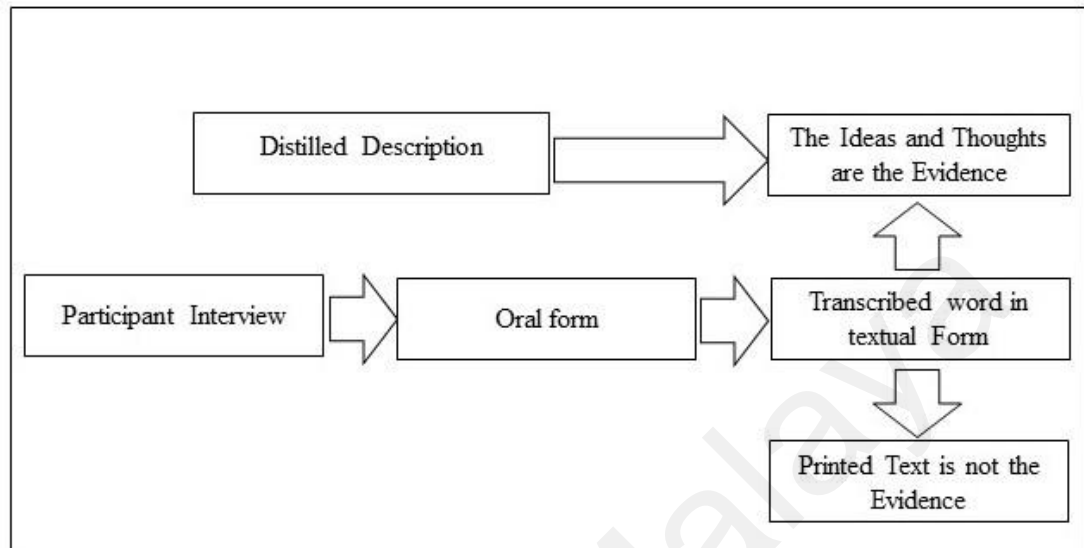


Figure 3.7. Distilled description to defined evidence by Polkinghorne, 2005

Data collection in a qualitative study is through interview, and it consists of lived experience, feelings, opinions and knowledge of the responded (Merriam & Tisdell, 2015). The data are collected in the form of verbal and nonverbal language which include a detailed description of the participants. The participant's activities, behaviors, and actions are recorded through observation and interview (Polkinghorne, 2005; Merriam & Tisdell, 2015).

In this study, data are gathered systematically using the interviews and document analysis methods. The primary instrument or the leading research tool of this study is the researcher herself, as discussed and presented in section the “Role of the Researcher” in this chapter.

The reflective expressions of the participants while expressing their lived experience and wellness as a teenager become the data collected for the study. In this investigation, the researcher includes both verbal and non-verbal responses or

feedback from the participants, which have been obtained during the interview process. The study will collect raw data, which was analyzed by the researcher.

The responses in the form of verbatim answer in the own words of the participants obtained from the interview and observations from the participants are coded to bear meaning based on the dimensions being investigated. This is further described and discussed in the section “Data Analyses” of this chapter.

3.8.1 Interview

Interviews are the most familiar strategies for collecting data in a qualitative study (DiCicco-Bloom & Crabtree, 2006). It is a flexible and powerful tool of a qualitative study to capture the voices, and ways people make meaning of their experiences (Rabionet, 2011). The use of an interview as a data collection technique in a qualitative study must include suitable interview questions, recording, evaluating interview data as well as also as interaction between the participants and the interviewer (Merriam, 2009).

For the purpose of this study, the researcher prepared relevant interview questions by taking the following factors into consideration:

1. Interviews are aligned with the research questions as the researcher is interested in understanding the lives of the participants (Seidman, 2013).
2. The interview as a whole is an inquiry-based conversation. This is usually focused on the research aims and objectives. (Patton, 2015).
3. The interview is conducted after testing the reliability and validity of the study. This is to ensure that the researcher is able to extract the required

information based on how well the participant can understand and interpret the interview questions posed. (Patton, 2015).

4. Finally, a good set of interview questions is the result of a pilot study whereby the questions are tested with a group of participants who are close to the actual demographics of the participants for the investigation. (Maxwell, 2013).

The development of experimental, qualitative and behavioral research in the 1970s (Seidman, 2013) greatly expanded the process of data collection with new format of qualitative interviews (DiCicco-Bloom & Crabtree, 2006). This study focused on the combination of semi-structured and unstructured interviews to produce qualitative data. The researcher also used standardized in-depth interviews as part of the semi-structured interviewing tool to probe deeper into the lived experience of the teenagers.

The extensive interviews classification is presented in Figure 3.8.

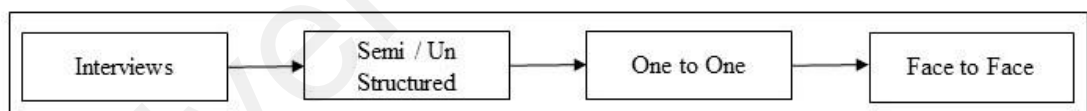


Figure 3.8. Interview structure adapted from Saunders et al. (2009)

The research procedure developed for data collection for this study can be summarized as shown in Figure 3.9 below.

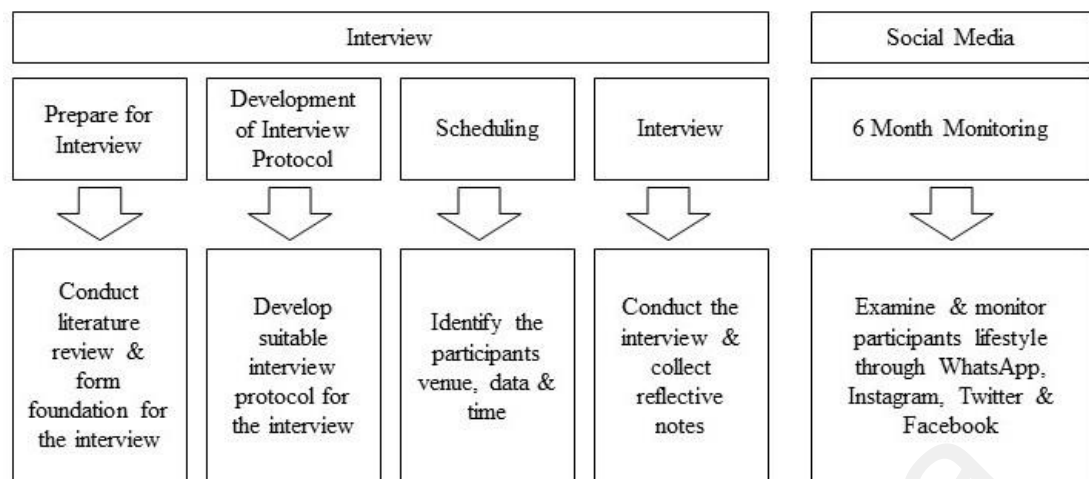


Figure 3.9. Research Procedures Data Collection

3.8.2 Preparing for the Interview

Preparing for the interview is a fundamental process in a qualitative study because it has the ability to exacerbate the problematic circumstances that can occur upon the implementation of the research (Georgeakopoulos, Wilkin & Kent, 2011). As part of the preparation, the researcher reviews the literature related to the study to improve and develop the interviewing skills. The early preparation for the interview also gives the researcher a warm-up discussion, which will reduce the researcher's stress and prepare the researcher for any sensitive issues related to the study (Pietkiewicz, & Smith, 2014). Preparing for the interview gives the researcher an opportunity to plan the flow of the interview which focuses on the critical questions the researcher wishes to discuss (Pietkiewicz, & Smith, 2014).

3.8.3 Development of the Interview Protocol

The interview protocol is also developed at this phase of the research procedure. The participants' interview protocol is attached as Appendices A, B, C, D and E of this investigation.

Appendix A: Information Sheet for Participants

Appendix B: Inform Consent Form

Appendix C: Demographic Information Form

Appendix D: Interview Protocol

Part 1: Getting Started – Rapport Building

Part 2: Probing Conversation Based On Interview

Part 3: Express Appreciation and Concluding Interview

Appendix E: Observation Protocol

Ling (2013) was used as guide to format the interview protocol while the questions in the protocol was made based on the refined framework of Castillo-Montoya (2016).

3.8.4 Scheduling the Interview

In this study the preparation for the interview starts as early as selecting the qualified participants according to the sampling criteria. The venue and projected time taken were also considered at this stage. The venue in this research was the counseling room at the National Population and Family Development Board (NPFDB). The researcher used the counseling room at the NPFDB to provide a cordial atmosphere for the participant and to gain the confidence of the participant to encourage them to speak freely. The premise allowed more room for the participant's interviews to be observed. However, only three out of ten were interviewed at NPFDB settings based on the referral given by the counselor. The other participants were interviewed based on their preferred venues.

Within a week, four participants agreed to give their cooperation as participants. To begin with, the researcher contacted the participants through the telephone to arrange for the date and time of the interview. The researcher allowed and gave the participants the freedom to choose the place that suited their convenience to conduct the interview process without being interrupted. Three out of ten participants chose NPFDB as the preferred venue for the participant to be interviewed, three chose a Non-Governmental Organization center where they received support and the remaining four participants chose their homes. The main reason the researcher allowed the participants to choose their own venue was to ensure that the participant feels emotionally safe to share their experiences. Before the interview process began, the participants were required to sign the consent forms. The researcher briefed the participants to ensure that they were aware of purpose of the collected as part of a research study for the Degree of Doctor of Philosophy (Ph.D.) from the Universiti Malaya and the data would also be used for any related publications. All of the participants were made aware that the researcher had ensured them that the comfortable atmosphere was selected so that they would be able to share their experiences freely.

As there was no articles that reported the actual duration of an interview or observation (Guetterman, 2015), the researcher estimated an interview session to last between sixty to ninety minutes for each of the participants. Each recorded interview was carried out for a duration of between 60-90 minutes. An additional 30 minutes was given to each participant to complete their demographic sheet and for the pre-interview briefing to be conducted. The duration of the interview also gave the researcher enough time to freely develop any unanticipated topics which arise during the interview (Pietkiewicz & Smith, 2014).

Furthermore, the participants were required to complete demographic information forms. As mentioned earlier, every interview with each participant was audio-recorded and transcribed verbatim, and the researcher used Sony ICD-UX560 MP3 recorder for the interview. The researcher had re-checked the recorder before each interview session to avoid poor charging and to ensure the clarity of voice during the recording. Each participant's information gathered in the interview session such as the interview notes, the transcribed interviews and related documentation were kept in each participant's personal file. The researcher also took a few moments to write research field notes and thoughts related to each of the interview sessions. All this information included the conversation and observation of body language of the participants before and after the interview sessions. Once all after the interviews had been transcribed, the researcher ensured that all the participants were given a copy of the transcript to confirm the authenticity of their voices. The duration of the interview was stated at the "Participant Release Agreement" in Appendix B.

3.8.5 Conducting the Interview

In a qualitative study, it is vital for the researcher to explain to the participants about the type of interview, nature of the interview and create awareness that there is no right or wrong answer as the aim of the interview is only to hear the participant's living experiences living in divorced families (Doody & Noonan, 2013).

Early preparation with well-constructed and effective research protocol provided the researcher with the tools needed to conduct a professional interview with their participants (Castillo-Montoya, 2016). In this study, the researcher

initiated open-ended questions which were related to their living experiences and the teenagers' wellness being part of a divorced family.

The use of open-ended questions explored the teenagers' experiences in-depth as the researcher had the opportunity to extend the discussion to retrieve more information (Bengtsson, 2016). It also encouraged the participants to continue speaking freely during the interview. Various probing skills were used by the researcher to encourage the participants to elaborate further on a particular dimension during the interview.

3.8.6 The In-Depth Interview

An in-depth interview is also known as an unstructured interview (Legard, Keegan & Ward, 2003). It is the primary method used for data collection in a qualitative study (Legard et al., 2003). The researcher used an intensive individual interview technique to explore the participant's lived experiences (Boyce & Neale, 2006; MacDougall & Fudge, 2001). Open-ended questions and discovery-oriented method were also used by the researcher explore the participant's feelings further as well as extend the perspective of the subject studied (Guion, Diehl & McDonald, 2001). In-depth interview is also described as a form of conversation with a purpose to reproduce a fundamental knowledge about the social world (Legard et al., 2003).

In this study, an in-depth interview was used to explore deeper into the thoughts and behavior of participants, which allowed the teenagers to freely describe their experiences in private within a safe confidential environment (Guion et al., 2001). Although in-depth interview does not have any specific format (Boyce & Neale, 2006), the researcher planned ahead to gather and extract all the information

needed from the participants to answer the research questions raised at the commencement of this investigation. This condition happened in the one to one interview process, which allowed the researcher to interact with one teenager at a time to attain a thick description from the teenagers (Ryan, Coughlan & Cronin, 2009). An interview protocol that includes the rules and the guide for the interview was prepared by the researcher. The interview protocols ensured that the consistency of the interview and would increase the reliability of the findings. (Turner, 2010).

Furthermore, in order to have a conducive environment for the interview, the researcher chose the venue at NPFDB where the teenagers freely come to visit their Kafe@teen centers. The rationale for choosing the NPFDB counseling rooms was to ensure that the participants feel safe and less interrupted during the interview process as they were familiar with the surroundings as the participants' convenience was a major concern for the researcher. The semi-structured interviewing format was another form of in-depth interview which is widely used by qualitative researchers (DiCicco-Bloom & Crabtree, 2006). Semi-structured interviews are also known as the sole data source in a qualitative study (DiCicco-Bloom & Crabtree, 2006). The intention of using a semi-structured interview in a qualitative study is to allow a new point of view to emerge freely (Aira, Kauhanen, Larivaara & Rautio, 2003). Generally, the semi-structured interview questions in this study went through four different stages of questioning related to the same issue. In the first stage the researcher requires the participants to recall back their past living experience before their parents had divorced. The interview questions at this stage gave the opportunity for the researcher to understand if the parental divorce caused a positive or negative reaction to the wellness of the participant. The second stage of questions was related to the participants, and their living experiences after their parents divorced.

Questions related to this stage were more concerned with the changes in the experiences of the participants felt after their parents' divorce. In the third stage, the interview questions were designed to elicit the current living experience of the participants. At this stage, the actual wellness of the participants was identified as the participants respond to their current level of satisfaction and achievements in life. The fourth stage of the interview questions was designed to give opportunity for the participants to add information related to their living experience and wellness after their parent's divorce. This opportunity was given to the participants to express his experience if there were any important issue which was not discussed during the interview. Examples of the four different stages of questions used in this study are shown in Table 3.3.

Table 3.3

Four stages of interview questions

	Interview Questions	Prompts
Stage 1	Tell me about your living experience before the parental divorce?	So what caused your parents to fight all the time? What did you feel when you see your parents fight?
Stage 2	So what are the changes you faced after the parental divorce?	Did you miss your friends from the old school? How did the change of living environment affect you at that time?
Stage 3	How would you compare your current life with the time your parents got divorced?	Are you happy with your friends at your new school? Are you happy with your current house and neighborhood?
Stage 4	Is there anything else you would like to tell me?	

Several close-ended questions related to the participants' living experiences were also prepared in advance by the researchers. Among the close-ended questions used in this study included, "Are you going for tuition?", "Is your mother working?" and "Do you have a mobile phone?". In this study, the researcher gave importance to open-ended questions, and close-ended questions to understand the truth about the participant or an issue before probing the matter further. In this study, the researcher scheduled the designated time and event along with the semi-structured interview questions before meeting the participant. The semi-structured interviews also gave the researcher considerable opportunities to probe the responses of the participants while it provided a structured line of interview to include the salient points in the lived experiences of the participants.

The first impression formed will influence the relationship between two or more parties (Sunnafank & Ramirez, 2004). Social psychologists have identified several initial factors, such as physical attractiveness and equity that could influence the initial attraction between strangers (Carless, 2005). In a qualitative study the researcher and the participants are strangers to each other. The first impression between them will determine whether the participant would willingly project themselves to be interviewed with the least resistance. In this research, it was the responsibility of the researcher to reassure the participant that they are being interviewed by a bona fide interviewer. To gain their confidence from the very first impression, the researcher explained in detail the usage of the tape recorder as well as the interview venue.

The researcher made an MP3 audio recording and wrote field notes during the interview with the consent of the participants. The original recording was saved and stored in the memory of the recorder. For safekeeping of the recorded files, three

replicated copies of the file were made as a backup immediately after each interview. The first copy was transferred into an appropriate folder on the researcher's computer. This copy was regularly used by the researcher for the purpose of making a transcript and reference. The second copy was transferred into a USB drive for safekeeping. The third copy was transferred into a CD's and labeled accordingly. The CDs was kept in the individual participant's file together with their transcript and other details.

In order to preserve the confidentiality of the interviewed participants, the researcher used any three letters from their actual name to label the participants. The usage of three letters was carried throughout the data collection until the reporting of the findings of the interview. No reference was made to the participant's actual name and their personal details (Ritchie et.al.2013).

3.8.7 Observation During the Interview Process

Participant observation during an interview is a systematic way of forming qualitative data collection (Kawulich, 2005.) All the senses and their natural environment of the participants were observed during the interview (Starks & Trinidad, 2007; DiCicco-Bloom & Crabtree, 2006). For instance, the participants' clothing, physic logical, personality or valuable belonging to the participants were observed during the interview. The observation chart for the study is attached as Appendix E of this research. The researcher allowed the participants to speak freely while observing the outer appearances of the participants to explore their wellness and to get the true meaning of the phenomenon.

In this research, social media played a vital role in providing analyzed data from the participants. During the interview, all the participants confessed that they were active users of social media. Therefore, the researcher requested to follow the participants on social media and the request was accepted by the participants. Each participant was analyzed using their social media posts for the duration of six months. Through the social media, the researcher managed to retrieve valuable information in the form of text messages, voice messages, pictures and videos, related to participants' expression of their emotions about their lifestyle.

3.8.8 Document Analysis

Phillippi & Lauderdale (2018) stated that field notes are highly recommended in qualitative research to collect contextual information. Although field notes are regarded as essential in a qualitative study, there is no fixed guide for the researcher on the right means of documenting the needed context (Phillippi & Lauderdale, 2018). As such, this research used the experience of Ajjawi & Higgs (2007) as the guidance on documenting the field notes (Phillippi & Lauderdale, 2018)

There were three types of field notes recorded by the researcher in this research. The first type of field notes was the transcript files from the recorded interview. The transcript files in this research refer to raw data from the interview such as non-verbal communication. The body language of the participants was monitored by the researcher during the interview. Every expression of happiness, sadness or fear from the participants was noted as field notes, and they were used during the process of data analysis.

The second field notes referred to the personal files that contained detailed chronology of the participant, and the reflective notes were based on the researcher's

experience with the participant. During the interview, the researcher took notes to provide a description of the overall appearance of the participants. The researcher also built rapport with the participants while explaining the interview protocols to get more details to add on to the chronology of the participants. Meanwhile, the reflective field notes in this research often referred to the participant's ideas, future plans, impression, problems, and feelings, related to his wellness.

Finally, the third type of field note was the analytical files that contained ideas that emerged to influence the direction of the research or to answer the research questions. The most noticeable information which emerged and noted from these participants was their high level of intellectuality due to their exposure to internet, social media and mobile technology. The noted information's played a vital role in answering the research questions and setting the direction of the study.

Fieldnotes are a form of data storage in a qualitative investigation. The researcher wrote field notes to aid the memory of the researcher and to record the existing situation related to the phenomenon being investigated (Polkinghorne, 2005; DiCicco-Bloom & Crabtree, 2006). These field notes were also kept for safekeeping with the data gathered from the research (Gramling, 2004).

3.9 Preliminary Analysis

Preliminary analysis in a qualitative study refers to the mini version of a full-scale study (Teijlingen & Hundley, 2001), and its implementation is an important element for the actual interview preparation (Turner III, 2010). Kezar (2000) described preliminary analyses as obtaining a first-hand real-world experience of a study to enhance the research design, interpretation of findings, conceptualization and ultimately the results.

Preliminary analyses provide valuable insights to the researcher (Teijlingen & Hundley, 2001) in determining flaws, limitations and weaknesses within the study while allowing the researcher to make the necessary revisions prior to the actual study (Turner III, 2010). In this study, the researcher conducted preliminary analyses on two teenagers, who were purposively chosen to match the homogeneous purpose of the investigation from the referred participant list provided by NPFDB.

Based on the results of the preliminary analyses, modifications were made by the researcher on the actual interview protocol by improving the interview techniques and explore the participants lived experience.

3.10 Ensuring Rigor in the Study

The term rigor in a qualitative study refers to the trustworthiness, rigorousness or quality of the data collected and how the data is analyzed in a thorough and transparent manner (Merriam, 2009; Welsh, 2002). The trustworthiness of the research considerably depends on the robustness of the research method which refers to the alignment between the research philosophy, language, and methodology (Smyth, 2006). It is essential that the researcher of a qualitative study to provide depiction with sufficient details to show and convince readers that the researcher's conclusion makes sense (Merriam, 2009).

In a qualitative study, data analysis is known as "impression analysis" due to a lack of detail and scrutiny on how the data analysis was carried out (Welsh, 2002). Therefore, the characteristics of the concept of wellness from the literature review were used in understanding the dimension of wellness in this study. This approach helped to establish the trustworthiness of the study as the research was based on the

worldview and congruent to the philosophical assumption underlying the perspective (Merriam, 2009). The researcher also used the Six Dimension model of wellness by Bill Hettler and SAMHSA eight dimensions of wellness in the theoretical framework to integrate the overall wellness concept pertaining to the teenagers. The study of wellness reflects different philosophical perspectives for various dimensions of wellness. However, this dimension of wellness is united in the belief that the process of wellness was complex and multidimensional (McMahon & Fleury, 2012). The multidimensional scope refers to the different dimensions, as postulated by Hettler's six dimensions of wellness and also SAMHSA's eight dimensions of wellness.

3.10.1 Reliability

In a qualitative investigation, reliability is a measure of both auditability and dependability. This has reference to consistency in repeatability if it is carried out by different researchers, time frame and methods (Amankwaa, 2016). For the purpose of reliability of the study, the researcher used the software NVIVO12 to support the data analysis. The reliability of research data was enforced through the data analysis using NVIVO12 based on the auditability.

3.10.2 Validity

It is the task of the researcher in a qualitative study to establish the trustworthiness by providing sufficient evidence that the study was conducted appropriately, comprehensively and in a significant way (Smyth, 2006). The conceptualization of the research in which the data are collected, analyzed,

interpreted, and the way the finding is presented will draw attention to the trustworthiness of the study (Merriam, 2009).

Therefore, all the data collected from the interview went through an internal validation process known as “member check”. Here, the researcher conducted a revalidation of the solicited feedback that emerged from the interview with the teenagers. This strategy is fundamental to maintain the trustworthiness of the collected data and to rule out any possibilities of misinterpreting the meaning of what the participants said during the interview. Members check is a common strategy to ensure the internal validity and credibility in a phenomenological study (Merriam, 2009). According to Merriam (2009), this strategy is also known as the participants’ validation. Similarly, members check often reveals the truth and accuracy of the findings (Merriam, 2009; Simpson & Quigley, 2016) and support the conformability of the study.

This research had applied a comprehensive two steps member checking processes to review the respond of participants about the collected data. In spite of the verification process towards the end of the interview, the researcher gave copies of the relevant data such as the interview transcripts or reflective observation notes, which had not been interpreted for the participants’ review. The researcher was ensured that the information was correctly recorded and transcribed during the interview. This gave opportunity for the participants to critique, correct errors while providing additional information to make the data more accurate. The second step was to give a copy of the initial interpreted draft for the participants to review. These two steps were created by the researcher to increase the descriptive and interpretive validity of the result. Throughout the study, the researcher continued with reflective notes. Proceeding with these steps had allowed the researcher to check with the

participants to identify the differences of perception and the understanding of the participants' phenomena. In any situation, if the researcher has uncertainty pertaining to the participants' understanding, the researcher request clarifications from the participants for the actual experience information which is shared. Therefore, conducting the study requires a long period of time as prolonged engagement. As such the data shared with the participants had helped built rapport and allowed the researcher to gain more detailed and rich description of the participants living experiences involving the phenomenon.

3.10.3 Generalizability

In this investigation, the researcher considered the view that the findings of this investigation cannot be generalized to represent the entire population because of the small sample size. Furthermore, the finding in a qualitative study is not to generalize a population, but it is to develop an in-depth exploration of a phenomenon (Creswell, 2002; Englander, 2012).

3.10.4 Trustworthiness of the Data

Trustworthiness in this research focused on the credibility, transferability, dependability, and conformability of the finding (Bengtsson, 2016; Cook, 2015; Elo et al., 2014; Forero et al., 2018; Hadi & Closs, 2016; Morse, 2015; Yamani, Shaterjalal & Eghbali, 2017). The four major components are reflected in Figure 3.10.

Credibility refers to the confidence of the researcher about the research finding (Elo et al., 2014). The credibility of the finding in this research started when

the participants accepted and ensured the result of the findings is true according to their living experience. For the purpose of credibility an internal validation was done by the researcher through the process of triangulation (Hadi & Closs, 2016). Data from the various sources were analyzed by the researcher to provide corroborating evidence of the findings and to ensure the findings' credibility (Fusch & Ness, 2015).

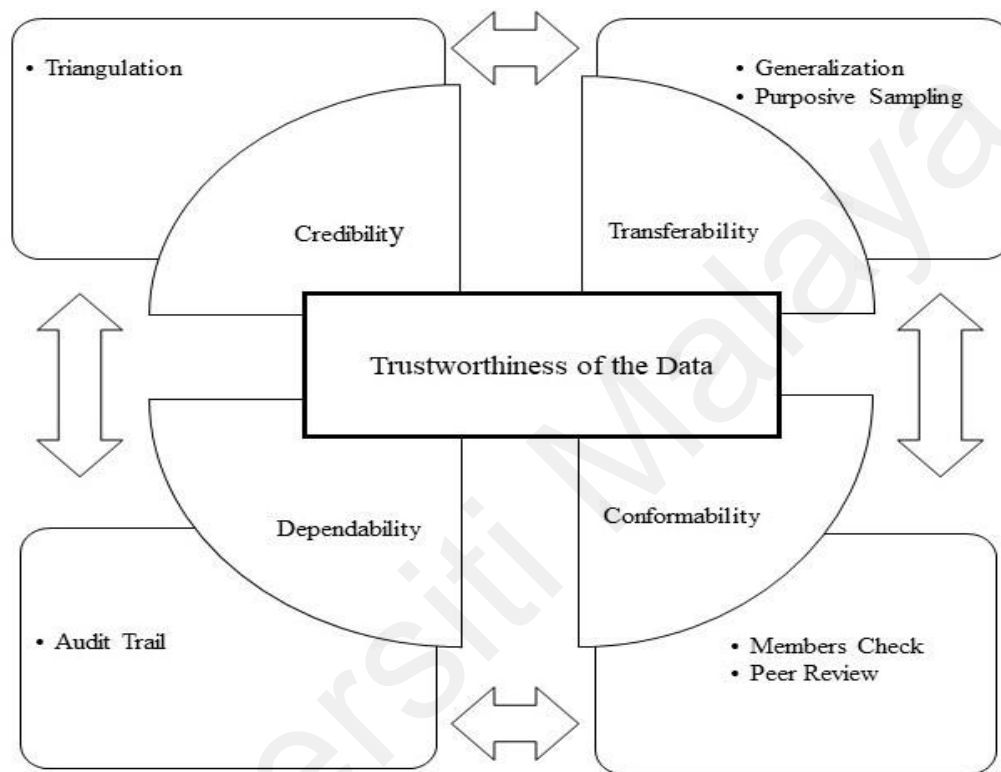


Figure 3.10. The trustworthiness of the data

Transferability refers to the generalization of the finding whereby it is applicable in other similar situations (Leung, 2015). For this reason, the interpretation of the data contributes a vital role in determining the extent to which generalization can be assumed in the qualitative study. Similarly, the use of purposive sampling in this study will also increase the trustworthiness of the research as it maximizes the context of data collection and makes the data more transferable (Forero et al., 2018).

The trustworthiness of data is also determined by the dependability of the findings (Elo et al., 2014; Forero et al., 2018; Hadi & Closs, 2016; Morse, 2015).

Dependability refers to the consistency of the finding when similar research is repeated by other researchers (Bengtsson, 2016). In this study, dependability refers to the justification for the overall selected strategy, procedure and methods. An audit trail was conducted in this study to highlight the clarity and effectiveness of the study. The researcher provided an audit trail to highlight every step of the data analysis to establish the accuracy of the research findings (Cook, 2015; Zeytinoğlu, Davey, Crerand, Fisher & Akyil, 2017). The audit trail in this research is shown in table 3.3.

Finally, the trustworthiness of data used by the researcher was determined by conformability in the findings (Bengtsson, 2016; Elo et al., 2014; Forero et al., 2018; Hadi & Closs, 2016; Morse, 2015). Conformability refers to the finding of the research which is only based on the participants and not involving any bias from the researcher (Yamani et al., 2017). In this study, conformability is conducted through peer review. The usage of peer review enables the raw data to be scanned, and the accuracy of the finding assessed (Merriam, 2009). It is an auditing process that ensures the finding is grounded within the collected data. As such, the data analysis was validated by three subject experts on teenagers' wellness. These procedures enabled the researcher to capture any discrepancies and to make necessary changes and corrections to ensure the validity and reliability of the study. Therefore, Mrs. Komathi a/p Perialathan, Principle Director of Institute for Health Behaviour Research of Ministry of Health of Malaysia and Dr. Sreenivas S. Perumal, Director of Togyo Research Consultancy (India) who is also experienced in qualitative studies. The research also gained assistance from Ms. Loo Saw May from LPPKN, Kuala Lumpur who voluntarily agreed to support the required area in the study of teenagers since she has long years' of service involving teenagers at Kafe@teen.

3.10.5 Triangulation

There are several possible triangulation techniques namely data, investigator, theoretical, methodological and environmental triangulations as shown below in Figure 3.11.

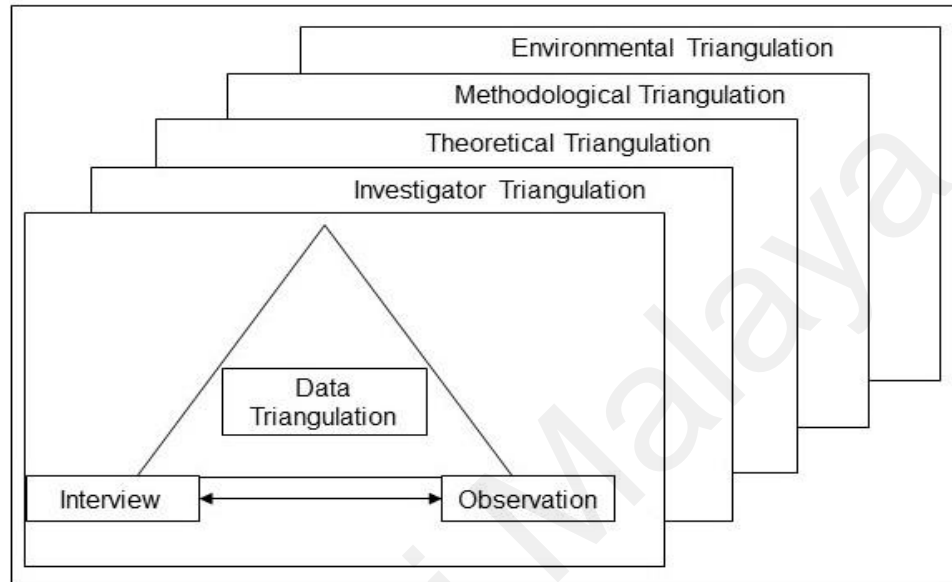


Figure 3.11. Data triangulation between the interview and document analysis referred from Flick, 2004

In this study, the researcher focused on data triangulation. Data triangulation refers to the usage of multiple sources of data before attaining data saturation (Fusch & Ness, 2015). Data triangulation will enhance the reliability of the finding in the research (Fusch & Ness, 2015). Initially, cross-checking of the data and comparing them with different interview data at different places will ensure the trustworthiness of data in the study. By cross-checking and comparing the data collected and recorded, the researcher will have adequate engagement in the data collection process (Merriam, 2009). The frequent cross-checking and comparing will make it easier for the researcher to understand when the data collected have saturated. This strategy will make the study more reliable as the researcher will explore the phenomenon in-depth and closer to the teenagers' understanding and experience of

the phenomenon being investigated. The study employed triangulation using multiple methods of data collection such as interviews and document analysis.

Although at the early stage of the study the researcher had the intention of studying the participant's diary and use it as a part of the triangulation, it was identified during the interview that none of the participants have the habit of writing a diary or journal in the form of book. Instead, the participants rather use the digital diary which is available in their mobile phone, or use "Instagram stories" to write memorable moments of the day. Knowing that all the participants are active in social media with the support of their own mobile phone, the researcher requested to follow the participants on Instagram and other social media to collect more information about the lifestyle of the participants. Therefore, this researcher used information collected from social media as part of the triangulation. The data collected from the interview transcript and field notes were validated with the information retrieved from the social media for a period of six months.

All data obtained and coded from the interviews were rechecked and recorded based on the field notes relevant to the teenager's wellness. This is matched to form the emerging trend for the final analyses. Different data sets obtained from the semi-structured interview were checked and based on the observation is was expected to produce a better result with higher reliability and validity (Creswell & Miller, 2000).

3.11 Audit Trail

The audit trail allowed the researcher to establish a transparent tracking and accountability of the process leading to the emerging theme. Taking the process in its entirety the emerging themes can be traced back right back to the raw data as given

verbatim by the research participants (Shenton, 2004). The audit trail developed for this study is summarized and tabularized in Table 3.4.

Table 3.4

The audit trail

	Step in Audit Trail	Evidence
Preparation of Data Collection	<ul style="list-style-type: none"> • Acceptance of the proposal by University Malaya • Obtained a letter from University Malaya that the researcher is a student of the University. • Prepared interview protocol • Contact LPPKN in search of potential participants 	<ul style="list-style-type: none"> • Letter from University Malaya • List of participants referred by LPPKN • Contact the participants referred by LPPKN
Data Collection	<ul style="list-style-type: none"> • Confirmation of the date, time and venue for the interview • Prepare the audio recorder with spare batteries • Go through the information sheet and the inform consent form with the participant 	<ul style="list-style-type: none"> • Signed inform consent form by the participants • Record the interview • Be observant to the Participant
Data Analysis	<ul style="list-style-type: none"> • Listen to the recorded interview • Transcribe the interview verbatim • Rewrite the verbatim after a few days • Write down comments • Form initial coding • Present first analysis to supervisor for comments • Refine feedback into an analysis 	<ul style="list-style-type: none"> • Early Matrix • Middle Matrix • Final Matrix

3.12 Software Used

Most researchers agreed on the importance of information technology to handle data by using computer software to facilitate qualitative data analysis (Tobi, 2016). As for this study, the researcher used NVIVO12 Exploration software to manage the large and complex data in a systematic manner. NVIVO12 was used as the codes to develop a cognitive mapping using the “Maps” application within it. All the data was coded into finer series of secondary levels using NVIVO12 (Smyth, 2006). Generally, in this study, the researcher used NVIVO12 as a visual aid tool to support the researcher to create a clearer picture of the teenagers’ living experience in divorced families.

It was also vital that the researcher went through the manual procedures to ensure the reliability and validity of the interview and field notes data although using NVIVO12 software. This research used NVIVO12 to carry out data analysis in a transparent manner and add more rigors to the study. NVIVO12 is designed to carry out the administrative task of organizing data and explore it systematically to enhance the trustworthiness of the study. NVIVO12 design with search facilities can facilitate the interrogation of data as the data are searched in terms of attributes (Welsh, 2002). The usage of NVIVO12 application also yielded more reliability in the finding as it rules out human error.

NVIVO12 also interrogates the data by gaining an overall impression of the data rather than being unduly influenced by particular memorable account by the researcher. The accuracy of NVIVO12 in the data analysis was added to the validity of the finding by ensuring all instances of the particular usage are found (Welsh, 2002).

The research became more trustworthy with the usage of NVIVO12 as more coding took place with the support of electronic coding which also added more confident, transparent and rigorous data analysis by the researcher. However, in this study, the researcher did not rely solely on electronic or manual methods for data analysis. The researcher affirmed to combine the best features of both methods in conducting data analysis for this study.

3.13 Ethical Consideration

Merriam (2009) pointed out that a large extent of validity and reliability in a research very much depends on the ethics of the researcher. As the researcher gave importance to the triangulation strategy with multiple sources of data, it became essential for the researcher to focus on the ethical issues throughout the study. The ethical guideline of this research was established based on a set of general pre-established guidelines assisted by the researcher's own sensitivity values. Therefore, the actual ethical practice in this study was the researcher's own value and ethics which was enforced throughout the study.

Ethical Considerations can be divided into two main parts namely pertaining to the researcher and participants. Therefore, in this study the researcher was conscious of the ethical considerations which were generally applicable to the researcher. Such consciousness helped the researcher to ensure that the research was conducted without any fear, favor, and bias (Unluer, 2012). Throughout the investigation the researcher focused on identifying and establishing high standards of ethical values while conducting the research. The researcher deployed some well-established principles, procedures, and methods in conducting research. There was no manipulation in any of the procedures, steps or methods declared here in this

investigation. Therefore, it is ensured that the researcher did not apply any unethical means to conduct the investigation, collect data from the participants, analyze data and finally in reporting the findings as it transpired. Overall, the researcher conducted the study with integrity, which involves proper ethical stance.

As for the participants, an inform consent form (Appendix B) was prepared by the researcher to protect the participants' interest. A copy of the inform consent form was given to the participant for their safekeeping and references. It was clearly stated in the inform consent form that all participants in this study were interviewed on a voluntary basis and they had the right to refuse to answer any question at any time during the interview.

Safeguarding is also known to be paramount in a qualitative study as it is an ethical issue that protects the researcher and the participant's rights (Jones & Steen, 2013). As qualitative research strongly encourages the researcher to collect data to be able to publish, the ethical guideline during the process of interview must be safeguarded to protect the respondent from any potential harmful (Gatrell, 2009). The ethical issues involving the safeguard must be a vital consideration of all the qualitative methodologies as the researcher is responsible for the protection of the participant's rights, dignity, safety and wellness (Gatrell, 2009; Jones & Steen, 2013; Peckover & Trotter, 2015). Therefore, it is fundamental to contemplate any possibilities of safeguard issues from the beginning so that if any such issue arises, it will not be difficult for the researcher to deal with and minimize the issue (Manning, 2013).

In this research, the researcher safeguarded the respondent from the beginning until the completion of the research. At the initial stage before conducting the research, the researcher briefed and signed the inform consent form with the

participant. The inform consent form was considered to be essential in this research as it provides the right for the participant to decide whether they wish to participate in this research. Member checking is another an important strategy used by the researcher to safeguard the interests of the participants. Member checking gives the opportunity for the participant to review and respond to the data collected (Daytner, 2006).

3.14 Data Analysis

Data analysis in a qualitative study is known as an arduous and most crucial aspect in qualitative study (Basit, 2003). Tobi (2016) indicated that data analysis in qualitative research is a component that is related to the innermost layer of the research methodology. Data analysis is a dynamic, intuitive and creative process (Basit, 2003), which transforms the raw collected data into a meaningful conclusion (Tobi, 2014). This data analysis refers to the data collected for analysis in the study, which excludes the data from the preliminary analysis. The NVIVO12 software was used by the researcher to analyze the qualitative data using computer assistance because of its accuracy and transparency (Welsh, 2002). The researcher began to analyze the first data as soon as they were collected with rigor and care. Between the collected data and the process of data analyzing, the researcher applied the bracketing by suspending as much as possible from the researcher's interpretation of teenager's wellness in divorced families. The researcher focused on understanding the world of the teenager who was being interviewed to immerse in analyzing and interpreting the collected data to preserve the uniqueness of each teenager's lived experience. In this research, the researcher analyses the data in four different stages as shown in Figure 3.12.

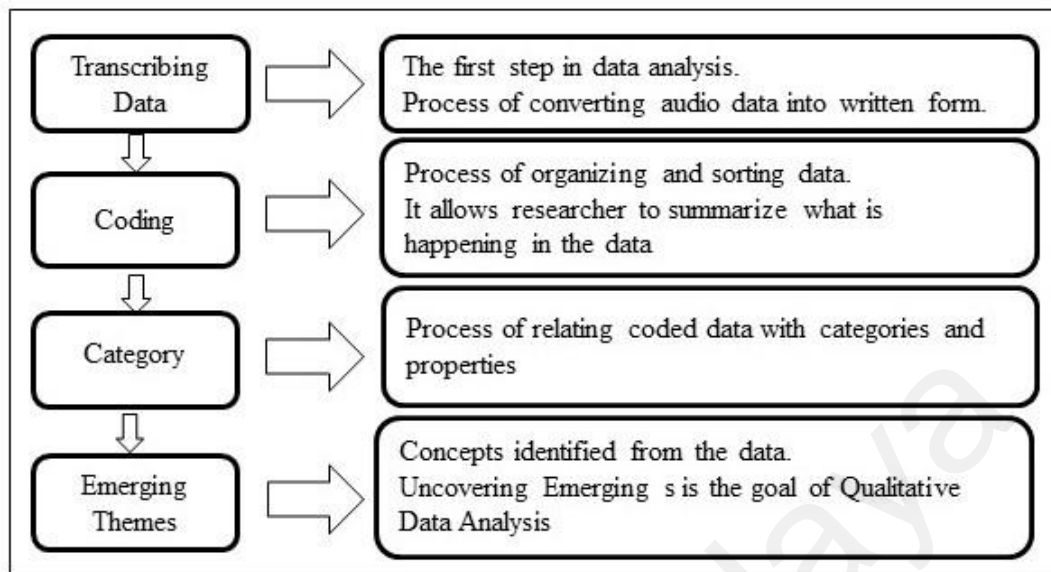


Figure 3.12. Stages of data analysis adapted from Merriam, 2009

3.14.1 Transcribing Data

Transcribing is the first step in data analysis. In a qualitative study, transcribing data is seen as an arduous process as it is not fundamentally a mechanical or technical exercise (Merriam, 2009). The transcribed interview data and field notes were immediately transferred into the NVIVO12 document files of rich text and visual coding for processing. Through the transcribed data and with the support of NVIVO12 the researcher was able to easily interpret the data. The text related transcript data gave the advantage to the researcher to collate and structure the collected data according to the requirement to answer the research questions. The study generated a total of 26 transcriptions out of the ten participants.

3.14.2 Coding

Coding is a process of making a notation on the collected data, which the researcher thought would have potential and provide the answers to the relevant

research question (Merriam, 2009). In the beginning, the researcher applied an open coding concept as she was open to any possibilities. Coding is also known as a category of construction as the process starts as soon as the first reading of the interview transcript, first field note or first document collected for the study (Merriam, 2009). In this study, the methods recommended by Bogdan & Biklen (2007) was used as a guide as all the transcribed notes were read more than two times to identify the repeated words and phrases. Example of early coding from the interview transcripts is shown in in Appendix G. Similarly, the study also used the support of “Word Cloud” from NVIVO12 to identify the frequently repeated words (Appendix J). Based on the 26 transcribes, the study identified a total of 307 codes and 1458 references from the ten participants.

3.14.3 Category

Finally, selective coding was applied to develop a core category and hypotheses (Merriam, 2009). The researcher used code-based analysis by linking the data with the researcher’s derived codes. The usage of NVIVO12 helped the researcher to organize the coded data in context to make it easier to explore without separating it from the material before and after (Edlund & McDougall, 2016). Similarly, the usage of NVIVO12 made it easier for the researcher to do cross-case analysis, re-order the codes for changes and add more memos for any potential relationship files to form categories. An example of the Category Structure Progress from NVIVO12 is given in Appendix H.

The open coded data went through a process of relating categories and properties to each other, which was also known as axial coding. The collected data was read several times before it was coded and passage was placed accordingly into

the respective categories. In this research, a total of nine themes were generated. Table 3.5 shows the nine themes which answered the respective research questions.

Table 3.5

Nine themes according to the research question

	Themes
Research Questions 1	Accept their parental divorce. Forgiveness of their parents. Usage of social media
Research Questions 2	Willingness to express and reflect. Confront about parental divorce. Self- helping
Research Questions 3	Letting it go and moving on with life. Accepting support from others. Incline spiritually

All supporting data have been listed in the relevant themes to support the development in understanding the teenagers' state of wellness and their living experiences in divorced families. The emerging themes became the ultimate findings which the researcher was expecting from the data analysis of this study. It was also known as the effect of answering the research question by the researcher (Merriam, 2009). Example of final themes and subthemes structure from NVIVO12 is shown in Appendix I.

3.15 Chapter Summary

This chapter described the usage of research methodology by the researcher. This includes detailed information on the research design, sampling, data collection and the analyzing of data by the researcher. As the chapter ends with a description of the

strategy used to collect and analyze data, the following chapter will discuss the results of the data analysis.

Universiti Malaya

CHAPTER 4

FINDINGS AND DISCUSSION

4.1 Introduction

This chapter presents the findings of the research on teenagers' sense of wellness in coping with being in divorced families. The chapter provides detailed descriptions of the living experiences of the selected teenagers through in-depth interviews. A total of five male and five female teenagers were interviewed in this research. The findings of the research are also presented in this chapter.

4.2 Research Participants

With a total of 10 teenagers aged between sixteen years to eighteen years old selected in this research, this section will give a brief description of the background and the living experiences of the teenagers. Each of the participants are names are pseudonyms.

Sub

Background: Sub is an 18 years old Indian girl. She is the only child and is currently living alone with her mother. She is studying in the lower six form and will be sitting for her *Sijil Tinggi Pelajaran Malaysia* (STPM) examination in 2019. Physically, she appears to be a strong and fit teenage girl. She attended the interview in her sports outfit which comprised a track bottom and T. shirt. Overall, she appeared to be neatly groomed young teenager.

Sub's parents divorced when she was 8 years old. She had not seen her father since then. Although it has been 10 years, she claimed that she had not fully

recovered from her parental divorce. During the interview she showed symptoms of letting go and moving on with her life, but in reality she still finds it challenging to explain to the society about her father or her parents' divorce.

Living experience: Sub's parents got divorced when she was only 8 years old. She does not remember much about the problems faced by her parents as she was a very young girl during the time of her parental divorce. Sub appears uncertain of the actual causes of her parent's divorce. She sounded confused when explaining about her father and her parents' divorce. Sub mentioned that she does not want to open up any issues about her father as she is worried that her action of confronting her mother will eventually hurt her mother. She understands the sacrifices made by her mother and believes that her mother will always make the right decisions for her. As such, she claims that these issues had stopped her from questioning or initiating any conversation with her mother with regards to her father.

“Actually my father was a drug addict. So my mom...I don't know that time I was too young, may be my mom think, I am too young then if I am too young maybe can spoil my future or I don't know what she thinks that if they separate means they can, I mean mom can be happy (expressed in confusion)... Separated ahh...since I was too young of course I don't know what's that, now that I am teenager I got to ask my mom. Why mom, why mom why never see my father before, then I think I got matured myself so my mum got sacrifice...A lot of things, so...that's nothing to ask her because if I ask her mean maybe he go, she got mentally disturbed.”

(Sub/ Int. 1/ lines 18-21 & lines73-75)

However, she shared her emotions and talked about her parental divorce with her close friends. Sub has three very close friends. These three friends of Sub understood her very well as they have been friends even before her parents got divorced. Sub felt so relieved speaking to her friends about her father and the moments she faced when her parents got divorced. This was because she cannot deny the fact that she needs her father. Her father's absence was one of the major emotional disturbances faced by her. As a born Hindu girl with cultural values, Sub

is traumatized by the loss of her father. She felt that her family was abandoned without a leader. Although she knew that her mother is a strong woman and can lead her life without her husband, Sub felt that she still needed her father as she is having difficulties facing society.

“Ahh! my friends. mmm...my friends only. I talk about how my parents got separated. Then what’s the reason that’s all. I fell like relief because I’m the only child, plus ahh...I assume that someone is listening too...Of course I need a father, of course I need a leader, of course a leader to a family. So I think about that, my mom can live without my father. As I think either I can live without my father? Then I think that is there I can answer to the school? To the outside people? Or to the rest people where is your father? Is there I can answer, where is my father?”

(Sub/ Int 1/ lines 56-60 & lines 82-85)

Although Sub accepted the fact that her parents are divorced, she still had problems facing society. She felt disturbed and unable to answer when anyone asked about her father. There was frustration within her when Sub kept asking why she had to face a life without her father. However, her intellectual ability made her a strong person to accept reality and moved on with her life. Sub had given up hope that her parents will ever be together again.

“Why? What he is doing now? I think then so oklah...that’s nothing I can move on... Yes it is ok because already decide they wanted to separate so I cannot do anything. So ok. I already give up.”

(Sub/ Int 1/ lines 86 & lines 93-95)

Sub did not have many friends. She regarded her mother as her best friend. Currently she only has three good friends whom she regarded as her childhood friends. They were her primary school friends since Standard One. Overall, Sub had not made any new close friends after her parent’s divorce. Sub claimed that her three friends were her backbone. She can share anything with these three friends. In her social media, these three friends were the only active friends who always chatted with her. Although she had a few other school friends in her social media, they are

just merely sharing information about school such as netball training or school homework's.

“Yah my friends...that also. My back bone too (Expressed with excitement)...My mom. 1st thing is my mom. My best friend. Ok. Then my friends. My childhood friends. Not many friends. Only three. They from Standard One same class. Then until now friend...Social media contact my classmate. Sometime, share what home, what do, where do, when must hantar like that. Also got my netball team. We chat when training, where training, what bring. Then ahh! Also got family. My uncle , chiti, atteh like that lah.”

(Sub/ Int 1/ line 15, lines 141-144 & Int 2/lines 4-6)

Sub was well inclined spiritually. Although she had not seen her father for almost ten years, she still prayed for her parents' long life. She conducted prayers with her mother every evening. Her spiritual knowledge and guidance helped her in many ways to overcome her daily challenges. For instance, Sub controlled her anger through meditation. Most of the time, she would sit and meditate when she became angry. The moment of silence will eventually calm her down. Similarly, many times, when she was alone, Sub experienced the feeling of someone watching her or being next to her. Each time the feeling appears, Sub will overcome the fear by going to the prayer alter and start her prayers.

“After that I and amma pray everyday... Yah! Parents pray of course. For sure. Ahh! Parents live long. That's it...Because I am lonely. Sometimes, sometimes I feel somebody is watching or someone is beside me, ok...its ok...I just go to prayer room and pray... Everyday when I am sad means, every day. Make me feel relax and in one conditions, don't like don't, like me like, give me like, if pray I don't think too much.”

(Sub/ Int 1/ line 41, lines 88-89 & lines 133-139)

After the parental divorce Sub and her mother were living alone in their own house. When her parents separated, she was only eight years old. Being the only child, most of the time she felt lonely when her mother was not around. However, in recent years, the social media has helped her a lot. Even when she was alone, Sub was able to communicate with her family and friends through social media.

Currently, Sub is using a Samsung Android mobile phone. By using the mobile phone, she is able to have access to WhatsApp, Instagram and Facebook.

“When mom is not around of course I am the only child. So of course feel lonely ... Facebook and all those things... Sometimes it is helping... for that mean, as usual for school for sure, need to use. Plus for game information or to connect with my friends, to call or call my mother because she is working, plus I am at home but lonely, it's good for me lah... Sometimes I cannot disturb Amma. If call she got customer. So I whatsapp lah. When free she answer. Sometimes alone means I comment my friends whatsapp group then family whatsapp group. Then someone can answer. Then I answer. Then we chat. So like that lah. Don't feel lonely.”

(Sub/ Int 1/ lines 23-24, lines 33-36 & Int 2/lines 10-12)

However, Sub understood the boundaries of using social media. Her social media account was limited to only a few selected school friends and family members. She avoided adding new unknown contacts to her social media accounts. She clearly understood the risks and consequences of adding unknown people to her social media accounts.

“Ahh yah also got whatsapp, instagram, facebook. Facebook and all those things. Sometimes it is helping but not all the time... Not all the time because maybe shows...shows...social media can...not..not so maybe if I am lonely means there is a stranger person looking I mean tah tah from the social medias asking for chat with me , my number and call, since I am lonely maybe he can take a peep... So be careful. Not careful..ahh...should aware. Should be aware”

(Sub/ Int 1/ lines 30-33 & lines 47-51)

Sub had closely bonded with her grandmother and other family members in her hometown through social media. From her childhood until today, she would still celebrate her festivals at her grandmother's house. During the session, she expressed with excitement to talk about visiting her hometown. She claimed that going back hometown makes her happy and relief. Her excitement revealed her happiness when family units gathered during a festival. Yet, she did not have many memories of celebrating any festival with her father. According to Sub, her father was always away when her family gathered at her grandmother's house. However, her

excitement was only during the festival season and meeting her relations in her grandmother's house. On any other day, Sub rather stay alone with her mother in their own house. She enjoyed the freedom and privacy of being alone with her mother.

“Celebrated ahh... there is no big difference before and after because before also same also, after also same also. If we celebrate of course my father is not with us... Ahh! ya. My mother's family. Yah! every festival, I will go back to my hometown. Happy and relief (Expressed with excitement)...Own house ...Yah!of course (expression with a relief)... Because there is no third person to disturb. No third person disturbance plus you can share anything. You can do anything. Ahh! as my mother wish what she want to do and myself what I can do and what is that, there is no ahh! Interruption”

(Sub/ Int 1/ lines 104-111 & lines 122-125)

Sub's present school life was also good. Although she had a few friends in her school, she was relatively happy with her current school friends and her sports activities in the school. Her school netball training occupied most of her spare time after school. It helped her to overcome her loneliness of being left alone after school.

“Ahh! Netball. Yes of course. I use to... I just spend my time on that lah. Training.”

(Sub/ Int 1/ lines 10-12)

Generally, Sub was a tall, strong and healthy girl. She had a body of an athlete and loved to dress up in her sports attire. At school, she was very active in the netball team. She stayed back often in school for her netball training. For Sub, netball brought happiness into her life. Practically, she enjoyed the game and the training.

“Happy means music, ahh...my mom plus my sport, ahh..that's all... Ahh..netball... I just spent my time on that lah training...Every time go shopping ask Amma buy track, t-shirt because easy lah can use for training. But sometimes, somethimes go out also same lah. Easy wear, fast, comfortable. So I like wear.”

(Sub/ Int 1/ lines 9-12 & Int 2/lines 17-19)

Sub also enjoyed good nutritious meals every day. Her mother made sure that Sub got at least one home-cooked meal a day. As a pharmacist, Sub's mother was well versed in the nutrition required by her daughter. Sub's diet was also controlled

by her mother. Her mother ensured that Sub ate a lot of vegetables, fruits, and milk every day.

“Go out eat sometime got but everyday Amma cook lah home. She also like, I also like. Because shop food oil many, some more no fresh. Amma cook means a lot got, some more save money. Also Amma cook vegetable, ahh vegetable a lot got. I and Amma everyday eat fruit, drink milk. Every day got. She pharmacist so she always tell must eat this, must eat that. So she know.”

(Sub/ Int 2/ lines 21-25)

Sub was very attached to her mother. Although they stayed alone in their own house, Sub and her mother shared the same bedroom. For Sub, her mother was not only her best friend but also her roommate. She enjoyed the moments of sleeping with her mother. Normally, both of them would have a small chat before going to bed.

“For my studies there is another room. Then for the sleeping everything of course I will do with my mother... Yah...I feel ok. I feel, feel more comfort because... ahh...beside I am sleeping alone sleeping with mother is better, before sleeping we can chit chat and talk also then only sleep.”

(Sub/ Int 1/ lines 115-116 & lines 162-164)

Sub also believed that her mother was the most trustworthy person in her life. Practically, she shared every information with her mother. Every day, they made time to talk about their day. Her mother was the first person she would have contacted if she had any issues or problems. Sub believed that her mother was a very experienced person and would be able to guide her if she needed any help.

“Finish our prayers than we start to talk our daily routine like today morning we did this Ma..how about you Ma? ... Problem means mother. Reason because she is experience, she's old, maybe she can tell more, more like what accurate, what is the reason, Is that good or bad, she can identify that.”

(Sub/ Int. 1/ lines 41-42 & lines 166-168)

Sub was also a very responsible girl. She normally did the household chores while her mother did the cooking. She understood her mother's tiredness and always found ways to assist her. Although her mother does the cooking, she always tried to

find time to assist her in the kitchen. Yet, Sub was sitting for her Malaysian Higher School Certificate (STPM) next year. As such she places importance to her studies. This limited her time to assist her mother in many ways.

“Like cut some on, prepare something, ahh...the ingredients and cut onion, that all the things use to the cooking all something... What ahh...sweeping, moping. Ok for my mother side, she will only concentrate on cooking and my side I only finish off my house chores... Sometimes her cloths all I got wash then dry. She cook also, I help cutting then washing. And then helping her also good because we talk and laugh sometimes. Share jokes. Then she iron means, I help folding then put hanger. Like that lah I help. But got exam means difficult. Not many time can help. A lot to study. She know. Understand.”

(Sub/ Int. 1/ lines 156-160 & Int. 2/lines 33-36)

Sub believes that she is financially stable to further her studies in a university.

She had faith in her mother, family and the government that she can complete her campus life without any financial constraints.

“Of course. My mother already plan. After my UPSR, Amma very happy I got good result. So she say I must study hard and then go to University. So she take insurance for me to go University. Saving also in bank, she say she got. Somemore grandmother, uncle, aunty also like me. They say Sub go Universiti means all will help. School also teachers, speech also say got PTPTN loan. So money no problem.”

(Sub/ Int. 2/ lines 39-43)

Sub did not go for tuition due to time constraints. She was often very tired after her netball training. However, she seemed to be very confident about her studies. Her most challenging subject was English and she did not have to worry about that. She was only taking five subjects for STPM and English was not a part of her examination. She attended all the extra classes in school, and she also uses YouTube to assist her with her revisions. Sub preferred to study on her own. She believed that going for tuition is a waste of time and money. Through her experience, tuition was also a place where students got boyfriends or girlfriends from different schools. Sub was not interested in getting any boyfriends at the moment. For now, she would rather focus on her studies.

“Because no time. I have netball training. Sometimes after training very tired. But no tuition also ok. Because school teacher got extra class. That like tuition also. Some more don’t know means got Youtube. Everything there. Can learn. Easy. Save money. Save time... Yes. Last time got. SPM got go then stop. But I don’t like. Sometimes boys different school call, then ask number, sometimes give letter ask for boyfriend girlfriend. My friends many got boyfriend girlfriend. I don’t like. I just want to focus study only.”

(Sub/ Int. 2/ lines 45-51)

Yug

Background: Yug was a 16 years old. She lived with her mother, grandmother and two siblings. Yug is the eldest while her two younger sisters were 12 and 9 years old. Physically, she looked like a well-grown teenager with a slim body ideal for her age. She attended an interview with her trendy teenage style clothing. Yug was wearing a fashionable blouse with blue jeans and an elegant watch. Overall, her grooming was neat and tidy. She spoke pleasantly, well-mannered with a good sitting posture.

Living experience: Yug’s parents divorced when she was only 11 years old. Her parents used to fight a lot when they were together. They argued over small things due to miscommunication or misunderstanding which ended up in a big fight. However, the main reason for their divorce was because the father had an extra-marital relationship in his life.

“It’s just that I feel the conflict has been having before that. Small, small conflict. I think it’s like growing & growing, more misunderstanding, more miscommunication from them... Anyway my father played us out with another person.”

(Yug/ Int. 1/ lines 25-26 & line 99)

According to Yug, it was not the intention of her parents to fight in front of their children. However, when arguments became out of hand, it turned out to be too loud until everyone could hear them fighting. Even being a young teen, Yug took responsibility for taking care of her younger sisters. Normally, when her parents

fought, Yug protected her sisters by bringing them to the room. She understood that her sisters were too young to listen or observe their parents' conflict.

"My parents usually don't fight in front of us. But there are sometimes, when you are verbally fighting things get loud you know. Because I am the eldest in the family, sometimes like that happen, I just bring my sisters into the room. Because I don't want them to hear something they should not hear. Maybe should not hear, right. Also very young."

(Yug/ Int. 1/ lines 27-30)

Although Yug was staying with her mother, she still kept in touch with her father. Yug believed that her parents separated due to their own issues. Despite that, both of them still gave a lot of love to Yug and her sisters. Her father attended to all her needs and still contributed financially for the house payment and other utility bills.

"Both of them actually really love us. It just that they sometimes focus more on their own emotions. But other than that they give us all need. Everything."

(Yug/ Int. 1/ lines 118-119)

Initially, after the divorce, Yug spoke to her father only once or twice a month. He used to contact her via a land line or came to the house to see her. However, lately they have been talking more often. Yug was referring to the usage of WhatsApp and other social media applications. Her father made video calls at least once a day to speak with Yug and her sisters. During the weekend, her father come home to spend some time with Yug. Normally, the family will go out for brunch and later in the evening they will have teatime together.

"My father normally don't text. He will video call us. Almost every day. Even when he is in overseas. He will video call us to know how are we doing... He spend more time with us over the weekends. He takes time and leave to bring us out to eat. Like everyone wakes up late and we go out for brunch. We just go out and hang out. Then we go again for tea time (laughing)"

(Yug/ Int. 2/ lines 74-79)

Yug missed her father very much. She used to be very close to her father. Although her father was not around most of the time, being the eldest she still remembered the good moments they had together. She regretted that her father had to leave them to settle down with another family. Yet, her father was still very close to her. He still shared information or emotions with her. Yug wished that the changes never took place in their lives, and her father would return back to her family.

“At first I was closer to my father... He do not talk actually, even though he is having difficulties. He does not say he is having difficulties. He only share with me...He seldom come home but other than that he still makes it up to us when he comes back. When the time he come down, you feel better. But my bad time. Things change. Sometimes I really wish my father will come back (crying).”

(Yug/ Int. 1/ lines 114-123, line 138 & lines160 - 162)

Yug's mother was often involved in social service activities with Non-Governmental organizations (NGO's). She also had her own Yoga Training Centre. As such, Yug was also well versed in yoga practices and she became involved in social services. After the divorce, her mother had been keeping herself busy with the NGO's activities, she often went out and kept herself busy with useful activities. Yug clearly understood her mother's intention and supported her with her activities. She wanted her mother to be happy. She knew what her mother went through before and after the divorce. As such, she was happy that her mother was keeping herself busy with the things she liked. Despite the busy schedules, Yug's mother always made it up with her family. She always took the family out for movies. For Yug, this was a perfect family activity as both, she and her mother loved to watch movies at cinema.

“She is very busy. For me like I feel sometimes, she must be stress about all these things and in the past she really was, she got hurt a lot... my mother does not stay home very often like before but when she is with us, we spend time together, watch movies together, sometimes she bring us to movies. Actually my mom love watching movies”

(Yug/ Int. 1/ lines 91-94 & lines167 - 170)

Being the elder sister, Yug was very concerned about the wellbeing of her sisters. She had always protected them in any circumstances. However, in recent years, she realized that her youngest sister was not receiving enough love and attention from her parents. She believed that the family was losing their bond. The effect could be seen more on her youngest sister, and she noticed that her youngest sister seemed to be closer to her grandmother compared with any other family member. She appeared very secretive and only shared her emotions with her grandmother. This behaviour actually caused Yug to be worried as her grandmother was presently very old, and if anything were to happen to her, she was worried that her sister might not be able to accept the reality of the separation.

“Now my younger sister is very attached with her grandmother. So sometimes I wish that my parents could spent more time, not with me but to the youngest so that they don’t feel uncomfortable in the future when my grandmother is not around... She get her feelings mixed, disturb easily. But when feel sad she don’t even share it with me. She will share it to her grandmother. So I sometimes wish that if this thing never happen, she will be more comfortable with us which she would not be depend on my grandmother all the time.

(Yug/ Int. 1/ lines 128-137)

Yug also had a negative impression of her grandmother. She was concerned that her grandmother would take the opportunity to poison her youngest sister with all her negative thoughts. Her grandmother always spoke negatively about the separation of their parents, and this disturbed Yug often. She did not want her sister to develop any form of hatred towards any of their parents. For Yug, she did not like the way her grandmother kept talking about their parent’s divorce because to her, it was something from the past. One should learn to leave their past behind and move on with their lives.

“My grandmother and grandfather always talk about this, sister hears and I really get angry... grandmother stays with us and she talks about it and and get worried but I think we should not keep on dwell on the pass because it already on the pass. I really

don't want to talk about it. I think we cannot change already. So I just like to let it go."

(Yug/ Int. 1/ lines 86-89 & lines 125-126)

Yet, she admitted that the damage had been committed. Despite her insistence that they should all move on from the past, at times Yug blamed her parents for being selfish. She believed that they should have thought about her younger sisters before getting divorced. She felt that they fail to consider the repercussion of divorce on their children. They were more concerned about their own personal problems and did not think through about the consequences of their marital breakdown on her younger sisters because they were still very young when it happened.

"I thought they were selfish doing it because they should think about maybe not me, but my sisters were very small (crying)."

(Yug/ Int. 1/ lines 128-129)

Nevertheless, in general, Yug enjoyed her schooling life. According to her, she had two sets of friends, one group of friends were friends from her primary school and the other was from her secondary school. To Yug, she felt more comfortable being with her primary school friends as they had known each other for a very long period of time and Yug found it comfortable to share her personal problems with some of her primary school friends. They understood Yug better as they had been with her since the time her parents were separated. By just listening to her voice or by reading her text messages, some of her friends were able to gauge Yug's emotions, whether she is sad, happy or was facing a problem. Yug enjoyed her friends' company and would join them for gatherings from time to time.

"My primary school friend and my secondary school friends are different. But I am close with both. But comfortable wise, I am more comfortable with my primary school friends because some of them I know since I was 7. There I feel more comfortable because we share a lot of things together... They will just personal message me. If there is something wrong. And at times you feel comfortable to share some things. So we can really communicate with each other. It's not boy or girl. It is

just friends. People are very supportive in classroom. They really help each other and when there is something wrong they will always give a shoulder.”

(Yug/ Int. 1/ lines 181-184 & lines 61-64)

Her secondary school friends were also very supportive of her. Yug claimed that her self-esteem was boosted by her friends in secondary school. When Yug joined the finals of a talent show at school, her whole class came to the show to support her. Although she only received a second prize, it was a very proud moment for Yug. Her friends came to support her with a banner with her name and picture printed on it. Yug was very happy with her secondary school as her talents and hard work were given due recognition by everyone in her school. She performed on stage for all the school events, and many of her juniors believed that she was one of the coolest people at school.

“First, I thought they were just be happy for me but already know they really like, really supportive. I only know on the final competition, the talent show. They even made board for me, like a support board with my picture on it... The whole class came attended the event and the supporting us... After the whole event, my self-esteem was boosting somewhere... I am the one that usually perform in my school. I am the usual performer in most of my school events”

(Yug/ Int. 2/ lines 145-146, lines 173-177 & line 190)

Despite her friends, Yug also had a strong good bond with her Bahasa Malaysia (Malay Language) teacher. According to her, her teacher is very friendly who can relate well with all her students. Yug shared her emotions with her teacher, and she felt good every time she managed to confide with her teacher. However, Yug did not approach her school counselor regarding her problems. She did not have a similar good bonding with the counselor. According to Yug, the school counselors were more focused on students who had disciplinary problems, and students do not usually visit them for their personal problems.

“Normally counselors in school, the main thing they focus is about school problem. Because there is a lot of younger students. So the counseling is for them. For

discipline control... So I go to my BM teacher. Because she is quite friendly with us. And sometimes talk about, like teenagers when through like, yah sometimes I feel sad or lonely, not really like tell all my problem. I just talk to her to feel better.”

(Yug/ Int. 1/ lines 49-50 & lines 45-48)

Yug also shared her emotions on Instagram. She preferred Instagram compared to many other social media due to its safety features. She keeps her account private and only allowed her followers to view. Similarly, her favourite pastime was watching YouTube. She usually enjoyed comedy videos on YouTube. Their jokes made her feel relaxed and gave her some peace of mind.

“Instagram and actually I watch YouTube a lot... Normally don’t go for Facebook because too much exposure. And not safe. But Instagram you can still private your account. Only few allowed people can follow you unlike Facebook, people can just see you. So normally more on Instagram and I only let friends follow me... So I watch a lot of funny videos. Sometimes they have a lot of mean video, funny videos, variety shows and a lot of things that teenagers love, will enjoy actually. That kind of things. When you watch, you relax, you laugh. Relax and yah.”

(Yug/ Int. 1/ Line 69, lines 54-58 & lines 72-75)

Jay

Background: Jay was an 18 years old teenager living with his mother and a sister. His grandmother lived just a few houses away in the same neighbourhood. Jay was the eldest son in the family. Physically, he looked particularly slim. He came for the interview wearing jeans with a sporty coloured shirt. Jay was also wearing a sports wristwatch and carried an android mobile. Overall, his grooming was neat and tidy. He spoke pleasantly during the interview and seemed to be a well-mannered young teenage boy.

Jay’s parents divorced eight years ago. During the interview, he showed signs of anger and disappointment over his parents’ divorce. However, he admitted that he was beginning to learn to accept the reality and move on with his life. Despite all the

negative effects of divorce, Jay agreed that there was also some good and positive side of divorce for his family.

Living experience: Jay's parents divorced when he was only 10 years old. It was a mutual decision for both his parents; they agreed that living apart would be the best solution for their family. According to Jay, his parents had many misunderstandings and conflicts due to financial constraints. His family was depending on a single income from his father as his mother was not working at that time. His parents always fought due to their financial problems as they had debts and were unable to fulfil even the basic requirements of the family.

“so it about the misunderstanding between both, making the both of them decide living separately will have a better future for them. So basically after a few months and a year among the fell apart... Well basically financial, of course. For the debts we have to pay. You know normally will have debt, like schooling for us, children and stuff. So since my mother wasn't working and my father working, so it was very hard for them cope up that way.”

(Jay/ Int. 1/ lines 49-52 & line 59-61)

Based on Jay's living experience, no child should go through the process of parental divorce. It was a painful experience for the children and he felt that parental divorce was a big loss for the children. He was convinced that it is essential for children to receive love from both parents.

“Actually, first of all I felt none of the any kids should have gone through this situation because it does hurt some of the time because, when father is not around, mom not around...There is something missing there... cannot spoon feed the love around.”

(Jay/ Int. 1/ lines 66-70)

Jay also emphasized the importance of bonding between siblings in a single-parent family. In a divorced family, limited time would be spent by the parents to show their love with their children. Because of this, Jay believed that he was fortunate to have a sister. He spent considerable amount of time with her when they were alone at home. According to Jay, his sister had always been the source of

emotional support for him because spending time with her prevented him from the feeling of loneliness.

“Well oftenly I will alone basically. So since lucky I have a younger sister. So my day wont be that lonely”

(Jay/ Int. 1/ lines 74-75)

As a brother, Jay was very responsible and protective of his sister. He did not want his sister to experience loneliness due to the separation of their parents. As such, he always spent time with his sister when they were alone at home. Similarly, his sister also looked up to him as an older brother. She opened up to him on all the challenges faced by her in her daily life. She always sought his advice as an elder brother.

“Mostly when we are talking, I give her advice most of the times. Cause she is a small kid, I feel she could not think, how she would accept situation... I am a bit elder than her, so since she is young, I will advise her. I am there for you and teach the correct pathway for her... She will share most of the stuff like what’s happening in school, what’s happening, what’s moving, how was the day, not most of them but sometimes when I am free, we are staying in the same roof when I am there, so she will come to me and talk to me.”

(Jay/ Int. 1/ lines 85-88 & line 100-103)

Although Jay spends his day time with his friend and sister, at night when he would be alone in his room, he often experienced loneliness. Jay was an extrovert person who was fond of talking with someone at all times. Hence, his best companion at night was his mobile. Jay agreed that social media helped him overcome loneliness. In his view, Jay felt that most teenagers felt that social media played a significant role in the life of the new generation. By tweeting or using Instagram for posting, Jay felt that he was able to get connected with the people around him. He regarded Tweeter and Instagram as a form of emotional support that became his source of happiness. Social media also become a place for Jay to share

his emotions. Happy or sad, Jay expressed and shared his emotions with his social circle via Instagram and Tweeter.

“Basically, around night time I will be thinking about life, that’s the moment I feel like alone. I need more companion, I need to talk, so when I am alone, I think what to do at that time, I just grab my handphone, look at stuff. I spend time over there ... I will use social media most of the time because this generation social media is quite important. So mostly on Twitter, Instagram... Well I post stories actually, like upload status, so for the day while having a meal take a photo and post on it, so consider having view and like from friends is considered happy for me.”

(Jay/ Int. 1/ lines 75-77, line 122-123 & line 135-136)

Most of Jay’s online friends were fond of playing games. Jay himself was an online gamer, and he often enjoyed playing online games with his friends especially when he was alone. Online games helped him to overcome loneliness and according to Jay, he was able to communicate with his friends using a microphone while playing online games.

“When I spend time, mostly gaming of course, I play online gaming most of the time... So they are more like gaming person, my friends yah! Yes, it does. It helps when you are alone”.

(Jay/ Int. 1/ lines 115 & line 143-145)

However, Jay’s best friends were essentially two of his schoolmates. As both of his friends lived in the same neighbourhood, they often came to his house and spend time with him. Once in a while, Jay would go out with his friends. Normally, they would go out for futsal competition, hang out in a restaurant, simply go for a drive or at least play hand phone games together. Despite being close with his two best friends, Jay avoided having many friends coming to his house as he did not like explaining to one why his father was not at home or details about his parents’ divorce.

“Yah those are my best friends from my school actually... Well, we all living around the same area. Whenever my friends are having any futsal competition or just to hang over to have, how to say, ah, to have fun moment, just go for a restaurant, sit there, take out the phone and play games... So they come to my house. You know, best

friends will ask where is your father? So I will be explaining to them my parents are divorce.”

(Jay/ Int. 1/ lines 154, line 164-165 & lines 435-437)

In Jay’s living experience, counseling had played a vital role in changing his lifestyle. Jay explained that he had met a lady counselor who guided him about managing his life. According to Jay, counseling relieved his emotions. After meeting the counselor, Jay had changed his groups of friends. He has also made plans for his future according to the guidance given by the counselor.

“Yes I have seen a counsellor before... Yah she guide me. Yah it is positive actually. Counsellor is like they will guide you. So it is good actually ... It made me feel relief of course. The next day onwards something different happen. I feel like. You know after the counselling happen I change the plan. I change my friends.”

(Jay/ Int. 1/ line 178, lines 190-192 & lines 198-200)

In Jay’s perception, divorce is not the right solution to resolve a problem. He believed that parents should find alternative ways to resolve their problems or issues even if it would take a longer period of time to resolve them. With this in mind, he pointed out the burden faced by children’s due to their parental divorce.

“First of all parents should not divorce, actually because does bring a big burden to the kids. If they have kids or either both of them. So having divorce in a family, it is like losing something important. Each of them, I mean some life. Divorce is not a good idea. Like take time to solve the problem or issue they have. It might take time. Parents should not divorce. That’s the main thing.”

(Jay/ Int. 1/ lines 209-214)

Apart from the children, Jay also pointed out that divorce could have an extremely negative effect on the parents itself. In his living experience he had seen his mother going through a period of being mentally unstable due to the effects of the divorce. His parents had a love marriage, and his mother was unable to accept the reality that she would have to be separated from her beloved husband. However, Jay explained that divorce might have a positive side, possibly after a certain period of

time. After eight years of divorce, he believed that his parents were happier now living a separate life on their own.

“but now after things happened, they got divorce it seems to be better. Each of them having a separate life. So they are thinking separate pathway. So it is consider ok. No emotion... when my parents divorced, my mom, she was not mentally stable. Like you know, probability losing your partner it does hurt. Since my parents are love marriage, so now I can understand but when I was back then, I could not get it.”

(Jay/ Int. 1/ lines 221-122 & lines 225-227)

Jay explained that after his parents separated, his grandmother played a major role in supporting his family. Initially after the divorce, it was his grandmother who gave shelter for Jay and his family. Their grandmother gave them a room to stay in her own house. It was in the later years that his mother was able to afford to rent her own house within the same neighbourhood. According to Jay, it was a good thing that they all stayed with their grandmother when they were young. It was their grandmother who gave a lot of emotional support and confidence to their mother when she was mentally unstable. Jay’s grandmother always motivated his mother to be strong and carry on with her life for the sake of her two children.

“Basically, my grandmother she was there, guide us, she helped us. That’s is she has the one who made my mom think back again that she has 2 kids to have a better future. So that’s the thing... Since we were a kid we are with her. So my grandma and mother same house for that moment.”

(Jay/ Int. 1/ lines 228-230 & lines 235-236)

Jay didn’t seem to be very happy with the current house that they rented. The house was not up to his expectations and he was also not pleased with the conditions of the house. He claimed that the house they were staying was an old unrenovated house that did not even have fencing. Yet, Jay could not complain much about the house because of its ideal location and he believed that his mother could not afford a better house. Moreover, he understood that his mother needed the emotional support

from his grandmother. As such, staying close to his grandmother might be the appropriate location for his family.

“It is a rental house actually. A rental house which is same lorong with my grandma house.... Some more it is near my school actually. Near my school. My sister school. It’s a corner lot but it’s not look like a corner lot. It like an old house.it is like un renovated, quite old because the owner of the house did not take any initiative. So that is where my mom could afford. .. No offence. As I mention unrenovated house... Well we are happy or not fulfil what we expected. Because since my grandma living nearby then, so my mom having it, your mom living nearby you. So she is like happy. So since my mom is staying near her mom’s house, so they will be like when mum is alone at home, will go with them, have fun, talk with grandmother. So from her view is happy. For me like it is far for me. Not to say far.”

(Jay/ Int. 1/ lines 352-361 & lines 392-396)

Although Jay had his own room in their house, he did not seem to be very happy with it. His room was not furnished to his expectations. However, Jay had learnt to appreciate whatever belongings he had in his room. He pointed out that the room satisfied his basic need such as a bed to sleep and a cupboard to put all his stuff.

“2 rooms which is my room, I have my own room... Not to say fully complete, I got what I need for the day. For sleeping basis I have my bed, I have my own cupboard, I have my own stuff. Cannot say it is complete as well... I am not happy actually but I have appreciate what I have. That’s it.”

(Jay/ Int. 1/ lines 383-389)

Financially, Jay’s father did not contribute anything to his family. His mother has to bear the house rental and all the other monthly expenses alone. His father only visited him on his birthday to give him some pocket money. In fact, Jay did not know much about his father’s background and lifestyle. As a son, Jay did not have any expectation of his father.

“My mom. She does it. She pay for the house and take care of the house expenses. He doesn’t. Seems he is having another life. He is already married again. Having another family. So he doesn’t seem to care. Sometimes he will come on my birthday of course. For that one day he will come and give some money. To spend as gift. So most of the expenses my mom only does that... No he doesn’t. sometimes I don’t know what he is going through. Maybe he is having problems or what. I don’t think

so he is working or having his own business. Not sure. So I feel like he could not afford as well. So I am not expecting much.”

(Jay/ Int. 1/ lines 365-375)

Jay and his family still celebrated festivals. However, Jay described that his parental divorce took the joy out of the festival spirit which once existed in his family before his parents became separated. Nowadays, Jay and his family did not stay at home during festivals. For the sake of celebration, they would rather celebrate it with their relatives or at their grandmother’s house. Generally, Jay’s grandmother’s house would be the meeting point for all their relatives during the festivals.

“But the question you ask me this now, festival. There are some changes of course. Before it was like more intense but now it is like normal day to day like that... Actually when Deepavali comes we all go to our cousin’s house, relatives’ house... Mostly we go to our grandmother’s house. Every cousin will come there.”

(Jay/ Int. 1/ lines 324-331)

The only reason that still sustained some elements of joy during the festival spirit for Jay was receiving money during the festival season. Jay got excited to even talk about receiving money during festival season. However, things had changed as Jay got older. Jay claimed that he used to receive a lot of money in the form of an “ang pow” (gift of money) during the festival season when he was younger. Of late, he only received around 50 ringgit as an “ang Pow” during festival.

“Mostly Deepavali is about angpow actually. Most kids often waiting for their Angpow because when you receive money from someone it is consider like having a good time... When I was a kid, I get plenty but now since I grown, my grandma will give me I think around so 50 ringgit”

(Jay/ Int. 1/ lines 339-340 & lines 346-347)

As a teenager, Jay did not carry much cash in hand. The RM50 he received from his grandmother during the festival was considered a huge amount of big money for him. Normally, when he went out to restaurants with friends, his mother would only give him RM7 to RM10 to spend. When he went out for sports activities such as futsal, he had always brought bottled water from home.

“Mostly, sometimes mum gives some money because when my friends say they want to go out for lunch or dinner, my mum always give me around 10 sometimes 7 something like that because the restaurant doesn’t cost that much. If I am just going for futsal, I just bring whatever from the house, a bottle of water. You know futsal don’t have to eat that much.”

(Jay/ Int. 1/ lines 449-452)

Overall Jay looked like a very religious person. He came from a very religious family. According to Jay, he prayed at least twice in a day, which would be in the morning and evening. He would also go to temple often with his grandmother. In Jay’s living experience, prayers make him feel relieved. Whenever Jay was praying, he surrendered himself to God. This gives him hope that all his problems will be resolved with the blessing of God. Through prayers, Jay actually sought for peace, and he believed that prayers were another element that gave him emotional support.

“Yes I often pray actually... Normally praying for me is like being relief... Actually all my family members will pray. When pray feel peaceful... Well actually every morning, waking up, there must be a prayer, there must be a praying. In a day most 2 times which is morning and evening... Anything my grandma, she just grab me to go to the temple... Another thing the temple is nearby my house. Just a walking distance. 50 meters I guess.”

(Jay/ Int. 1/ line 239, lines 245-247, lines 409-410 & lines 416-420)

From Jay’s point of view, prayers were always accompanied by some expectations in return. He believed that submitting to a spiritual power through prayers would bring him the ultimate state of wellbeing. To attain high level of spirituality, he practiced meditation in his daily life. Jay had been practicing meditation since he was young. The whole family attended meditation classes. According to Jay, meditation have always helped him to control his anger, especially when he became enraged.

“Prayers! I mean meditation does help when angry. Because taking deep breath doing meditation consider as away... So in the name of hope you do prayers, meditation where you think you will gain something in the future. So spiritual is power, the most wellbeing thing,”

(Jay/ Int. 1/ lines 305-306 & lines 403-404)

Jay also regarded himself as a food lover. He enjoyed eating and had an excellent appetite for food. Normally, he would get a good home-cooked meal every day because Jay adored his mother's cooking. Knowing that Jay likes to eat a large portion, his mother preferred to cook at home for her kids to have a good meal. At times she even prepared breakfast for her kids to eat in school. Despite having home cooked food, Jay also loved the food served in temples. Although the temple food offerings were small in portion, Jay enjoyed the food and it made him a happy person.

“Well obviously my mom because she does all the cooking. When I was schooling my mom does that to me. Sometimes breakfast when she is doing breakfast, make some portion, put in tube ware give to school sometimes. Yup! So my mom sometimes, most of the time, every day she cook so that I and my sister can eat well... And the temple food sometimes, the what to say ah? The dessert... The little amount of food make you a happy person.”

(Jay/ Int. 1/ lines 423-424, line 431 & lines 458-461)

Jay also intended to further his studies in Business Management. However, he was still uncertain about how he could financially support himself to pay for his studies. He was well aware that his mother would not be able to afford to fully support his studies. As such, he was hoping to get a scholarship or a loan, depending on his Malaysian Certificate of Education (SPM) results. He is also considering taking a part-time job which might support his own expenses in college or university. Despite that, Jay was also expecting some help from his grandparents to help him out with his college or university life.

“I intend to study Business Management because business studies has a large prospect. So I hope I can continue my study on University.... Mostly my grandmother and mother of course grandfather. Transportation wise grandfather will help like send me to college and staff. And going to college I hope there is a loan which the government will give if you have a good result or either a proper result give scholarship for university... If they were to offer me in scholarship. I will take

it. So maybe by loan of course. Because my mom. In this situation she cant pay cash for college”

(Jay/ Int. 1/ lines 492-493, lines 505-506 & lines 511-512)

Despite his mother and grandparents, Jay also obtained good support from his three older cousins. Whenever Jay faced any problems, his three male cousins would always come down to help him although they lived far away. Jay could also open with them and share all his problems with these three cousins. He felt lucky to have such cousins.

“Well it is my cousin brother. I have three elder cousin brother. Three of them are very supportive, very helpful. Any problem they will be coming. They live quite far. Not to say quite far. It is like will take time. Any problem they just come back, I mean come to my house, have some talk or what. So most time I share with them... I feel lucky 1st of all. Good supports.”

(Jay/ Int. 1/ lines 524-527 & line 538)

In spite of needing help, Jay had himself offered to assist others when they required help. Among his friends, they had always assisted each other. Within his housing area, people from his neighbourhood also called him for help from time to time.

“ Well, sometimes friends when they have problem, of course they will come ask help from me. So we are friends of course help each other. Beside that any problem, if they need any of the T-shirt, shoes, I mean full size shoe or what that is consider as a help... So the whole neighbourhood are like my grandmothers friend... you know old ladies they can't do heavy work, so any heavy work they will be like ask me.”

(Jay/ Int. 1/ lines 540-551)

Lee

Background: Lee was a 17 years old teenager living with her mother and grandmother. She seemed to be a pleasant young teenager who smiled often while talking. Physically, she looked healthy. The interview was conducted in the living room of Lee's house. During the interview she dressed up casually with her pair of

three-quarter pants and her t-shirt. She had an iPhone and wristwatch with her during the interview. She was not wearing any other valuables. Lee's parents divorced eight years ago. During the interview she expressed her feelings of being happy that her parents separated.

Living experience: Lee's parents divorced when she was only nine years old. Currently she was staying with her mother in her grandmother's house. After the divorce Lee and her mother moved out to stay with her grandmother. Ever since then, they had been staying there. Lee accepted the outcome of divorce positively. She seemed very happy to stay with her grandmother.

"So close. Grandma take care of me... Yes here is comfortable and can stay with my grandmother together."

(Lee/ Int. 1/ line 205 & line 379)

Ever since the divorce Lee had no contact with her father. Lee's father was an alcoholic. Lee had seen her mother beaten by her father whenever he became drunk. Due to that, Lee did not like her father. She had no feelings for him. She wished that her father did not come back into their lives. She was much happier to stay alone with her mother and grandmother. She felt that her mom was happier now than being a battered wife.

"No feeling. Actually I don't mind lah. I not really love my dad... Because my father is "seorang yang suka minum arak (a person whom like to consume alcohol. Lepas itu dia suka pukul" (Then he likes to hit) my mom. So better "dia jangan baliklah" (he should not return)"

(Lee/ Int. 1/ lines 242-244 & lines 251-252)

After the divorce, Lee felt that she was much closer to her mother. Her mother starts spending quality time with her. Normally, they would go out shopping together whenever they get a chance. Lee felt that her mother had a very strong personality. She managed to raise Lee well, despite all the problems she faced in her married life. Basically Lee admired her mother's courage.

“So you feel more love staying with mother... My mum love shopping with me. Okay lah “teman dia” (okay accompany her). Just go around... Strong because she a person can “dia dapat jaga saya seorang lah” (She can take care of me even being alone). So I admire lah.”

(Lee/ Int. 1/ line 195, lines 218-224 & lines 476-477)

Lee admitted that she had never confronted her parents or talk to them about their divorce. She believed that there was no reason for her to do any confrontation as she had visually seen and understood all the problems faced by her parents before the divorce. According to Lee, her father was always drunk and had used physical violence against her mother. Witnessing the physical violence against her mother, Lee believed that her mother made the right choice of getting divorced from her father.

“No because I know they are always fighting, arguing so I didn’t ask lah. So I know their problem... because I think more better when they are divorce.”

(Lee/ Int. 1/ line 52-53 & lines 278)

According to Lee, she had never regretted or felt angry thinking about why her parents got separated. In fact, she believed that it was better for both her parents to stay separated. Lee accepted the whole process of divorce positively. She felt that her parents made the right choice of getting a divorce. The divorce had brought a better living environment for Lee as she did not have to see both her parents fighting.

“Because they stop their fighting and arguing. Now, feel like more relax more better... Yes I accept. Because I think more better when they are divorce. So I won’t get angry lah.”

(Lee/ Int. 1/ line 165-174 & lines 278-286)

There are times, Lee regretted that she did not have a nuclear family as she has seen some of her friends being close to their parents. It was not like she was missing her father, but it was more about regretting her fate in getting such a father. During those moments, she felt loneliness of not getting her father’s love. Lee did

not like to be emotionally disturbed. Normally she diverted her emotions by sleeping, prayers, playing games or social media.

“Lonely sometimes lah. Hmm... maybe sometimes I see my friends and their parents are so close... Hmm...sleeping, sleep. Or praying. Tell all the secret to God lah. Playing hand phone. Instagram”

(Lee/ Int. 1/ lines 58-60 & lines 63-73)

Lee loved her grandmother very much. She was very close to her. Lee’s grandmother played the role of an emotional support for her. Lee was able to share some of her problems with her grandmother. According to Lee, her grandmother took good care of Lee and her mother. When they moved into their grandmother’s house after the divorce, her grandmother prepared a fully furnished room in her house for Lee and her mother to stay. She also cooked for Lee and her mother all the time. Lee was so happy to stay with her grandmother as she found her grandmother’s house is very comfortable.

“So close. Grandma take care of me... Got bed, got desk, study desk and a cermin lah, just mirror, dressing table. Yes, here is comfortable and can stay with my grandmother together... she, grandma prepare lunch or dinner for us lah.”

(Lee/ Int. 1/ line 204, lines 373-379 & line384)

Most of the time Lee got good home-cooked meals. Her grandmother cooked for Lee and her mother almost every day. On her off days, her mother would cook for the whole family. Knowing that Lee loved to eat tomyam, her mother often cooks tomyam frequently with lots of vegetables. Although Lee loved home cooked meal, she also had the opportunity to eat outside food whenever she went out shopping with her mother.

“stay with my grandmother together, dia sentiasa akan prepare lunch or dinner for us lah...Ladies finger, vegetable tomyam. My mother cook... My mum love shopping with me. Ok lah teman dia, eatlah and chat lah”

(Lee/ Int. 1/ lines 379-384, lines 396-398 & lines 218-230)

While describing about wellness, Lee said being with her friends was part of her maintain her wellness. Generally, Lee was a people's person who was friendly and liked to talk. She also had a good heart to help people who were in need. In school, Lee had a circle of good friends who were always with her in school. Among her friends it was normal for them to share all their problems. Lee felt good after sharing all her problems with her friends.

"I am friendly, love to help people. I love talking lah... Normally my friends. Maybe sometimes I will tell them lah. Tell them, tell my problem lah. So that will make me feel more relax lah... I will help them lah. Maybe macam saya ada satu kawan dia macam sometimes, sebab ayah dia tak kerja kan, dia perlukan money, saya akan borrow dia."

(Lee/ Int. 1/ line 121, lines 136-141 & lines 522-524)

Overall Lee had a lot of faith in God. She did her prayers every night before going to bed. Prayers gave emotional happiness for Lee as she would normally share all her secrets with God while praying. Her prayers also involved her mother's wellness. However, Lee confessed during the interview that she did not do any prayers for her father. It was difficult for Lee to forgive and forget all the pain caused by her father before the divorce. Moreover, Lee did not have any bonding or love for her father.

"praying. Tell all the secret to God lah...Pray? Mother (laugh). Just mother... Father no (laugh)..."

(Lee/ Int. 1/ line 268-274 & line 25-26)

Lee was also very active in social media. She had more than 100 followers on her Instagram. Lee loved to take selfies and upload them onto her Instagram account. Getting likes and comments on her selfie pictures actually boosted Lee's confidence level about her personal appearance.

"Instagram, post picture. Like other people photo...maybe more then 100.. Selfie, yah(laugh), happy pretty...just like feel happy"

(Lee/ Int. 1/ line 73-82 & line 92-102)

Social media such as WeChat was also another app which was frequently used by Lee. Unlike Instagram, Lee used WeChat for communication purposes. The app was used by her to chat with her mother and friends. Lee found We Chat an important tool of communication in her life especially when there was a situation whereby she was having difficulties to communicate face to face. By not having to see the person's face, she was able to converse better to relay whatever message she wishes to deliver. Hence, Lee feels more confident using WeChat in delivering messages.

"WeChat. Chat with my friends and mom lah... Normally I feel like "tak berani nak depan orang lain (not brave to face people). Yah. Maybe more confident when use apps."

(Lee/ Int. 1/ line 108 & line 111-113)

Lee can also be categorized as an aesthete due to her passion for arts and music. She is good at crayon colouring, drawing animals, and cartoons. She had a collection of her art, which she collated into a journal. She also loved to listen rock music. On Sundays, Lee participated in the craft classes organized by the church community. She claimed that art and music made her calmer, more relaxed and happy.

"Listen music means calm. Listen music happy and relax... I love crayon. Maybe. I will use crayon. Coloring lah. Like maybe draw a bird, cartoon...yah! my drawing book...Enjoy going to church every Sunday. Yes, craft. Maybe like cutting boxes."

(Lee/ Int. 1/ lines 291-302 & lines 424-433)

In the recent years, Lee had developed a great interest in netball. She has formed her own netball team in school. Although she did not represent her school in netball, she played the game frequently in school. Lee found netball as a challenging team-building game. She talked about teamwork and all the other efforts needed in a netball team to win a game.

“I love netball because it like a challenge for you). Like jumping to put a goal. Its like im going to win. Then I want goal. I will work as a team with my team”

(Lee/ Int. 1/ lines 499-501)

As Lee grew older, she developed a helping and caring nature. Hence, her ambition was to become a counselor. Her strong desire to become a counselor was initially inspired through her own experience of going for counseling with a counselor. She was 15 years old then, and she was astonished by the way the counselor managed her problems. Lee still went for counseling whenever she felt the need for some extra help to resolve her issues. In regards to her dream, Lee had made her own research on the requirements to become a counselor. She was planning to further her studies in University Tunku Abdul Rahman (UTAR) after her Malaysian Certificate of Education (SPM).

“Actually I want to become a counsellor. Because I love conversation with other people and I love help people. At form 3. That’s the time I meet a counsellor lah. Then I love the way she help me lah... My problems lah. Maybe sometimes argue with my mom, I find counsellor lah”... Like SPM result, need how many A’s, credit and like what university and what personality lah. Maybe like to go UTAR”

(Lee/ Int. 1/ lines 345-355, lines 154-156 & lines 547-548)

Festival celebration in Lee’s life had changed tremendously after her parental divorce. In the early day, Lee did not remember celebrating any festivals. She was unable to relate any memories of celebrating festival with her father. Even if she were to celebrate, most likely it would have been like any other day with her parents. However, the real festival spirit only came into Lee’s life after she moved into her grandmother’s house. All her uncles and aunties would gather at her grandmother’s house during the festivals. Celebrating festivals in a big group of family members was a new experience for Lee after the parental divorce. The new experience also paid her well as Lee obtained around RM 400 of ang pow gift of money every year. Ever since Lee moved into her grandmother’s house, she looked forward to festivals as she liked the family unity of gathering, celebrating and eating together. Moreover,

the family members always went for a holiday after the festivals which gave Lee something to look forward to festivals every year.

“Before this I don’t celebrate lah. Maybe I celebrate with mom and dad. But now I celebrate with my grandma, my aunty, uncles and my moms lah... Yah, maybe together eat and go like holidaylah...Angpow, yah of course, 400.”

(Lee/ Int. 1/ lines 320-335)

Lee was a very responsible teenager who understood the value of money. She saved every little money that she got in her bank account to support her future education. She wished to fulfil her dreams of becoming a counselor by paying for her own education without burdening her mother. However, Lee was confident that her mother and grandmother would eventually support her financially when the time comes for her to go university.

“Because I want to study. I want to pay my fees on my own. I don’t want to burden my mom. So I keep my money lah... Mom tell me do not worry. She told me not to worry”

(Lee/ Int. 1/ lines 463-464 & line 472)

Whenever Lee went out with her friends, she used her own money. It was normal for Lee to bring around RM40 to RM50 whenever she went out shopping. The money was from her own savings. Normally, her mother would give her five ringgit a day for her expenses and Lee saved the money for her personal use.

“Maybe forty to fifty lah... The money is like my mom give me one day five ringgit. I keep lah.”

(Lee/ Int. 1/ line 449 & line 453)

Based on Lee’s living experience, she was living a much happier life after her parents divorced. The divorce brought Lee back to her grandmother and gave her a family with many uncles and aunties which Lee never knew existed. Most of all, Lee was glad that her mother did not have to face her father anymore and experience any domestic violence.

Haf

Background: Haf is an 18 years old teenager living with his mother and his sister. He seemed a pleasant young teenager. Physically, he looked very thin and wore spectacles. Currently Haf had finished his Sijil Pelajaran Malaysia (SPM) last year, and he was not working anywhere. He came for the interview with his motorcycle and wore a sports track pants with a t-shirt. He had a new android phone with him during the interview. Haf's parents were divorced ten years ago. During the interview he accepted his parents' decision of getting a divorce in a positive way.

Living experience: Haf was only eight years old when his parents were divorced. He was still well connected with his parents. Even though he was staying with his mother, he visited his father often. As such he received support from both his parents for whatever he was doing. For instance, Haf was a gamer. Whenever Haf had to go to a tournament, his mother will give him RM100 to RM150 for his expenses. She also gave him a monthly allowance of 250 ringgit. Similarly, Haf's father got him the latest phone to support his interests in playing games. He also gave him money whenever Haf requested from him. Apart from financial contributions, Haf also felt connected to his father as he helped him in many other matters whenever he requested help from his father.

"I get monthly allowance. Lets say this month I get two hundred fifty and then I will save fifty ringgit.... I ask for my father a new phone. Because I told my father along selalu main game. So my father bought for me... Then bila saya ada masalah, saya minta tolong ayah saya, ayah tolong saya. Itulah yang buat saya bahagia. (When I have problems, I will ask help from my dad, dad will help me. This makes me harmonious)."

(Haf/ Int. 1/ line 519, lines 52-53 & lines 555-556)

Haf was also very open about his father's remarriage. In regards to the divorce he believed that whatever happened had already happen. As such, he believed that his father must move on with his life to seek his own happiness.

Therefore, Haf had accepted his father's new marriage positively and treated his stepmother as his own mother. As for his mother, she had never stopped Haf from meeting his father. She had always allowed Haf to visit his father at his residence.

"for me what ever happen, let it be happened. For me I have to move on in life...I have accepted my stepmother as my own mother...most of all, what makes me happy is whenever I tell my mother, I want to go to my father's house then my mother say, go lah. She never stop me"

(Haf/ Int. 1/ lines 534-539 & lines 552-553)

One of the main reasons Haf was able to accept his parental divorce was because they did not fight anymore. Haf hated seeing his parents fought. Therefore, he had never confronted his parents about their divorce although Haf was still uncertain about what actually caused their divorce. He was worried that by causing any confrontation, it would trigger some old memories and started the fight between them again. As a son he respected the decision made by his parents, and he wished not to question them about the divorce. Moreover, Haf also concerned about his parent's emotions as he believed that confronting his parents could also make them depressed. During the interview, Haf highlighted that he did not want to know who was at fault when it came to his parent's divorce.

"No, for me it is their decision...for what I want to mother and father? Then they will fight again. So for me I think of it as their own decision. ... They have a conflict and then I know who started the conflict 1st then they get divorce. Then I will feel sad. I don't want to know"

(Haf/ Int. 1/ lines 31-33 & lines 100-101)

Haf's father always advised him to be sincere and transparent if he needed anything from him. As such Haf preferred to see him face to face if he needs anything from his father. He avoided asking help over the phone or by texting him. Moreover, Haf felt more connected to his father when he saw him face to face. Going to his father's house also made him happy as he was very close with the family on his father's side compared with his mother's family in Pahang.

“I love to see him face to face...we need to show that we are sincere in meeting someone or sincere in being close to that person. It is better face to face than texting or calling... I always have fun when I am with my father’s family.”

(Haf/ Int. 1/ lines 528-531 & line535)

In the early stage, parental divorce did bring in a lot of changes in Haf’s life. Immediately after the divorce, his mother brought him to Pahang. He had a change of school. His daily school allowance was also reduced from three to two ringgit. As he was used to spend three ringgit a day, at that age, he claimed that it was quite a survival for him to get used to having only two ringgit a day. Overall, it took him six months to get adjusted to his new living environment.

“When my mother father divorced, my mother brought me to her hometown in Pahang. Then I had a change of school, my transportation changed, my expenses also changed. Like for instance last time when I was schooling here I use to get three ringgit a day. When I when back to home town, I get two ringgit per day. So I have to survive like that ... It took me half than a year actually. And then I get use to it. So after that I got use to it.”

(Haf/ Int. 1/ lines 206-209 & lines 220-221)

Moving to Pahang after the divorce also effected Haf’s ability to speak English. Haf claimed that he used to be well-versed in speaking English before his parents got separated. As a child he used to converse in English all the time. When he was asked to move to a different school in Pahang, he had difficulties speaking in the Malay language. It actually took him sometime before he could get adjusted to the local Malay dialect in Pahang. After years of studying in Pahang, Haf had mastered the local language, but he had lost touch in speaking English.

“Before my mother father divorced I always speak English. I speak Malay after I was forced to study in a Malay school. For me it was difficult because I don’t know how to speak Malay. After staying to long in Malay school I have forgotten to speak English”

(Haf/ Int. 1/ lines 214-216)

Throughout his schooling days, Haf felt that he was neglected many times by his parents. He went through loneliness for many years on progress report day at his

school. When all the other students brought their parents to collect their progress report, Haf's parents never turn up in school to collect his progress report. It was even more hurtful for Haf whenever his parents failed to witness him receiving awards for his achievements. He always looked out for his parents whenever he was collecting awards on stage. However, Haf always forgave his parents for not being there as he understood that his parents were always busy with their work.

"I feel lonely only when I am at school bila report card day. That's the time I feel lonely because everyone's parents come but for me either my father or my mother both also work, so they have no time for me... For me report card day is nothing. But if I get something in school, lets say I got the best student in school, or I won something, award. If they don't come then I feel sad."

(Haf/ Int. 1/ lines 39-41 & lines 51-53)

As an elder brother, Haf took good care of his younger sister. Both of them are very close. From a young age, Haf had always given importance to his sister's happiness. Similarly, his sister looked up on him as an elder brother. According to Haf, his sister missed him a lot whenever he was not around. Normally, if Haf had to go out stationed for more than two days, she would start texting him to come back as soon as possible as she missed him. She had confided in him that she was glad to have him as a brother. Their mother was also very happy to see both her children being very close to one another. She always advised Haf to take good care of his sister.

"For me, my relationship with my sister is very close... two or three days later she will text me, I miss you, when will you come back, I want to see your face, I want to fight with you again, I want to spent time with you. Like that... She is very happy because she always say, Along, along must always remember, along only have one sister. Whatever happens, always give priority for your sister first. Whatever happen, along must stay focus on your sister first. So I want to that kind of person, like my mother says. Anything sister first... She tell me she is very happy because she has become my sister."

(Haf/ Int. 1/ line 154, lines 157-159, lines 175-177 & lines 183-184)

For Haf, spending time with his friends was his method of regaining his wellness. He gave considerable importance to his friends. Normally he felt more comfortable to share all his problems with his friends rather than sharing it with his family. Currently, Haf had three best friends and he believed that his three best friends were his well-wishers. They always gave emotional support for Haf to be strong. Although two of his best friends were currently in Indonesia, they were still in contact through social media. According to Haf, these three friends were always next to him to give moral support and cheered him up during his difficult times.

“Actually for me, wellness is where spending my time with my friends... I feel more calm. I feel more calm, like more comfortable when I share with friends...I will voice out to them and they will advise me on what should I do, what should I do then I will do actually what they say. That’s how I get support from my friends”

(Haf/ Int. 1/ line 20, lines 208-209 & lines 390-394)

In fact, according to Haf, he spends more time with his friends than his family. Currently, only one of his best friend was staying in the same flat with him as the other two friends had gone to further their studies in Indonesia. The four of them used to be very supportive of one another. They would always go out to eat in restaurants and if one of them are short of cash, the others will always pay for him.

“If they invite me, come Haf lets go out and eat then I say sorrylah, my purse have no money, then they say don’t worry, we will treat you... Using WhatsApp actually... Once a week we will meet together”

(Haf/ Int. 1/ lines 411-412 & lines 417-418)

Whenever his friends shared their problems with Haf, he would help them sincerely. Normally, he stayed awake late at night just to think about his friend’s problems so that he could be emotionally connected with their problems and understand the pain his friends were going through. According to Haf, he could only give his full support to his friends if he feels the same pain that he had been through.

“And then I want to help him but I want to help him without knowing his feelings and what problems he is facing, then I am not giving 100 percent help for him. For that I have to feel sad along with him”

(Haf/ Int. 1/ line 453-455)

Haf also had another group of friends that he always hangs out with. Normally Haf and his friends would gather at the coffee shop near his house. This group of friends are all gamers. Haf had his own e-sports team, and he was the captain of his team. As a team captain he always meets his team to discuss on their winning strategy. His e-sports friends were generally well to do as they carried expensive hand phones such as Samsung Note 9. Normally, Haf treated his team for a good meal before going for tournaments so that they can give their best during the game.

“Saya seorang gamer. Saya kapten pasukan... Yes they have their hand phone. My friends use Note 9... I will bring around hundred to hundred fifty. I will give my friends to eat because I say malam ini aku beri engkau orang makanlah sebab esok tournament bagi terbaik.”

(Haf/ Int. 1/ lines 471-472, line 499 & lines 506-508)

Currently, Haf was living in a three rooms flat house. The house is owned by their mother. As the house was fully furnished with all the necessities, Haf found the house was very comfortable and he was very happy to stay there. What made him happier was his best friends were also staying in the same flats with him. As his friends are his source of regaining his wellness, staying there meant he could spend more time with his friends.

“Own house, My mother, Comfortable for me, Very, very happy...I stay in a flat house. What makes me happy is that I stay in the same flats with my friends. When school friends stay in the same area with me, we can spend more time together. Actually, that is what makes me very happy”

(Haf/ Int. 1/ lines 367-374& lines 377-384)

Haf and his sister had their own rooms in the three-room flat house. Their rooms were fully furnished. Their mother had been very fair with them as she

furnished the room equally without any discrimination. Overall, Haf believed that he lived in a very good living environment as his house was equipped with all the necessities.

“My sister is also having her own room. Whatever I have, she also gets. So both our rooms are fully furnished”

(Haf/ Int. 1/ lines 578-579)

At the time of divorce, Haf was only eight years old. Therefore, he had less memories of Hari Raya celebration before his parents got separated. However, as he grows older after the divorce, practically all his Hari Raya was celebrated with his mother. Normally, they celebrated the Hari Raya festival back in his mother's hometown in Pahang. Although Haf preferred to celebrate his Hari Raya in Kuala Lumpur, he has never questioned his mother's decision of going back to her hometown for celebration. For him, being with his mother on Hari Raya festival was more important than his desire to celebrate in Kuala Lumpur.

“Actually, when my mother and father divorced, I was still a small kid, so I don't fully remember what actually happened...when I go back to my hometown in Pahang, I cannot celebrate over here. If I celebrate with my family over here, I cannot celebrate with my mother. So it is difficult for me”

(Haf/ Int. 1/ lines 301-307)

While describing his festival celebration, Haf confessed that he was not happy with the way he celebrated his Hari Raya festival. Haf's seemed unhappy as he preferred to celebrate with both his parents as a unit. He accepted his fate that in his lifetime he could only celebrate with either one of his parents. Moreover, during Hari Raya celebration, his relations from Terengganu will visit his family in Pahang. Haf was not very close to them. As such, most of the time he felt out of place to celebrate Hari Raya in Pahang.

“No so well because for me I only receive from one side not both side. So, actually, I am not happy. Maybe I will be more happy if they are together. If I don't have the

faith, then it is ok.... My relatives will come and visit us. They will come from Terengganu to visit us... So I am not very close with them”

(Haf/ Int. 1/ lines 323-325 & lines 330- 338)

As it is a trend to get gift money during Hari Raya festivals, Haf still gets money every year from his relatives. Every year he had received around RM350. However, Haf was not very happy in receiving the money from his relatives. In his tradition, it is common to ask forgiveness for all the wrongdoing from the elders before getting any money from them. Haf believed that he had not done anything wrong for him to ask for forgiveness from his relatives. Yet, he still received money from them despite not asking for any forgiveness. Getting the money from them made him feel like he had done something wrong. As such he was unhappy to receive the money during Hari Raya celebration.

“Last year I received 350 from my cousins...if I didn’t not do any mistake, why must I ask for forgiveness? For me when I make mistake, I will ask forgiveness. For now, I did not do anything wrong but I am receiving money from my cousins like I did something wrong. For me it is not nice.”

(Haf/ Int. 1/ lines 349-350 & lines 354- 356)

After the Form Three Assessment (PT3), Haf received an offer to continue his studies in a technical school. His counselor helped him out with his application. However, he rejected the offer as he found the cost of studying in a technical school was very expensive. Knowing his parent’s problems, Haf did not wish to put any financial burden on his parents. Similarly, now that he had finished his SPM, Haf wished to continue his studies without causing any difficulties for his parents. His intentions at the moment was to earn some money so that he could self-finance to pay for his studies independently.

“I got into the technical school but I didn’t go there because when I learn, I know cost for me to go there expensive... I will continue my studies. While I am studying, I will also work. So I will use my funds money.”

(Haf/ Int. 1/ lines 123-124 & lines 90- 91)

Social media also played a vital role in Haf's life. Currently, he used Instagram, Tweeter and WhatsApp. According to Haf, social media prevented him from loneliness. As for Haf, his friends are his wellness. Whenever he went back to his hometown, he felt very lonely, and he used the social media to stay connected with his friends. Back at home when he was not with his friends, he used social media to watch funny videos to avoid loneliness.

"I am using Instagram, twitter, WhatsApp... Yes when I am lonely. Actually lonely because I don't have my friends with me then I will go to social media and scroll for funny video or something like that."

(Haf/ Int. 1/ line 40 & lines 78-79)

Haf was also inclined spiritually. As a Muslim he prayed 5 times a day. One of the reasons why Haf was able to accept his parental divorce positively was because of his spiritual background. He always practiced whatever was preached by his religion. He prayed according to time and found it difficult to skip any one of his five prayers in a day. He also went to the mosque often whenever he was out so that he did not have to skip his prayers. By doing so, he felt closer to God. Haf always prayed for the happiness and wellbeing of his family. He believed that by praying for the happiness of his parents, good things would come to him with the blessings of God. Through Haf's experiences, prayers and prayer water could also calm him down whenever he was angry.

"Because I am a muslim. So I pray 5 times a day. For me if I pray for their happiness, I know something good will come to me... Say if angry, we will use holly prayers water to calm our thoughts and emotions....to be connected with God. So for me, in my prayers, when I am angry, I can manage my emotions...whenever I am out, I will automatically go to the mosque. If I am staying at home, then I would not go to the mosque.

(Haf/ Int. 1/ lines 246-247, lines 290-292 & lines 463-464)

Apart from praying, playing guitar also gave Haf the peace of mind. He had been playing guitar for more than a year. Haf did not go for any guitar classes.

Instead he learned it on his own by watching YouTube. Currently, he was able to play and sing a full song using guitar. Haf obtained his diversion of thoughts and emotions whenever he played his guitar. He normally played and sang sad songs.

Whenever he was angry or upset, playing sad song changed his emotions to be sad.

“I have been playng guitar since I was 17 actually... Actually I just watch you tube how to play code and then I practice myself and then I became good at that... Actually more to sad song actually. I play more to sad songs.... Because when I am angry, I will always play sad songs as I try to change my emotions at that moment...each song, whenever I play the songs, I will feel sad. So I will try to change my mood t that moment”

(Haf/ Int. 1/ lines 266-284)

As Haf spent most of his time with his friends in restaurants, he normally had his meals outside with his friends. He only gets home-cooked meals once or twice a week over the weekends. Normally, his sister or mother were the ones who cooked at home. His sister’s choice of cooking was more towards western dishes. Most of the time she cooked lasagne and spaghetti. His mother’s choice of cooking was more towards the local dishes. Haf’s contributions towards the home-cooked meals were only by offering to go to the shops to buy the necessary things. Blending chilli for the cooking was also Haf’s specialty whenever his mother cooked. Haf helped with the chilli blending as his mother’s cooking was always accompanied by a sambal dish. Overall, Haf did not have a healthy diet. Ap[art from not taking enough nutritious food, he also skipped his breakfast every day. Normally, he only ate lunch and dinner.

“Say in a week, maybe around two time only we cook. Two times or one time. The one that cook, if not my mother it will be my sister ... if my sister is cooking, she won’t cook the normal dishes. She cooks expensive food like spaghetti, like lasagne...If my mother cook, she will cook on her off days on Saturday. So my mother cook’s normal dishes...I normally help in going to the shop to buy things or to blend chili... I don’t eat my breakfast...I don’t breakfast. I will eat only lunch and dinner. That’s all.”

(Haf/ Int. 1/ lines 562-568 & lines 597-600)

Similar to his eating habits, Haf did not have a good sleeping habit. Haf stayed awake late at night thinking about problems. At times he stayed awake up to 3 am. Mostly he stayed awake to think about other people's problems. Haf claimed that whenever he was helping someone, he felt the pain that the other party was feeling. Normally Haf slept less than six hours a day. He did not have the habit of sleeping during the day time. He believed that the short hours of sleep were sufficient for him to restore his energy. Haf stayed awake late at night because he wanted to make some money to support his family. He also wanted to support his mother financially and give some helping hand to his sister's education.

"Because I am always sad every night after 12 am or else at 1 am or at 3 am...And then I want to help him but I want to help him without knowing his feelings and what problems he is facing, then I am not giving 100 percent help for him. For that I have to feel sad along with him...if I have no problem, then I will sleep, I will sleep longer like 4 to 5 hours. If I have a problem then I sleep 2 to 3 hours only... Then for me because I want to make money, I want to help my mom and my father. I want to reduce the cost because my sister in school and so I want to help my mom"

(Haf/ Int. 1/ lines 448-449, lines 453-568, lines 587-588 & lines 608-609)

His sleeping hours was also effected by habits of playing online game late at night. Haf was an online gamer and he started playing the game last year. Generally, he made money by playing the game. He had his own e-sports team and currently he acted as the team captain. He and his team always went for e-sports tournaments. Haf's payments for online games were subjected to the number of viewers and stars. He used Facebook, YouTube and Twitter to play his games. Most of his gamer friends seemed to be doing very well as they used expensive phones such as Samsung Note 9.

"Internet sports game. I play e-sports. I as a team leader, I have to come forward to meet my friends to update them on the team strategies... E-sports game, I been playing since 17 year old...Now in Malaysia you can because we have Facebook, we have you tube, we have tweet. Ok when you are live, then people watch you. One view equal to 1 ringgit, 1 star equal to 5 ringgit. Now Facebook have auto play. So even they don't watch you live, they just scroll they will play their live. Then I will

get free viewer. And then we join tournament ... Yes, they have their hand phone. My friends use Note 9”

(Haf/ Int. 1/ lines 477-479, lines 487-490, lines 483 & line 498)

Overall Haf was a very friendly and helpful person. He was well connected with people, neighbour and his surroundings. His neighbours, at times would ask him for help and he was more than glad to help them. He also joined voluntary work to help the under privileged. Normally Haf joined the voluntary group that distributed food and clothes to the poor people. Haf loved to see the smile on the people who receives the gifts. According to him, their smile made him very happy.

“actually, they want to back to their hometown and then they ask me, can I look at their place or not. Worried that someone might break into their house... I have to help people (laugh)... Yes, I go for volunteer. Giving their food and cloths for their, how to say, like difficult people. So I will become the volunteer to deliver the items to them...Make me feel very happy because when I help people, people smile at me”

(Haf/ Int. 1/ lines 638-641, lines 645-647 & line 651)

Koh

Background: Koh was an 18 years old teenager living with his mother and his sister. He seemed to be a pleasant young teenager who loves his family. Physically he looked slim, tall and wearing a spectacle. Currently Koh had completed his Malaysian Certificate of Education (SPM) and was still waiting for his results. He came for the interview wearing a white t-shirt and a faded jean. He also had a new android phone with him during the interview.

Living experience: Koh was only twelve years old when his parents got a divorce. At present he was happily staying with his mother. He had minimum contact with his father. Koh has accepted his parental divorce positively. Knowing the difficulties faced by his mother, Koh believed that his mother has made the right choice by

getting a divorce. In Koh's living experience, the last five years after the parental divorce had been the most peaceful and happy time for his family.

"Since he left, when my father left at the age of 12 or 13, I don't think I need him or contact him.. I think my mother did a right choice of getting divorce from my father...we are living a happy life... We are in peace."

(Koh/ Int. 1/ line 105, lines 237-238, line 234 & line 339)

Koh's wellness was within the perimeters of his mother, sister, friends and his friend's family. His daily life revolves around these people and he strongly believed that they were his well-wishers. Currently Koh was waiting for his SPM results before proceeding his studies to do a degree program. His ambition was to become a Marine Engineer. He was planning to further his studies at Malaysian Maritime Academy (ALAM) as it was one of the best marine academy in Malaysia and it has many sponsors who are willing to provide scholarship. From Koh's perspective, he is very confident of getting the scholarship at ALAM. Overall, he did very well in his SPM trials and he was expecting to get straight A's in his upcoming SPM examination results.

"Ahh..describe wellness, being with my friends and also his family and also mine, my family... I am going to continue my studies in Marine... I did very well and I scored nice good flying colours on my trial. Hopefully I get straight A's....I am not worried about that anymore Ms. I already apply for ALAM. They are offering full scholarship. I went personally with my friends. After showing my focus result they said sure can get scholarship... I have applied for diploma in Marine Engineering. 3 years program. They are helping me for scholarship. I'm also getting 300 ringgit allowance every month. So now just waiting for the next intake. They will send me a offer letter.

(Koh/ Int. 1/ lines 30-44, lines 222-223 & Int 2/ lines 120-127)

In the early stages of divorce, Koh's mother was reluctant to share information's with her children's pertaining to divorce as they were still young. However, as Koh got older she had spoken to him about the reasons why she made the decision. His mother explained that his father came home drunk and he used to harm her physically almost every day. Her reasons correlated with past memories of

Koh where he had witnessed his mother crying every day. He has also seen in many occasion when his father became drunk and beat his mother in front of him. Therefore, Koh felt happy that his mother did not have to face the pain anymore. He believed that the divorce was the best option she did, to put an end to the physical violence.

“And that time my mother was hiding from us, it not very good to tell kids who are still schooling and once I was in form 3 she was explaining what was the issue and what cause them to get divorce ...It is better my mother get separated from my father. I always seen my father use to get drunk and always use to beat my mother. She always use to cry every night”

(Koh/ Int. 1/ lines 77- 80 & lines 82-84)

Financially, Koh's father had have never supported the family before or after the parental divorce. Although he drove a taxi, Koh's father played a very minimum role in the overall household income as he spent his daily income on alcohol consumption. This was one of the key factors which led to the separation of Koh's parents as his mother could not tolerate his father's attitudes and behaviors.

“And he is going to work as a taxi driver but end of the day he won't give money to cook and he won't even take care of us. So my mother is like almost done with my father I guess. So that leads to divorce”

(Koh/ Int. 1/ lines 84-86)

According to Koh, he had never seen his father taking responsibility for strengthening the family's relationship or being an emotional support for anyone of the family members. In fact, Koh confided that his father had done more harm than good to protect his family. Throughout his childhood memories, Koh could not remember any incident of his father sacrificing his time to send him to school or buying him a food. He believed that his father lived a selfish life without any consideration of the wellness of other family members. In his memories, it was always his mother who took the trouble to ensure that they got proper education and persuaded her children to have a proper meal to eat. Moreover, witnessing his

father's aggressive behavior of physical abuse and his mother being the victim of domestic violence was a traumatic experience for Koh. His overall academic achievement decreased during this period as his family problems overruled his focus on education. Therefore, Koh thank God for his mother's right choice in putting an end to all the miseries they had encountered before the parental divorce.

"I have been seeing that issue because my father always come and beat my mother. So I have been seeing that issue and we really can't concentrate on my studies. So I think with Gods grace she did the right choice actually...when my father was a round with my family, he don't even care about sending us to school or something like buying food for us... my mother always come to school, she always buy food, I don't think so my father contribute any contribution in our education life, Always my mother is there. That's the best"

(Koh/ Int. 1/ lines 229-232 & lines 248-254)

In the last five years, Koh does not contact his father for any reason. However, in recent years, his father had been sending messages and wishes using social media on special occasions such as Chinese New Year. Although there were indications that the father made an effort to reunite himself with his family, Koh was not ready to accept him back into his life. Past memories of being with his father still traumatized him. Koh believed that his family was living a peaceful and happy life ever since his father left the family.

"Since he left, when my father left at the age of 12 or 13, I don't think I need him or contact him If sometimes we are having some Chinese New Year prayer or Chinese celebration, he use to send a message that's all....we are living a happy life"

(Koh/ Int. 1/ lines 105-109 & line 339)

At present, Koh had a very good bonding with his mother. From the time Koh's mother came back from work, she would spend quality time with both her children. According to Koh, his father's absence did not make any negative changes in their daily life. In fact, they felt happier staying on their own. He believed that his mother had taken the responsibility of leading the family by giving importance to everyone's happiness. She played a vital role in being supportive and looking into all

the needs of her children. She ensured that her children do not regret that their father had left them after the parental divorce.

“around 5pm my mother always use to come and fetch us and we will be having mother son timing like that. So she always use to talk and she always share everything until we heat the bed... I felt the same thing because there is no contribution from my father side. So my mother always make us to be happy so I don't feel any changes”

(Koh/ Int. 1/ lines 115-118 & lines 331-333)

Koh's mother never gets tired of cooking for her family. It was a daily routine for her to cook every day before going to work. Normally, she prepared extra food knowing Koh's friends might come over to the house and they might be hungry. In the evening when she came back from work, she would cook fresh food for the family dinner. As a mother, she ensured that her children got healthy and nutritious food throughout the day.

“Before she goes to work, she always cook. Sometimes my friends come to the house, they hungry, they will eat the food. Once she back from work also she will cook again.... She never get tired of cooking”

(Koh/ Int. 1/ lines 379-385)

According to Koh, his mother always reminded him about his responsibilities as the eldest son in the family. Every night she talked to him about how abusive his father was and she wished not to see Koh behave like his father. She also reminds him on his responsibility of taking care of his younger sister and his mother at her old age.

“I should not be like my father. Because every night my mother use to tell me take care of your sister, take care of your mother, you must be very responsible, you are the elders and she always guide me every night, every day”

(Koh/ Int. 1/ lines 430-432)

Similarly, Koh believed that it was his responsibility to take care of his mother and sister in the future. He wished to make his mother happy by giving her an opportunity of traveling around the world. For Koh, his mother was his world and he

loved his mother very much. He always listened to all his mother's instruction simply to keep her happy. Koh also loves his sister very much. He always prays for the courage and strength within him for his family whenever they need him.

"she wanted to travel around the world. So I will make that thing. Her dream to achieve ...I always do whatever she wants. And whatever she is telling that will be good for me. So I always please her... I am bless to stay with them. I just pray that I will be always there for my mother and my sister."

(Koh/ Int. 1/ lines 282-283, lines 291-292 & lines 350-351)

Koh's sister had turned 14 years old, but she was still being treated in the same pampered manner as she was in the early days of parental divorce. She was being brought up with a lot of love and care by Koh and his mother. Normally, they gave importance to her likings and ensured that she gets whatever she wants. For Koh, he wished that his sister will perform well in her academic achievements. Although he would like to see her as an accountant, he would rather leave the options for her to make the decision.

"I and my sister like 4 years gab. So I always use to treat her like a baby and whenever I have some saving, I will use to buy some cloths or whatever she ask. And yah, we take good care of her... She is still like a baby for us. She don't request or she don't ask anything. Anything she wanted we always use to give her like... As a brother I just want her to study well and I want, I wish to make her as a accountant, because since she always use to go bank with my mother, she always want to be in their position... But not sure she wanted to be an accountant"

(Koh/ Int. 1/ lines 261-266 & 357-362)

Koh is also very close to one of his best friend's family. He is emotionally connected with his best friend and his family members. He spent most of his free time in his friend's house. He regarded his friend's parents as his own. In fact, he called his friend's mom as Maa Maa which means mother in Chinese. Similarly, his friend's family also treated him like their own son. They always look into Koh's state of wellness. Normally, they cook Koh's favourite dishes whenever he comes to the house.

“I usually go to my friend’s house. When I go back after school usually go to my friend’s house... I always use to call my friend’s mother Mah Mah....She always cook my favorite dishes. She takes good care of me like her own son. Like that.”

(Koh/ Int. 1/ lines 14 - 15 & lines 182 - 185)

According to Koh, his friend’s family had been very generous towards him. On Koh’s birthday he received the latest OPPO R1S phone as a gift from his friend’s family. Many times the family had made upfront tuition payments on behalf of Koh knowing that he had some outstanding payments and his mother was facing some financial problems. They have allowed Koh to stay in their house every year and celebrate Christmas with them. Similarly, Koh became very comfortable with his friend’s family. He followed them to church every Sunday. Overall, Koh felt that he was blessed to have such good people in his life.

“I use OPPO R1S and receive that phone as a gift from my friend’s family... in the past 5 years they have help a lot like paying my tuition fees at times, my mother can’t afford to pay my tuition fee, my friends will help us and somehow my mother will repay back... I always use to go church actually with my friends... actually. I am bless to have them in my life... Christmas means for me like best time of the year. Two days I will stay in my friends house. I mean I celebrate in my friends house”

(Koh/ Int. 1/ line 136, lines 406 – 408, line 155, line 321 & Int. 2/ line 52-54)

In the living experience of Koh, his friends played a vital role in various aspects of his wellness. Therefore, Koh described his friends as part of his wellness. He goes to his friend’s house every day after school until his mother came back from work. He spent most of his time in school and after school with his best friends. According to Koh, all his friends shared the same hobby of playing video games. Therefore, his friend’s house has become their meeting point to play video games. However, they are not fully addicted to the video games as they do practice physical activities together. Normally towards the evening they will gather to play badminton or futsal around the neighbourhood. Overall his friends have good influence on him

as they always encourage Koh to join them in sports activities and kept him physical fit.

“wellness, I usually go to my friend’s house... I always be happy because whenever I go school, I always see them. After school also I see them. So I feel like I am bless to have all the people around me... I play computer games in my friend’s house ...I usually go meet my friends and some evening we always go play badminton, futsal. Yah that’s how I spend my day time with them”

(Koh/ Int. 1/ line 20, lines 50 – 53 & lines 372 – 374)

As a teenager, Koh had to deal with his own emotions of getting angry or upset over some issues. Whenever his emotions were disturbed, Koh normally met his best friends. He felt comfortable sharing his emotions with his friends as their surrounding always makes him happy. Apart from his friends, Koh also expressed his emotions on twitter. Once again it was his friends who would respond to his emotional outpour on social media. Normally they will reassure Koh that they are would always be there to support him or else they might just call him to go out to talk over his problems. Generally, Koh feels blessed to have such good friends.

“when it comes to my parental divorce issues, I always share only with my best friends... I know them very well, so whenever I am down or anything they always use to help me... I do have twitter account for my personal issues. So whenever I feel down because tweet whatever we can feel we can just write and tweet there.... I am bless to have them in my life”

(Koh/ Int. 1/ line 155, lines 173-177 & lines 440-442)

Koh often spent his leisure time with his friends. At times he went out with his friends to the shopping mall to play bowling or watch a movie. Although they did not do it frequently, Koh made it a point to go socializing with his friend at least once every two months. Koh limited his socialization activities due to the financial difficulties of his mother. He wishes not to trouble his mother by asking for money. Nevertheless, Koh’s mother never stopped him from socializing with his friends. She would always find a small amount of cash before Koh goes out with his friends to the

shopping mall. For Koh, the amount might not be big, but he gets the satisfaction of not going empty-handed with his friends.

“Sometimes, my friends brought me there, not to say always, sometimes like two months once. We use to go watch movies or go bowling like that...money, I bring very less. Around fifteen, twenty... I always use to ask my mother one day before I go out. Somehow she will find the money before I go out”

(Koh/ Int. 1/ line 360-366)

Koh's immediate neighbors are mostly Buddhist and Koh also had a good bonding with his neighbor's. At times his neighbor's will ask help from him to buy groceries or to provide medicine for the elders around his neighborhood. Sometimes he followed them to the Buddhist temples. Despite going to the Buddhist temples, Koh's spiritual belief are more towards Christianity. Although born as a Chinese, he enjoyed going to the church more than going to the Buddhist temples.

“But sometimes I have a lot of Buddhist friends near my neighbor, my neighbor's all mostly like Buddhist, so sometimes I always use to go Buddhist temple.... Go to Buddhist temple but my way, I every Sunday I go to church..., like go shop to buy their groceries and I always use to help them. Sometimes they will ask take medicine for their mother. So I will help them”

(Koh/ Int. 1/ line 322-326 & line 416-418)

Spiritually, Koh remained filial to both his parents. He still prayed for the wellness of his parents. Although Koh had minimal contact with his father, Koh still prayed for his father's happiness in whatever he was doing in his life. As for his mother, he still remembered the abusive life she went through before the divorce and understood her primary aim was just to keep her children happy. There were many times when Koh regretted that he was not in a position to change her lifestyle. Therefore, he always prayed to God to give him the strength and opportunity to change his mother's life according to her likings. His dreams and prayer were to keep his mother happy in the future.

“Even though my parents got divorce I always use to pray that where ever my father is, I still pray for him. I wanted him to live as he wished. And always I pray for my

mother that she can have all the happiness in the future maybe, not now but some day she will by seeing her kids, they all settle then... I prays that someday God will bless me with the strength and opportunity to change his mother lifestyle.”

(Koh/ Int. 1/ lines 272-276 & Int.2/ line 41-42)

Koh sometimes believed that prayers are the only hope he had. This happened often when he witnessed his mother sufferings and there was nothing much he could do about it. Therefore, he accepted the reality and remained faithful God to supress his worries. Whenever he sees his mother suffering or sacrificing for the family, it hurt Koh's emotions badly. It was during times like this that Koh normally prayed to get emotional support with the hopes that someday their fate will change.

“Yah! I always use to pray. I not to say every day I pray but I pray whenever I am sad or like I don't feel comfortable, pray everything will be fine eventually...What can I do? I can only pray. I pray someday our faith will change...of course. Prayers gives you hope that someday your life will change.”

(Koh/ Int. 1/ lines 311-312 & Int.2/ line 38-40)

Currently, Koh's and his family were staying in a rented two-room flats house. Koh had his own fully furnished room and his house was equipped with all the basic necessary needs. As Koh's family was still in the midst of financial difficulties, he considered his family lucky to even get a rented house with a fixed rental for more than five years. The house belonged to one of his uncles who understands the difficulties faced by Koh's family. Although it was a small house, Koh and his family were happy staying there.

“Rental, it is just a flats house... My mother and sister sleep together and I will sleep in my own room.... got one bed, mirror, cupboard, I am satisfied with what I have... 2 room flat and it is not that big. But we are living a happy life... Actually we are very lucky. The house is my uncles house. So for us the rental is fix. Like it never change for more that five years.”

(Koh/ Int. 1/ line 337-345 & Int.2/ line 94-95)

In the period of getting adjusted to the new living environment after the parental divorce, Koh's academic performance declined. The changes were noticed by his school counselor who made the effort to attend to him immediately. Koh

received counseling support at school and he met the school counselor frequently in the early years of his parental divorce. Counseling was the first glance of rationalization that gave Koh the strength to think rationally about his problems. He was able to justify his own behaviours and priorities in life. Ever since the incident, Koh always kept in close contact with the school counselor. He believed that counseling played a vital role in boosting his self-esteem to perform better in his studies.

“when I was in form 3, I was having some, in my examination, my results are getting lower ... one of my Indian counsellor actually, his a counsellor from my school... he always help me, he give me so much motivation... I studied very well and do very well in my exam, examination.”

(Koh/ Int. 1/ line 219 -225)

Overall, Koh enjoyed his schooling life. He was known as one of the brightest students in the school. Koh did very well in his SPM trial examination and he was expecting to get straight A's in his upcoming SPM examination results. Moreover, Koh was always accompanied by his best friends in school and being with his friends had always given him happiness. The location of the school was close to his friend's house which also made it easier for Koh to visit his friends after school.

“I am waiting good result actually since I just finished my SPM ... I did very well and I scored nice good flying colours on my trial. Hopefully I get straight A's. At that time, I always be happy because whenever I go school, I always see them. After school also I see them ... I always use to go to my friend's house after class or school.... But near to my school actually”

(Koh/ Int. 1/ lines 115 -116, line 147, line 192, lines 222-223 & lines 372-373)

Koh paid attention to his physical appearance. Social media and Internet were his platform in getting updated about the latest fashion. Due to his financial constraints, he could not buy whatever he saw online, but it gave him some ideas about his future dress code. Koh did not go to the gym but he had a lot of interest in body-building. Therefore, he used social media to find ways of building his muscles

at home. Randomly Koh would follow his favourite sports stars on Instagram and other social media. He kept himself updated with the lifestyles and post-match activities of the players. His favourite sportsman was Ronaldo from Juventus Football Club.

“Actually I always like to follow sports account. Sometimes I watch like dressing sense, so I always use to get ok, that’s how we use to dress up in the future... sometimes follow like, use to follow Ronaldo, got some sports issue and what we call that, like housing body building. I always use to see that”

(Koh/ Int. 1/ lines 162 -163 & lines 166-167)

In regards to festivals, Koh celebrated both Chinese New Year and Christmas celebrations. In his family Chinese New Year was a family gathering celebration. Koh celebrated his Chinese New Year festival at his aunties’ house as it would be the common meeting point for the cousins every year. However, Koh did not like the idea of celebrating Chinese New Year at his aunties’ house. He always believed that his cousin always used his mother’s good nature by asking her to do most of the house work during festival. Although Koh disliked the behaviour of his cousins, he did not complain to his mother as he wished not to upset her. Therefore, Koh simply followed his mother every year to keep her company and assisted her in whatever way possible just to make her happy.

“Usually Chinese New Year, I and my sister will follow my mother to my cousins house. We have makan besar there. All my uncles and aunties will come there on eve... Actually I don’t like to go there. But I just follow my mother to make her happy. I don’t like to see her working hard in my cousins house. For me, I don’t see that as a celebration. From morning she will be in the kitchen cooking for everybody.”

(Koh/ Int. 2/ lines 22 -23 & lines 27-30)

Koh was very generous with the ang pau gift money he gained every year for Chinese New Year. Normally he would get around RM300. Some of the cash Koh would give to his mother whenever she was facing financial difficulties. He also used a small portion of the cash to buy stationeries and books for school. Overall, Koh

was very responsible as he was always concerned about the wellness of his mother and sister.

“Maybe around 300...Normally I give some to my mother whenever she is short of cash. Sometimes I buy some book and stationary. Of course for me and my sister. Like that lah. But mostly I give it to my mother. I know she needs the cash.... I can help my sister to study in 3 years... I know I will earn a lot, one day. I will take care of my mother”

(Koh/ Int. 2/ lines 47 -51, line 112 & lines 133-134)

Christmas, on the other hand, was an enjoyable festival for Koh as he celebrated it with his best friend's. Koh preferred to celebrate Christmas celebration rather than Chinese New Year's festival celebration. According to Koh, Christmas was the best time of the year. Normally he and his sister would stay for two nights at his friend's house during Christmas. They also received presents from his friend's family every year.

“Christmas means for me like best time of the year. Two days I will stay in my friends house. I mean I celebrate in my friends house. Mostly my sister also come and stay with me.”

(Koh/ Int. 2/ lines 53-55)

Tan

Background: Tan was a 18 years old Chinese boy living with his mother. He was the only child in his family and he had just finished his SPM and currently waiting for his results. During the interview, he appeared to be neatly groomed. He brought along a new Samsung Galaxy Android phone during the interview.

Living experience: Tan's parents divorced when he was only 10 years old. Currently Tan was staying with his mother. He was still in contact with both his parents. Almost every weekend his father would call him and they met at least once every month. However, Tan seemed happier spending time with his mother. During the

interview Tan confided that spending time with his mother made him happy and relaxed. Therefore, being with his mother restored his sense of wellness.

“Basically wellness is more to happiness and this is with my mother, feel happy and peace ...I feel my mother is very close to me. Better than my father... I still have a good connection with him. Not regularly. Maybe once in a month. He will call me and talk to me, every weekend.”

(Tan/ Int. 1/ line 23-24, lines 47-48 & lines 189-190)

Tan still loved both his parents. He felt that his life was better when his parents were together. Now that his parents were divorced, he tried to adjust to his new living environment. He tried to understand the problems faced by his parents and finally accepted his parental divorce. For Tan, he wished not to interfere in his parents’ decision about their marriage. He accepted the parental divorce positively as long as both his parents were happy.

“still love my parents... No one feel better when your parent get divorce. I feel that when they are together... sometimes I do think how my mother will feel, how my father will feel, what they are going through... whatever they do in the decision, it is their happiness, their decision, I don’t want to interfere in that”

(Tan/ Int. 1/ line 134-137, lines 185 & lines 143-144)

Although Tan has forgiven his father, there were things he was unhappy with especially the way his father reacted after the parental divorce particularly his father’s lacked of financial support for the family. In fact, his father failed to support his family despite calling once a week to find out how they were doing. These caused many difficulties for his mother in the early stage of divorce as she had to bare all the household expenses on her own.

“He literally don’t give any support... that’s the biggest mistake ... Last time my mom having problem to pay my tuition school fee”

(Tan/ Int. 1/ line 191-195 & lines 340)

Tan had a good bonding with his mother. His sense of wellness was linked to his mother’s happiness. They spent most of their time together by going out shopping, going to the temple or simply cooking at home. Both of them always made

a wise decision discuss everything before making any important decisions in life. The effective communication gave Tan a good insight about his family's situation and a better understanding of his mother. Tan valued his relationship with his mother as he understood all the difficulties faced by his mother after the divorce.

"I feel my mother is very close to me. Better than my father...wellness is more to happiness and this is with my mother... I spent most of my time with my mother. I bring her out, go to temple, shopping with her, most we share whatever we felt, all the important decisions, we talk to each other ... we both cook together"

(Tan/ Int. 1/ lines 48-49, line 23, lines 26-27 & line 59)

Apart from his mother, Tan was also very close to his aunty. She was actually his mother's sister. His aunty supported him financially in many ways. Lately she bought him a smartphone as a birthday gift. She also paid for his tuition fees and gave him pocket money from time to time. His aunty had been very supportive of him and his family ever since his parents got separated. She accommodated Tan and his mother during festivals. Normally, Tan and his mother stayed over at his aunty's house for two to three nights during the Chinese New Year celebration.

"She is my mother's sister. She is quite close to us ...Samsung Galaxy... My aunt brought for me... She gifted me as my birthday present... My aunt support me at times. She do lends me money. She do pay my tuition fee at times... After my parents divorce, my mother always bring to my aunt house. We stay there probably 2 to 3 days. Celebrate Chinese New Year with my grandparents"

(Tan/ Int. 1/ lines 64-75, line 157-156 & lines 234-236)

Tan also had two childhood friends who were still very close to him. Tan shared all his problems, including issues about his parental divorce with both of them. Sharing problems with his friends gave him an opportunity to view his problems from a different perspective. Despite advising Tan, his friends always kept him within their close circle of friends to protect and keep him occupied from getting lonely. When they were away, his friends kept him occupied using social media. Practically, Tan enjoyed the time he spends with his friends. He went out with them

at least two times a week. Normally, they will hang out at an Indian Muslim (mamak) restaurant to watch football. There were times when Tan also joined them for futsal games. Tan also loved watching action and thriller movies. Normally, he went to cinema with two of his best friends to watch their favorite movies.

“I have two best friends. My childhood friends... I will talk about the effects, the bad decision, what cause them, what made me today. I just discuss what the false and advantages and everything... they will advise me. 2ndly they always give me their circle, in their eyes so I don't feel lonely ... go mamak shop. Watch football together. Go futsal... I will meet them like 3-4 times in a week,,, type of movies, thriller, action”

(Tan/ Int. 1/ lines 96-109, line 295, line 316 & lines 299-301)

According to Tan, parental divorce caused loneliness to the child. The separation had an emotional impact that made him struggled at the early stage of parental divorce. These changes were noticed by his school counselor who came to know about his parental divorce. During the devastating period, the counselor called Tan to his room. The counselor gave Tan space to express his emotions and supported him to come to terms with the grief of parental divorce. With the support of the counselor, Tan was able to navigate his life away from the negative effects of parental divorce. The counselor also gave him books to read which were related to the healing process of parental divorce.

“No one feel better when your parent get divorce ... This cause loneliness ... Once my counsellor get to know my parents divorce, he called me to his room. He was talking, advising, He's telling me, told, me if you need any help in the future can come, do visit him, to see the counselor. He gave me a few books. He advise me. Don't worry. Anything happen just let it be. You just move on with your life. He is a good counselor”

(Tan/ Int. 1/ lines 120-125 & lines 134-139)

Currently, Tan and his mother are staying in a rented apartment. Despite coming out of their major financial difficulties after the divorce, Tan still believes that his mother can afford to buy her own house. Although it is a rented house, Tan seems to be very happy staying there. The house is fully furnished with all the basic

needs. Tan believes that his room is one of the happiest places in his life. He has his own room which is fully furnished. In fact, Tan has his own television in his room which he uses to watch movies and play games. Overall Tan has a good living environment that is equipped with all the basic necessities to lead a comfortable life.

“Rental house... My mother cannot afford buy a new... I got my own room... My room is complete. Just an ordinary teenager room. Got my computer, I got my own television to. Whenever I feel boring I can watch TV, I play game. Like my room is the most best place in the world.

(Tan/ Int. 1/ lines 245-252 & lines 261-263)

Tan admitted that parental divorce could bring loneliness into the child's life. His mother works as an admin clerk, and due to her work schedule she comes home late at times. Being the only child, Tan feels lonely whenever his mother is not around. Tan gets support from social media whenever he feels lonely. Despite getting connected to people via social media, Tan more frequently scroll through celebrity's activities or read Instagram stories to occupy his time. Similarly, Tan also gets himself into video games whenever he feels lonely.

“When my mother at work, my friends not with me, I feel quite lonely because my mother will come home late, so I just be at home alone... No one feel better when your parent get divorce... This cause loneliness. I scroll through social media. As specially twitter and Instagram... I feel watch the IG's, Instagram stories, I just go through celebrity's activities. Follow random people”

(Tan/ Int. 1/ lines 50-51, line 78 & lines 134-139)

Tan was raised up by his mother with some good practices. His mother ensures that Tan gets approximately eight hours of sleep every day. Therefore, Tan would go to sleep before eleven every night and wakes up early. On weekends Tan follows his mother to the Buddhist temple. Both of them meditate in the temple with the guidance of a monk. The monk also gives spiritual consultation for both of them. Tan also helps his mother at kitchen. Normally they prepare dinner together. According to Tan, he enjoys spending time with his mother in kitchen.

“eight hours. My mom brought me up that way... Wake up around 6 in the morning... every weekend my mother and I will go to Buddhist temple. We meet the monk, we talk, we meditate together... we both cook together.”

(Tan/ Int. 1/ lines 284-292, line 78 & line 60)

Whenever Tan gets angry, he uses his spiritual teaching to calm himself. Normally Tan meditates whenever he feels angry. Similarly, music also calms his anger. Tan listens to Pop and R&B songs. From his experience, music is an effective tool to calm his emotions whenever he feels angry. Although Tan gets angry at the time, he avoided expressing his anger in front of his mother. He does not like to see his mother getting hurt. No matter how upset he gets with his mother, he is willing to let it go for the happiness of his mother.

“I feel like what my monk told me that whenever very angry, whenever you need something from God, just pray. Just close your eyes. Just have a one minute prayer. Just interact with God... I listen of music...Pop and R&B... Music really calms peoples angerness. Music helps me heal better... whenever I angry with my mother, I feel like hurting her. I make her lose her patient. I just let it be, not angry with her.”

(Tan/ Int. 1/ lines 227-229, lineS 217-221 & lines 203-204)

Naturally, Tan inherited a helping nature. Despite helping his mother with the housework, Tan also help his neighbour around his neighbourhood. Tan is known for his hardworking as he always helps his immediate neighbour in her garden. Tan also show kindness to old people as he frequently volunteers to take assist one of his old neighbour for medical check-ups at the nearby hospital. Literally he passes by some of his neighbour's house with old people knowing that they will ask him for help.

“my neighbour... I just clean their house... I bring my neighbour grandma to hospital, medical check-up... Every time I pass by that aunty, the grandma always call me, come and help me.”

(Tan/ Int. 1/ lines 349-359)

Ain

Background: Ain is an 18 years old teenager staying with her mother. She had just completed her Malaysian Certificate of Education (SPM) and currently waiting for her results. She attended for the interview neatly groomed, wearing a gold chain and ring. She also had the latest Android Samsung phone with her. Ain's physical appearance seems to be slim and fit due. Overall during the interview Ain seems to be a humble and respectful person towards elders. Ain keeps repeating her statement that she is delighted staying with her mother.

Living experience: Ain was only thirteen years old when her parents got separated. Upon the parental divorce, Ain and her mother moved out of her father's house into a new neighbourhood. Although in the early stage of parental divorce Ain was skeptical about the uncertainty of her future and the changes of living environment, over the years she showing excellent recovery from the negativity of parental divorce. Currently Ain is pleased with her life. She believes that her mother had made the right choice of getting divorced from her father.

"We actually moved on from our old place to new location... We managed to overcome all the struggles we had during our past... now we are very happy... I think I would say this is a right choice"

(Ain/ Int. 1/ line 151, lines 156-161 & line 170)

In Ain's perspective, her mother is her wellness. Currently, she is thrilled to stay with her mother. She takes good care of her mother's emotions, and she does not want to see her getting heart again. Similarly, her mother also takes extra care of the importance and wellness of Ain. In Ain's experience, there were many good things in her life which were fulfilled by her mother even before she could make an attempt to ask. Her mother always makes an effort to know what is importance of Ain and works hard to fulfill all her needs.

“my wellness, I will say that it goes to my mom, being with her... Yes I am very very happy.... my mom. Even before I ask she will do it. Dia boleh faham what I need... Always wanted her to be happy and healthy”

(Ain/ Int. 1/ line 25, line 177 & line 283-286)

Ain’s family had a lot of financial issues before parental divorce. Financial problems were the key factor that caused the separation of her family. Practically her parents’ marriage was ruin because of the differences in managing the household income. Ain’s mother believes in saving money for a better future. However, her father finishes all the savings on his addiction to consuming alcoholic drinks. As a taxi driver, he uses his daily income at the local pubs with his friends. Her father’s behaviour caused a lot of difficulties for the family. These lead to daily arguments between her parents, which eventually ended up in divorce.

“In our past we always had problem with my dad last time it use to be like ‘kais pagi makan pagi, kais petang makan petang’. Something like that, now we are very happy and we don’t have much money...My father go to pub with his friends. He will use my mothers saving to get drunk”

(Ain/ Int. 1/ lines 163-170 & Int. 2/ lines 32)

Ain also felt shy and disturbed while she confessed that her father consumes alcohol despite being a Muslim. Whenever her father gets drunk, he will use physical violence against her mother. Ain has witnessed sufferings of her mother before the parental divorce. There was never a day in her memories that her mother failed to cry when her parents were together. Her mother’s marriage life was filled with sadness and problems which mainly caused by her father.

“I remember my father was actually a drunken guy before... use to beat my mom...In our past we always had problem with my dad side... full of sadness, every day night it is like sad and never a day without tears.”

(Ain/ Int. 1/ line 54-55 & line 163-165)

Currently, Ain is glad to see her mother happy. For a person who had a lot of crying moments in her marriage life, parental divorce was a turning point that brought back her happiness. Parental divorce removed the sad moments from the past

and brought the smile back in her mother's face. Therefore, Ain is convinced that her mother made the right choice in getting divorce. According to her, the effect of parental divorce reacted positively in the lives of Ain and her mother. At present, both her parents are living a better live separately in their own way.

"now we are very happy. There is no sad moments.... Before we use to have problems and now I can see that my mom is smiling... I think I would say this is the right choice"

(Ain/ Int. 1/ lines 165-166, line 147 & line 212)

Currently, Ain is happy with her parent's separation. Ain finally found peace in her family as her parents have stopped their fights and arguments. Most of all, Ain is glad that she does not have to see her mother get beaten by her father. Currently they feel safe and happy staying away from their father. In the early stage of parental divorce, Ain and her mother faced many challenges. When they moved out of their father's house, they came out empty-handed. However, due to the strong determination of her mother, they managed to overcome all the obstacles. They have learned to put all their past behind them and move on to live a happier life.

"Compare to last time as I said, they always fight, argument happen, father will hit her, so I think I would say this is a right choice because my mother right now happy and save... lots of changes in the term of environment actually... this is actually brought few changes in our lives. We managed to overcome all the struggles we had during our past... We have learn to put past memories behind and move on to a happier life."

(Ain/ Int. 1/ lines 156-161, lines 211-212 & Int. 2/ lines 119-120)

Ever since the parents' divorce, Ain's mother has been working as a security officer. Although her mother's salary is not much, financially the family seems to be stable as they get some financial assistance from one of her aunty working in Singapore. As Ain has completed her SPM examination, she will be leaving soon to her new college or university to further her studies. Most likely she will stay in the University hostel during the studies. Currently her mother already made enough savings for her first year and enrolment payment. To avoid loneliness while Ain is

away, her mother intends to work in Singapore as a security officer. It will bring her closer to her sister in Singapore, and the new job gives additional financial strength for Ain while she is in University.

“She is actually a security officer... actually her salary is not that much but then my aunty also always support her...if I go University my mother want to work in Singapore cause better money. Some more my aunty is there, so she won't feel lonely...financial she said ok. She got enough saving, enough money to pay all my initial payment to University”

(Ain/ Int. 1/ lines 75-79 & Int.2/ lines 88-89, lines 96-97)

Ain intends to further her studies in nursing. She developed her interests in nursing by admiring the lifestyle of her aunty. Currently her aunty is working in Singapore as a senior nurse. Before this was also working as a nurse in middle east Asia. Her aunty seems to be financially very stable, and Ain wishes to follow her footsteps to be successful in life. For Ain, her aunty is her mentor.

“my dream, I want to be a staff nurse, just like my aunty....she live a luxuries life in Singapore. She also worked in Middle East, also as nurse, gets salary in US dollar... I would say she is my role model”

(Ain/ Int. 1/ lines 84 & Int.2/ lines 67-71)

Ain also has a 13 years old younger brother who is staying with her father. Her parent's divorce eventually separated both siblings. During the parental divorce, her father refused to take custody of Ain as he does not want to get committed to raising a girl child. Ain used to love her father a lot until the day she felt rejected by her father. Although Ain could not accept the reasons given by her fathers on rejecting her, in reality she has accepted the decision positively as she finds staying with her mother would definitely be a better choice. Currently Ain has not met her father and brother for more than 5 years. She has no contact with her brother. Her father used to call her occasionally to check on her development. Although Ain has no emotional bonding with her father, she still entertains her father whenever he calls as in Islam it is imperative to respect their parents.

“after this divorce between my mom and dad, my brother followed my father and I am with my mother ... Sad because my dad actually rejected me. He doesn’t want me to be with him... he said he can’t afford to take care of daughter. So he has actually pushed me to be with my mom and my brother has gone there. It is like we both the siblings are been separated. However, I am very happy and glad to be with my mom...We do but not much contact. Just like normal phone call conversation. He will call once in a while to check on my studies and to see if I really need some cash or that’s how it works. But not very connected”

(Ain/ Int. 1/ lines 181-191 & lines 195-197)

Ain represents her school in long distance running. She has been winning her school cross country run three years in a row. On track and field events, she represents the school on 5000 meters running. Although she has completed her schooling life, Ain still continues her physical exercises to keep herself fit. She runs five kilometres daily to keep up with her stamina. Participating in cross country running is her passion, and she wishes to continue her passion by running for her university in the future.

“I’m a athlete, myself normally I run cross country and 5000meters in school...3 years consistently I have win my school cross country run...every day I go for jogging, maybe around 5 kilometres just to keep up with my stamina...I wish to continue running for my university in future. Running is my passion”

(Ain/Int.2/ lines 153-159)

Being the school runner, Ain is very popular in school. She is also very close to most of her teachers. Most of her school friends are following her on Instagram and Twitter. Although she has many friends on social media, physically she only socializes with one of her childhood friends. They have made it a point to meet up at least once every week. Ain treats her best friend as her own sister. She shares all her emotions and problems with her best friend.

“In Instagram and twitter is mostly my school friends... I have one of my bestie, I would say she is like my childhood friend, like a sister. So we use to talk about it. Whenever I feel like lonely, most of the time I share with her.... Always go out with her. It is like every week we will be meeting up... we go near, sometimes makan-makan. And then she either come to my house or I will be going to her house. We will spend time over there.”

(Ain/ Int. 1/ lines 310-314 & Int.2/ line 142)

Ain also loves taking selfies. It is one of her favourite past time. Normally Ain uploads her selfie pictures on Instagram. She gets pleased to see positive comments on her selfie pictures. Similarly, Ain also uploads her selfie on Facebook. Despite uploading her pictures, she also uses Facebook to know deeper about the lifestyle of others. For Ain, selfie is another motivating factor which boosts her confidence level about her physical appearance.

“I am a selfie person. Love to take selfie so what I do whenever I take selfie, I just upload in my Instagram. That’s how I explore myself. When it come to facebook...I just tengok je what other people doing, just going through news read...some will comment, if positive comment, very happy”

(Ain/ Int. 1/ lines 87-97)

Moving out of her father’s house eventually brought Ain and her mother to a better neighbourhood. Ain is living in a two-room flats house. Although it is a rental house, Ain is pleased staying there. Her room is fully furnished according to the basic needs of a teenager. Ain is also well connected with their immediate neighbours, who treat her like their own family members. Similarly, Ain is also beneficial to her neighbours. For instance, one of her neighbours is bedridden and Ain always renders her assistance to take care of her whenever her neighbours are going out. As Ain wishes to become a nurse, she naturally has the likings to take care of sickly old people.

“actually we are staying in a 2 room flat and it’s a actually, we are actually renting that house. I have my own room.... I have a teddy bear, I have a star, I have a table, I have my own laptop, I have my dressing table, I have my own cabinet as well... I am very very happy... They are very friendly. As I said before during the pass, I mean our past we don’t have much connection with neighbor’s but right now after we moved up we have a lot of neighbor’s who are actually helping us, being very friendly. So we are like family... I have my neighbour, her grandmother is bedridden person. So sometimes her parents will be going out so they will ask my help to take care of the grandparents”

(Ain/ Int. 1/ lines 270-283 & lines 381-382)

In the early day of parental divorce, Ain received counseling support from her school counselor. The counselor gave extra care on Ain's development as he regards her as a valuable school asset. Academically Ain is a good student from an excellent class in school. In sports she is the school's top long-distance runner. The counselor guided Ain throughout her schooling life as he does not want her potentials to be ruin due to the negativity of parental divorce.

"seen a counsellor at school... They encourage me to be a strong girl because my, seems my parents are actually divorced they will always moved me up and they will guide me up with my studies...I always see my counselor. Any problem I can talk to him... My counselor motivate me... He say I am a school asset because good in studies, number 1 class. And then best runner in school. So for 5 years he guide me, until SPM"

(Ain/ Int. 1/ lines 116-126 & Int. 2/ lines 124-129)

There are many times Ain felt disturbed looking at her fate of not receiving equal amount of love from her parents and siblings. This happens more frequent whenever she sees others in her surrounding living in a happy and united family. The only thing that helps her in such moments is her faith in God. Therefore, whatever challenges Ain faces in her life, she takes it positively as she believes that her destiny is set by God. In her prayers, she always requests God to give her the strength and courage to face the challenges.

"Personally if you ask me, I will say it is like just surrender to God. ...Whatever happens, if it is your faith, then we just surrender to God... Yes I do because other kids, other children with their parents, mom and dad. So sometimes when I look at myself, it is like we didn't do any mistake but it is like we are going through the situation. It is very hard for me to take it. But then sometimes you know things happen so I have like just let it go, have to surrender to God again... I just leave to God. I just ask God one thing, give me that strength and the courage that's the only thing. Only Allah can help"

(Ain/ Int. 1/ lines 133-134, lines 158-160 & lines 245-248)

Ain has never confronted her mother on parental divorce. She believes that there is no reason for her to make any further confrontation as she already knew all the reasons. She has personally witnessed all the problems faced by her mother

before the divorce. From Ain's perspective, she believes that her mother made the right choice of getting divorced. Ain also made it clear that any clarification on the divorce could hurt her mother repetitively with her past memories. Therefore, Ain always finds ways to avoid any form of conversation with her mother on parental divorce.

"I never ask them before because I just don't want to remind my mom about her past.... as I remember my father was actually a drunken guy before... use to beat my mom. I don't want to talk about it.... I would say this is a right choice... I don't want her to be sad"

(Ain/ Int. 1/ lines 50 -57 & line 205-212)

Ain has forgiven her parents for their decision to get a divorce. In fact, she prays for the happiness and wellbeing of her parents. Although Ain has forgiven her father, she dislikes his irresponsible behaviours. Although he occasionally calls to check on her development, in reality he has never contributed anything to help her ever since the parental divorce. Despite his calls on several occasion, Ain has never seen her father and brother ever since the parental divorce. In Ani's memories it was always her mother who worked hard to earn the household income and gave importance to all her need.

"I always pray for them...to be healthy and happy...my father just wash of his hand after divorce. If I need anything, it was always my mother. Financially he has never helped me or my mother....he have never come to see me for 5 years. I also don't know how is my brother. Never seen him for many years"

(Ain/ Int. 1/ lines 176-178 & Int. 2/ line 50-54)

Ain is also a music lover. She loves listening to peaceful melody songs or music. Although she listens to music as entertainment, in reality the music has a great influence on Ain's emotions. Ain confessed to her ability to cope with anger by listening to music. She feels music is an emotional healer as she feels calm whenever listening to it. Similarly, music also prevents her from loneliness. She loves listening

to music before going to bed. Ain enjoys the silent moments of night with her favourite melodies.

“Angry? I just calm myself by listening songs... Probably something like melody and I don’t go for pop or pop music. I just like some peaceful music.... I manage to overcome my loneliness actually.... I will listen to songs...I will sleep listening to songs”

(Ain/ Int. 1/ lines 64-67, lines 231- 238 & line 350)

As a Muslim Ain prays five times a day. Although Ain hardly goes to surau or mosque for prayers she feels well connected to God through her prayers. Normally she would rather pray in the comfort of her room to fulfil her rights. Ain gets personalized comfort through her prayers. She is able to manage her emotions and experience peacefulness by fulfilling her rights on prayers.

“Angry means... I just pray. I will pray. Through prayers I get peacefulness... Praying. I connect myself with Allah through prayers... I don’t go but I surrender myself in my room. I seldom visit places of worship for prayers. I spend more time in my room, I just do prayers in my room”

(Ain/ Int. 1/ line 233 & lines 300 - 303)

When it comes to Hari Raya celebration, Ain appeared to have a better celebration after the parental divorce. Before the separation, Ain and her family celebrate Hari Raya festival together in her father’s hometown. She had no options but to follow her parents even though she does not like to celebrate Hari Raya with her father’s side of the family. Ain always felt a better bonding with her mother’s side of the family. Therefore, Hari Raya becomes a joyful celebration in Ain’s life after the parental divorce as she started to celebrate with her mother’s side in the family. For Ain, she enjoys the moment when all her cousins from her mother’s side gathered on Hari Raya festival day as one big family.

“Because before this, before my parents got divorce we use to celebrate Hari Raya as a family. On first day of Hari Raya, we always go back, home town. We will go back to our hometown and there is no much fun last time. But compare to now after the parental divorce, of course we don’t go back to our home town but then we celebrate

with my mom side, a lot of happiness over there, we manage to meet our grandma, cousins, uncles and aunties. So when we gather is like a big family.”

(Ain/ Int. 1/ lines 247-252)

Dvy

Background: Dvy is a 16 years old teenager girl studying in form four. She attended for the interview after her tuition classes. She was wearing jeans and t-shirt. Physically she looks healthy. Her appearance seems to be neat and tidy. She had a Samsung Note phone during the interview. She was not wearing any other valuables. Overall Dvy appeared to be a very polite young teenager. She keeps addressing the interviewer as madam.

Living experience: Dvy’s parents divorced seven years ago. She was only nine years old at that time. Parental divorce brought a drastic change in Dvy life. As soon as her parents’ divorce, she and her mother moved to a new house in a different neighbourhood. She also had a change in school. She lost contact with all her old friends and started making new friends. Her grandmother moved in stay with Dvy. Despite all the changes in her living environment, Dvy was very happy with her life after her parent’s divorce.

“I changed school when I was standard three. We changed house, new neighbourhood. My grandma stayed with us because I was young and my mother goes to work, so she will take care of me. So I meet new friends... Very happy”

(Dvy/ Int. 1/ lines 202-207)

Dvy regards her mother as her source of wellness. She is always happy whenever she is with her mother. She enjoys spending time or eating her mother cooking. Dvy gives importance to her mother’s emotions and happiness. She understood all the pain faced by her mother before her divorce. Therefore, Dvy

avoids having any conversation in regards to her life before the divorce. She always wants her mother to leave the past behind and move on with a happier life together.

“For me wellness is my mother... like spending time with mom, eating mothers cooking... I am always happy being with my mother... I don’t want to ask her and heart her feelings. I don’t want her to think about the past... Already 7 years, so I prefer to let it go and move on with our life”

(Dvy/ Int. 1/ lines 33-38, lines 61-62 & line 154)

Dvy’s parents divorced due to the aggressive behaviour of her father. He always uses physical violence against her mother. Dvy gets scared and traumatized by her father’s behaviour as her mother gets beaten in front of her. Dvy loves her mother, and she does not like her mother to get hurt. It hurts Dvy a lot to see her mother cry all the time. It hurts Dvy, even more, to see her mother gets beaten in front of her and there was nothing she could do at that age to stop the violence. Witnessing the domestic violence between her parents has affected Dvy’s emotions before parental divorce. Even at a very young age, Dvy uses to be scared of coming back home after school. She gets scared to face her father and worried about the problems faced by her mother. Therefore, Dvy is happy that her parents got separated. Dvy feels that she and her mother are finally having a happy life after parental divorce.

“My father always beat my mother. Many times he beat in front of me. I have seen... Last time I don’t talk a lot. Always quite. Sometimes scared to go back home. Don’t know what problem at home. Always worry about mother because she always cry...I am happy they divorce. It is better this way.... I and my mom, we are very happy”

(Dvy/ Int. 1/ line 198, line 231, lines 60-61 & lines 212-214)

Knowing the pain difficulties faced by her mother, Dvy always prays for her mother’s happiness. During the interview, Dvy highlight on the importance of mother in Hinduism. According to her, in Hinduism to reach God one must always get the blessing of their mother. Therefore, Dvy always touches her mother’s feet to get her blessing before doing anything important. In her perspective, she respects her

mother in the same way she respects her God. However, Dvy does not pray for her father as she is still holding some resentments from the past. As her past memories traumatize her, she avoids thinking much about the past which includes her father whom she has not seen or spoken for seven years. From the research observation, it appears that Dvy is still traumatized by her past memories. During the interview she had high palpitation while describing her father.

“I always pray for my mom but my father no. I don’t pray for him... In Hindu mother first then only God. If you don’t respect mother, you cannot reach the holly feet of God... If I am doing something and if I get my mothers blessing, for me it is like God have bless me. So sometimes, if I am going out, I touch her feet, get her blessing before going out.... When think about my father, yes, traumatize and scared. Now I am talking about him, my heart already beating fast.”
(Dvy/Int. 1/lines 70-71, lines 214-215, lines 327-226, lines 334-336 & lines 212-214)

In the early years of parental divorce, Dvy and her mother received lots of support from her grandmother. Dvy was emotionally connected to her grandmother as she played a very significant role in her life. Knowing that Dvy’s parents separated, her grandmother immediately came to stay with Dvy and take care of her. Her grandmother knew that her assistance was needed as Dvy was still very young girl at that time and her mother needs to leave Dvy somewhere to go work. From the memories of Dvy, she enjoyed the moments she spent with her grandmother. Her grandmother always tells Dvy stories about her life experience and as a small child, Dvy enjoys all her stories. For Dvy, it was the first time that Dvy experienced the love of a grandparent as before the divorce her father never allowed her grandmother to visit her. It appears that in the early day before Dvy was born, there was a big misunderstanding between Dvy’s father and her grandparents. Although her grandmother always wanted to visit Dvy she never got the opportunity to meet Dvy often. Unfortunately, her grandmother's love did not last long as she passed away

three years ago due to a heart attack. It was a big loss for Dvy as she became very close to her grandmother.

“My grandma stayed with us because I was young and my mother goes to work, so she will take care of me.... Very close. She took good care of me when I was young.... She pass away already. 3 years already. She went back Gopeng, to her house and had a heart attack. She died in her house...When I was a small, she like me a lot but she cannot visit me because my father don't like her. But when my mother divorce she come and stay with me because she love me a lot. She always cook for me. Tell me stories. Take care of me.”

(Dvy/ Int. 1/ lines 203-204 & lines 291-302)

In Dvy's present living experience, her friends are also her wellness. She has five good friends from the same secondary school, and all of them are staying in the same neighbourhood. Three of her friends are from the same primary school, and they understood Dvy's problems and difficulties from young. The other two are her new friends from secondary school. Over the years, these are the only people Dvy openly speaks about her problems including parental divorce. The six of them always meet up for breakfast over the weekend, and once in a while, they go out for a movie during their school holidays.

“For me wellness is my mother and then my friends... There is five friends. Bestie...3 from primary school. 2 more from different school but now same secondary school...Normally in a month two or three times we met at Sai Baba Centre. Sometimes they come for breakfast because they serve free breakfast on Sundays. If it is like school holidays or long breaks, we will also meet. Mostly for a movie and then hang out at the mall”

(Dvy/ Int. 1/ line 33, lines 359-362 & lines 376-378)

Dvy had a change of school after parental divorce. From standard one to standard three, Dvy was studying in a different school. The change in school did not affect Dvy as she did not have many friends in her old school. In fact, Dvy has minimal memories of her life in the old school. The first three years of her schooling live, Dvy seem to be a reticent student. She does not talk much to people as she was

always worried about the problems at home. In fact, Dvy confessed that there were times she was afraid of going back home after school because of her father.

“I changed school when I was standard 3... friends in your old school...not that close. Last time I don’t talk a lot. Always quite. Sometimes scared to go back home. Don’t know what problem at home. Always worry about their mother because she always cry. So not much good memories of my old school”

(Dvy/ Int. 1/ line 202 & lines 211-214)

Despite her friends, Dvy also has the experience of talking about her problems with a professional counselor from The National Population and Family Development Board (LPPKN). In the early years of parental divorce, Dvy attends an art therapy session with professional counselor at LPPKN. She was asked to draw or make colouring during each session. While in the process of colouring or drawing, the counselor will always talk to Dvy about her emotions. Even at a very young age Dvy usually feels motivated after each session with the counselor.

“not school counselor. I go to LPPKN.... Sometimes we don’t talk inside her room. We go to different room and that time I was only like 10 or 11 years old. So she will ask me to draw and do colouring. While I do my drawing and colouring, she will talk and I answer... Actually I enjoy. I feel relax. I felt motivated. I think counseling is good.”

(Dvy/ Int. 1/ line 157 & lines 169-174)

However, Dvy always has a negative impression over school counselors. Through her experience, school counselors only handle disciplinary cases. Hence, from Dvy’s perspective, school counselors carry an opposite personality compare to the professional counselor she meets at LPPKN. In her school many students have mistaken between the school counselor and the discipline teacher. Generally, all students are afraid of her school counselor as she always shouts at her students to enforce discipline among them.

“My school counselor is not like LPPKN counselor. She shoots and scold students. More like discipline teacher. So everyone if afraid of her... I know normally discipline problem like skiping school, gang fight at sekolah all she will handle”

(Dvy/ Int. 1/ lines 179-183)

Currently, Dvy and her mother are staying alone in an apartment. Her mother works on shift hours at Kuala Lumpur International Airport (KLIA) airport as a Malaysia Airlines (MAS) ground staff. Whenever her mother goes to work, Dvy uses to get lonely. However, recent years, Dvy has learned to manage and overcome her loneliness. As a movie lover, Dvy loves to watch movies whenever she is alone. Frequently, she records her favourite movies on Astro decoder or simply watch a movie on Astro demand. Similarly, social media also supports her emotions whenever she is alone. Dvy feels connected to her friend through social media, and it prevents her from loneliness. But most of all, her current life keeps her very busy, and she has no room for loneliness. Usually Dvy comes back late from school due to her club activities and sports training. She also goes for tuition after school. By the time Dvy reaches home, she has a lot of homework from her school and tuition centre to be completed. Therefore, her busyness keeps her occupied and free from loneliness.

“She is a ground staff at KLIA... She works shift hours at airport... When my mom goes to work, I am alone so I feel lonely. But now can manage because we have Astro. I love movies in HBO, Fox Movies and so on. Normally I record good movies on Astro decoder to watch when I am alone. And of course they have movie on demand. Normally I watch free movies....social media helps me when I am lonely. But most of all, I have a lot of homework and tuition. My school and tuition give me a lot of homework. So I have no time for loneliness. I am always busy doing something”

(Dv/ Int. 1/ line 89, lines 97-100, lines 106-108 & line 385)

Currently, Dvy is living a very happy life with her mother. Although they are still renting the house, Dvy feels safe living there as her mother is free from physical violence. Similarly, her mother is also taking good care of Dvy ever since parental divorce. She took the trouble of fully furnishing the house to ensure Dvy lives a comfortable life. Her house is also very close to her school. It gives her the privilege of coming back home for a short break before returning to school for her after school

activities. Having her friends in the same neighbourhood is another advantage for Dvy as she gets to meet them more often after school or during the holidays. Her current neighbours are also very caring. They treat Dvy like their own daughter as they always check on her safety and wellness whenever Dvy is alone at home. Most of all, Dvy and her mother feels safe staying at the apartment as the area is protected by security and CCTV cameras.

“I and my mom, we are very happy... We are renting... the house is fully furnished. My room is also good. I have my bed, study table , my own cupboard, I have a lots of my own photos when I travel with my mom. I like my room a lot... Very happy. My friends are near by. We have good neighbours. Feel safe cause got security, Near my school so easy for me. So yes Mdm, very happy staying here”

(Dvy/ Int. 1/ line 199, line 273 & lines 281-286)

Based on Dvy’s living experience, social media is critical in teenagers’ lives. It has become a common mode of communication among teachers and students after schooling hours. Dvy personally is involved in various WhatsApp group in her school. Her teachers and group members keep updating her on the homework, group projects, sports training, club meetings, school activities and many other school matters on her WhatsApp groups.

“We have our own groups like class group, net ball group, association and so on. So for meetings and projects WhatsApp is very important. Even teachers update us or contact us on WhatsApp”

(Dvy/ Int. 1/ lines 127-129)

During the interview, Dvy also highlighted how social media supports students in their studies. It is comment for current students to use YouTube to clear their doubts. Dvy personally use YouTube to help him with his revision. From his living experience, social media also prevents teenagers from loneliness. The current teenage group of friend always stay connected to one another on holidays or after schooling hours. Frequently Dvy uses Instagram to stay connected with her friends. She likes to take selfies and upload her pictures on Instagram. Dvy also updates her

life story on Instagram. Literally getting good comments on her selfies and life story boast her self-esteem as it measures her self-worth.

“I study using You Tube... Just type what I don’t know, so there are many vidoes to explain. As specially for add maths. They will teach how to use formulas and so on... Social media really help when you are lonely.... Instagram is more to my personal matters. It is my story for my followers. Sometimes I take Selfie and upload. Friends will comment. Or when I travel, I take picture and upload. I also follow other peoples lifestyle on Instagram.”

(Dvy/ Int. 1/ lines 120-123 & lines 134-138)

Although Dvy has the freedom to use social media, her mother is very particular about cybersecurity. She refrains Dvy from using Facebook due to its poor safety features. Therefore, Dvy does not have a Facebook account. Similarly, all her friends have also deactivated their Facebook account.

“My mom also don’t encourage Facebook. Many people have problem with Facebook. I think Facebook has poor security fixtures. You don’t know who you are talking in Face book and they can steal your personal details. So I don’t like Facebook... My friends had Facebook but all of them not active now”

(Dvy/ Int. 1/ lines 140-144)

On Sunday, Dvy goes to Sai Baba Centre for prayers with her mother. It is a centre that organizes weekly free devotional programs such as singing devotional song chanting (Bhajan), meditation classes, inviting guest speakers, and other teachings of Hinduism under the guidance of spiritual master Sri Sathya Sai Baba. On the days which her mother is working, Dvy will follow her neighbours to the centre. Usually, Dvy friends will also come to the centre, and they will have breakfast together.

“Like every Sunday, we will go to Sai Baba center. We will sing bhajan songs, and then after that, everyone meditate together. We practice the moment of silence for a few minutes.... My mother and sometime if she is working I will follow my neighbors... we meet at Sai Baba Center. Sometimes they come for breakfast because they serve free breakfast on Sundays”

(Dvy/ Int. 1/ lines 239-246 & lines 376-377)

The meditation classes at the centre have been beneficial for Dvy in controlling her emotions. Whenever Dvy is having negative emotions such as anger, she will practice the moments of silence and meditates for a few minutes to control her inner emotions. Meditation also helps to rationalize her thinking whenever she is angry. On certain day Dvy will also join the other centre members to provide social service. Normally she takes part in food charity to help the under privileged people.

“I feel calm when I meditate. When I am relax I think better... Mainly food charity. I will follow the Sai Baba Centre. When they have road shows and charity program I will follow them”

(Dvy/ Int. 1/ lines 236-237 & lines 445-446)

In regards to prayers, Dvy prays two times a day at home. She also practices meditation every day after prayers. As prayers make her happy and relax, Dvy also prays whenever she is distressed or emotionally disturbed. Occasionally she goes to temple with her mother on special prayers. Overall, Dvy has a lot of faith in God. Through prayers she always expects for some miracle to take place in resolving her problems.

“like every morning after shower I will pray and in the evening a short prayer around 6.30 or 7... Temple is like once or two times in a month. Only on special occasion or prayers... when I am sad or depress I need solution for my problem. So by praying it gives hope that God will do something, it is like hoping for some miracle to take place”

(Dvy/ Int. 1/ lines 342-348 & lines 352-353)

Generally, Dvy is also an animal lover, and she dislikes killing animals. She always avoids eating meat and prefers to be a vegetarian. Knowing that Dvy prefers vegetarian food, her mother always prepares special vegetarian dishes for Dvy before going to work. She ensures Dvy gets good nutritious food every day. Moreover, Dvy prefers to eat vegetarian food as it is a healthy diet, which keeps her body slim.

“certain days I am vegetarian. So I prefer to eat at home... It is healthy diet. Can eat a lot but still maintain slim... I don't like killing animal. So I prefer vegetarian”

(Dvy/ Int. 1/ lines 390-396)

Dvy also experiences a change in the festival environment after parental divorce. In the early day, Dvy uses to have a tranquil Deepavali celebration with her parents. Before the parental divorce, Deepavali was just like any other public holiday where her mother might cook something beautiful for the family to eat. However, Dvy only discovered the true colors of Deepavali after parental divorce. In the first year after the parental divorce, Dvy followed her mother and grandmother to their home town in Gopeng for Deepavali. Dvy was surprised to know that she had many cousins who looked forward to celebrating Deepavali with them. Ever since Dvy has been celebrating Deepavali in her mother's hometown. Deepavali, for her is like an auspicious family gathering with lots of fun and joy. Celebrating Deepavali in a big family was a totally new experience for her. Normally Dvy and her mother spend five to six-day in Gopeng during Deepavali. Every year Dvy countdown the days as she looks forward to going Gopeng to meet her cousin and celebrate Deepavali.

“When my parents divorce, I was only nine years old. So I don't have much memories. But I know, we only celebrate at home. That time only three of us. Mom will cook something nice and we all eat. Nothing much actually...but now it is different. After divorce we always go back to Gopeng. It is in Perak. My mothers hometown. All my cousin will be there. I think around, maybe more that fifteen people. So we celebrate together... Of course bigger group Mdm. I don't like quite celebration... I have a better festival celebration now”

(Dvy/ Int. 1/ lines 257-270)

After completing the examination of the Malaysian Certificate of Education (SPM), Dvy wishes to continue her studies in form six to fulfil her dreams of studying at University of Malaya. She did her own research on the entry requirements, and she is aware that it takes a Malaysian Higher School Certificate (STPM) result to get an entry into University of Malaya. Although it is too early to decide on her course, Dvy has planned to study Bachelor of Laws (LLB) at University Malaya. She is motivated to study law due to her Nobel thoughts of

helping the underprivileged people. Dvy is aware of the expensive legal charges in Malaysia, and she wishes to support the underprivileged people to gain their legal rights. Dvy is not worried about her financial strength to study at University Malaya as she is aware that the fees at public institutions of higher learning (IPTA) are much cheaper compared to private institutions of higher learning (IPTS). Although her mother has made some savings for Dvy's education, Dvy prefers to study on PTPTN loan to free her mother from any financial difficulties.

"I want to study form 6 because I want to get into government University. My dream is to study in University Malaya... Because I always hear people say it is No 1 University. And a lot people like our Prime Ministers are from UM. It is my childhood dream Madam. I must study in UM...Law, Because I want to help poor people... Many people can't afford a good lawyer. My mother had the problem when she want to divorce my father. So I want to help poor people... Many people can't afford a good lawyer. My mother had the problem when she want to divorce my father. So I want to help poor people"

(Dvy/ Int. 1/ lines 454-468 & line 475-477)

Saf

Background: Saf is 18 years old, and he just completed his SPM. He came for the interview wearing a Jeans and football jersey. Physically he looks like a fit and healthy teenager. His grooming is also neat and tidy. He came for the interview with a sporty wristwatch and the latest iPhone model. Overall he appeared to be a happy young teenager.

Living experience: Saf's parents divorced five years ago. He was only 13 at the time of his parental divorce. Saf loves his parents, and it was heart breaking for him to see his parents got separated. However, Saf always respects his parents and has never questioned any of their decisions. He has a firm hold on the teachings of Islam, which restrained children from questioning their parents.

“I love my parents... When they divorce, that time only 13 years old... Some more in Islam, they teach us to obey our parents. So if they decide to divorce, then it is their decision. We children should just follow. We don't question parents”

(Saf/ Int. 1/ line 50, lines 85-86 & line 298)

Saf's parents frequently fight before parental divorce. Many times they have fought in front of Saf and his brothers. Actually Saf hates to see his parents arguing as he is aware that it eventually will turn into a fight. He gets scared whenever he looked at one another during the fight. So he immediately protects his brothers by bringing them to the room during their fights. It is because of the frequent fights that his parents decided that they cannot live together anymore and got divorced.

“Actually they fight a lot. Like almost every day. So I think they feel like cannot live together. So the divorce... Very scared. That time I was very small. Maybe around 10 or 11 or 12 years. So when they fight I won't be there. I bring my brothers and go faster to the room. Actually, very scared to see them fighting, shouting. I don't like to see them fighting”

(Saf/ Int. 1/ lines 62-63 & lines 80-82)

Saf blames his grandparents for his parent's fights and arguments. Before the parental divorce he has seen his grandparent keep complaining to his mother about his father. Whenever his mother makes a confrontation with his father, eventually it will turn into an argument and fight. Saf is not very happy with his grandparents as they are still talking bad things about his father after the parental divorce. He believes that his grandparents are also influencing both his brother to hate their father. They repetitively keep talking bad things about their father, which has stimulated a negative thought among his brothers to think that their father is bad.

“I think it is because of my grandfather and grandmother. Because they don't like my father. So every day they complain about my father to my mother. Actually that time, like I was small. So they think I don't know anything and then they simply complain in front of me. But actually that time itself I know what they were talking. So when my father come back from work and then if my mother ask him anything, then they start fighting... Because my grandfather and grandmother always talk bad about my father. So sometimes my brothers think he is bad”

(Saf/ Int. 1/ lines 68-72 & lines 146-147)

However, Saf is aware that his father is a good person. He knows that Saf's grandparents do not like him, yet he still respects and gives importance to their emotions. Although his father partly owns their current house, he has never stepped into the house ever since the parental divorce as he does not want to hurt Saf's grandparents feeling in anyway. Saf's father is still supporting the family by giving money for the monthly expenses and the house payment. He takes great interest in his children's needs and development by calling and talking to them every day.

"Own house, Actually my father and mother.... he give 2000 every month... They buy together He know my grandparents don't like him. So he does not want any problem. So he just come near the gate then we all go with him... Because he care for other people feeling although they don't like him. So I look at him means I feel proud... But he still love us. Every day he will call check if I am ok. My brothers are ok. He even ask if mama is ok. He will always ask me to respect mama, respect datuk and nenek"

(Saf/ Int. 1/ lines 155-156, lines 352-358 & lines 517-523)

According to Saf, his mother is also a very good person. Despite being a single mother of three children, she is also taking good care of her parents. Saf's mother has also arranged a maid for the house so that his grandparents could live a more comfortable life. Currently, she is working as a tour coordinator. She goes to work early in the morning and comes home late. Saf wishes that he gets more time to spend with his mother in a day. He believes that his grandparents are misleading both his brother in the absence of his mother. They keep talking bad about their father, and Saf is not happy about it. He has confronted his mother many times about this problem. However, his mother always asks Saf to be patient as his grandparents are old people.

"Because my grandfather and grandmother always talk bad about my father. So sometimes my brothers think he is bad... So our maid she just do all the cutting washing and cleaning... She is a single mother but still take of her parents. So he must be a good person"

(Saf/ Int. 1/ lines 146-147, line 444 & lines 523-524)

Before the parental divorce Saf use to be very close with his brothers as he always protects them whenever his parents get into a fight. However, in recent years Saf feels that he does not have the same bonding with both his brothers anymore. Saf once again feels that his grandparents played a major role in creating the tension between him and his brother. Both his brother has good bonding with his grandparents. Therefore, they listen to all the bad things that their grandparents have to say about their father. With such negative mind set, whenever his brothers voice out bad statements about their father, Saf argues back to defend his father. Similarly, his brother does not like whenever Saf is helping them with their education. Therefore, whenever Saf is teaching his brothers, his grandparents always interfere by asking them to stop studying too long and take a break. Saf feels that he has lost his respect from his brothers as his grandparents always back up all their wrongdoings. Of lately, Saf spends very little time with his brothers as they are always out their own group of friends.

“when they fight I won’t be there. I bring my brothers and go faster to the room... My two brother always with their friends and me with my friends. So we seldom meet one another... Last time when we are small, we always play together. So very close. But now, because my mother always ask me to teach them math, so they don’t like. Some more my grandfather, grandmother always talk bad about my father to them. So when they come and tell me they story, I don’t like. Sometimes I scold them or sometimes we argue on that”

(Saf/ Int. 1/ line 81, lines 41-42 & lines 480-483)

Saf and his grandparents do not have good bonding. He always feels that his grandparents are closer to his brothers. Saf is not very close to his grandparents as he does not entertain his grandparents by listening to all their complains about his father. Whenever his grandparents start a conversation about his father, Saf always excuse himself by saying that it is a sin in Islam for a son to listen or talk bad about his father. So Saf gently put it straight to his grandparents that he wishes not to commit such sin. Saf always follows the teachings of Islam in respecting the elders.

Therefore, whenever Saf gets upset with his grandparent's behaviour, he has never shown his anger to his grandparents. Normally Saf chooses to walk away from the situation rather than showing his anger or listening to their unwanted conversation about his father.

"I know they are closer to my brothers...Like anything also they will call my brothers but they don't call me. They like my brothers because they always talk about my father and my brothers listen to them. But if they talk to me, I always minta maaf with them, then I say I don't want to talk bad about my father. Saya tak nak berdosa. So they don't talk to me after that... I get angry but I don't show them. In Islam we cannot argue with elder people. So I just walk away"

(Saf/ Int. 1/ lines 489-499)

Although Saf loved both his parents, he believes that his parents have made the right choice of getting a divorce. Saf has seen the way both his parents fight before parental divorce. He has accepted the reality that divorce finally brought peace into their living environment. After five years, Saf is finally witnessing that both his parents are finally living a happier and peaceful life on their own way. They have not fought ever since the divorce. In fact, his mother has never stopped his father from visiting or calling Saf and his brothers. Although parental divorce is a painful experience for a child, Saf has accepted his parental divorce positively by seeing both his parents are living a happy life.

"It's a right choice because they always fight. Now I see my mother is happy, my father is happy, they talk also no fight. So rumah pu damai, dah tak ada orang gaduh lagi.... He will ask my mothers permission. Like mama always say ok. Then he bring his car and take us out"

(Saf/ Int. 1/ lines 164-165, lines 247-249)

Saf regards his friends as his wellness. He is delighted whenever he gets to spend time with them. Generally, Saf and his friends are football lovers. Whenever there is a live broadcast of football matches, they will gather at the Mamak restaurants to watch the games. Mamak shops have become a regular meeting spot for Saf and his friends. Although Saf eats home-cooked meals every day, he enjoys

going out with his friends for a teh tarik. To express their football talents after watching the games, Saf and his friends go for futsal all the time. Futsal has been their regular activity as they gather to play the game almost every day. The days Saf could not go for futsal or watch live football matches; he will hang out with his friends at shopping malls for a movie or stay connected with them via social media.

“wellness is more like being with my friends... Always with friends means very happy ... we go play futsal, and then sometimes got live games means we lepak at mamak shop watch football. Also if school holiday mean we lepak kat shopping mall or go to cinema, like that.... So maybe at mamak shop just lepak with friends and drink Teh Tarik”

(Saf/ Int. 1/ line 22, line 34, lines 429-431 & line 449-450)

For Saf, his friends are also known to be his emotional support. Currently, he is having some issues at home with his brothers and grandparents as they are not very close to him. He could not spend much time with his mother as she comes home late all the time. Therefore, the only emotional support he is getting at the moment is spending time with his friends. Among Saf and his friends there is always a good mutual understanding. They always help one another during difficult moments, which makes Saf emotionally connected with his friends. Saf shares all his problems and emotions with his friends. Even if they are not together, Saf and his friends will stay connected via social media. At any point in time if Saf sounds unhappy in social media, his friends will come immediately to bring him out. Therefore, Saf spends most of his time with his friends as their company make him happy and forget about all his problem.

“So I have my friends, so don’t feel lonely... Like always help each other. So katakan, like maths or add maths if they don’t know anything, they will ask me. Sometime, kalau tertinggal dompet, they know I always bring extra. So they pinjam first. So I give... Every day, they will text me. If I sound not happy, they just come in front of my house, then they take me out... I am always happy when I’m with my friends. If talk to my friends, I’ll forget my problems”

(Saf/ Int. 1/ lines 95-96, lines 326-327, lines 466-4468 & 508-509)

In regards to emotional support, Saf also received counseling support in the early years of parental divorce. It was a period of time when Saf was going through depression after his father left the house. Therefore, his mother brought him to a professional counselor at The National Population and Family Development Board (LPPKN) to assist Saf to overcome his grief. The counselor played a vital role in rationalizing Saf's thinking pattern to be more intellectual rather than emotional. Through counseling Saf was able to come out of his grief and accept the parental divorce positively. Saf was also pleased to meet the counselor as he was highly motivated by the counselor to be an active member of Kafe@teen and join event organize by LPPKN, such as motivation camp during the school holidays.

“So after my parents berpisah my mother brought me to LPPKN to joint member at Kafe@teen. So I meet my counselor there... That time, when I see the counselor, my parents just divorce so of course very down, feel sad. But if I see the counselor I feel good. She makes you feel like it's ok. Just terima sahajalah. Memang betul pun, because my parents fight all the time, so it is better this way. So when I talk to my counselor, she make me think like that. Like she will make you think. Not simply do things using your heart... She motivate me to study hard. And then she always me questions to make me think. What is right, what is wrong. And then she will ask me to joint motivation camp. So sometime, holidays I go for motivation camp”

(Saf/ Int. 1/ lines 210-224)

However, Saf does not have a good impression of the school counselors. He believes that the role of a school counselor is more towards disciplinary issues in school rather than personal issues that are not related to school matters. Hence, in Saf's opinion, school counselors have a different function compare with professional counselors from LPPKN. From Saf's schooling experience, his school counselor will only handle students who are caught in disciplinary action such as gang fights, bullying or skipping school. Therefore, Saf has never met his school counselor throughout his schooling life.

“Actually counselor in school and counselor in LPPKN not same. Counselor at LPPKN like for personal problem, counselor in school for discipline problem... Like

ponteng sekolah and then gang fight and bully. Any discipline problem teachers will send for counseling and then the counselor will handle the problem”

(Saf/ Int. 1/ lines 233-241)

In the living experience of Saf, he did not experience any changes in the house he is staying, his school, or his friends. The only difference he experienced was his father living the house after the parental divorce. Over the years, he and his family are also celebrating Hari Raya festival and other special occasions at the same house. However, Saf always gets worried thinking about his father during festivals or special occasions. He is aware that his father will be all alone in Jakarta during festival as he does not have anyone else in his life to be called family. Hence, Saf calls his father often during such important days and speak long hour with him to give him the assurance that he is always there for his father.

“We are still staying in the same house. School and friends are also same. Money wise, my father still gives money for our family. so not much different... So dulu also same. We always raya kat KL. So no changes... Changes means, like I miss my father. That want yes I miss. Because when I salam elder people in my family, I cannot salam my father nak minta ampun. So that want I very sad.... inside I still think of my father, because I know he is alone in Jakarta.... Now days easy only. Straight make video call. If Hari Raya, at least 10 times I will call him.”

(Saf/ Int. 1/ lines 280-281 & lines 335-345)

The fundamental knowledge of Islamic teaching has inclined Saf spiritually into the lifestyle and practices of Islam. Hence, most of the decisions in his life are subject to the teachings of Islam. For instance, Saf has never questioned his parents in regard to their decision in getting divorce. According to Saf, in Islam children should always respect the decision made by their parents regardless of the child is happy or not with the parental decision. Similarly, Saf always prays for the wellness of his parents as it is one of the main criteria in the teaching of Islam. Saf also practices the Five Pillars of Islam to live a life according to the teachings of Islam.

For Saf, following the Five Pillar of Islam is very important as it is also the basic rules of Islam.

“Some more in Islam, they teach us to obey our parents. So if they decide to divorce, then it is their decision. We children should just follow. We don’t question parents... Because in Islam it is my duty as a son to always pray to Allah to forgive our parents mistake and give them the love the same way like how they love me when I was a baby... I am a Muslim, so for me I must follow my 5 Rukun Islam”

(Saf/ Int. 1/ lines 85-86, lines 288-290 & line 412)

From Saf’s perspective, the mobile phone has become a vital usage in current teenagers’ life. Social apps such as WhatsApp have become a basic need of a secondary school student as most of the school information is send to the students using WhatsApp. Saf stays connected with his school friends, classmates and teachers even after schooling hours with the support of WhatsApp. Similarly, from Saf’s experience tuition centers are also easily updating their students with the class information and changes by forming its own WhatsApp group. Hence, forming WhatsApp group has become a comment practice among current students as they get updated with the latest information on academic and curriculum activities via social media.

“Now days not only me, everyone must have a hand phone. Everything we want, we want to know, all that in hand phone. Like my homework, what question to do, what to bring for school, all inside my WhatsApp class group. Tuition also same. Any class cancel or timing change like extra class, everything is inside my tuition WhatsApp group”

(Saf/ Int. 1/ lines 105-108)

Saf is very grateful to the existence of social media as it gives him the opportunity to stay connected with his father in Jakarta. With the support of WhatsApp, Saf and his father are able to communicate daily using video calls or voice messages. With existence of YouTube, Saf finds it more comfortable to revise his studies as there are many videos uploaded by experts and teachers to assist students with their education. According to Saf most of the students now day are

using YouTube to help them with their studies. Social media also helps Saf to stay connected with his friends. For Saf, staying connected with his friends is essential as he does not have a good bonding with his brothers and grandparents. The only family member he is still close in his house is his mother, but unfortunately she comes back home late every day. Hence, staying connected with his friends prevents him from loneliness. His friends will also check on Saf frequently by using social media to ensure Saf does not face any problem at home.

“Like in the morning he will WhatsApp me. Every day. Normally he is busy so he just sent voice message. Night most of the time he will video call me. Sometimes also speak to my brothers... You tube is very important. Like in studies, you don’t know something, you just go to You Tube, there are so many teachers teaching us in You Tube. Just watch the videos and learn... all my friends use You Tube. Even teacher ask us to watch certain videos on You Tube if we don’t know how to answer questions. It is normal now days... So I have my friends, so don’t feel lonely... Every day, they will text me. If I sound not happy, they just come in front of my house, then they take me out.”

(Saf/ Int. 1/ line 96, lines 133-139, lines 166-188 & lines 508-509)

Currently, Saf and his family are staying in their own house which was bought by his parents before the parental divorce. Although it is a big house with four bedrooms, Saf is still sharing a room with both his brothers due to the high occupancy in the house. Currently there are seven people staying in the house, and the other rooms are occupied by his mother, grandparents, and maid. As his brothers are getting older, Saf finds that the room is getting too crowded, and he is losing his privacy by staying in the room.

“Own house... Actually my father and mother. They buy together...4 rooms... Rooms, I share with my brothers 3 of us in one room. So last time ok but now all big already so little bid not comfortable there... but no privacy... 1 room my mother. And then my grandmother, grandfather 1 room and then down near kitchen got 1 room. That want is maid room.”

(Saf/ Int. 1/ lines 352-354, lines 362-367 & line 377)

Generally, Saf is not having an excellent living environment in his house. His poor relationship with his brothers and grandparents are consistently challenging his

emotions. He gets tension with his brother's miss behaviors and the gossiping behavior of his grandparents. In most cases, Saf feels that his patience is being tested beyond his boundaries. The only family member he looks forward to meeting every day is his mother. However, she comes back home late every day. Hence Saf always seeks for happiness with his friends rather than finding it with his family at home.

“they don't call me. They like my brothers because they always talk about my father and my brothers listen to then... grandfather, grandmother always talk bad about my father to them. So when they come and tell me the story, I don't like. Sometimes I scold them or sometimes we argue on that... my mother always not around. She got work so always not in... I am always happy when I'm with my friends. If talk to my friends, I'll forget my problems”

(Saf/ Int. 1/ lines 40-41, lines 326-327 & lines 481-483 & Lines 492-493)

By taking his father as his mentor, Saf wishes to study for engineering at University Technology Malaysia (UTM) at Johor after his SPM. His ambition of studying for engineering at UTM was motivated by his father as he is an ex-student of the university. With the blessing of his parents, Saf will be writing in for the matriculation intake at UTM as soon as he gets the SPM result. Currently, both his parents are willing to support his studies as they have made some savings for their children's education. However, Saf prefers to study under PTPTN loan as he is aware that both his brothers are also about to finish their SPM in years to come and they might need the support of his parents. Hence Saf does not want his parents to get into any financial difficulties because of their children's education.

“I want to do Electrical Engineering, so I want to apply for matriculation. But I hope I can get UTM... Actually my father studied there. So I just want to follow his way... Both my parents know... Like they say they support but for me I can manage because now got PTPTN loan.... For me PTPTN loan is better because I have 2 more brothers. So my mother and father must also think about them. Like what they want to study. So I don't want them to finish their savings on me”

(Saf/ Int. 1/ lines 387-407)

4.3 Findings

The finding focuses on three research questions which are “1) What is the meaning of wellness among teenagers in divorced families?”, “2) What are the perception of teenagers towards wellness in divorced families?” and “3) How does divorced changes the wellness in teenagers’ life?”. The three research question was answered based on the nine themes and twenty- six sub-themes which emerged from the data analysis. In answering the research question all themes and subthemes were connected to the several dimension of wellness. The following section will answer the research question based on the themes and subthemes emerged from the data collected from the interview.

4.3.1 Research Question 1: What is the meaning of wellness among teenagers from divorced families?

The meaning of wellness among teenagers from divorced families refers back to the bonding and relationship of teenagers with their surroundings. Participants of the research gave statements that relate family and friends as their wellness. For the teenagers, the meaning of wellness comes along with the search for happiness. Generally, all participants described their wellness as being happy which was linked with their families and friends. From the data analysis, there were three themes that answered the meaning of wellness among teenagers in divorced families. The three themes are;

1. Meaning towards the accepting of parental divorce.
2. Meaning towards forgiveness of their parents.
3. Meaning towards the usage of social media.

4.3.1.1 Meaning towards the acceptance of parental divorce

Based on the findings, the ability of the teenager to accepting their parents' divorce is subjected to factors that have lead to the cause of the divorce. Being a teenager the participants had the maturity to self-analyse their parent divorce with the exposure to the advance social media or after discussing their problems with professional counselor. The acceptance of parental divorce depends on three sub-themes that support the perception of the teenagers about meaning of wellness in their living experience were identified. The three sub-themes are:

- a. Acceptance among teenagers witnessing parental physical violence.
- b. Acceptance in the living environment after the parental divorce.
- c. Acceptance due to maturity thinking

a. Acceptance among teenagers witnessing parental physical violence

All the participant who witnessed domestic violence before parental divorce were able to accept their parental divorce positively. This group of teenagers has seen the pain and difficulties faced by their mothers in her marriage. Therefore, the participants agreed that their mother made the right choice of getting a divorce. They were able to accept their parental divorce from the beginning and claimed to be having a happier life after their parents separated. However, the ability to accept that parental divorce differs for participants who face parental divorce due to other factors apart from domestic violence.

b. Acceptance in the living environment after the parental divorce

Finding from the data analysis identified that participants with close relationship with parents also learned to adopt themselves positively to their new

living environment after the parental divorce. Although they missed their father in the early stage of parental divorce, in time they have accepted that divorce finally brought some peace into their living environment. According to the participants, parental divorce puts an end to the regular arguments faced by their parents before the divorce. By witnessing their parents living a happier life in their own ways after the divorce, this group of teenagers was able to accept their parental divorce positively. Therefore, finding of this research identified that participants were able to accept parental divorce after considering the happiness of their parents due to the dissolution of their parent's marriage. Participants witness their parents living a happier life without arguments after parental divorce. The peaceful living environment without any parental dispute made the teenagers to react positively towards their parental divorce.

c. Acceptance due to mature thinking

From the intellectual perspective, participants were able to set their own principles to guide them with their decisions in life. Participants' able to rationalize their thinking behaviour by accepting their parental divorce positively due to various aspects such as respecting parents' decisions, religious guidelines, counseling support or sacrifices made by parents for the wellness of their children. Although some of the participants were disappointed with their parent's decision in the young age, as a teenager they have learned to understand the problems faced by their parents in their marital life. Therefore, these teenagers believed that parents have the right to make their own personal decision and children have no right to indulge in their personal decisions. These analyzations gave the strength for the teenagers to prioritize their needs in their lives by identifying their core necessities to accept their

parent divorce positively. This group of participants indicated maturity in thinking which reflects their intellectuality.

The ability of the participants to accept their parental divorce answers the first research question on “What is the meaning of wellness among teenagers in divorced families?”. In this research, participant described wellness as their happiness. Acceptance of parental divorce will give the emotional strength for the participants to move forward in achieving their happiness and wellness among family members. Table 4.1 summarize the theme for “Acceptance of Parental Divorce”.

Table 4.1

Overall Summary of Themes, Subthemes and Studied Participants in Answering Acceptance of Parental Divorce

Research Question 1:What is the meaning of wellness among teenagers in divorced families?										
Themes and Subthemes	Ain	Dvy	Haf	Jay	Koh	Lee	Saf	Sub	Tan	Yug
Acceptance of Parental Divorce										
• Witnessing parental physical violence	/	/			/	/				
• Living environment after the parental divorce	/	/	/	/	/	/	/	/		/
• Mature thinking	/	/	/	/	/		/		/	/

4.3.1.2 Meaning towards forgiveness of their parents

Although all participants accepted their parental divorce positively, accepting their parental divorce does not mean that they are able to forgive their parents. The finding of the research identified that the ability of teenagers to forgive

their parents is subject to various factors, which is link to the extend the parental divorce has affected the participant's emotions. A total of three sub-themes which is related to the participant's ability to forgive their parents were identified in this research. The three sub-themes are;

- a. Forgiveness due to characteristic of the parents
- b. Forgiveness due to spiritual guidance
- c. Forgiveness due to time factor and maturity

a. Forgiveness due to characteristic of parents

In this research, all the participants could figure out reasons to forgive their mother. As they lived with their mother, all the participants are able to understand the sacrifices done by their mother to raise them up as a single mother. However, three of the participants are unable to forgive their father as they are emotionally affected by a specific incident that occurred before the parental divorce. Participants who witness parental physical violence are still upset over his father. They still could not forgive their father because of alcoholic behavior and uses physical violence against her mother whenever he gets drunk. Therefore, the study identified that teenagers who witnessed their mother being victimised by their fathers found it difficult to forgive their father even after years of parental divorce. Hence, this group of participant rather not have their father in their lives. However, they have forgiven their mother for whatever difficulties caused by parental divorce and give importance to her emotions as they wished not to see their mother get hurt anymore.

b. Forgiveness due to Spiritual guidance

Religious teaching and practices have been one of the critical factors for participant which gave them the emotional strength to forget the past and forgive their parents. Most participants claimed that they still pray for both their parent wellness despite parental divorce. These group of participant believes that it is their responsibility as a child to pray for their parent's happiness although they faced many difficulties after the parental divorce. The ability of participants to pray for their parents' wellness describe the participant's ability to forgive their parents. Therefore, the devotional thoughts from the respective religion play a vital role in giving the strength of forgiveness for teenagers after parental divorce.

c. Forgiveness due to time factor and maturity

All participants in this study were young when their parents got divorced. Therefore, most of them were not happy with their parents' decision to separate. However, during the interview, all the participants have reached a different level of maturity and ability to understand the problems faced by their parents in their marital life. Hence, the participants believe that they are able to forgive their parents and move on in life. Some of the participants are mature enough to receive counseling support to let go of their past and focus their own future. Findings in this study discovered the influence of time factor towards maturity of teenagers as all participants in this study had five to ten years of living experience in a divorced family. Being in the age of a teenager, most participants had a more positive and matured pattern of thinking. They were able to rationalize their parental divorce and able to focus more on their future towards adulthood.

Forgiveness of their parents will help the participants to heal the scars left by parental divorce. Therefore, it will answer the first research question of “What is the meaning of wellness to teenagers from divorced families?” As participants described wellness as the search for happiness, forgiveness of their parents is very much linked to their ability to forgive their parents and moving on with their own live. Table 4.2 summarizes the theme for “Forgiveness of their parents”.

Table 4.2

Overall Summary of Themes, Subthemes and Studied Participants in Answering Forgiveness of their Parents

Research Question 1:What is the meaning of wellness among teenagers in divorced families?										
Themes and Subthemes	Ain	Dvy	Haf	Jay	Koh	Lee	Saf	Sub	Tan	Yug
Forgiveness of their parents										
• Characteristic of parents	/	/	/		/	/	/			/
• Spiritual guidance		/	/		/	/	/	/	/	/
• Time factor and maturity			/	/	/		/	/	/	/

4.3.1.3 Meaning towards the usage of social media

The existence of social media was identified by the study as a very dominant influence in the overall development of the teenagers. The study provides evidence that social media with the vast development of mobile technology has become a vital usage for all participants in their daily life. All the participants in this research highlighted on the importance of social media in their daily life. The finding of the research identified that the ability of teenagers in using social media is very much linked with the intellectual ability of current teenagers who are living with the

vast development and influence of information technology. A total of four sub-themes which are related participants with usage of social media and their wellness were identified. The four sub-themes are;

- a. Social media towards Non-custody parents
- b. Social media towards Geographical factor
- c. Social media towards Schooling factor
- d. Social media towards Emotional Support

a. Social media towards Non-custody parents

The finding of this research identified that most of the participants are still in contact with both their parents despite the custody given by the court during the process of parental divorce. This group of participants are still in contact with their father with the support of social media. Likewise, the non-custody fathers are able to get updated with their children's developments by daily seeing and speaking with them using the support of social media. Therefore, the non-custody detachment created by the parental divorce is literally overridden by the current generation of teenagers with the support of social media. In this research it was identified that many participants shared their development and happiness with their father using social media. Social media gives them the privilege to visually see and talk to their father on daily basis. The ability of participants to stay connected with their fathers through social media is one form of the healing process for the teenagers to manage their grief after the loss of one parent. Based on the finding, fathers who still have good contact with the participants took interest in their development. This group of fathers is still supporting their children financially, and they have given the assurance for the teenager in supporting their future studies.

b. Social media towards geographical factor

As social media are well known in connecting people around the world, the same principle was used by participants in this study to get connected with family members and friends who are staying in other states in Malaysia or abroad. The environmental changes brought by parental divorce such as the change of school or moving into a different neighbourhood or hometown were supported by social media as participants were still able to stay connected with their old friends. Generally, the overall geographical changes after the parental divorce, which lead to emotional challenges such as loneliness was overcome by the participants with the existence of social media. Participants in this study received the privilege of staying connected with their old friends while getting adjusted to their new living environment. Similarly, participants were also able to stay connected with all their family members immaterial of their current locations.

c. Social media towards schooling factor

The study identified that social media with the development of information technology has already become a part of teenagers' school life. Currently teachers, parents, and students are already using social media as another source of school communication. With the support of social media, the interaction of participants with other students and teachers have extended beyond schooling hours. It has become a common practice for the current teenager and school teachers to open up new WhatsApp groups subject to classes, subjects or curriculum activities. Social media have become the place of referral to get updates on latest school information. The usage of social media has ended the traditional bonding of teachers and students which was restricted to only schooling hours. By the formation of WhatsApp groups

on social media, teachers are able to remind and instruct their students regardless of the time and place. Based on the finding of research, it is identified that the participants in this study had a better form of interaction between students and teachers with the support of social media.

d. Social media towards emotional factor

In this research, all participants came for the interview bringing along their own personal mobile phone. The confession was made by all participants that they are currently engaged with the usage of multiple social media apps which link them with their emotional wellness. Therefore, the participants agreed that social media is vital in their life's as a communication tool and works as a platform to express their emotions.

Generally, finding of this research identified that the usage of social media brings happiness to all participants. The participants felt connected with their surroundings even at the time of being alone. Therefore, the study identified that abilities of social media in forming their own group of networking had a great influence in changing the current emotions and wellness of all participants. Table 4.3 summarize the theme for "Usage of Social Media".

Table 4.3

Overall Summary of Themes, Subthemes and Studied Participants in Answering Usage of social media

Research Question 1:What is the meaning of wellness among teenagers in divorced families?										
Themes and Subthemes	Ain	Dvy	Haf	Jay	Koh	Lee	Saf	Sub	Tan	Yug
Usage of social media										
• Non-custody parents					/		/		/	/
• Geographical factor		/	/				/	/		/
• Schooling factor	/	/				/	/	/		
• Emotional Support	/	/	/	/	/	/	/	/	/	/

4.3.1.4 Summary of the meaning of wellness among teenagers in divorced families.

Overall the existing of social media is an emotional support for teenagers living in a divorced family as it provides the opportunity to stay connected with all family and friends. In the search for happiness, social media prevents the participants from experiencing loneliness after the parental divorce. Therefore, the finding of this study on social media was able to answer the first research question on “What is the meaning of wellness among teenagers in divorced families?”. All participants were pleased with the usage of social media as it had the capacity to link the participants with their family and friends despite the negativity of parental divorce. Participants were able to continue the relationship with their detached friends and family via multiple forms of communication such as video calls, voice messages, text messages, forwarded messages or video sharing. A total of three themes and ten subthemes emerged in answering research question on “What is the

meaning of wellness among teenagers in divorced families?”. Table 4.4 summarize the whole theme and sub-themes to answer Research Question 1.

Table 4.4

The Overall Summary of Themes, Subthemes and Studied Participants in answering Research Question 1.

Research Question 1:What is the meaning of wellness among teenagers in divorced families?										
Themes and Subthemes	Ain	Dvy	Haf	Jay	Koh	Lee	Saf	Sub	Tan	Yug
Acceptance of Parental Divorce										
• Witnessing parental physical violence	/	/			/	/				
• Living environment after the parental divorce	/	/	/	/	/	/	/	/		/
• Mature thinking	/	/	/	/	/		/		/	/
Forgiveness of their parents										
• Characteristic of parents	/	/	/		/	/	/			/
• Spiritual guidance		/	/		/	/	/	/	/	/
• Time factor and maturity			/	/	/		/	/	/	/
Usage of social media										
• Non-custody parents					/		/		/	/
• Geographical factor		/	/				/	/		/
• Schooling factor	/	/				/	/	/		
• Emotional Support	/	/	/	/	/	/	/	/	/	/

4.3.2 Research Question 2: What is the perception of teenagers towards wellness from divorce families?

To answer the second research question about the perception of wellness among teenagers from divorced families, the study refers to the impression made by the participants based on evidence collected throughout their living experience. As parental divorce is known to lower the overall wellness of a divorced family (Amato, 2014; Njeru, 2017), the determination of participants to gain back their lost wellness reflects back on the teenagers' own perception towards their wellness. Hence, the study focused on the effort and aspiration taken by the participants in order to empower themselves and sustain the existing wellness to answer the second research question.

From the data analysis, there were three themes that answered the perception of wellness among teenagers in divorced families. The three themes are;

1. Perception towards self-helping
2. Perception towards willingness to express and reflect
3. Perception towards confrontation on parental divorce

4.3.2.1 Perception towards Self-help

Findings from the research identified that the participants had made their own efforts to improve their lifestyle and overall wellness. As teenagers', these groups of participants able to self-analysis their own wellness in the past, current and future. In analysing the data on self-help, three sub-themes were identified which supported the perceptions of the teenagers towards their state of wellness. The three sub-themes are:

- a. Self-helping on finance

- b. Self-helping on studies
- c. Self-helping on socialization
- d. Self-helping by maintaining healthy lifestyle

a. Self-helping on finance

In this study all participants are on the verge of leaving school to continue their tertiary education at universities or colleges. The participants showed maturity in understanding the financial constraint faced by their family and wished to find ways to self-finance their education. Based on the data collected, most of the participants were hoping to depend on the PTPTN loan to support their education. Some of the participants also suggested getting a part-time job or applying for a scholarship while in university. Based on the study, participants who have poor contact with their fathers are more concerned about their financial matters as they are aware that their family solely depends on the single income of their mother. From the perspective of the participants, they wish to reduce the financial burden faced by their family.

b. Self-helping on studies

The research discovered that most of the participants in this research do not go for tuition classes to support their academic education. With the enhancement of information technology and satellite channels, these participants believe that it is more practical to revise their studies in the comfort of their own homes rather than adding more financial burden for their parents. This group of participants uses YouTube or educational channels such as tutor TV in Astro to guide them in their revision outside school hours. Generally, all participants who include the participants

who are going for tuition uses YouTube to support their education. YouTube has become the new interactive way of studying among the current generation of teenagers. Hence, from the perspective of intellectuality, there has been a vast improvement in the wellness of the participants despite the negative effects of parental divorce.

c. Self helping on Socialization

Participants who still remember incidents that happened before the divorce claimed that they were emotionally effected even before their parents got separated. This group of participants hardly made friends when their parents were together as they lived a stressful life at home. However, all the participants managed to come out of their traumatic experience by accepting reality and starting a new life after divorce. Currently with the support of social media they have learned to socialize and make new friends to lead a happier life.

Generally, participants claimed that they feel happy to get good comments and likes on their social media. The usage of social media had become an entertaining gadget by uploading selfies or writing “my stories”. From the perspective of the participants, the enhancement of intellectual wellness with the exposure of using social media stands as one of the platforms to gaining back the lost emotional, environmental and social wellness after the parental divorce. The gain of emotional, environmental and social wellness also supported the physical wellness as participants become engaged in physical activities with their friends.

d. Self-help by maintaining Healthy Lifestyle

The study identified that most of the participants gave importance to their health and overall physical wellness. This group of participants pay particular attention to eating

healthy food such as eating home-cooked meals regularly. Being teenagers, these groups of participants are physically active in various sports activities to keep themselves physically fit. The participants also showed signs of managing their stress by getting sufficient sleep or involving in mind relaxation activities such as meditation or yoga.

Heathy lifestyle among the teenagers' highlights on the ability of the teenagers to self-help themselves to optimize their physical wellness. Similarly, the ability to understand on the importance of minimum rest hours, proper exercise and healthy diet indicated on the participants' intellectual wellness. Table 4.5 summarize the theme for "Self-helping".

Table 4.5

Overall Summary of Themes, Subthemes and Studied Participants in Answering Self-helping

Research Question 2: What are the perception of teenagers towards wellness in divorced families?										
Themes and Subthemes	Ain	Dvy	Haf	Jay	Koh	Lee	Saf	Sub	Tan	Yug
Self-helping										
• Self-financing	/	/	/	/	/	/	/	/		/
• Self-study		/	/		/		/	/		/
• Socialization	/	/	/	/	/	/	/	/	/	/
• Healthy Lifestyle	/	/		/	/	/	/	/	/	/

4.3.2.2 Perception towards willingness to express and reflect

In this study, traces of participants looking for emotional support to express and reflect their interpersonal conflicts were identified. Participants found ways to share their feeling and thoughts with others while they are also open to new ideas or suggestions. In most cases participants express and reflect their emotion to

people out of their own family members. In analysing the data on willingness to express and reflect, two sub-themes were identified which support the perception of teenagers regarding their wellness. The two sub-themes are:

- a. Willingness to express and reflect in counselling
- b. Willingness to express and reflect with Friends

a. Willingness to express and reflect in counselling

The study identified that eight out of ten participants had the experience of meeting a professional counsellor after their parental divorce. Participants confronted that counselling actually helped them to cope with the situations after the parental divorce. According to the participants counselling helped to rationalize their thoughts and strengthen their intellectuality to justify priorities in life. Therefore, professional counselling played a lifeline role in the life of most participants to coordinate the participants in dealing positively with their own behaviours and emotions. The ability of the participants to express and reflect with a counsellor brought them out of their past memories after the parental divorce. From the perspective of the participants counselling helped them in balancing their emotional and intellectual thoughts.

b. Willingness to express and reflect with friends

All the participants also seek for non-professional assistance to share their emotions and thoughts with their close friends. In this research, most of the participants have a close bonding with their friends as they know each other from childhood or studied together for many years. Some of this friends have been with the participant before the parental divorce. As such their level of understanding one another is very high and they are emotionally connected since young.

Generally, close friends are easy access for the participant to talk over their problems as they meet more regularly compared to a counsellor. The participants agreed that sharing their emotions with their friends gives the relief feeling. By expressing and reflecting their emotion, some of the participants also revealed that their bonding with their friends become closer. From the perspective of the participants, finding of the study identified that friends have always been a good emotional support. Hence, social wellness among the participants plays an important role to support their emotional wellness after the parental divorce. Table 4.6 summarize the theme for “Willingness to express and reflect”.

Table 4.6

Overall Summary of Themes, Subthemes and Studied Participants in Answering Willingness to express and reflect

Research Question 2: What are the perception of teenagers towards wellness in divorced families?										
Themes and Subthemes	Ain	Dvy	Haf	Jay	Koh	Lee	Saf	Sub	Tan	Yug
Willingness to express and reflect										
• Counselling	/	/	/	/	/	/	/	/	/	
• Friends	/		/	/	/	/	/	/	/	/

4.3.2.3 Perception towards confrontation on parental divorce

Reluctance of participants to make confrontation with their parents in regards to their parental divorce is very much related to their intellectuality of understanding or visualizing the consequences of having such discussion with their parents. The participants in this research were matured enough to understand the sensitivity such confrontation as their parental divorce does not come with much pleasant memories. Hence, this research identified two sub-theme which supports

participants' reluctance to confront on their parental divorce. The two sub-themes are;

- a. Confrontation on living experiences
- b. Confrontation on personal reasons

a. Confrontation on Living Experiences

Living experience in this sub-theme refers to the participants' impression towards the actual facts and events which occurred before the parental divorce. In this research the participants are already aware of the actual truth behind the parental divorce as most of them have seen their parents fight and argue frequently before the separation. In some cases, the mother herself have explained to the participants on the actual cause of the separation in the early stage of the parental divorce. Therefore, the participants do not need any validation from their parents in regard to the marital dispute.

Generally, all participants refuse to make further confrontation with parents on their divorce. From the participants' perception, further confrontation on the parental divorce after knowing the truth behind the separation does not benefit the participants or their parents. These perceptions from the participants' highlights on their intellectuality to make wise decision in avoiding unnecessary emotional stress.

b. Confrontation on Personal reasons

These study identified a few personal needs of the participant which made them reluctant to confront their parents on the divorce. For the begining, all participants have a close relationship with their mother and they wish not to see their mother getting hurt in any way. After witnessing the difficulties and sacrifices face

by their mother, the participants showed a great deal of maturity in taking care of their mothers' wellness. In most cases the participants were reluctant to even confront on the parental divorce as they were worried that such confrontation could hurt their parent's emotion. Similarly, for the perspective of religion some of the participants were reluctant to question their parents as their religion requires them to respect parents and not to question any of their decisions.

Hence, the participants would rather avoid having conversations with their parents on their marital dispute for the benefit of all family members. From the participants' perception, they are very careful in starting any sensitive conversation with their parents as they are emotionally connected with their mother or in some cases which includes the father. For some participants the sensitivity of their conversation also applies on matters which is restricted in their religion. Table 4.7 summarize the theme for "Confrontation on parental divorce".

Table 4.7

Overall Summary of Themes, Subthemes and Studied Participants in Answering Confrontation on parental divorce

Research Question 2: What are the perception of teenagers towards wellness in divorced families?										
Themes and Subthemes	Ain	Dvy	Haf	Jay	Koh	Lee	Saf	Sub	Tan	Yug
Confrontation on parental divorce										
• Experiences	/	/			/	/	/	/	/	/
• Personal needs	/	/	/		/		/	/	/	

4.3.2.4 Summary on the perception of teenagers towards wellness in divorced families.

Generally, in this research it is identified that all participants were able to find ways to fight back the obstacles which effected their wellness after the parental divorce. From the perception of the participants, all seven dimension of wellness was effected as they are link to one another. This finding actually answers the second research question on “what are the perception of teenagers towards wellness from divorced families”. Based on the data collected, all participants were intellectual enough to find solutions to help them out of the obstacles. Most of the participants even when to the extent of getting professional support to boost their self-esteem and face the challenges after the parental divorce. The participants also displayed a good maturity on sensitive issues and understand the emotion of others. Therefore, the participants agreed that divorce does bring down the overall wellness of the family. However, in their perception it is about how to get adjusted to the changes and gain back their lost wellness. In this study the participants displayed a strong determination to get adjusted with the changes to overcome the negativity of parental divorce towards wellness.

A total of three theme and seven subtheme emerged in answering research question on “What are the perception of teenagers towards wellness in divorced families?”. Table 4.8 summarize the whole theme and sub-themes to answer the Research Question 2.

Table 4.8

The Overall Summary of Themes, Subthemes & Studied Participants in Answering Research Question 2

Research Question 2: What are the perception of teenagers towards wellness in divorced families?										
Themes and Subthemes	Ain	Dvy	Haf	Jay	Koh	Lee	Saf	Sub	Tan	Yug
Self-helping										
• Self-financing	/	/	/	/	/	/	/	/	/	/
• Self-study		/	/		/		/	/		/
• Socialization	/	/	/	/	/	/	/	/	/	/
• Healthy Lifestyle	/	/		/	/	/	/	/	/	/
Willingness to express and reflect										
• Counselling	/	/	/	/	/	/	/	/	/	
• Friends	/		/	/	/	/	/	/	/	/
Confrontation on parental divorce										
• Experiences	/	/			/	/	/	/	/	/
• Personal needs	/	/	/		/		/	/	/	

4.3.3 Research Question 3: How does divorce change the wellness in teenagers' life?

In this study comparison was made by the participants on their living experiences before and after the parental divorce to answer the third research question on “How does divorce change the wellness in teenagers' life?”. All participants were able to give statements on the significant changes experience by them which was related to their overall wellness. The changes of wellness in this study does not only refers to the immediate changes after the divorce but also includes changes made by the participants to gain back made their lost wellness.

Hence, in this study three themes were identified to answer the third research question and the themes are;

1. Change of wellness by letting it go and moving on with life
2. Change of wellness by accepting support from others.
3. Change of wellness by inclined spiritually

4.3.3.1 Change of wellness by letting it go and moving on with life

As participants in this research are teenagers who are about to venture in to their adulthood, they are more independent in living their own life with minimum supervision from their parents. As such, this group of participants move positively in gaining their wellness by living a lifestyle which suites their needs and happiness. In analysing the data on “letting it go and moving on with life”, two sub-themes were identified. The three sub-themes are;

- a. Awareness in letting it go and moving on with life
- b. Positive behavior by letting it go and moving on with life

a. Awareness in letting it go and moving on with life

The awareness to move on in live is very much connected to the participants living environment. Socializing and making plans for future with friends around the same age gives them the drive to make changes and move on in life. All participants have come to an understanding that they have their own life a head of them and worrying on their past will not help them in any way. Based on the data collected all of the participants are about to complete their schooling life. The participants desire

to continuing their studies to higher education is very much linked with their awareness that education can set a better platform in providing a good future.

Based on the findings, each participant has their own desire and ambition in life. These statements highlight on the intellectuality of participants in making their own self-evaluation based on their strength and ability to decide their own future. Some of the participants already made their own research on where and what to study upon completing their SPM or STPM. In this study, the awareness to change their life to a better future gave the participants the drive to let go of their past and move on in life.

b. Positive behaviour by letting it go and moving on with life

The positive behaviour in this study refers to the intellectuality of participants in managing their emotion to live a happier and successful life. Although each of the participants experienced their own traumatic life due to the divorce, the participants identified that keep dwelling on their past memories will not make any changes into their life. Therefore, the participants believe the past is past and they should focus more on the current situation to set a better future.

Basically all participants had a good emotional intelligence to get rid of their negative feelings from the past. The participants showed signs of positive behaviour to come out of their past experience of parental divorce and pre-plan their life for a better future. These emotional intelligences boasted their self-esteem in letting go of their past and move on in life.

Overall the finding of the research identified that the participants were able to come out of their traumatic experiences after the parental divorce. Being a teenager the participants had a positive behaviour and good awareness in gaining back their

lost wellness. Therefore, this themes answered the third research question as the negative changes after the parental divorce is not permanent. The current teenagers with vast exposure of information technology have the intellectuality to know what is best for them and make changes in life for a better future. Table 4.9 summarize the theme for “Letting it go and moving on with life”.

Table 4.9

Overall Summary of Themes, Subthemes and Studied Participants in Answering Letting it go and moving on with life.

Research Question 3: How does divorce changes the wellness in teenagers' life?										
Themes and Subthemes	Ain	Dvy	Haf	Jay	Koh	Lee	Saf	Sub	Tan	Yug
Letting it go and moving on with life										
• Awareness	/	/	/	/	/	/	/	/	/	/
• Positive behavior	/	/	/	/	/		/	/	/	/

4.3.3.2 Change of wellness by accepting support from other

Based on the findings of this research it was identified that parents getting divorce will lead to multiple changes in the wellness of teenagers living in divorce family. The participants in this study showed a positive sign of accepting various support from others which excluded their parents to regain back their lost wellness. Hence, this study does not only focus on the negative changes brought by divorce but also give importance to the positive changes made by the participants to sustain and improve their overall wellness. A total of four sub-themes which is related to the theme of “Accepting support from others” were identified in this study. The four sub-themes are;

- a. Accepting emotional support
- b. Accepting financial support
- c. Accepting environmental support
- d. Accepting physical support

a. Accepting emotional support

In this research none of the parents stopped the teenagers from getting support from others. The teenagers were able find themselves people who support them in getting adjusted to the changes brought by divorce. In some case the parents itself encouraged the participants in seeking professional support from counsellors. In this finding, the people that usually come forward in giving emotional support to the teenagers are their close friends, others family members and counsellors. Hence, counsellors, grandparents and friends played a lifeline role in giving emotional support for teenagers living in divorce families. The openness of participants in accepting support from others helped the participants to deal with the emotional changes after the parents got separated.

b. Accepting environmental support

In general, separation of parents will lead to one of the parents looking for a new place to stay (Mikolai & Kulu, 2018). In this study mother who were looking for a new place to stay brought the participants along with them. As such most of the participants experience a change of school or neighbourhood after the divorce. In most situations the participants revealed that it was their grandparents who always came forward in proving environmental support for the teenagers and their family. For some participants the grandparents even provided the shelter as the participants and their family did not have a place to go. Grandparents and their hometown also

changed the festival celebration among most participants after the divorce. The participants learned to adopt themselves to their new festival environment with their grandparents and other family member from their mother's side.

In general, all participants were able to find positive reasons to get adjusted with the environmental changes experience by them after the parental divorce. Getting environmental support from immediate family members is very important at the early stage of parental divorce as it fulfils the basic need of getting a shelter to live. Most participants also express positively with the way they celebrated their festivals with grandparents in their home town. Most participants confessed that they are having a better festival celebration with the support of grandparents and other immediate family members compare with the time before the parental divorce.

c. Accepting Financial support

Separation of parents which decreases the household income and the economic resources (Mikolai & Kulu, 2018) made the participants in this research to settle for any form of legal support which could change the financial wellness of the family. As teenagers, all participants are in the merge of continuing their studies to university or college after completing their final school examination. Hence, teenagers are considering on various financial support such as PTPTN or scholarships to assist them with their education and bring down the financial burden of the family. Despite education, participants also received financial aid and support from friends, cousins or grandparents to fulfil their daily needs in life.

Based on the finding, participants from families which depends on single household income gave more consent on getting financial support. For this group of

participants, getting financial support is essential as they are aware of the financial burden faced by their mother in her daily life. As participants are aware that any change in their academic by going university could tense the financial constrain of their family further, they pre-plan their life in getting alternative financial support such as PTPTN loan or getting scholarship. Similarly, this group of participant accepts support from reliable friends and other family members who understand the financial problems faced by the participants' family.

d. Accepting Physical support

Irregular sleeping hours and poor nutrition food in participants living condition has an overall effect on the physical wellness of the participants (Tanaka & Tamura, 2016; Roche & Strobach, 2019). Consequently, the physical support in this study refers to the daily lifestyle of the participants. As all participants are living with their single mother who goes to work and unable to give their full attention to the overall wellness of their child, the participant do receive physical support such as a conducive place to sleep or a healthy home cooked meal from other family members. In this study, most participants receive some sort of physical support from their grandparents to enhance their physical wellness. Most participants gave importance to their physical wellness by getting proper resting hours and eating healthy diet food. The participants showed a positive attitude in receiving support from other to life a healthier life.

In this research, there were multiple changes in the wellness of participants living in divorced family. The ability of the teenagers in accepting outside support to change the negativity of divorce and the wellness answers the third research question on "How does divorce change the wellness in teenagers' life?". It was identified that

the participants are willing to get multiple support in gaining back their lost wellness. Getting support from others helps the teenagers to cope with the changes of wellness they experience after the separation of their parents. Table 4.10 summarize the theme for “Accepting support from others”.

Table 4.10

Overall Summary of Themes, Subthemes and Studied Participants in Answering Accepting support from others.

Research Question 3: How does divorce changes the wellness in teenagers' life?										
Themes and Subthemes	Ain	Dvy	Haf	Jay	Koh	Lee	Saf	Sub	Tan	Yug
Accepting support from others										
• Emotional support	/	/	/	/	/	/	/	/	/	/
• Financial support	/		/	/	/			/	/	
• Environmental support	/	/	/	/	/	/		/	/	/
• Physical support		/		/	/	/	/		/	/

4.3.3.3 Change of wellness by inclining spiritually

In this study, inclining spiritually refers to the participants religious and religion believes. The changes experienced by the participants after the parental divorce creates multiple challenges. During this difficult times most participants incline spiritually to seek for guidance. As such two sub-theme where identified while analysing the data on “incline spiritually”. The two sub themes are;

- a. Spirituality as principle of life
- b. Spirituality as an emotional healer

a. Spirituality as principle of life

As spiritualism come with basic values, many participants have accepted this values as their principle of life. During the difficult times these participants have confessed that their religious and religion believes will guide them to measure a situation on what is right or wrong. This group of participants believe that their spiritual guide will bring them to the right part of life in facing the challenges and changes brought by parental divorce.

The ability of participants in accepting the teaching of spiritualism as their principle of life gives a clear picture to what extent the participants are inclined spiritually. Hence spiritualism have turn out to be a guide for the participants in making important decision. Despite facing the changes and challenges after the divorce, most participants believe that they are still in the right part of life as the decisions made by them are subject to the teachings of their own religion.

b. Spirituality as an emotional healer

All participants in this research are emotionally connected to spiritualism. The participants have a strong fate in God as they believe prayers can supress their negative feelings and emotions. Based on the data collected, most participants share their emotions in their prayers. According to them prayers gives them hope and confident in overcoming their difficulties.

Generally, spirituality works as an inner healer that supports the participants' emotion. By inclining spiritually, participants are able to overcome the negative emotions and changes which comes along with parental divorce. The participants with the ability in surrendering to God in their prayers, gets encouragement with new hopes to resolve their difficulties. Spirituality also gives the inner strength for most

participant on facing the changes and challenges after the divorce. Consequently, this theme answers the third research question on “How does divorce change the wellness in teenagers’ life?”. Despite facing many negative changes due to the divorce, the participants’ fate in God lightens up hope in overcoming the difficulties and gaining back their lost wellness. Table 4.11 summarizes the theme for “Incline spiritually”.

Table 4.11

Overall Summary of Themes, Subthemes and Studied Participants in Answering Incline spiritually.

Research Question 3: How does divorce changes the wellness in teenagers’ life?										
Themes and Subthemes	Ain	Dvy	Haf	Jay	Koh	Lee	Saf	Sub	Tan	Yug
Incline spiritually										
• Principle of life	/	/	/	/	/	/	/	/	/	/
• Emotional healer	/	/	/	/	/	/	/	/	/	/

4.3.3.4 Summary on how does divorce changes the wellness in teenagers’ life.

Overall in this research the participants experience changes in various dimension of wellness after the divorce of their parents. This changes answered the third research question on “How does divorce change the wellness in teenagers’ life?”. Participants have experience changes in all seven dimension of wellness because of the inter-connection of each wellness with another wellness. However, participants had a positive behaviour in facing the changes and gaining back their lost wellness by “Letting go of their past and moving on with life”, “Accepting support from others” and “Inclining spiritually”. Therefore, in answering the third research question it was identified that the changes experience by the participants is

not permanent. Teenagers naturally have the inner strength in changing their life for a betterment and gain back their lost wellness as all participants shown positive sign of working towards a more balance overall wellness in their life.

A total of three theme and eight subtheme emerged in answering research question on “How does divorce changes the wellness in teenagers’ life?”. Table 4.12 summarize the whole theme and sub-themes to answer the research question 3.

Table 4.12

The Overall Summary of Research Question 3

Research Question 3: How does divorce changes the wellness in teenagers’ life?										
Themes and Subthemes	Ain	Dvy	Haf	Jay	Koh	Lee	Saf	Sub	Tan	Yug
Letting it go and moving on with life										
• Awareness	/	/	/	/	/	/	/	/	/	/
• Positive behavior	/	/	/	/	/		/	/	/	/
Accepting support from others										
• Emotional support	/	/	/	/	/	/	/	/	/	/
• Financial support	/		/	/	/			/	/	
• Environmental support	/	/	/	/	/	/		/	/	/
• Physical support		/		/	/	/	/		/	/
Incline spiritually										
• Principle of life	/	/	/	/	/	/	/	/	/	/
• Emotional healer	/	/	/	/	/	/	/	/	/	/

4.4 Description on the Findings

The findings identified a total of nine themes and twenty-six subthemes emerging from the study. All themes and subthemes are connected to the seven dimensions of wellness which are described in the conceptual framework. As the study refers to teenagers' wellness in divorced families, an in-depth analysis is conducted to give a description on the sense of wellness experienced by each of the participants. Teenagers' wellness after the divorce of their parents provides insight and in-depth understanding of the actual phenomena studied by researchers. The living experience of the teenagers with multiple issues and challenges reveals the actual wellness of the teenagers. Therefore, the description of finding will be described based on the nine themes and the research questions. Similarly, table 4.13 is the overall description of the themes and subthemes to support readers to make a comparison.

Table 4.13

The Overall Summary of Themes, Subthemes and Studied Participants

Themes and Subthemes	Ain	Dvy	Haf	Jay	Koh	Lee	Saf	Sub	Tan	Yug
Acceptance of Parental Divorce										
• Witnessing parental physical violence	/	/			/	/				
• Living environment after the parental divorce	/	/	/	/	/	/	/	/		/
• Mature thinking	/	/	/	/	/		/		/	/
Forgiveness of their parents										
• Characteristic of parents	/	/	/		/	/	/			/
• Spiritual guidance		/	/		/	/	/	/	/	/
• Time factor and maturity			/	/	/		/	/	/	/
Usage of social media										
• Non-custody parents					/		/		/	/
• Geographical factor		/	/				/	/		/
• Schooling factor	/	/				/	/	/		
• Emotional Support	/	/	/	/	/	/	/	/	/	/
Self-helping										
• Self-financing	/	/	/	/	/	/	/	/		/
• Self-study		/	/		/		/	/		/
• Socialization	/	/	/	/	/	/	/	/	/	/
• Healthy Lifestyle	/	/		/	/	/	/	/	/	/
Willingness to express and reflect										
• Counselling	/	/	/	/	/	/	/	/	/	
• Friends	/		/	/	/	/	/	/	/	/

Table 4.14 (continue)

Themes and Subthemes	Ain	Dvy	Haf	Jay	Koh	Lee	Saf	Sub	Tan	Yug
Confrontation on parental divorce										
• Experiences	/	/			/	/	/	/	/	/
• Personal needs	/	/	/		/		/	/	/	
Letting it go and moving on with life										
• Awareness	/	/	/	/	/	/	/	/	/	/
• Positive behavior	/	/	/	/	/		/	/	/	/
Accepting support from others										
• Emotional support	/	/	/	/	/	/	/	/	/	/
• Financial support	/		/	/	/			/	/	
• Environmental support	/	/	/	/	/	/		/	/	/
• Physical support		/		/	/	/	/		/	/
Incline spiritually										
• Principle of life	/	/	/	/	/	/	/	/	/	/
• Emotional healer	/	/	/	/	/	/	/	/	/	/

4.4.1 Description of findings based on the meaning of wellness among teenagers in divorced families

The meaning of wellness in this research is seen as a concept that involves multiple dimensions of wellness based on the research question. Although the teenagers in this study are unable to make any changes to the decisions made by their parents, the challenges and changes faced by them after their parents' divorce adds meaning to their living experiences. This study identifies the meaning of wellness among teenagers in divorced families based on three themes which are (i) acceptance of parental divorce, (ii) forgiveness of their parents, and (iii) usage of social media.

4.4.1.1 Description towards meaning of wellness through the acceptance of parental divorce

Findings in this research identified that most of the participants disagreed with parental divorce in the early stage of their childhood life. However, as time goes by, this group of teenagers was able to rationalize and understand the problems faced by their parents in their marriage life. Knowing that their parents were always quarrelling, these teenagers were able to visualize what the future may be if their parents were not divorced. Although they missed their father in the early stage of parents' divorce, in time they have accepted that divorce finally brought some peace into their living environment. The meaning of wellness in the living experience of these teenagers changed according to time and their maturity. Hence, for this group of participants, wellness means emotionally accepting the reality and actual reason behind the decision made by their parents about their divorce. These findings differ from the findings of Amato (2014) which described divorce families had a negative impact on the teenagers' state of wellness and this impact remained

throughout adulthood. The current generation of teenagers are known as generation Z with high level of intellectuality (Ozkan & Solmaz, 2015; Hampton & Keys, 2016). All the participants in this study are in a stage of letting go their past and move on with their future. In their statement, all participants confessed that they have made their plans for their own future. As such, these teenagers have a better intellectual level to let go their past and move forward to achieve their own dreams. Intellectually these teenagers also understand that getting divorce was their parent's choice and as a child they have no choice but to accept the decision made by their parents.

The finding on acceptance of parental divorce was also triangulated with sources of data from social media. On social media, the acceptance of their parental divorce was identified through their good relationship with their stepmother and stepsiblings. Generally, most of the participants follow and comment on their step family members on social media. Among the phrases related to "acceptance of parental divorce" on social media are;

"Hey Clare. Merry Christmas. Where in the world is Dad. Trying to reach him. Is he there?" – WhatsApp message sent by a participant to her stepsister.

"My family" – Caption under a family picture taken with his step family on an Instagram story.

"Welcome to the World little sister" – hashtag on Twitter when the step sister was born.

Based on the information collected, physical violence before the parental divorce is closely related to the definition of wellness among the teenagers from divorced families. Four of the participants were victims of physical violence before their parents divorced. They were able to accept their parental divorce very

positively from the early stage after their parent's divorce. All of the four participants agreed that they lived in fear whenever their father comes back home. Ani described that she had fear of returning from school before her parents divorced. Similarly, Grych, Jouriles, Swank, McDonald & Norwood (2000) described that children exposed to inter-parental violence would experience psychological problems in getting themselves adjusted to their surroundings. Finding in this study identified that teenagers experience physical violence are living a much happier life after the divorce of their parents. For this group of participant's wellness means to stay away from their father. They are much happier to stay with their mother and have reduced contact with their father after parental divorce. On social media, this group of teenager do not share any information related to their fathers. However, they showed a very good sign of bonding with their mother. Regularly, the posted selfie pictures have been taken with their mothers and posted on social media. Various images of the participants traveling with their mother on holidays are also noted in their social media such as Facebook and Instagram stories.

4.4.1.2 Description towards meaning of wellness through forgiveness of their parents

Accepting their parental divorce does not mean that the participants are able to forgive their parents. In this research, all the participants could figure out reasons to forgive their mother. As they lived with their mother, all the participants are able to understand the sacrifices done by their mother to raise them up as a single mother. However, three of the participants argued that although they have accepted their parents' divorce positively, they are still unable to forgive their father as they are emotionally affected by a specific incident before or after the parental divorce.

Jay could not forgive his father as he believes that his family is living in poverty because of his father. When his father left, the family had no house to stay and his mother has to settle all his debts. His mother was also mentally unstable due to the divorce and Jay is still upset over his father for being very selfish. Where else for Lee and Dvy, they are unable to forgive her father because their fathers are alcoholics and use physical violence against their mothers whenever he gets drunk. These three participants still resent their father and their resentments are based on the cruelty of their father before the parental divorce. For the rest of the participants, they agree that they have forgiven their parents for all the difficulties they faced due to their parental divorce. The forgiveness of their parents by the teenagers in this study is very much linked with the characteristic of their parents. Therefore, the actual meaning of wellness among teenagers from divorced families are subjected to the cruelty or sacrifice done by their parents before and after the parental divorce. The characteristic of their parents adds meaning to the overall wellness of the teenagers. Generally, in this study the teenagers explore ways to forgive their parents and move on with their own life. Ahrons (2007) highlighted that there may not be any factor that can bring more wellness for the child than continuing their relationship with their own parents. Similarly, during triangulation with social media, various short phrases and captions related by the participants which make reference to forgiving their parents were identified. Most participants have encouraged their parents to leave their past behind and move on with their life. Among the social media phrases and caption which is related to forgiving their parents are;

“Move on with your life Dad. Call your friends out. You have your own life to live”

– Instagram caption with a picture of his father with his old school friends”.

“Will always pray for your happiness” – Phrases under a picture of a child praying for her parents in Facebook story.

All the participants claimed that they feel good after prayers. They are inclined spiritually as their prayers and faith in God gives them emotional support. According to the participants, being inclined spiritually gives them positive emotion to move forward in life and forgive their parents for all the difficulties they faced after the parental divorce. Therefore, the meaning of wellness among teenagers from divorced families is very much influenced by their overall spiritual wellness. Spiritual wellness is to be inclined to God. Based on the statements given by the participants, spirituality helps to support the participant's emotions and heal their sufferings. It also helps participants to make life decisions and choices easier as it comes along with values, principles, and beliefs from each respective religion. Similarly, modernization, which comes along with the development of information technology is linked with the concept of receiving spiritual wellness among the current generation of teenagers. The various religious community has accepted the support of Internet to fulfil their religious mission (Kluver & Cheong, 2007). Generally, participants of this research also get support from Internet in their religious and spiritual practice. Participants admitted that they use mobile phone or YouTube to listen to devotional songs, spiritual verses chanting, and listen to spiritual talks to increase their devotion to God. The participants also frequently visit site, which is link with spirituality on YouTube. Similarly, during triangulation various aspects related to spirituality were identified in the participants' social media. Regularly participants received, shared, posted or hashtag motivational messages and wishes which are related to their religion and forgiving their parents on social media.

Hence, the participants in this research have a good spiritual wellness with the support of their intellectuality which adds on to the meaning of wellness in their life.

4.4.1.3 Description towards meaning of wellness through the usage of social media

The usage of social media added more meaning to the social wellness among teenagers from divorced families. Social wellness in teenagers' life is very much linked with social media and the usage of hand phone. Jay and Saf claimed that social media is vital among the new generation. The existence of various social media sites became the centre of attraction for teenagers to express and reflect their thoughts and feelings. According to the participants, they do not feel lonely as they are able to contact their friends although they are far away, in order to share their thoughts or emotions through social media. Participants are this study confided that they were able to stay connected with family members and friends who are staying in other states in Malaysia or in a different country outside of Malaysia. These findings differ from past studies which linked teenagers from divorced families with instability to cope with the changes (Adam & Chase-Lansdale, 2002) and conflict with various psychological wellbeing adjustments (Van der Aa, Boomsma, Rebollo-Mesa, Hudziak, & Bartels, 2010) due to the changes of their living environment. Therefore, the finding of this study identified that the existence of social media had become a healer for the teenagers against the negativity created by parental divorce. In this study, the participants who experienced geographical changes in their living environment such as changing school or moving to a different neighbourhood or hometown was supported by social media as participants were still able to stay connected with their old friends. During the triangulation, currents pictures of

participants with their old school friends were identified. In fact, most participants have their own WhatsApp group with friends from their primary school or their previous school. They are able to contact each other frequently with the support of social media.

All the participants in this research have excellent social wellness with the support of social media. The existence of social networks such as Twitter, Facebook, WhatsApp or Instagram enables the users to interact with people around the world. Similarly, the existence of social media supported all the participants who are still in contact with their non-custodial fathers regardless of their geographical location. The existence of social media also upgraded the communication between the father and child who live in different states or countries. With the existence of video calls and voice messages social media, the study identified that there is frequent audio and visual contact between some of the teenagers with their non-custodial fathers. Although past studies have linked the outcome of divorce custody with teenagers' poor wellness due to various post-divorce adjustments (Kelly, 2000; Veinberg, 2016; Kennedy & Ruggles, 2014; Mancini, 2010; McCann et al., 2015; Njeru, 2017), in this research many fathers who are still in contact with their child regularly used video calls and voice messages from social media. Therefore, finding in this study differ from past studies as all the participants in this study changed their lifestyles with the rapid adoption of mobile technology which is linked with global intelligence. Similarly, the existence of social media literally overcome issues related to the visitation custody given by the court as the father could still virtually communicate with the child without violating the law by using video calls instead of making a visitation to the child. The findings of the study indicated that the exposure to the use of social media supports the enhancement of intellectual wellness among

teenagers from divorced families. All the participants show a great deal of involvement in the mobile technology as social media has become a part of their lifestyle. The intellectuality of the teenagers is visible as they have adopted cyber slang in their mobile chatting which is a self-learning Internet abbreviation. Similarly, all the participants frequently use iconic language which is also known as emoji in their social media. The participants highlighted that the use of social media with cyberslang and emoji has become a part of their lifestyle as they even use the words while speaking face to face or wear the emoji as a symbol on their clothing's. Even though for many adults the usage of the Internet language causes confusion, the usage is popular among teenagers throughout the world. Based on these findings, the intellectuality of teenagers from divorced families to adopt common teenagers' lifestyle is not affected.

Although getting the freedom of using social media, one of the participants mentioned that his mother randomly checks his hand phone. The participant revealed about the existence of secret codes used by many teenagers in social media which may not be understood by parents. When probed further about the secret codes, it was discovered that some of these codes involved sexuality and drug abuse. Similarly, during the observation on social media, it was identified that there were a few emoji which are not relevant to their text messages. When asked, the respective participants admitted that some of these emoji are related to sexuality. Therefore, a list of 31 cyberslang and 15 emoji related to sexuality and drug usage were given to all participants to spontaneously identify the meanings without referring to the Internet. The actual meaning of the 31 dangerous secret codes which was distributed to the participants are presented in Table 4.14. These are some of the dangerous hidden codes which are commonly understood by teenagers on social media.

Table 4.14


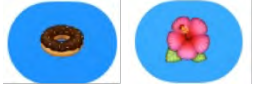





Secret Codes Used by Teenagers in Social Media

Secret Codes Used by Teenagers in Social Media	
143 – I love you	POS – Parents over shoulder
ASL – Age/sex/location	SWAK – Sealed with a kiss
HAK – Hugs and kisses	TDTM– Talk dirty to me
ILY / ILU– I love you	DOC – Drug of Choice
IWSN – I want sex now	8 – Oral sex
IU2U – It’s up to you	53X – Sex
KFY – Kiss for you	IPN – I’m posting naked
KPC – Keeping parents clueless	KYS – Kill yourself
MOS – Mom over shoulder	LH6 – Lets have sex
NIFOC– Nude in front of computer	CU46 – See you for sex
P911– Parent alert	WTPA – Where the party at?
PAW – Parents are watching	420 – Marijuana
PIR – Parent in room	CD9 – Code 9 – it means parents are around
NIFOC – Nude in Front of the Computer	ILU – I Love You
P999 – Parent Alert	KOTL – Kiss On the Lips

Similarly, emoji which are commonly used by many people in their daily lives to express their emotions appear to have their own double meaning. Some of these emoji represent sexuality explicit messages. The meaning of the 17 dangerous secret emoji which have been used to test the participants is revealed in Table 4.15.

Figure 4.15

Secret Emoji Related to Sexually Explicit Messaging

Explicit Message	Emoji
Penis	
Vagina	
Breast	
Stimulation (male)	
Oral Sex	
Intercourse	
Orgasm	

Although it is identified that the participants have some knowledge about the meaning of emoji and cyberslang which are related to sexuality or drug usage, all the participants agreed that they understand the danger and consequences of getting

involved in such activities. Avoiding harmful habits reflects on the maturity and intellectuality of the teenagers; they show that they are aware of what they actually need in life. Nevertheless, the intelligence of the teenagers from Generation Z to create their own language of communication using the modernization of information technology clearly reflects the intellectual wellness of current teenagers.

Although social media brings various cyber threats that can affect the development of these teenagers, the current generation of teenagers needs the support of social media to fulfil their daily needs. The study identifies that social media has already become a part of the teenagers schooling life. All the participants have confessed that communication and interaction between students with their teachers often extended beyond schooling hours. While triangulating the social media's data, it was identified that teachers and students discuss class matters, subject or curriculum activities late in the evening using social media. For the current generation of teenagers', social media has become the place of referral to get updates on the latest information about school.

Although many past researchers have highlighted the negative effect of social media on teenagers' (Agatston, Kowalski & Limber, 2007; Li, 2006; Wang, Iannotti & Nansel, 2009; Mishna, Khoury-Kassabri, Gadalla & Daciuk, 2012), finding of this study indicates that stopping the teenagers from using social media might not be the best solution to overcome social problems. Instead, the present teenagers need to be educated how to use social media responsibly and the importance of protecting their privacy on the social network. As such, the meaning of intellectual wellness among the current generation of teenagers from divorced families revolves around the usage of social media. Social media have become a common medium communication to gain back the lost emotional and social wellness.

4.4.1.4 Summary of description on the meaning of Wellness

The meaning of wellness among teenagers are very much involved with their thoughts and understanding of to what extent are the participants willing to accept their parental divorce. Participants in this study are teenagers who have been living with their single mother after their parents' divorced. They have experienced various difficulties such as moving into a new neighborhood, the drop in the family income, separation from their immediate family members, separation from their close friends or change of school. Therefore, the meaning of wellness in their living experience is very much related to their ability to forgive their parents and move on with their life. Similarly, current teenagers of generation Z has great exposure to the usage of Internet and social media. Findings from this research indicate that they may defer from the past studies as the current generation of teenagers have made a rapid adoption of the mobile technology which is linked to global intelligence. As such, the finding of this research identified that the meaning of intellectual wellness among the current generation of teenager from divorced families revolves around the usage of social media. The dominant role of social media in the lifestyle of teenagers has a great influence and add on meaning to the multiple dimension of wellness.

4.4.2 Description of findings based on the perception of teenagers towards wellness in divorced families

Perception of teenagers towards wellness in this research is seen as another concept which keeps evolving within the multiple dimension of wellness in the conceptual framework. Although the past study revealed that parental divorce is known to lower the overall wellness of teenagers from divorced families (Amato, 2014; Bowlus & Seitz, 2006; Grable, Britt & Cantrell, 2007; Njeru, 2017). The

findings of the study revealed that teenagers make various efforts to gain back their lost wellness. The study identifies the perception of teenagers towards their wellness based on three themes which are (i) Self-helping (ii) Willingness to express and reflect and (iii) Confrontation on parental divorce.

4.4.2.1 Description towards perception of wellness through self-help

It is identified that all participants have planned their future after their *Sijil Pelajaran Malaysia* (SPM) examination. Most of them wish to continue their studies in a university or colleges. From the perception of the participants, they are aware that financial wellness plays a critical role in their life and insufficient financial support could affect their future academic opportunities. As all the participants experienced the loss of income after their parents divorced, the participants' believe that financial wellness is a very significant issue that comes along with divorce. The study also understands that families who lost contact with their fathers are the most affected as the family solely depends on the single mother's income. This finding is identical to Fagan & Rector's (2000) findings which highlight the negative impact of divorce in reducing household income and diminishing the teenagers' academic opportunities to pursue their education. Hence, the research discovered that all the participants wished to get a part-time job or make some early saving to self-support their own future education and minimize the financial burden of their parents.

Eight out of ten participants have their own personal savings. Similarly, the participants have researched the financial cost of enrolling themselves in a local university or college. The participants show a great deal of maturity in understanding

the financial constraints of their family and wish to at least partially self-finance their own education. Identical to these findings, the data collected from social media also reflect on the interests of participants in gathering information and finding solution to self-finance their studies. On social media various information was shared among friends about the type of scholarships offered by various universities and the estimated cost for each programs from the universities.

With regards to self-financing their future education, nine of the participant are aware of the existence of National Higher Education Fund Corporation (PTPTN) loan. During the triangulation, it was discovered that most of the participants share information about PTPTN and courses offered by universities on social media. Apart from Haf, the rest of the participants are relaying on study loan such as *PTPTN* loan to continue their education. Besides PTPTN loan, Ain, Jay, Yug and Koh are also considering scholarships to further their studies. The participants are also looking for part time job to self-support their personal expenses. Haf is the only participant who wish not to further his studies immediately. He wishes to earn as much as possible through online gaming before self-support his own studies in the future. Therefore, the perception of wellness among the teenagers from divorced families is very much related to the possibilities of the teenagers to further their studies at a university with the minimum cost.

Finding about the research identified that six of the participants do not go for tuition to get additional academic support. From their perception, it is more practical to revise their studies in the comfort of their home rather than creating more financial burden for their parents. This group of participants use YouTube or educational channels such as tutor TV in Astro to aid them in their studies. The enhancement of information technology and satellite channels supports the intellectual wellness of

the participants to conduct self-study and reduce the financial burden of their parents. Similarly, in the triangulation it was identified that participants shared notes and YouTube sites with friends to support their self-study. Participants also post their workouts for mathematic questions for the view of their friends. These group of participants have the perception that the current enhancement of information technology supports the development of intellectual wellness in the comfort of their own house.

Most of the participants in this study practiced a healthy lifestyle. They paid particular importance to physical wellness by taking care of their physical wellness by consuming nutritious food, regular exercise with minimum six hours sleep a day. The participants were also into various physical activities such as sports and yoga. This group of participants also connects healthy lifestyle with socialization as most of the friends would gather often to play futsal, badminton, netball or other physical sports. The participants' physical wellness was very much related to their mental strength. For instance, Yug claimed that her yoga practice helped her to stay focused on sports and education. As for the social media, it was also identified that the participants often shared their healthcare issues with their friends. Based on gender, most of the male participants shared information on bodybuilding and exercises meanwhile all female participants shared information on their healthy diet and food intake on their social media.

4.4.2.2 Description towards perception of wellness through willingness to express and reflect

The perception of wellness among the teenagers in divorce family is that they are very much involved with their willingness to express and reflect their

past living experience. Generally, this group of participants are comfortable to express and reflect their emotions to selected people such as their close friends or a counselor. Close friends have become the people that all the participants rely on to express and reflect their thoughts. All of them confessed that they do share their bad experiences and dissatisfaction about divorce with their close friends. They all agreed that a good friend can also be a good emotional supporter. According to them, they normally feel relieved after sharing their personal problems with their friends which includes the suffering after their parental divorce. Similarly, nine of the participants have met a counselor before and they all agreed that they feel relieved after sharing their emotions with a professional counselor. From the social media, it is found that the social media has become the tool for teenagers from divorced families to express and reflect their emotions. Most of the social media captions and postings relate to the “willingness to express and reflect” and the examples include:

“Me & my emotional coach” – Instagram caption under a picture taken by a participant with his counselor in school during performance.

“Thanks for being there guys” –Hashtag on Twitter with a picture of a participant hugging a group of friends.

“A bucket of thanks” – Facebook story with pictures of a participant celebrating birthday with friends.

The teenagers are willingness to express and reflect is related to their social wellness. Most of the participants believe in strengthening their bonding with their friends as they are able to understand each other’s issues better. From the social media analysis, friends whom the participants select to share their problems are usually old friends who have been with them since primary school. The participants have long term bonding with this types of friends as they understood each other since childhood

days. The participants agreed that they do not reveal about their parental divorce to everyone as they do not wish others to be judgmental of them. Such perception refers to the social wellness of the teenager as they wished to be accepted by everyone.

4.4.2.3 Description towards perception of wellness through confrontation on parental divorce

As the teenagers were seeking emotional wellness, they do not wish to dwell on their past. It is one of the reasons why most of the participants are reluctant to confront the issue of parental divorce with family members. The reluctance of the participants to confront their parents regarding the reasons for the divorce is very much related to their understanding or visualizing the consequences of having such discussion with their parents. From the teenagers' perception, making such confrontation with their parents will eventually have an effect on the emotional wellness of all family members. The participants in this research are matured enough to understand the sensitivity such confrontation as their parental divorce did not bring pleasant memories.

The reluctance of participants to confront their parents about the divorce is also linked to the perception of the teenagers about the actual fact or event which occurred before the divorce. Experience in this sub-theme refers to the participants' impression of the actual reason that have led to their parents' divorce. In this research the participants are already aware of the actual truth behind their parents' divorce as most of them have seen their parents frequently fight and argue before the separation. In some cases, the mother herself has explained to the participants about the actual cause of the separation at the early stage of the parental divorce. Therefore, the

participants do not need any validation from their parents regarding their marital dispute.

The research also identified that participants in this research have a very close relationship with their mothers. The wish of the participants to not see their mother getting hurt in anyway is clear. Most of the participants define their wellness as their mothers'. Therefore, the participants do not wish to start any sensitive conversation with their mothers about their divorce.

These study identified a few personal needs of the participant which made them feel reluctant to confront their parents about the divorce. For a start, all the participants have a close relationship with their mother and they wish not to see their mother get hurt in anyway. After witnessing the difficulties and sacrifices faced by their mother, the participants show a great deal of maturity in taking care of their mothers' wellness.

Similarly, on social media, the researcher found uploaded images describing the participants' love towards their mothers. Among the mother's love statements posted by the participants on social media are;

"Never hurt mother. Nothing is more painful that tears in her eyes"- quote was written on a picture with a lady in tears. The image with the quote was uploaded on Facebook and dedicated to his mother.

"Love at first sight, I loved from the first time I saw her"- Hashtag on Twitter with a picture of her hugging her mother.

Therefore, the perception of teenagers from divorced families towards the state of wellness is very much related to the bonding they have with their parents. As many participants declared that their wellness is linked to their mother's sense of wellness, they do wish to hurt her in any way.

4.4.2.4 Summary of description on the perception of Wellness

The perception of teenagers towards wellness involves the dimension of their own thoughts. It is how teenagers see themselves as a part of divorced families. As divorce may be a sensitive issue for parents, most participants refuse to confront their parents. Most participants regard their sense of wellness revolves around the perimeter of their parents' sense of wellness and they wish not to see them get hurt in any way. Similarly, the ability of the participants to express and reflect freely with the counselors or good friends has a significant influence on their social and emotional wellness. From the perception of the participants, the ability to express and reflect is very much connected with the advancement of information technology which supports the development of intellectual wellness.

4.4.3 Description of findings based on how does divorce changes the wellness in teenagers' life?

The changes in the state of wellness in the teenagers' life after the parents' divorce involves various dimensions of wellness. By comparing the findings on the living experiences of the teenagers before and after the parental divorce will answer this research question. This study will identify the changes of the state of wellness in the teenagers based on three themes which are: (i) Letting it go and moving on with life (ii) Accepting support from others and; (iii) Inclined spiritually

4.4.3.1 Description towards changes of wellness through letting it go and moving on with life

Findings from the research identified that all the participants are in a stage of letting go their past and ready to move on with their future. This finding differ from the findings of Fagan & Rector (2000) which concluded that the effect of

divorce is long-lasting and will continue to affect the wellness of the child in the next generation. The differences in the findings do however correlates with the findings of Singh & Dangmei (2016) which found the differences in attitudes among generation Z compared with the past generations. Hence, in this study all the participants are born after year 2000. In their statement, all the participants have a positive behaviour in making plans for their future. Although parental divorce comes with various challenges, all the participants claimed that they are learning to adapt to the changes. Hence, all participants agreed that it is best to leave their past memories behind and move forward to plan their future. Moreover, the participants are already at the age of sixteen to eighteen years old. Therefore, these teenagers have a better intellectual level to let go their past and move forward to achieve their dreams.

The finding in this research also identified that some of the participants have good relationships with both their parents. Therefore, the changes brought by parental divorce have less effect on their overall wellness. Moreover, this group of participants are aware that their relationship with their parents is not as intense as before. Although the participants are staying with their mother, communication with their father have become much easier in the recent years due to the wide usage of mobile technology and social media. While analysing the participant's social media for six months, it was identified that some of the participants contacted their parents daily via social media despite the geographical disadvantage like when their father is working overseas or when their parents are traveling.

By triangulating the interview data with information collected from social media, there are evidence that the participants are ready to let go of their past and move on with their life. On social media there were many posts pertaining to their dreams after the completion of Sijil Pelajaran Malaysia (SPM). Most of them posted

the university which they wish to further their studies. Posting and captions on social media relating to “Letting it go and moving on with life” are as follows.

“*Goodbye school, UTM here I come*” – Hashtag on Twitter on a collage picture of his old school with a picture of University Technology Malaysia (UTM).

“*Chasing after dreams*” – the caption on Instagram post and pictures of participant at the entrance of University Malaya in Instagram story.

Therefore, the finding in this research identified that the negativity due to the change in wellness among the participants after their parents’ divorce are related to the ability of the participants in letting go of their past and moving on with their own future. As all participants in this research have the intention to further their studies, their current focus is to work towards their dream.

4.4.3.2 Description towards changes of wellness through accepting support from other

Based on the finding of this research, parental divorce will bring multiple changes in the wellness of the teenagers. However, the current teenagers were able to overcome the negativity of the changes by accepting various support from others. The intention of participants to get support is to regain back their lost sense of wellness. The finding also identified that not all changes bring negativity to the living experiences of the participants. Generally, participants who witnessed physical violence before the parental divorce will accept the changes positively. These participants had a valid reason to be happy with their new living environment as the violence against their mother had stopped after the divorce. As parent’s divorce will lead one of the parents to move out of their original house (Mikolai & Kulu, 2018), in this study most of the mothers moved with the participants to a new

neighbourhood. In most cases, it was the the grandparents who came forward to give support to the mother and the participants about their new living environment. In some cases, the grandparents even provided shelter for the participants and their mothers.

All participants in this research had received financial aid after their parents' divorce. Generally financial support in this study was obtained from their grandparents, friends, and cousins. To further their education, teenagers in this study are relying on study loans such as *PTPTN* or university scholarships. All the teenagers showed signs of maturity in understanding the financial difficulties faced by their family after the parents' divorce. Hence, they wish not to create further financial commitment for their parents and find solutions to self-finance their education.

Based on the statements given by the participants, all the single mothers went to work after the divorce to ensure a consistent flow of household income to support the family. As most of the teenagers were young when their parents divorced, they needed physical support from someone to take care of them while their mother went to work. In this study most of the participants got physical support from their grandparents. In most cases, their grandparents will stay with the participants in the same house to take care of them.

The participants in this research also gained emotional support from their close friends and counselor. The openness of the participants in sharing their problems with close friends and counselor gives them the strength to deal with the emotional changes they experienced after their parents' divorce. Hence, the findings of this research regards counselors, grandparents, and friends as having a lifeline role in providing emotional support for the teenagers from divorced families.

Referring to the findings on “accepting support from others”, there were many postings, uploaded pictures, hashtags and stories on social media related to the participants’ sense of gratitude towards people who had supported them during their difficult times. The current generation of teenagers gives recognitions on social media for the help they received from their friends, counselors, teachers and other family members. During the social media analysing, emojis such as “two hands placed firmly together (🤝)” or cyber slang such as “Thz” was frequently used by participants to thanks people. Similarly, the same hand emoji is also frequently used by the participants in asking help from others. Therefore, the findings of the study identified that the wide usage of social media had also influenced the pattern of accepting support from others among the current generation of teenagers.

4.4.3.3 Description towards change of wellness through inclining spiritually

Spiritual wellness is to be inclined to God. Findings of the research identified that all the participants are inclined spiritually to overcome their difficulties in life. Some of them use spiritually as a guide in accepting their parental divorce positively. For instance, participants like Saf and Haf believed that in Islam a child should not question the decisions made by their parents. This group of participants believed in spiritualism as a principle of life that will guide and bring them to the right path. Similarly, the finding also discovered that spirituality helped to support the participant’s emotions and heal their sufferings. Spirituality also helps the participants to make life decision and choices easier as it comes along with values, principle and faith from each respective religion. In this research all the participants pray daily. Apart from Jay, Dvy and Lee, all the other participants pray

for the wellness of both their parents. According to the participants, being inclined to God also contributes towards positive emotion of forgiveness and acceptance.

In this research various spiritual practices were highlighted by the participants such as meditation, yoga, singing devotional songs or joining spiritual community. Some of them pray daily to confide their problems with God through prayer. They feel good to share their problems to God as they hope for the Almighty to find a solution to all their issues. Whatever method the participants used, they were all d spiritually incline to attain spiritual wellness. The extent of their inclined spiritually is also visible in the participant's usage of social media as it is common among participants to share wishes which are related to their religion with their friends and family members. The participants also shared and received spiritual information frequently on social media.

Modernization which comes along with the development of information technology is linked with the concept of receiving spiritual wellness. Various religious community have accepted the support of Internet to fulfil their religious needs (Kluver & Cheong, 2007). Similarly, participants of this research also gets the support from Internet on their religious and spiritual practice. Confrontation was made by participants that they use mobile phone or YouTube to listen devotional songs, spiritual verses chanting and religious talk to increase their devotion to God. The participants also frequently visit site which are connected with spirituality on You Tube. Hence, the participants had a better knowledge about religious places and practices to attain a higher level of spiritual wellness.

Finding of the research identified that all participants feel good after prayers. When they are inclined spiritually, they are able to reveal all their problems to God. Therefore, changes brought by divorce in the wellness of teenagers in divorced

family can be overcome with the faith in God. Uplifting the spiritual wellness can create a balance in all the other dimension of wellness.

4.4.3.4 Summary of description on the changes in Wellness

Findings of the research identified that the severity on the change of wellness among teenagers from divorced families is very much linked with the ability of the participants in letting go of their past and move on with their own future. To let go their past, participants need to learn how to get adopted with their new living environment. Similarly, participants still with good contact with both their parents appeared to be more positive in moving forward with their life.

In the early stage of parent's divorce, there were various changes experienced by the participants in their living environment. In most cases the counsellors, grandparents and good friends played a lifeline role in providing support for teenagers and their family. Hence, finding of the research identified that receiving support from others is an early remedy to overcome the changes of wellness after the parents' divorce. However, changes in wellness after the parents' divorce may not bring negative consequences all the time. In this study, participants who witness physical violence accepted the changes after the parental divorce positively. Therefore, the changes of wellness in the teenagers living experience after the parents' divorce is subject to the actual reason which cause their parents dissolution of marriage.

4.5 Discussion on the findings

In this research, the researchers studied the living experiences of ten teenagers who came from divorced families. The purpose of the study is to identify the state of

wellness of the ten selected teenagers living with single mothers after their parental divorce. The study designed seven dimensions of wellness in the conceptual framework to understand the changes of context related to the teenagers' wellness after they had experienced the upheaval caused by their parents' divorce. Along with the seven-dimensions of wellness stated in the conceptual framework, the impact of parents' divorce on various dimensions of wellness were identified from the lived experiences of the teenagers.

4.5.1 Relationship between different dimensions of wellness among teenagers in divorced families.

The inter-connections between each dimension of wellness answer the second and third research questions of the study. From the teenagers' perception, they had experienced the changes in various dimensions of wellness after their parents' divorce. The finding of the study indicated that all the participants had experienced a low level of emotional wellness at some point in their life as a result of their parental divorce. Similarly, Crabb (2009) concluded that the immediate impact of divorce causes multiple emotional problems for teenagers in the early stages.

In this study, emotional wellness was the most influential wellness, which was interrelated with other dimensions of wellness in the teenagers' lives. Most of the participants experienced low level of emotional wellness in the early stage of the divorce or during their childhood. However, this study only focused on teenagers' wellness in divorced families. As such the study identified that all the teenagers were willing to let go of their past experiences and focused more on their own future. In this study, the teenagers were able to overcome their low emotional wellness to achieve a healthier lifestyle by interrelate and support various dimensions of

wellness. The finding of the study involving teenagers in divorce families had identified that any changes in one dimension of wellness would have an immediate impact on other dimensions of wellness. This outcome is similar to Strout & Howard (2012) who also stated that changes in one wellness immediately affect another domain of wellness.

4.5.1.1 Emotional Wellness gave impact on the Social Wellness of teenagers in divorced families.

Emotional wellness plays a very influential role in the social wellness of teenagers in divorced families. Most of the participants claimed that they do not wish to keep talking about their parental divorce. As they are getting ready to venture into adulthood and move on with their own life, they do not wish to dwell on their past memories. When it comes to meeting new friends, the teenagers living experience after the parents' divorce have always been a topic that they have avoided talking about. The participants agreed that it is the norm for friends to get to know about each other's family backgrounds. Yet, this group of participants claimed that it has always been a painful experience to keep explaining to people about their parental divorce. Therefore, in this research there was a group of participants who have avoided having many new friends. Many of them were closer to their old friends who knew about their parental divorce from young. Some of them avoided bringing friends home as they were reluctant to answer their friends' questions about the absence of their father in their house.

Nevertheless, the participants also confessed that their best friends were also their companions who would always give them emotional support. Most of the participants formed a strong friendship with their best friends during their parents'

divorce. Presently, their best friends are regarded as the most trustworthy person whom they could still share or speak about their parents' divorce. As teenagers claimed that they had avoided speaking about parents' divorce with their family, it appeared that they had no issues of sharing this information with their best friends. The participants agreed that expressing and reflecting their emotions with friends strengthens their bonding as they understood each other better. Similarly, Martinez & Howe (2013) highlighted that a healthy friendship that comes along with close characters and mutual support can enhance social-emotional development. As a result, most of the participants have long term bonding with their best friends as they understood each other well since childhood.

4.5.1.2 Emotional Wellness gave impact on the Intellectual Wellness of teenagers in divorced families.

With the rapid growth of communication technology, teenagers' lifestyle has also evolved accordingly, partly because the rapid adoption of mobile technology was also linked to global intelligence (Anderson & Raine, 2012). Similarly, the study identified the teenagers' ability and willingness to express their emotions on social media with the support of iconic language or better known as emoji. With the brief and impact emoji expressions, the teenagers in this study were able to deliver their thoughts and feelings as the participants claimed that the usage of emoji has become a standard way of communication among the younger generation. All the participants agreed that the usage of emoji have become a norm for expressing their emotions as it is easily understood by most people in the current society.

The intellectuality of the teenagers was also evident in their ability to adopt to the cyber slang in their mobile chatting which was a self-learned Internet abbreviation. Just as the social media had become a platform that enabled teenagers to stay connected, cyber slang and emoji were also commonly used by teenagers as a universal language. The usage is also known as emotional intelligence, which is the key to effective communication (Sinha & Sinha, 2007). As cyber slang and emoji are commonly used by teenagers as a universal language (Alshenqeeti, 2016; Barbieri et al., 2016; Krstic, 2016), the current study found that the teenagers from divorced family do not have any problem with their intellectual capacity to adopt the common lifestyle of teenagers. All the participants are well versed in the unique vocabulary of digital communication which is synonymous with the current teenagers' lifestyle. Teenagers in this study were able to express their thoughts and interchanged their ideas with interactions on social media to gain emotional support.

The transitional period between childhood and adulthood gives the teenagers a more mature thinking ability (Kadam et al., 2016; Siegel, 2015) as they start analyzing a situation from various points of views (Fuhrmann et al., 2015). The finding of the research identified that this form of intellectual ability is also an emotional healer for the teenagers as they avoided the bitterness of their past and focused more on what they wanted to do in their future. Based on this study, teenagers from divorced families became reluctant to confront their parents regarding their parental divorce. The teenagers had developed the maturity to understand that confrontation with their parents could bring back unpleasant memories which might upset the teenagers and their parents. As such they would rather avoid such conversation with all their family members. At the age of sixteen years to eighteen years this group of teenagers was able to understand the circumstances of their

parental divorce. Understanding the problems that their parents went through during the period of divorce allowed the teenagers to finally forgive their parents and move on with their life. The maturity of the teenagers can be regarded as a vital tool that provides them with emotional wellness as the teenagers continued to seek for happiness and self-development to attain a more independent life.

4.5.1.3 Emotional Wellness gave impact on the Spiritual Wellness of teenagers in divorced families.

The findings of the study identified that spiritual wellness is an emotional healer for teenagers from divorced families. As spiritual wellness is connected with the lower levels of anger, anxiety, and frustration (Dutkova et al., 2017), spiritual wellness helped the teenagers to overcome their depression and uplift their self-esteem. The findings indicated that spiritual wellness contributed to a high level of awareness that could help the teenagers to overcome the negative emotions that they had previously endured. Based on the study, the teenagers who were more spiritually inclined were able to cope with their negative emotions through prayers. By replacing their negative emotions such as anger, fear or sadness with their faith in God's mercy, the teenagers confessed that they feel relieved after each prayer. As divorce was a painful experience for all family members (Sandler et al., 2008; Pedro-Carroll, 2001), teenagers from divorced families revealed that prayers are emotional support for them. Through prayer, they get the privilege to share their personal worries or pain with complete honesty without worrying about other people's perception.

Through the study, it was also discovered that spiritual wellness had the ability to provide inner healing for the teenagers who mostly suffered trauma from

the breakdown of their family unit. The teenagers with high levels of spiritual wellness were able to forgive their parents for all the traumatic and stressful experiences they had to face as the consequence of divorce. As all religion teaches their followers about filial piety, this group of teenagers constantly prayed for the happiness and wellness of their parents. However, this finding excluded teenagers who experienced physical violence before their parental divorce as they still found it difficult to forgive their fathers for all the damages which he had caused to the other family members. Similarly, teenagers who were still facing critical financial problems ever since the separation of their parents were also finding it difficult to forgive their father despite being spiritually inclined.

4.5.1.4 Emotional Wellness gave impact on the Environmental Wellness of teenagers in divorced families.

The immediate impact of divorce causes multiple emotional problems for the teenagers in the early stage of coping with the marital breakdown of their parents' marriage (Crabb, 2009). Changes in the living environment came along with the separation of immediate family members and friends. The accompanying stressors of divorce, such as changing school, moving in with grandparents, and living with the absence of a father triggered more emotional issues for the teenagers in the early stage of the divorce. The teenagers admitted that they were confused and afraid of the changes in their living environment.

However, as the teenagers became adjusted to their new living environment, many of them reported that they became much happier. Observing their parents living a happier life separately from their former spouse, without fights or physical violence made the teenagers see the divorce and the changes in the living

environment in a positive way. These were the same teenagers who initially witnessed their parents' fights or endured physical violence before the divorce. The teenagers confided that seeing their parents fought was a traumatic experience that had led them to fear. The teenagers accepted the reality that it was only after the divorce that the family found peace in the house.

4.5.1.5 Emotional Wellness gave impact on the Financial Wellness of teenagers in divorced families.

The study had also discovered that teenagers with low level of financial wellness experienced depression and psychological distress. Emotionally, they were affected due to the poverty lifestyle that they now experienced as the result of parental divorce. This group of teenagers grew up with a lot of anger within themselves because they suffered as the implication of their parents' divorce. The teenagers were dependent on their mother's single income, and some of them blamed their father for their misfortunes. This finding resembles the financial research conducted by Wilmarth (2012) who described that the decrease in financial wellness was associated with the decline in relationship satisfaction. In this study some of the fathers left the family with considerable debts and over the years these fathers did not contribute any financial support for their family. As such, the teenagers found it difficult to forgive their fathers and they have accumulated anger against their father for burdening the family with considerable difficulties.

4.5.1.6 Emotional Wellness gave impact on the Physical Wellness of teenagers in divorced families

This research came across teenagers who witnessed male violence perpetrated against women. Teenagers who witnessed their fathers using violence against their mothers and these teenagers practically had a traumatic living experience before their parental divorce. Emotionally, they were affected as they lived in fear whenever their parents started an argument. Generally, children's exposure to traumatic experiences such as domestic violence will often meet the diagnostic criteria from the Diagnostic and Statistical Manual for Mental Disorders, fourth edition (DSM-IV), such as depression, separation anxiety, and attachment disorder (Cook, 2017). It appears that these teenagers did have a better life after the parental divorce as at the time of the interview, they lived a protected and secured life. This group of teenagers confessed that they were unable to forgive their fathers, and they did not wish for him to come back into their life. As the teenagers had experienced a stressful living experience before their parents' divorce, the divorce brought assurance of safety to protect them from their fathers. The teenagers became more emotionally connected with their mothers as they went through the process of coping and recovering together after the divorce.

4.5.1.7 Intellectual Wellness gave impact on the Social Wellness of teenagers in divorced families.

Teenagers are from generation Z often exhibit a very high level of intellectuality (Romdiyah, 2018). Their intellectuality is primarily linked with their social network as the teenagers became more exposed to extensive usage of the Internet and social media supported by the advancement and affordability of mobile

technology. Overall, the participants had accomplished good social wellness because of social media. The process of triangulation using data obtained from the teenagers' use of social media, it was acknowledged that the participants had considerable knowledge of using social media to gain social wellness.

The findings of the research also identified that all the participants had been using the mobile technology and Internet since young. The existence of mobile technology supported the participants' development of intellectuality and the social apps in the mobile gave them the opportunity to build a wider social network. Therefore, in this study the participants confessed that social media had been a part of their daily lives as it had connected them with their family and friends at all times. The enhancement of technology became a part of their school life as teachers and friends were still be available to be contacted after schooling hours or during school holidays on social media platforms.

The findings also discovered that high level of intellectual wellness among the current generation of teenagers' had influenced the method of social communication. For instance, the study identified the teenagers' ability to express their emotions on social media with the support of iconic language or better known as emoji. Identical to this finding, Sugiyama (2015) emphasized that the usage of emoji by teenagers to express their thoughts encouraged more positive relationships with their friends. With the brief and effective expressions rendered by the use of emoji, the teenagers were able to deliver their thoughts and feelings effectively as the participants claimed that the usage of emoji had become a standard way of communicating between the young generation.

4.5.1.8 Intellectual Wellness gave impact on the Spiritual Wellness of teenagers in divorced families.

The level of intellectuality related to the use of the Internet and mobile phones is closely linked with the spiritual wellness of the participants (Sira, Desai, Sullivan, & Hannon, 2014). Spiritual teachings and beliefs can be obtained with just a click away in the modernized society of high intelligence (Baesler & Chen, 2013). Similarly, the finding from this research identified that all the participants were inclined spiritually and their spirituality can be linked with the vast usage of Internet via computers and mobile phones. The participants admitted that they use their mobile phones or YouTube to listen to devotional songs, the chanting of prayer verses, and religious talks to increase their devotion and faith in God.

The participants also used YouTube to visit places like ancient temples where people from the past could only dream of visiting. Consequently, the study supported the argument that the Internet is like an ocean of religious knowledge where teenagers do carry out their own religious search to update their religious knowledge and to clear their doubts pertaining to their religious affairs. From the traditional ways of offering prayers, the teenagers became exposed to digital prayers which became appealing to the current society due to the vast usage of social media (Baesler & Chen, (2013). Identically, the Internet utilization for seeking information eventually supported the spiritual insight and spirituality reliance of these children (Sira et al., 2014).

4.5.1.9 Intellectual Wellness gave impact on the Environmental Wellness of teenagers in divorced families.

Participants of this research showed a high level of intelligence and maturity in understanding their living environment after parental divorce. The participants were finally able to rationalize that divorce put an end to their parental fights. As participants confessed that they disliked to witness their parents quarrelling, all of them agreed that they were living in a more peaceful and harmonious living environment. Although some participants were not happy with the house they were presently staying, they were willing to accept their poor living conditions positively due to various reasons such as convenient for their sibling's schooling, or their house was within the vicinity of their grandparents' house which means that the support for their mothers would continue to be made available. Therefore, the participants could easily get adjusted to the changes in the living environment due to their ability to think about and rationalize a situation maturely.

4.5.1.10 Intellectual Wellness gave impact on the Financial Wellness of teenagers in divorced families.

To a certain extent, all the participants were clear about what they wished to do next after their schooling life ended. The participants had researched about the possible costs of studying at various colleges or universities. Therefore, in search of knowledge, all the participants had worked out their own possible plan to self-finance their education to minimize the financial burden of their parents. Apart from using their personal savings and obtaining a scholarship, the participants also came up with solutions such as the PTPTN loan. Similarly, the participants were also

confident about getting part-time jobs to support their own personal expenditure while studying in college or university.

4.5.1.11 Intellectual Wellness gave impact on the Physical Wellness of teenagers in divorced families.

Participants of the research were also active in various physical activities such as sports and yoga. The Internet competence of the participants provided an infrastructure for the teenagers to conduct e-learning about physical education. The participants confided that they visited websites which consisted of physical training which leads them to a healthier lifestyle. Similarly, the participants also became educated about their eating habits to maintain a healthier diet. As such, the Internet intelligence helped promote fitness and physical wellness among the new generation of teenagers. The interactive instruction method on the websites encouraged the teenagers to engage in a healthier lifestyle.

4.5.1.12 Social Wellness gave impact on the Environmental Wellness of teenagers in divorced families.

All the participants in this research had a good social wellness with the support of social media. The existence of social networks such as Twitter, Facebook, WhatsApp or Instagram enabled the users to interact with people around the world. Similarly, the existence of social media supported all the participants who were still in contact with their non-custodial fathers regardless of their geographical locations. The existence of social media also upgraded the communication skills between fathers and children who were living in different states or countries with the existence of video calls and voice messages. In this research many fathers who still

in contact with their child regularly used video calls and voice messages from social media to speak with their children. Therefore, the existence of social media literally overrode the visitation custody given by the court as the father could still virtually communicate with the child using video calls rather than making a visitation to see the child.

4.5.1.13 Social Wellness gave impact on the Financial Wellness of teenagers in divorced families.

The findings of the research identified that participants with poor financial wellness could still afford to have good social wellness due to the assistance of social media. It had become a norm for teenagers of the current generation to own a smartphone with social network applications. Social media networks such as WhatsApp, Instagram or Facebook did not affect the financial status of the participants as it provided free service for all users. Using the social media networks gave the participants the privilege of interacting with people around the world with no cost involved. The usage differed from the common telecommunication method which required monthly financial commitments of paying bills subjected to usage.

The study also identified that some participants used social media to gain additional income for their personal expenses. The participants used Facebook or YouTube to play online live games. Participants were paid according to the number of viewers watching the live game on social media. Similarly, playing e-sports online also gave the opportunity for participants to earn millions of ringgit, cash price by winning a tournament.

4.5.1.14 Social Wellness gave impact on the Spiritual Wellness of teenagers in divorced families.

In this research, the participants were able to connect spiritually with others using the support of social media. All the participants had experienced receiving or sending messages which contained spiritual teachings according to their respective religion. Similarly, spiritual videos would commonly become viral on social networks for comment viewing. The existence of social networks such as YouTube also gave the underprivileged participants the chance to view spiritual pilgrimage places around the world despite remaining in the comfort of their own house. Several participants also used social media as the device to listen to spiritual and devotional songs.

4.5.1.15 Social Wellness gave impact on the Physical Wellness of teenagers in divorced families.

Social wellness is well connected to the physical wellness of the participants due to their vast usage of social media. All the participants agreed that it was common for them to receive messages and videos related to health care and healthy diet. The participants had also forwarded similar messages to others within their contact list. Similarly, the participants also used social media such as YouTube to learn healthy habits in their daily lives. Through YouTube, most participants learnt new exercises and proper diet to keep their body fit. Many of them used social media as the platform to learn winning strategies and new techniques in sports.

4.5.1.16 Environmental Wellness gave impact on the Financial Wellness of teenagers in divorced families.

The study identified that teenagers with poor financial wellness would also have a poor living environment. As divorce caused a drop in household income, it decreased the purchasing power of the family to provide a conducive living environment. The study identified that participants who were still living with financial difficulties were, at the time of this study, living in rental houses with a lack of facilities in a poor neighbourhood. Their houses and rooms were not fully furnished. Therefore, financial wellness had a significant influence on the quality of living environment among teenagers from divorced families.

4.5.1.17 Environmental Wellness gave impact on the Physical Wellness of teenagers in divorced families.

The study identified that teenagers' who experienced physical violence wished to have a safe living environment. The teenagers confessed that witnessing physical violence between their parents had created a stressful living environment at home. Generally, they used to live in fear whenever their fathers came home. Therefore, this group of teenagers accepted their parents' divorce positively. They were very happy when their mother brought them to a different house after the divorce. According to this research, teenagers who witnessed physical violence were happy with their new living environment as the divorce put an end to the violence.

4.5.1.18 Financial Wellness gave impact on the Physical Wellness of teenagers in divorced families.

The research also came across teenagers who faced poor financial and physical wellness at the early stage of their parental divorce. At this stage, some of the teenagers were unable to get a complete set of uniforms for their school. These teenagers also made some sacrifices regarding their school pocket money, and food intake as their families had lost a significant portion of their household income. Similarly, the study identified that poor financial wellness also restricted the teenagers from being involved in some of the physical activities. In this study, some of the teenagers confided that they had to discontinue their involvement in certain sports as they were unable to afford the sports equipment. Some of the equipment was costly and the teenagers confessed that it would not be appropriate to put the burden on their mothers as they were old enough to understand the financial constraints of the family.

4.5.1.19 Financial Wellness gave impact on the Spiritual Wellness of teenagers in divorced families.

The research identified that some of the teenagers with poor financial wellness experienced various obstacles, and some of these problems were never resolved. Therefore, this group of teenagers diverted their problems to spiritualism by praying to God and asking for help. The teenagers disclosed that surrendering to God gave them the encouragement to move on with their lives as they believed that God is the Almighty and could provide a solution to all problems. Hence, spiritual wellness stood as the final option for issues that occurred due to a lack of financial wellness.

4.5.1.20 Physical Wellness gave impact on the Spiritual Wellness of teenagers in divorced families.

In this research, physical wellness and spiritual wellness were identified as important element in the mental health development of teenagers in divorced families. Teenagers who exercised regularly and eat healthy nutritious food had a better mental strength in developing their spiritual wellness. The participants revealed that spiritual practices such as meditation had replaced their focus on sport. Furthermore, the faith that they had in God also gave them the courage to stay strong while playing sports. Even when they were in the midst of losing their individual or team event, the participants found that their faith in God helped them to remain strong and to focus on the game until the end. Therefore, the study acknowledged that physical wellness was a part of the fulfilment required to obtain a better spiritual wellness.

4.5.2 Social Media influence on the wellness of teenagers in divorced families'

The evolution of time will always have an impact on society through its modernizations, and this will subsequently change the lifestyle of mankind (Landes, 2000). The present generation of teenagers who are also known as generation Z had a high level of thinking maturity as they were exposed to the usage of Internet and social media since young. Therefore, the usage of social media was explored deeper into the triangulation exercise as a measurement technique by the researcher. Besides other documents and data collected from the interviews, the researcher analysed the daily activities of the participants via Tweeter, Facebook, and Instagram for a duration of six months. Therefore, the findings of this research had a strong validity

and reliability, as the researcher monitored the participant's daily activities through social media.

Through the observation it became apparent that the evolving technology in the form of social media had a very dominant influence on the development and overall wellness of teenagers. These findings answered the first research question as all the participants agreed that social media had influenced various dimensions of their state of wellness. Although there were numerous evidence and commentaries about the negative impacts of social media on young people, this study concludes that on a positive note, social media had given these teenagers some advantages. The study provided evidence that social media was a part of their daily lives and it was highly influential in most dimensions of wellness evident from the living experiences of these teenagers.

The accumulated findings in this study differed from many past research which highlighted the negativity of divorce on the parents and child relationship (Bastaitis et al, 2015; Botterman et al., 2015; Chappel et al., 2014; Bulduc et al., 2007; Hannum, & Dvorak, 2004; Knox et al., 2004; Mullett & Stolberg, 2002; Ross & Miller, 2009). In this study, it was identified that most teenagers were still in good contact with both their parents. Parental divorce had, to a certain extent, detached the physical contact of teenagers with either one of their parents. However, this group of teenagers was from a different generation from the generation studied in previous research as they had been exposed to the usage of social media since young. Since social media was well known for connecting people around the world, the same principle could also be applied in connecting teenagers with their non-custodial parent.

This study disclosed that most teenagers from Generation Z were still in contact with both parents in spite of their parental divorce. All the participants also agreed that social media was highly influential in their lives and it gave them the privilege to stay connected with their family and friends at all times. Therefore, the influence of social media on the development of social and intellectual wellness of teenagers from Generation Z answered the literature gap to uncover whether the older model of wellness would still be relevant in studying the wellness of teenagers in the current society. Social media with the development of information technology had become a part teenagers schooling life in Malaysia and many other parts of the world. Currently, teachers, parents, and students are already using social media as another source of communication. The affordability of the teenagers to own and keep up with the development of information technology raised the question of financial wellness which was never discussed by any of the wellness model from the 20th century. Therefore, the findings of the research highlighted the importance of financial wellness in the wellness models for the future researchers.

4.5.3 Counseling and Negative Stigma on wellness of teenagers in divorced families

Teenagers who participated in the study expressed their concerns about their parents' divorce and the negative stigma which came along with them wherever they go. The tendency of worrying about other peoples' judgements towards them is quite a common human fear. However excessive worries may lead to other complications such as anxiety, depression or mental illness. Analysing the data received in the study, there were clear attestation by the participants that counseling plays a vital role in the wellness of teenagers in divorced families. As divorce became a trigger

for teenagers in their already stressful life, the study identified that most teenagers will face the stage of shock immediately after their parents' divorce and the immediate support from a professional counselor were able to help the teenagers to gain back a healthy and happy life.

Teenagers who were young during the time of their parents' divorce were also identified as facing difficulties in adapting to their new living environment. This group of teenagers needed additional support from counselors to cope with their confidence and self-esteem. Similarly, teenagers also needed professional support to rationalize their emotions rather than communicating to people they know because they may only gain sympathy. The study identified that teenagers who received early support from professional counselors had shown good progress in their lives. The finding of the study revealed that counseling helped the teenagers to manage and gained back their self-esteem that supports them in their progress. It appears that teenagers were very convinced about the counseling therapy and intervention that they received from the counselors. These therapies and interventions helped the teenagers to overcome the stressful period after their parental divorce. Among such common counseling activities which were frequently mentioned by teenagers included play therapy, art therapy and mind therapy.

4.5.4 Time as a Healer to gain back the lost wellness among teenagers in divorced families

The study also discovered that some of these teenagers did not receive counseling support and yet they still progressed well in life. In such cases, time was their best healer. The teenagers were very young during the separation, and they had been living in this condition for almost five to ten years. Compared to counseling that

rationalised the teenagers' way of thinking in a short period of time, these teenagers needed a longer period of time to overcome their sorrows and lead a normal life. Therefore, the research also agreed that time is a great healer. The researcher believed that the pain faced by the teenagers after their parental divorce became lesser as time passes.

Biologically, the teenagers would have a different level of maturity over time due to the transition of childhood life to move forward towards adulthood (Altıntaş et al., 2014). This development occurs naturally along with the growth of teenagers as it is a part of human survival in the living environment (Papazova & Antonova, 2013). In this context, the mindset of teenagers to commit themselves to their ambition indicates their maturity in accomplishing their mission in life. They are aware that keep thinking about their past is not going to help them in any way. Since schooling life would finally end during their teenage years, the current generation of teenagers had gathered relevant information about possible careers as well as pursuing tertiary education. The current generation of teenagers was more open-minded about their parents' divorce. Although their parents' divorce was a stressful event during their childhood, as time passes by the teenagers became willing to let go of their past and move on with their lives.

4.5.5 Acceptance of Parental Divorce in gaining back the lost wellness among teenagers in divorced families

The research is motivated to identify how some teenagers became successful despite living in divorced families. All the selected participants were in divorced families with successful backgrounds. Findings from the research identified that nine out of the ten participants' were able to rationalize their thinking behaviour by

accepting their parental divorce positively due to various supporting elements such as counseling, duration of parents' divorce or living in a modernized society with vast exposure to social network.

The teenagers from the research were identified with the ability to rationalize their thinking from their own perspective rather than accepting the parents' divorce from the stereotyped perspective of society. Being members of generation Z, these teenagers had a different thinking pattern as they self-analysed their parents' divorce with the support of advance social media and communicate about their problems with professional counselors. This analysis gave the teenagers strength to prioritize their needs in their lives by identifying their core necessities to accept their parental divorce positively. The exposure of social network sets a high benchmark for the teenagers as they moved forward towards a better future by putting their past behind. Generally, these teenagers expressed their emotions by communicating with others about their grief and getting comforting advice to self-help into accepting their parents' divorce.

4.5.6 Malaysian Culture as a support for teenagers in divorced families

Malaysia is well recognized for its nation's unity (Tajuddin, Collie & Zhu, 2017). The cultural unity among the multicultural society of Malaysia was the result of various government's ideology and policies ever since independence (Tajuddin et al., 2017). For instance, The National Principles (*Rukun Negara*) was declared to form strong unity among society with a liberal approach to the nations rich and varied culture (Kee & Nie, 2017). Hence, the Malaysian society have formed a linear

thinking culture of respecting the differences in religion and stay united to strengthen the harmonies identity among Malaysians.

In this research, teenagers received various support from friends, neighbors, teachers and counselors irrespective of their religion and culture. Despite the spiritual wellness, findings of this study have discovered that in Malaysia the differences in culture and religion within the society is not a barrier to gain wellness among teenagers after their parents' divorce. As a supportive society, the current generation of teenagers have no issue in supporting or receiving support from other than their own group of ethnic. Therefore, findings on the Malaysian Culture which supports teenagers in divorced families closes the first literature gap of this study. The finding indicates that teenagers' wellness in divorce family in Malaysia differs from west countries due to the unity of races and religion among Malaysian society.

4.6 Chapter Summary

The findings of this research identified nine themes and twenty-six subthemes that emerged from the data collected. The themes were: reluctant to confront their parent's about their divorce, willingness to express and reflect, acceptance of parents' divorce, forgiveness of their parents, letting it go and moving on with life, accepting support from others, inclined spiritually, helping self, helping others and the usage of social media. The themes were later distilled and linked to the state of wellness of the teenagers in divorced families to answer the research questions.

CHAPTER 5

DISCUSSION AND CONCLUSION

5.1 Introduction

This chapter consists of four sections which includes the discussion, implications of the findings, recommendations and conclusion. The overall findings of the research will be discussed in this chapter. The chapter will also discuss the theoretical and practical implications based on the findings. Subsequently, the chapter also gives recommendations for the betterment of future research to further enhance the wellness of teenagers who come from divorced families. Finally, the chapter concluded the overall study by summarising the findings of the teenagers' wellness in divorced families.

5.2 Discussion on the research questions

This study wishes to analysis teenagers' wellness in divorce families. From the previous chapter the research questions were answered with the finding of nine themes and twenty- six sub-themes. This section will discuss the connection between the research questions, themes, sub-themes and theoretical framework. Following a discussion on the significant of each research question will also be discussed.

5.2.1 Relationship between Research Questions, Theoretical framework, Themes and Sub-themes

Research question 1 was answered with three themes and ten sub-themes. All sub-themes were connected with dimension of wellness in the theoretical framework. Emotional wellness was the most meaningful wellness in answering research question 1 as it was well connected with all the themes. All connection between the

themes was based on the statements given by participants during the interview. Figure 5.1 shows the mapping between on the connection between the research question, themes, sub-themes and dimension of wellness.

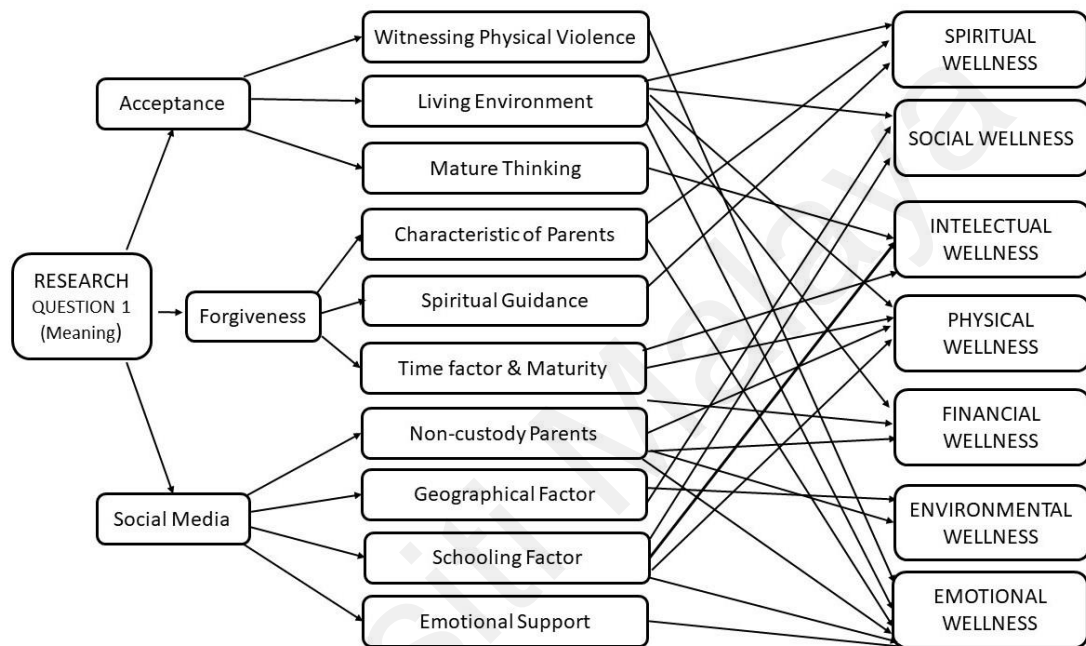


Figure 5.1. Connection between research question 1, themes, sub-themes and dimension of wellness.

Perception of teenagers towards the search of wellness refers back to their emotional stability and intellectuality of thinking wisely in gaining wellness after their parents' divorce. In this research the perception of teenagers' in research question 2 was answered with three themes and eight sub-themes. All sub-themes were connected with dimension of wellness in the theoretical framework. Emotional wellness and intellectual wellness was the most dominating wellness in answering research question 2 as it was well connected with all the themes. All connection between the perception, themes and dimensions of wellness was based on the statements given by

participants during the interview. Figure 5.2 shows the mapping between on the connection between the research question, themes, sub-themes and dimension of wellness.

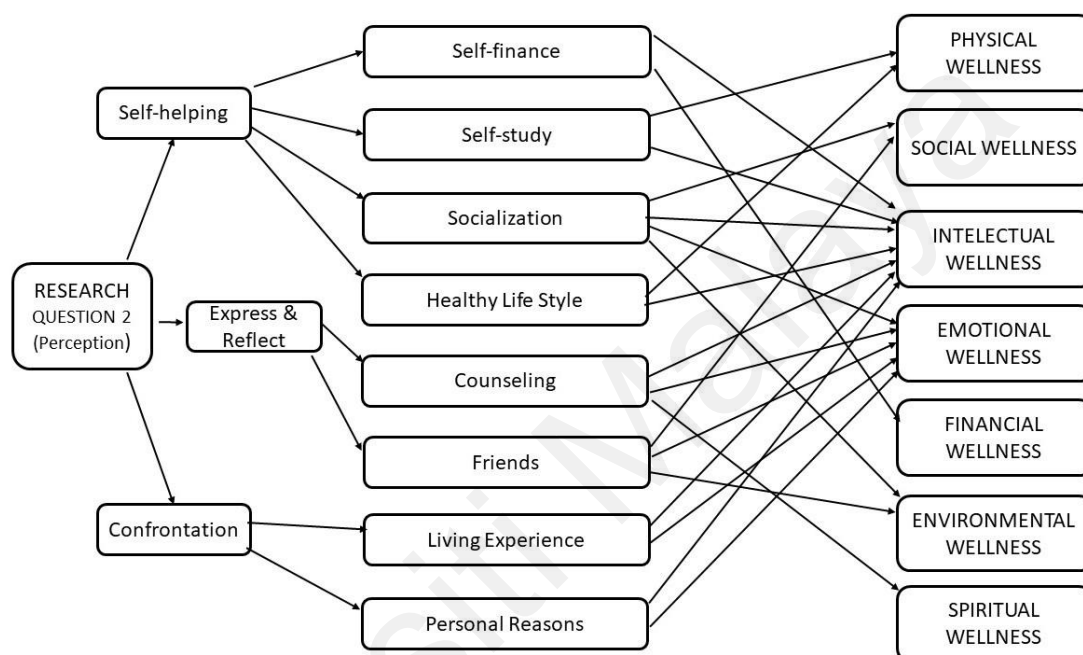


Figure 5.2. Connection between research question 2, themes, sub-themes and dimension of wellness.

Changes of wellness within teenagers from divorce families refers to immediate changes after parental divorce and effort taken by teenagers to gain back their lost wellness. In this research the changes within teenagers' in research question 3 was answered with three themes and eight sub-themes. All sub-themes were connected with dimension of wellness in the theoretical framework. Emotional wellness, intellectual wellness and environmental wellness was the most dominating wellness in answering research question 3 as it was well connected with all the themes. All connection between the changes, themes and dimensions of wellness was based on

the statements given by participants during the interview. Figure 5.3 shows the mapping between on the connection between the research question, themes, sub-themes and dimension of wellness.

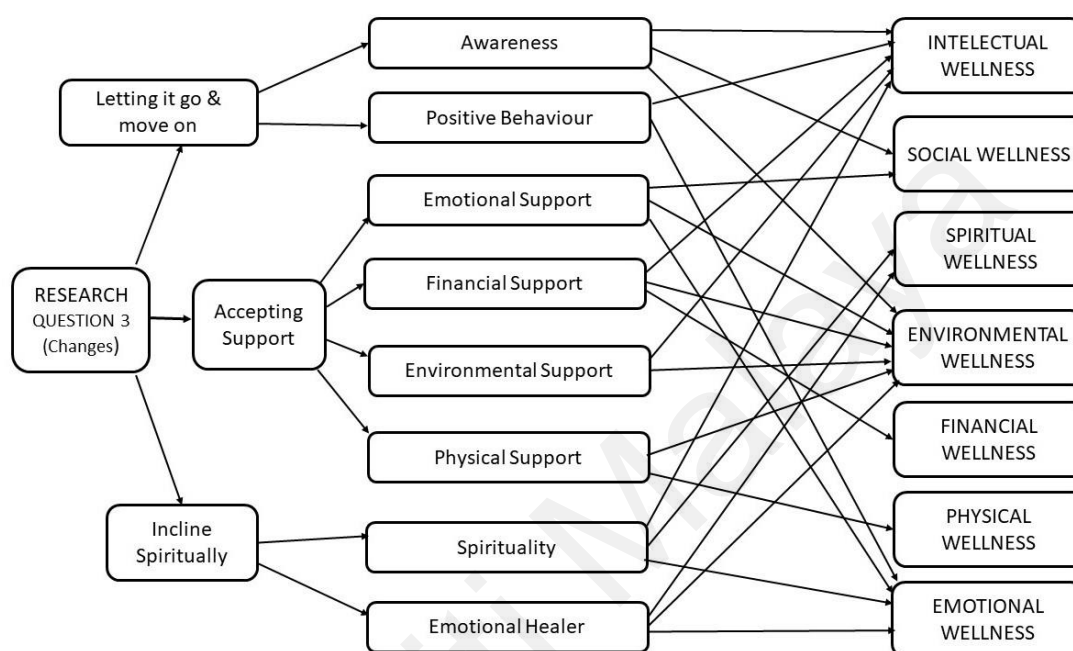


Figure 5.3. Connection between research question 3, themes, sub-themes and dimension of wellness.

5.2.2 Significant of Research Questions

From the previous section it was identified that the research questions are well connected with every dimension of wellness studied in this research. The consistent relationship shows that the research questions are significantly related with the wellness of teenagers' in divorced families. Emotional wellness was the most significant wellness as it was well connected with every research question and themes from the findings.

5.2.2.1 Significant of Research Question 1

In this study, the meaning of wellness among teenagers in divorced families were connected with the wellness in theoretical wellness. From the findings, the interpretation of wellness done by teenagers experiencing physical violent differs from the other. Therefore, the sub-theme “acceptance among teenagers witnessing parental physical violence” is significant with teenagers understanding on the meaning of wellness in divorced families. As teenagers are at the edge of becoming adult, they are able to interpret the positive side of parental divorce in the living environment. Hence, living in an environment of seeing their parents happy without any fight adds a significant meaning to their wellness. This finding is consistent with past studies which interrelates mental health problems which includes living environment with various aspect such as emotional abuse and child negligence, sexual abuse, physical abuse and witnessing domestic violence (Cook et al., 2017; Bannink et al., 2014; Kieling et. al., 2011; Yen et al., 2014).

The study also showed that ability of teenagers in divorce families to forgive their parents adds meaning to their overall wellness. Time factor after the parental divorce and their maturity thinking age are some of the key factor identified in the finding to forgiving their parents. Hence, sacrifice made by parents for the wellbeing of their children’s adds value to the meaning of wellness among teenagers from divorce families. The emotion stability of current teenager to forgive their parent is significantly connected with themes answering the first research question. This finding have similarities with the study by Strout & Howard (2012) on emotional stability which conclude that a person who is emotionally matured will accept a wide range of emotion that life brings to him. Similarly, past researcher have also concluded that emotional wellness is achieved when an individual is able to

recognize, understand, accept and constructively share their feelings of love, hope, sadness, fear as well as anger (Kang et al., 2008; Kang & Russ, 2009).

In Malaysia, the identity uphold by Malaysian also has a significant role in the ability of teenagers from divorced families to forgive their parents. It is the Malaysian culture to respect their parents irrespective of religion and race. From young the National Education in Malaysia have educate students on basic moral values of respecting parents. Hence, cultural value which originated from religious teaching is significant to the meaning of teenagers' wellness in divorced families. This is consistent with the past studies done on spirituality that showed that there is a connection between religious teaching and the search of peaceful harmony (Kang & Russ, 2009; Parks et al., 2008; Russ, 2012). The overall wellness can be obtained by consistent action and beliefs that resulted in a universal value throughout the world (Parks et al., 2008; Russ, 2012).

Finding in this study indicated that the evolving technology in the form of social media has a very dominating influence towards the meaning of wellness among teenager in divorce families. It was collaterally agreed among teenagers from this study that their mobile phone has become a part of their life throughout their daily life. Unlike teenagers from divorce family before the dominance of mobile technology, factor of non-custody and geographical location of parents have not been much of an issue for these teenagers. Similarly factor such as loneliness never interrupted their emotional wellness as they are always connected with their family and friends through social media. Therefore, the theme "meaning to the usage of social media" significantly answers the first research question. This finding have similarities with Landes (2000) which concluded that the evolution of time will

impact the society through modernization and this will change the lifestyle of mankind.

5.2.2.2 Significant of Research Question 2

The study highlighted that wellness from the perspective of teenagers in divorced families is connected with the dimension of wellness from the theoretical framework. Findings indicated that emotional wellness and intellectual wellness was the most dominating wellness in answering research question 2 as it was well connected with all the themes. The perspective of wellness among teenagers in divorced families differs from the meaning of wellness as it was view from the world point of view from the understanding of the teenagers rather that from their own lifestyle experiences.

From the findings, current teenagers view wellness by self-helping as they move forward to change their life-style to gain overall wellness. This is partly due to the intellectuality of current teenager to collect information with the support of enhanced information technology. Generally, teenagers in this study showed maturity in understanding financial constrain face by their parents. Therefore, many have worked their way through to self-finance their future education with the existing PTPTN loan or available scholarship. They are also self-educated and get updated with healthy life-style using YouTube and satellite channels. Their emotional wellness is supported by socialization through social media that connects them with people around the word. Therefore, the theme “Perception towards Self-help” significantly answers the second research question on the perception of teenager towards wellness in divorced families. This finding on self-helping has similarities with Strout & Howard (2012) which interrelates intellectual wellness with exploring

issue related to problem solving creativity and gaining skills. Similarly, Montague et al. (2002) concluded that individual who achieves intellectual wellness will cherish intellectual growth.

The study also showed that ability of current teenagers in divorce families to express and reflect emotions to people out of their own family members. These group of teenagers are looking up for counseling support. From their perception, counseling helps them to rationalize their thoughts, strengthen their intellectuality and bring justice to their priorities in life. Therefore, expressing and reflecting with a counselor is a norm practice for many teenagers from divorce family in Malaysia. Once again, it reflects back on the Malaysia policies which made it compulsory for each school to have counselors to support students in need. Therefore, teenagers in Malaysia have easy access to counseling from young. Despite counselors, teenager also share their problems with immediate friends. This finding has similarities with Strout & Howard (2012) as they highlighted on the creativity of problem solving is through sharing with others. In professional counseling, therapeutic approaches are used in providing healing and development of mental health (Vereen et al., 2014; Johnston, 2012). In this study the teenagers rather express and reflect their emotions with friends rather than their own family members. Therefore, the theme “perception towards willingness to express and reflect” answers the research question on “What are the perceptions of teenagers towards wellness in divorced families”. The current generation of teenagers do not dwell with their problems or rather lookout for solutions to resolve the issues. Hence, this is a significant research question in answering the ability of current teenagers in managing their own problems. It reflects back on the teenagers’ sensitivity over the available choices to solve an issue.

Generally, the emotional wellness of these teenagers is supported by their intellectuality to gain overall wellness after their parents' divorce.

Finding also collaterally identified that current generation of teenagers are reluctant to confront or to start a conversation with their parents in regards of their parental divorce. These group of teenagers presented a high level of intellectuality in understanding the consequences and sensitivity of talking such issue. From the study the teenagers understand the difficulties face by their parents before and after the divorce. Similarly, they wish not to hurt their parents by talking back on their past. Therefore, the research question on "What are the perceptions of teenagers towards wellness in divorced families" is very significant in understanding the intellectuality of current generation of teenagers in understanding problem faced by others. It reflects back on the nation's education system in developing a caring society in the future.

5.2.2.3 Significant of Research Question 3

In research question 3, changes of wellness in teenagers' life refers to the differences faced by the teenagers before and after their parental divorce. Finding indicated that emotional, intellectual and environmental wellness was the most dominating wellness in answering research question on "How does divorce changes the state of wellness in a teenager's life?". Overall the changes of wellness experience by teenagers from divorced families are well connected with the dimension of wellness from the theoretical framework.

From the findings, the current generation of teenagers are able to let go of issues face by them after their parental divorce and move forward in the search of overall wellness. Their ability of letting it go and moving on with life is very much

connected with their living environment after the parental divorce, intellectual thinking of their own future and socializing skills in obtaining emotional support. In this study the teenagers were aware of their own life ahead of them and worrying on the past will not help them. Signs of positive behavior was also identified among teenagers as they showed good emotional intelligences to get rid of their traumatic experience and change their life for a better future. These findings have similarities with Strout & Howard (2012), as they highlighted on intellectual development in problem solving abilities will refer to the ability of predicting outcomes, formulating problem solving and making justifying decisions. Emotional wellness also includes the level of an individual feeling positive and enthusiastic about themselves and their life (Montague et al., 2002). Therefore, the theme “letting it go and moving on with life” answers the research question 3 on “How does divorce changes the state of wellness in a teenager’s life?”. This is a significant research question to understand the intellectuality of teenagers from generation Z to curve issues and problem solving ability to gain wellness after their parents’ divorce.

The theme “change of wellness by accepting support from other” refers to the ability of teenagers in divorced family to accept support from others which excluded their parents in positive manner. Finding indicated that teenagers willing to accept support from others to change their life-style to obtain more wellness. The changes of wellness among these group of teenagers is obvious as the support mainly come from the perspective of emotional, financial, environmental and physical. The openness of participants in receiving support have changed the negativity of parental divorce in the process of gaining wellness. This finding is supported by McNeely & Faici (2004) as they highlighted that a caring and supportive school or family had joined together to promote better academic achievements for the adolescence as well

as protect them from health risk behaviours. Similarly, Olsson et al., (2003) stated that warm encouragement support and close relationship within the family are commonly associated with the development of wellness of the teenagers. Therefore, the theme “change of wellness by accepting support from other” answers the research question 3 on “How does divorce changes the state of wellness in a teenager’s life?”. This is a significant research question to understand the openness of current teenagers in accepting support to change their wellness after parental divorce.

From the finding, inclining spirituality can change the wellness of teenagers in divorced families. This is partly due to accepting religious teaching as their principle of life and practice the teaching as a emotional healer for all their problems. Hence, inclining spiritually will help teenagers to overcome negativity of parental divorce. In Malaysia despite being a multiracial country, inclining spiritually still helps to find peace and harmony as spiritual wellness does not specifically focus on religion as it is merely a state of universal question or value that need to be understand (Kang & Russ, 2009). Wellness could be achieved by consistent action and beliefs with the teaching of spiritual that will result in a common universal value (Parks et al., 2008; Russ, 2012). Hence, the theme “change of wellness by inclining spiritually” answers the research question 3 on “How does divorce changes the state of wellness in a teenager’s life?”. This is a significant research question to understand the influence of Malaysian declaration of national philosophy (Rukun Negara) with the principle of “Belief in God” to form a harmonies society. The research question reveals that the current generation of teenagers still fall back on spirituality and religious teaching in the search of wellness.

5.3 Implications of the finding

This qualitative research studied the living experiences of teenagers in divorced families. Therefore, the findings of the research have practical implications for professionals such as counselors. Theoretically, this study also has implications for future researchers. In addition, the researcher also regards the implications of the study as a form of education about human development and wellness of society.

5.3.1 Practical Implication

The study has vast implications for the practitioners who work with the development of teenagers from divorced families. The study provides an in-depth description of how some teenagers have the ability to be successful in life despite the challenges faced in their divorced families. Therefore, the finding has a powerful implication for professional counselors and psychologists as they would understand the actual nature and experiences faced by the teenagers who had gone through the trials of being in a divorced family.

Serving as a registered counsellor, the researcher personally learned various aspects that needed to be taken into consideration in her profession while handling teenagers from a divorced family. In the early stages, the counsellor needed to understand the critical period of parental divorce. Findings in this study identified that the initial stage of separation from their fathers was the most critical time for the teenagers. At this stage, the teenagers were exposed to various negative emotions such as loneliness and depression. Understanding this stage could support counselors in conducting various type of counseling for teenagers and their family at the early stage of parents' divorce. For instance in an individual counseling, counselors can use more effective approach to explore the feelings of teenagers as they are aware of

the severity in divorce at the early stage. This expected to give an upper hand for the counselor in identifying areas of life the teenagers need to change. As divorce interrupts the normal function of a family system, it is important for counselors to understand critical issues face by members of a divorce family before a family counseling. The ability to understand common issues faced by participants before a family counseling help counselors to employ the right counseling techniques and exercises for the development of cognitive, interpersonal and behavior. Similarly, understanding the critical period at early stage of parents' divorce also gives supports for counselor while conducting group counseling. Through group counseling awareness can be promoted among teenagers from divorced families that they are not alone and it is normal for all teenagers to face issues at these early stages. Therefore, the teenagers required emotional support from significant individuals such as their mothers and other family members. Similarly, to maintain the wellbeing of teenager and the family members of a divorced family, this study encourage counselors to implement more development programs and support services for families at the early stage of divorce.

In this study, I would like to emphasise the importance of supporting systems for this group of teenagers. In Malaysia the existing support system is more focused on supporting teenager in the form of financial wellness and to uplift the families' economic status. This study highlights the importance of psychological support including mental and emotional support to empower the teenagers in divorced families. This support system also needs to be relevant to the needs of the teenagers as it defers according to the years after their parents' divorce, situation during the divorce, caused of the divorce and the background of the family after their parents' divorce. There are possibilities that teenagers from divorced families face years of

depression due to the negative effects of divorce. This group of teenagers needs individuals who can share the same experience or a mentor who can help them to rise back and move forward in life. In these cases, I would encourage *cafe@teen* in The National Population and Family Development Board (LPPKN) to develop programs related to teenagers' emotional support and wellbeing. Through these programs, teenagers in divorced families will be able to uplift their overall wellness. For teenagers, the support system could also come from immediate family members. This could be initiated through family counselling with a professional counsellor. The implication on support system can also be applied by counsellor in organizing group counseling. Group counselling can offer a great deal of support by sharing wisdom of experience among teenagers from different perspectives.

The study identified a few coping techniques which brought forward by teenagers in gaining back their lost wellness after their parents' divorce. The findings confirmed that current generation of teenagers have the intellectuality to identify issues which effects their overall wellness and they are ready to move forward in finding ways to cope with their issues. Similarly, these group of teenagers are willing to express and reflect their issues from their past and move forward in life. Although time is known as the best healer, the study identified that teenager who goes for counselling recover faster compare to does did not receive counselling. As the study highlights a strong connection between counselling and teenagers healing from parent's divorce, findings of this study will give a remarkable implication towards counselling services. From a broader perspective, the implementation of this study has a more significant impact on the counseling services providers such as LPPKN. The organization is one of the leading family and marriage counselling centre in Malaysia. Counselors in LPPKN are trained to support high risk families by

providing family and group counselling. Immaterial if it is individual, family or group counselling, it is the responsibility of each counsellor to empower their clients. While dealing with teenagers from divorced families it is important for counselors' in help them to realize the importance of leaving their past issues and move on with their lives. In other words, each teenage client in divorced families must have their own techniques to cope with their sorrow. Therefore, the implication of this study will provide good techniques and plans to support the teenagers to heal better in gaining wellness, come out of their past to prevent negative thoughts and develop their lifestyle after parents' divorce. Similarly, the implication of this study will also provide counsellors to obtain an in-depth knowledge and strategies to create developmental programs in support of teenagers from divorce families. Failure of family members to face the challenge in the transition process will affect the overall wellness of the family. Therefore, teenagers and all the other family members need the help of professionals who knows how to resolve issues pertaining to the family transition from a perfect nuclear family to a single-mother family.

The use of phenomenology as research method gives a better description for practitioners pertaining the actual living experiences of teenagers in divorced families. Therefore, the implication of this study provides an in-depth understanding for counselors on the actual living experience faced by teenagers after parents' divorce. In addition, this implementation will give guidance for counselors to examine and re-development the changes within teenagers' life. These includes understanding the impact of parental divorce on teenagers' emotions, identifying assumptions that are no longer suited to the reality of real-life and rebuilding a sense of self-confidence and identifying the future direction of the teenagers. For an instance, in an individual counseling the implementation of this study will support

the counselors to add meaning to the teenagers' life so they can leave their past and move on. It is a one to one session where teenagers work with counsellors to explore their emotions, challenges and identify aspects of their life's that need to be changed. As the effect of divorce is extended to each family member, it is vital for counsellors to conduct sessions of family counselling to ensure the ongoing wellness of the family. As teenagers are a part of the family, it is important for single parents and other family members to understand the conflict faced by teenagers after parents' divorce. Hence the implication of this study on family counselling will enlighten development and family support which determines the overall wellness of teenagers. The in-depth study on teenagers' wellness in divorce family creates a better understanding among teenagers on their own living experiences. As such the implication of this study on group counselling will also benefit teenagers in accepting their parental divorce positively. In other words, this implication in group counselling will support teenagers to take necessary measures which lead them to live a normal life. The in-depth living experience stated in this study will be a useful tool for counsellors upon handling individual, family or group counseling with teenagers in divorced families. Based on the knowledge provided, the implication of this research supports counselors in developing appropriate interventions to help teenagers in divorced families to gain back their wellness.

Apart from the appropriate intervention, the study also has implications for counselors to construct a psychoeducational capital for teenagers in divorced families. Through the psychoeducational approach, counselors can help teenagers and other family members in a divorced family to understand themselves better, able to identify the role of each family member, and to assist counselors to achieve the best results for each family member. The psychoeducational approach is also able to

provide services by ensuring that all members of the family have a similar goal. With the emphasis given, teenagers in divorced families will gain their self-esteem to live a better life.

5.3.2 Theoretical Implications

As the researcher is a counsellor from National Population and Family Development Board (NPFDB), finding of this study will be brought forward to the attention of Counseling Unit in her own organization. NPFDB is an agency under Ministry of Women, Family and Community Development abbreviated KPWKM which is committed in implementing programs and supporting services for family development. Hence, the theoretical implication of this study gives an in-depth sight, clearer vision and better accessibility for the NPFDB to provide the need resources to support the teenagers. For instance, finding of this study will deploy necessary amendments on the counseling modules of NPFDB which are related to the development of teenagers' wellness. These changes are amendment according to the needs of teenagers from current generation. The added values are expected to alert the practitioners that the current generation of teenagers are the early batch of generation Z whom has a higher level of intellectuality. Understanding and upgrading knowledge pertaining generation Z is very vital for practitioners such as counselors as these are the new generation which will rule each nation in the coming decades.

In Malaysia, the wellness of single mothers and their children comes under the supervision of KPWKM. The ministry organises various government programs and activities related to social development for teenager's and single parents. For instance, The Council of Welfare and Social Development (Mayang) was established

in 2005 to expand outrange programs at grass root level throughout the nation. Similarly, Kafe@teen which are also located at various states in Malaysia supports teenagers on their social development by empowering their potential and abilities. As such the theoretical implication of this study support programs and services provided by agencies under the purview of KPWKM. As finding of these study identified that the intellectuality of generation Z differs from past generation of teenagers, new implementations on workshop and intervention need to be conducted based on the needs of current generation. Similarly, the study highlighted on the importance of social media among teenagers, focus should be given on designing new apps and websites which supports empowering teenagers' development. Changes of method to reach out teenagers according to current trend is important within KPWKM as it reflects on the initiative and efficiency of the ministry to serve the public and nation.

Theoretical implication of this research also work as an educational tool which interprets the finding for the use of other. Along with the necessary adding point to enhance on the existing modules, the researcher will share her research findings to various department, NGO's and for parents to understand techniques of handling teenagers in divorced families. Therefore, the finding of this research support seminars and workshops organized by NPFDB to create more awareness for stakeholders to understand the living experience of a teenager before and after the parental divorce. The implementation of such awareness programs is important for countries such as Malaysia due to the raising rate of divorce. The supporting group expected to view the world from the eye of a teenager in order to provide the necessary tools to ensure wellness and healthier development for the teenagers in divorced families. Similarly, information on the findings will also be distributed

through leaflets and brochures during the workshops to give awareness to the society on the consequences of parental divorce towards the teenagers' wellness.

This is a phenomenology study which explores and understands the experiences of teenagers from divorced families. In the data collection process, the researcher learnt new experiences which the researcher had never experienced before. Each of the experiences gave distinctive meaning to the teenagers living experiences after their parents' divorce. As such, the theoretical implication of this research provides an in-depth understanding and techniques which support the wellbeing of other teenagers from divorced families. It is linearly associated with teenagers' development programs as it provides a clear understanding of the behaviour of teenagers in divorced families. Therefore, this approach is seen as one of the effective and appropriate means in supporting teenagers and family counselling modules by providing the actual phenomena occurring in the living experiences of their client's.

5.3.3 Implications in the Field of Education

Apart from theoretical and practical implication, findings of this study has a positive implication in the field of education. Generally, the study contributes to the body of knowledge concerning teenagers' wellness in divorced families. The study also highlighted on how teenagers were able to be successful in life despite coming from divorced family. Therefore, in the field of education, the findings have a strong implication in studies related to positive psychology among teenagers. The findings showed how the current teenagers accepted their parental divorce positively. From the perspective of positive psychology, this finding describes on the positive human behaviour of generation Z in fulfilling their action and pursuit towards self-

motivation to live a good life. Findings of this study also supports the paradigm of positive psychology which describes that the impact of parental divorce does not always bring negativity to the child (Roberts, Brown, Johnson & Reinke (2002). In this study the teenagers personally shared their experiences on how parental divorce eventually improved their wellness over the years.

This finding also leads future researchers and interventionist to study more on the dimension of wellness which are more related to lifestyle and needs of teenagers. The implication supports educational programmes such as Health and Wellness studies in institution of higher education. Health and Wellness programmes is a field of study which promotes overall well-being of individuals, groups, corporate and community. The research supports the programme in institution of higher education due to the strong implication on the theoretical aspect of teenagers' wellness in divorced families. The seven-dimension conceptual framework used in this research studied on the overall wellness of teenagers in divorced families. The finding of the study also described on the integration within various dimension of wellness among teenagers. Hence, the study also brought to the attention of all future researchers and interventionist to analysis wellness from the perspective and living experiences of teenagers. Despite the emotional, physical, spiritual, social and intellectual wellness which commonly used in the study of wellness, this research also gives importance for the financial and environmental wellness of the teenagers. The essential of financial wellness in this study will determine the ability of teenager to pursue their studies to Universities or colleges after their schooling lives. Similarly, the drop of family income with the change of living environment after the divorce is also interconnected to the other dimensions of wellness. As such the seven dimension of wellness in this research can be used as guide for all the other future researchers as it

builds a holistic sense of wellness among teenagers in divorced families. The fulfilment of the seven-dimension wellness expands the ability of the teenagers to achieve their full potentials. The implementation will support in the field of education as future researchers and interventionist will understand that the function of teenagers with a harmonious life of wellness can only achieve by maintain the balance of all seven dimension of wellness.

Finding of this study differs from many past research due to the intellectuality of generation Z and dominance of social media in teenagers' daily life. The findings were seen as a chronology that gives a clear picture of experience that is associated with teenagers in divorced families. The teenagers' techniques to gain wellness remain the positive elements that needed to be acknowledged. In addition, this study can provide a strong implementation in the field of education as the findings contribute positive values which improves the overall wellness of the teenagers in families. Specifically, the study on Humanities and Social Science will benefit from this study as the finding describes teenagers' wellness from their own perspective. The field of humanities and social sciences is an area which investigate human aspect of life. Hence the study supports any future research on generation Z and the influence of social media among current generation.

5.4 Recommendation

The main focus of this study is to understand the wellness teenagers from divorced families. This study only focus on teenagers living with their mother after their parents' divorce rather than investigating the effect of divorce towards the wellness of teenagers in general. Therefore, as an improvement for future studies, the future

researcher may emphasize their studies on other areas of wellness such as joint custody parents or teenagers living with their father after the divorce.

A small number of sampling is sufficient for qualitative study. However, for the future studies it is recommended to study the wellness of teenagers in divorced families from the perspective of a larger population. Despite sampling, improvements in terms of study methodology, data collection methods and data analysis is also highly recommended. Future researchers may consider using quantitative research design with a larger number from various states of Malaysia including Sabah and Sarawak. Since this study only focused on wellness of teenagers living with their mother after the parents' divorce, it is recommended for future studies to look at wellness of difference teenager living with their mothers due to some other reason such as the death of their father.

Despite that, the researchers would also like to recommend on the expansion of the issue being studies. The future researchers are recommended to look at the issue from the perspective of their mother. How the mother witness the afford taken by their child to overcome the negativity of divorce and gain back the lost wellness will bring more impact on the study.

This study is only limited to the knowledge of living experience felt by teenagers in divorced families. To improve the finding of this research, the future researchers are recommended to make assessment and provide interventions for teenagers from divorced families in the form of psychoeducation and intervention workshops. Therefore, such intervention will help in the improvement on the findings of the existing research.

5.5 Conclusion

This chapter provided an extensive overview of the findings of the study. The study concludes that the current generation of teenagers generally has the ability to adapt to the new surroundings that come along as the consequences of divorce. Implications of the study on certain areas were discussed and elaborated in accordance to certain sections. Similarly, a recommendation was proposed to use this study as a guide to add on and improve previous findings. The researcher also summarized the whole research to assist the future researcher in using this research as a guide.

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