

PARENTAL SEPARATION, COPING AND MENTAL HEALTH PROBLEMS AMONG
ADOLSCENTS

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15/U/842

A research proposal submitted to Makerere University School of Psychology, in partial fulfillment of the requirement for the award of a Bachelor of Community Psychology Degree of Makerere University

August 2018

Declaration

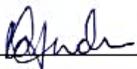
I, Nakiberu Kasakya Sylvia, declare that this is my own work and has never been submitted for any award of a degree in any other University or Institution of higher learning.

Signature  Date. 13/08/2018

Nakiberu Sylvia

Approval

I Lynda Nakalawa, (Ass. Lecturer, Department of Mental Health and Community Psychology) declare that this research by NAKIBERU KASAKYA SYLVIA, REG.NO. 15/U/842, was under my supervision in academic year 2017/2018.

SIGNATURE: 

DATE: 04/01/2019

Dedication

I dedicate this research to all those who have had the experience of parental separation. It was never their fault and they should be proud that they are not different from those who have not faced parental separation rather they are unique individuals who have faced life in a different way.

Acknowledgment

I would like to acknowledge all those who have made this research dissertation a success.

First am grateful to the almighty for the wisdom, knowledge, courage and dedication he granted me, without, this research would not have been a success.

My sincere gratitude is to Ms. Lynda Nakalawa, my research supervisor for the unconditional help and guidance she offered. The safe and friendly space she created made it easy for me to go to her for consultation.

Am also thankful to the management of Kitende Senior Secondary School for allowing me to collect data from their students. The teachers and students were supportive and cooperative during the whole procedure of data collection.

Lastly am grateful to my parents and guardians for all the support they have offered me till now. I will forever be thankful.

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Abstract

The following research is centered on parental separation, coping and mental health problems among urban adolescents. Earlier research in line with the topic of study is cited and three hypotheses are made. The research results from the data which was collected from Kitende Senior Secondary School are also accorded. According to these research results, it was realized that there is no significant relationship between parental separation and coping, and mental health problems and parental separation, lastly it was found out that there is a significant relationship between coping and mental health problems among urban adolescents. In the discussion of the results, it is concluded that parental separation has no effect on the coping and mental health problems urban adolescents face. Rather the way adolescents cope affects their mental health and contributes to the mental health problems they face. Recommendations for further research are also made in this dissertation.

Chapter One

Introduction

Background

According to data from United Nations International Children's Fund, UNICEF, 1.2 billion adolescents aged 10 to 19 years today make up 16 % of the world's population. Sub Saharan Africa is the region where adolescents make up the greatest proportion of the population, with 23 % of the region's population aged 10 to 19 years. In Uganda half of the adolescent population are under 16 years (United Nations Population Fund, UNFPA 2014) With in this generation are 600 million adolescent girls with specific needs, challenges and aspirations for the future (UNFPA,2014). In Uganda, about 57% of the population is contributed to by children and adolescents.

The mental health needs of the adolescents to a greater extent go unmet, with severe and often irreversible consequences to their emotional and psychological development (ministry of health Uganda, MHO ,2017). According to MOH 49.7% of the population of Uganda is made up of children below 15 years and this includes adolescents, 2% of the children have some form of disability (United Nations, 2014 as cited by MOH), which may include mental health problems.

Mental health problems are recognized in Uganda. In a study on depression amongst adolescents in secondary schools in Uganda, the prevalence of depressive symptoms was at 21% among the adolescents in school (Nalugya et al as cited by, MOH, March 2017). The prevalence of anxiety disorders was found to be as high as 26.6% with the rate higher in females than in males. Suicidal thoughts were highly noted (MOH, 2017). A study on substance abuse found that the consumption of tobacco was at 12.6% and 6.6% for alcohol among 13 and 15-year-old adolescents attending school in six African countries including Uganda.

According to the daily monitor,2013, divorce in Uganda is directed by the Divorce ACT, statistics made in 2013 show that 32 couples divorced and this number was higher than in 2012 where the couples were 21. The rise of divorce is attributed to infidelity. According to Paul Nyende a psychologist at Makerere University adultery tops the reasons why marriages are breaking down (daily monitor,2013). Children from separated families have greater likelihood to get poor mental health from social-economic pressure to poor parenting and parental conflict. (Lucas, Nicholas & Erbas ,1996)

Coping among adolescents significantly impacts their mental health. Positive coping strategies once used help adolescents avoid mental health problems. Adolescents usually use negative coping styles. (Ontario Health Promotion E-Bulletin, OHPE bulletin,2017)

Although a lot of research has been done on mental health problems among adolescents; there is need to explore how parental separation and coping influence the mental health of urban adolescents.

Statement of the problem

A number of Ugandan children who are victims of parental separation have experienced mental health problems and interventions to stop this seem to have little effect .Some of the possible causes of mental health problems among adolescents such as parental separation and coping have not been well explored .However ,if these factors of parental separation and coping are not well explored as contributing factors to mental health problems among adolescents in Uganda ,there will be a reduction in the effectiveness of interventions among adolescents wellbeing and increase in the number of mentally affected adolescents .

Purpose

The study seeks to explore parental separation, coping and mental health problems among adolescents in Uganda.

Objectives

The following are the objectives of the study:

1. To find out the relationship between parental separation and coping among adolescents.
2. To find out the relationship between parental separation and mental health problems among adolescents.
3. To find out the relationship between coping and mental health problems among adolescents.

Scope

The study will center on urban adolescents who live in Kampala district and the surrounding areas. Both male and female adolescents will be included. The study will rotate around the effect of parental separation on coping styles and mental health problems among urban adolescents and these variables are defined below.

Parental separation, It's difficult to define parental separation precisely, in Uganda some couples separate and still stay in the same house without cohabiting, but for the purpose of this study parental separation is defined as the point at which parents establish separate accommodation (Hogan, Hai penny & Greene 2002)

Coping is defined as the procedure an individual undertakes to solve a problem. Coping can take on several forms such as problem focused and emotion –focused coping. (OHPE-

bulletin,2017). Problem focused coping targets the problem or the stressful situation that is causing stress. Emotion focused coping involves trying to solve the negative emotional responses associated with stress such as fear, anxiety, depression among others.

Significance

The results may be useful to organizations that take care of adolescents such as schools and non-government organizations. The institutions will use the information when coming up with programs to address mental health among adolescents that is they have to handle the adolescents as a whole since the family may also influence the behavior of the adolescent.

The results from the study may also be useful to the government of Uganda. The results might be used by the government when coming up with rules to govern divorce. For example, the government might demand that the parents take equal responsibility even after separation so the child receives the attention they deserve. This will protect the mental health of the adolescent.

The information might be used by the parents who are planning to separate, first it will help them to reconsider their decision but also to prepare their children well enough for the divorce so as they are not caught up with mental problems.

Results from the study will be used by adolescents to cope effectively since they will be able to get a clear understanding of the effects of negative coping methods such as drug abuse on their mental health.

Conceptual frame work

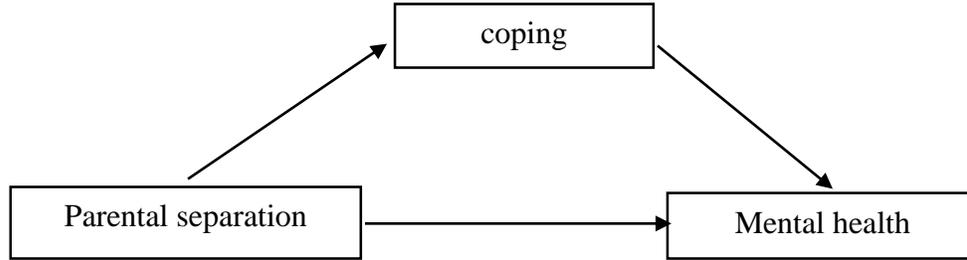


Figure 1: *Parental Separation ,Coping and Mental Health*

The conceptual frame work above indicates that there may be a relationship between Parental separation and coping, parental separation and mental health problems, coping and mental health problems among urban adolescents.

Chapter two

Literature review

Introduction

This chapter reviews relevant literature from a range of sources such as journal, text books and reports linked to the topic of study; parental separation, coping, mental health problems among adolescents. The literature to be reviewed also covers objectives of the study: - the relationship between parental separation and coping, the relationship between parental separation and mental health problems. The research hypotheses shall therefore be stated.

Parental separation and coping among urban adolescents

Parental separation or divorce has adverse effects on children of early, middle and late adolescence. These children experience a lot of difficulties which affects the way they adjust or cope after separation. According to research, coping differs with age, younger children tend to engage themselves in activities which alter their thoughts than discussions for support. While older children prefer talking about their feelings and responses. (Hogan, Greene, Halpenny,2008)

According to research by (Hogan et al,2008) on children's perspective on coping and support following parental separation, it was learnt that children are emotionally disturbed with the physical departure and absence of one of the parents. They react with shock and distress.

Children who were initially aware of the separation of their parents tend to adapt easily with the life challenges they face after parental separation. (Johnston 1994, as cited by Hogan 2008). Children who were hidden from the whole process of parental separation express feelings of anger and resentment. (Hogan,2008).

Behavioral problems are usually reported among adolescents whose parents have separated. (Kelly 1999 as cited by Hogan 2008). They may also express their feelings in terms of physical complaints such as headache, stomachache among others. (Kelly ,1999).

According to Hogan et al ,2008 children who do not have feelings of loneliness tend to cope better after separation than their counter parts who feel alone. Kelly 2000 suggests that children living with parents who resolve conflict will cope much better over the course of their life time than children who do live in the midst of parental separation.

Children who engage in self-blame for the parental separation are at a greater risk for maladjustment than children who don't engage in self-blame. (swank et al 2000 as cited by Thomas powers 2004). Children need a lot of support during this period especially their families. (Hogan et al ,2000).

From the above research its reflects that children whose parents are not separated cope better than those whose parents separated.

Parental Separation and Mental Health Problems Among Urban Adolescents.

Over the last decade, mental health problems have often been reported to arise in adolescents after the separation of their parents. (Zeratsoin et al.2013). Research has shown that the psychological wellbeing of adolescents is affected by the separation of their parents. This also contributes to the failure of their intimate relationships in adulthood. (Awato ,2000).

Parental separation is a source of stress which contributes to depression among adolescents. (Mazza et al,2009). The adolescents tend to have feelings of betrayal which heightens their stress hence becoming angrier and less communicative. (Pickhardt ,2009)

During adolescence the child is dependent and attached to the parent. During parental separation this relationship is disrupted. (Pickhardt ,2009) Grief arises as a result of loss of family security and this causes the adolescent to be anxious hence affecting their mental wellbeing.

Gledhill and Hodes (2015) state that negative life events such as parental separation and conflict are risk factors for adolescent depression. Children exposed to parental separation during childhood are prone to have mental health problems including substance abuse dependence, mood and anxiety disorders among others which are examples of mental health problems. (Ferguson & lynskey, n.d)

Conflicts tend to arise in families as a result of parental separation. This conflict usually results to behavioral problems and depression among children rises. (Impact of parental separation, n.d). Parental separation is a risk factor for suicide among young people which is also a factor of mental health problems.

From a study examining the relationship between socio-economic status residential instability and family disruption. It was found that parental separation and residential instability (which is sometimes caused by parental separation) before the age of 7 years increased the risk of major depression. (Gilman et al 2003 as cited by Algeria & Green ,2015).

Research carried out by Zeratsion et al ,2013 showed that adolescents who experience parental separation during their middle and late adolescence had no internalized and externalized mental health problems. On the other hand, parental separation during early adolescence was found to have a significant association with internalized mental health problems.

Coping and Mental Health Among Urban Adolescents

According to Carleton, Esparaza, Tharxter and Grant,2008, adolescents cope with negative life events as an impact on their mental health. This simply means that coping influences an individuals' psychological wellbeing.

Coping strategies play a major role in an individuals' physical and mental health when confronted with stressful situations. Those who use positive coping strategies tend to maintain good mental health while those who use negative coping strategies tend to have mental health problems. (Joybari. n.d).

Negative life events experienced by adolescents increases their vulnerability to substance abuse. (Gau, Stice, Rohde & Seeley,2012) worsening their psychological health through distress. Good mental health enables adolescents to become resilient and hence cope effectively with the negative life events they face. (Mental Health Foundation, n.d)

According to HHS. gov. office of Adolescent Health, n.d, good coping strategies are contributors to mental health among adolescents. Adolescents who take on good coping strategies will not face mental health problems.

In conclusion, according to the research that has been made earlier it shows that coping influences mental health among adolescents and vice versa.

Hypotheses

There is a significant relationship between parental separation and coping among urban adolescents.

There is a significant relationship between parental separation and mental health problems among urban adolescents.

There is a significant relationship between coping and mental health problems among urban adolescents.

Chapter three

Methodology

The chapter focuses on study design, population, sample design, instruments and measurements, procedure, data management and data analysis.

Study design

The research will be quantitative and correlational in nature. It will focus on finding the relationship between parental separation, coping and mental health problems among urban adolescents.

Population

The research will cover urban adolescents around Kampala and Wakiso District. The adolescents will be both male and female and will be between ages of 12 and 19 years. We shall concentrate on Kitende S.S.S for data collection. The schools contain approximately more than 1000 students.

Sample design

A non- random purposive method of sampling will be used where the researcher specifically targets those respondents that fulfill the criteria of coming from broken families. These will be selected from Kitende S.S.S.

Instruments and measurements

The research will use self-administered questionnaires to collect Data. A structured questionnaire will be constructed and it will include three sections: A, B and C. Section A: Contains Bio Data about the respondent., Section B measures coping skills in adolescents using COPE inventory (Carver, C. S ,2013). With a validity of 0.74 and a reliability of 0.76. Section C will measure mental health wellbeing using Warmick -Edinburgh Mental Well-being Scale (WEMWBS), With validity of 0.73 and reliability of 0.50

Procedure and administration

An introductory letter from the school of psychology will be presented to the Head Teacher of Kitende Secondary school to allow us carry out our research with in the respective institutions. Respondents will be chosen using non-random sampling. The Respondents to be interviewed will fall under the sample scope. In addition, confidentiality will be assured to the respondents and consent will also be attained. The questionnaires will be administered to willing respondents.

Data management

Data will be coded according to the response from the respondents. The responses will be summarized using coding frames.

Parental separation will depend on whether the respondent indicates it in biodata.

To measures coping among adolescents we shall use the COPE inventory scale. This scale focuses on how people respond when they confront difficult or stressful events in their

lives. It's a 28 item scale. Low score means negative methods of coping and high scores mean positive methods of coping.

The Warmick-Edinburgh Mental Wellbeing scale (WEMWBS) is a 14 item scale with 5 responses summed to provide a single score ranging from 14-70 with high scores reflecting higher wellbeing and low scores reflecting low well-being. The items are all worded positively and cover both feeling and functioning aspects of mental well-being.

Data Analysis

Statistical Package for Social Science (SPSS) will be used for data analysis. Using Inferential Statistics, the Pearson Correlation will be used to test for the hypothesis 1,2 and3

Chapter Four

Results

Introduction

This chapter focuses on the interpretation of the results that were obtained from the study. The frequency tables of the biodata and correlation tables of results are presented below.

Table 1: Gender of all participants taken together.

		frequency	percent	Valid Percent	Cumulative percent
Valid	male	92	42.2	50.0	50.0
	Female	92	42.2	50.0	100.0
	Total	184	84.4	100.0	

Table 1 above shows the total number of students who participated in the study (n=184).50% of the participants were male(n=92) and 50% of the participants were females(n=92)

Table 2: Gender among those whose parents are not separated

	Frequency	Percent	Valid percent	Cumulative percent
Valid male	38	40.0	40.0	40.0
Female	54	60.0	60.0	100.0
Total	92	100.0	100.0	

Table 2 above shows the total number of participants whose parents are not separated (n=92).

60% were females (n=54) and 40% were males (n=38).

Table 3: Gender among those whose parents are separated.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid male	38	60.0	60.0	60.0
Female	54	40.0	40.0	100.0
Total	92	100.0	100.0	

Table 3 above shows the total number of participants whose parents are separated (n=92).60% were male (n=38) and 40% were females (n=54).

Table 4:Age groups of participants.

	Frequency	Percent	Valid percent	Cumulative percent
Valid (11-13)	4	1.8	2.2	2.2
(14-16)	136	62	73.4	75.5
(17-19)	44	20.2	23.9	100.0

Table 4 shows the age groups of the participants. 2.2% of the participants were between (11-13) years (n=4),73.4% of the participants were between (14-16) years (n=136) and 23.9% of the participants were between (17-19) years(n=44).

Table 5: Grouped statistics for coping among those whose parents are not separated and those whose parents are separated.

	N	Minimum	Maximum	Mean
TOTCOPE Parents are not separated	92	48.00	111.00	72.1848
Parents are separated	92	28.00	121.00	71.8043

According to table 5, those whose parents are separated have a slightly lower mean on coping. Those whose parents are not separated (n=92) have a mean of 72.1848 on the Cope Inventory and those whose parents are separated (n=92) have a mean of 71.8043 on the same scale.

Table 6: Grouped statistics for mental health among those whose parents are not separated and those whose parents are separated

		N	Minimum	Maximum	Mean
TOTMH	parents are not separated	92	16.00	64.00	49.7500
	Parents are separated	92	17.00	102.00	51.4783

According to table 6, those whose parents are separated have a slightly higher mean on mental health than those whose parents are not separated. Those whose parents are not separated (n=92) have a mean of 49.7500 on the WEMWBS scale and those whose parents are separated (n=92) have a mean of 51.4783 on the same scale.

Table 7: Correlation between parental separation and coping.

		Are your parents separated	TOTCOPE
Are your parents separated	Pearson Correlation	1	-.017
	Sig. (2-tailed)		.816
	N	184	184
TOTCOPE Correlation	Pearson	-.017	1
	Sig. (2-tailed)	.816	
	N	184	188

Since the level of significance at 0.816 is greater than the level of significance at 0.05, the hypothesis that there is a significant relationship between parental separation and coping among urban adolescents is rejected and it is concluded that there is no significant relationship between parental separation and coping among urban adolescents.

Table 8: Correlation between parental separation and mental health.

		TOTMH	TOTCOPE
Are your parents separated	Pearson Correlation	1	.088
	Sig. (2. tailed)		.234
	N	184	184
TOTMH	Pearson Correlation	.088	1
	Sig. (2-tailed)	234	
	N	184	185

Since the level of significance at 0.234 is greater than the level of significance at 0.05, the hypothesis that there is a significant relationship between parental separation and mental health

problems among urban adolescents is rejected and it is concluded that there is no significant relationship between parental separation and mental health problems among urban adolescents.

Table 9: Correlation between coping and mental health

	TOTMH	TOTCOPE
TOTMH Pearson Correlation	1	.214
Sig. (2-tailed)		.003
N	185	184
TOTCOPE Pearson Correlation	.214	1
Sig. (2. tailed)	.003	
N	184	188

Since the level of significance at 0.003 is lower than the level of significance at 0.05, the hypothesis that there is a significant relationship between coping and mental health problems among urban adolescents is retained and its concluded that there is a significant relationship between coping and mental health problems among urban adolescents.

Chapter five

Introduction

The following chapter focuses on the discussion of the results presented in chapter four above in relation with the literature reviewed in chapter three.

The study was aimed at finding out whether parental separation influences coping and mental health problems among urban adolescents. 92 urban adolescents whose parents are separated participated in the study.

Parental separation and Coping among urban adolescents.

According to the research findings, there is no significant relationship between parental separation and coping among urban adolescents. These findings are not in agreement with the literature review which states that parental separation has adverse effects on children of early, middle and late adolescence. The difference in the findings can be attributed to the fact that the greatest percentage of the participants of this were under late adolescence while the other research had equal representative from all the adolescent groups.

The research findings are in disagreement with the findings of Hogan et al,2008 which states that children are emotionally disturbed with the physical departure and absence of one of the parents. The difference in the results was caused by the cultural differences of the research participants. Hogan et al ,2008 carried out research in Europe where nuclear families are the norm while this research was carried out in Africa where extended families are the most common, this implies that the adolescents are able to cope normally because they still receive parental support from their relatives.

The results are different from those of Kelly 1999, he suggests that behavioral problems are reported at home and school among adolescents whose parents have separated. Kelly considered the behavior of the adolescents in their environment while this research did not consider how the adolescents were behaving in their environment. This is also a contributor to the differences in the research results.

Parental separation and mental health problems among urban adolescents.

According to the findings of this study, there is no significant relationship between parental separation and mental health problems among urban adolescents. These results are in agreement with the findings of Zeratsin 2013 which indicated that late parental separation which occurred before the age of 15 years had no influence on the internalized and externalized mental health problems. This implies that adolescents are able to maintain a good mental health even when their parents separate.

These results are different from those of Zeratsin et al 2013 which indicate that mental health problems arise in adolescents after the separation of their parent. Contrary, the results of this research suggest that parental separation does not affect the mental health of the adolescents. This implies that parental separation does not lead to mental health problems among adolescents.

According to Awato 2000, adolescents with separated parents have lower levels of psychological wellbeing and less success in intimate relationships than adults who grow up in two parent homes. This literature is in disagreement with the research findings. The difference can be attributed to the fact that Awato 2000 's studied the effects of parental separation both during adolescence and adulthood while our research only looked at the effect of parental separation in the adolescent stage.

Likewise, the research results are in discord with the findings of Mazza et al ,2009 who indicated that parental separation is a source of stress which contributes to depression among adolescents. The adolescent's stress is worsened by feelings of betrayal and tend to become angrier and less communicative which is an indicator of mental health problems. The difference in literature can be attributed to the fact that parental separation is not a rear thing among urban adolescents, it has happened to most of the adolescents hence it's not something to be ashamed of.

The research results are not in line with the findings by Ferguson & Linsey n.d whose findings indicate that children exposed to parental separation during childhood are prone to have problems including substance abuse dependence, mood and anxiety disorders among others which are examples of mental health problems. The difference in the results might be as an outcome of the support from the extended family these adolescents get.

Finally, these results are different from the findings of Algeria and Green, 2015, which suggest that Family disruption before the age of 7 years increased the risk of major depression independently of social economic status. The difference in the results can be attributed to the fact that Algeria and Green, 2015 's research focused on adolescents who had experienced parental separation before the age of 7 while this research did not consider the age at which the adolescent had experienced the separation of their parents.

Coping and Mental Health Among Urban Adolescents.

According to the research findings there is a significant relationship between coping and mental health among urban adolescents. These findings are in agreement with those of Carleton, Esparanza, Tharxter and Grant ,2013 which state that adolescents cope with negative life events

as an impact on their mental health. This implies that negative coping strategies lead to mental health problems among adolescents.

These findings are in line with the findings of Joybari (n.d) which indicate that those who use positive coping strategies tend to maintain good mental health while those who use negative coping strategies tend to have mental health problems. This still indicates that adolescents who take on negative coping mechanisms are bound to have mental health problems.

The research results support the findings of (Gau, Stice, Rohde and Seeley ,2012) which suggest that adolescents who have experienced parental separation are most likely to engage in substance abuse hence worsening their mental health.

Finally, the results are in line with the deductions by the researchers at HHS. gov. office of Adolescent Health (n.d) who proposed that coping is an important mental health habit and it helps adolescents to achieve overall wellbeing and sets the stage for positive mental health in adulthood.

Conclusion

According to the results of this research, a number of deductions can be made with varying implications as shown below.

The results of this study show that there is no significant relationship between parental separation and coping among urban adolescents. This implies that parental separation does not have an impact on the way urban adolescents cope with their daily life stressors. Hence positive or negative coping strategies among urban adolescents should be attributed to other factors and not parental separation. These findings greatly disagree with the cited literature.

The findings of this study indicate that there is no significant relationship between parental separation and mental health problems urban adolescents. This implies that service providers should not wholly attribute deviant behavior (which is a form of mental health problems) to only parental separation but rather they should look at other challenges around the adolescents as the contributors and address them.

Finally, the results show that there is a significant relationship between coping and mental health problems among urban adolescents. This indicates that service providers should focus on building positive coping mechanism among urban adolescents to curb mental health problems among urban adolescents. The results greatly agree with cited literature and a conclusion is made that there is a significant relationship between coping and mental health among urban adolescents.

Recommendations

I recommend that further research should be done to find out if there is a difference between coping and mental health problems among urban adolescents whose parents separated and those whose parents are not separated.

Since coping influences the mental health problems among urban adolescents, I recommend organizations to focus on building positive coping strategies among adolescents so as to bring about good mental health.

I also urge parents to raise their children to be resilient, this is a positive coping strategy. It will enable the children to overcome mental health problems even when their parents separate.

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Appendix

Introduction

Dear Respondent, I am a student at Makerere University and as part of the requirements for the award of a degree in Community Psychology, I am required to carry out research. In this regard, you are kindly requested to participate by answering this questionnaire which seeks to measure *Parental Separation, Coping and Mental health problems among Urban Adolescents*. The questionnaire is purely for research purposes and your responses will be treated with the utmost confidentiality. Thank you for your time.

Biodata Form (Parental Separation Questionnaire)

Note: *Tick (✓) what applies to you.*

Please be as truthful as possible

1. What is your gender

male Female

2. How old are you?

11-13yrs 14-16yrs 17-19yrs

3. Do you stay with your parents?

Yes No

4. Who of your parents do stay with?

Mother only father only Both None

5. Are your parents separated?

Yes No

6. How has this affected you?

Good Fairly Badly Very badly

Brief Cope Inventory (It measures you behave when under stress)

Please tick the number that best describes your experience in the scale of 1,2,3,4

	QUESTIONS	I have not been doing this at all	I have been doing this a little bit	I have been doing this a medium amount	I have been doing this a lot
1	I have been turning to work or other activities to take my mind off things	1	2	3	4
2	I have been concentrating my efforts on doing something about the situation I am in.	1	2	3	4
3	I have been saying to myself “this is not real”	1	2	3	4
4	I have been using drugs or alcohol to make myself feel better	1	2	3	4
5	I have been getting emotional support from others	1	2	3	4
6	I have been giving up to deal with it	1	2	3	4
7	I have been taking action to try make the situation better	1	2	3	4
8	I have been refusing to believe that it has happened	1	2	3	4
9	I have been saying things to let my unpleasant feelings to escape	1	2	3	4
10	I have been getting help and advice from other people	1	2	3	4

11	I have been using alcohol and other drugs to help me get through	1	2	3	4
12	I have been trying to see it in a different light, to make it seem more positive	1	2	3	4
13	I have been criticizing myself	1	2	3	4
14	I have been trying to come up with a strategy about what to do	1	2	3	4
15	I have been getting comfort and understanding from someone	1	2	3	4
16	I have been giving up the attempt to cope	1	2	3	4
17	I have been looking for something good in what is happening	1	2	3	4
18	I have been making jokes about	1	2	3	4
19	I have been doing something to think about it less ,such as going to movies	1	2	3	4
20	I have been accepting the reality of the fact that it happened	1	2	3	4
21	I have been expressing my negative feelings	1	2	3	4
22	I have been trying to find comfort in my religion or spiritual	1	2	3	4
23	I have been trying to get advice or help from other people about what to do.	1	2	3	4
24	I have been learning to live with it	1	2	3	4

25	I have been thinking hard about what steps to take	1	2	3	4
26	I have been blaming myself for the things that happened	1	2	3	4
27	I have been praying or meditating	1	2	3	4
28	I have been making fun of the entire situation	1	2	3	4

Warmick –Edinburg Mental Well Being Scale(WEMWBS)

Please tick(✓) the box that best describes your experience of each over the last two weeks.

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I have been feeling hopeful about the future	1	2	3	4	5
I have been feeling useful	1	2	3	4	5
I have been feeling relaxed	1	2	3	4	5
I have been feeling interested in other people	1	2	3	4	5
I have had energy to spare	1	2	3	4	5
I have been dealing with problems well	1	2	3	4	5
I have been thinking clearly	1	2	3	4	5
I have been feeling good about my self	1	2	3	4	5

I have been feeling close to other people	1	2	3	4	5
I have been feeling confident	1	2	3	4	5
I have been able to make up my own mind about things	1	2	3	4	5
I have been feeling loved	1	2	3	4	5
I have been interested in new things	1	2	3	4	5
I have been feeling cheerful	1	2	3	4	5

BUDGET EXPLAINING THE TOTAL EXPENDITURE

ITEMS	NUMBER OF ITEMS	COST PAPER ITEM	EXPENDITURE
Labor	1	5000/=	5000/=
Transport	1	5000/=	5000/=
Paper	182	100/=	18200/=
Total Expenditure			28200/=



**SCHOOL OF PSYCHOLOGY
DEPARTMENT OF MENTAL HEALTH AND COMMUNITY PSYCHOLOGY**

6th February 2018

The Head teacher
Kitende Senior Secondary School

Dear Sir/Madam

RE: Nassiwa Caroline, Nakiberu K Sylvia, Mwebya Mazaifa, Tumwebaze Shirly Sarah and Kisakye Paul S.

This is to introduce to you the above named students of Bachelor of Community Psychology Programme. As partial fulfillment of their degree requirements, they are required to carry out research on the topic "**Parental Separation Coping and Mental Health among Urban Adolescents**"

Any assistance rendered to them will be highly appreciated.

Yours faithfully,



Ms. Lynda Nakalawa
Supervisor