



Portrait Of The Impact Of Broken Homes On Children's Psychology

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Abstract

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This study aims to examine the impact of broken home families on changes in children's personality. Because broken homes have an impact that can be an obstacle for children, especially in carrying out their daily lives. The method used in this research is through literature review. The results of the research found include explaining that basically the family has a big role in fostering and developing children's potential. However, when the family does not carry out its functions as it should, especially in broken home families, it greatly affects the mental and development of children, because broken home children are often alone and lack interaction.

INTRODUCTION

The family is the smallest organization in society, with the responsibility of turning a living organism into a human being. When an organization begins to shape a person's personality in an important way, the family certainly plays a very important role in this matter.¹ It transforms and teaches the child the ability to speak and performs many social functions. The function of the family is to provide enough love and attention so as to ensure a sense of happiness and become a harmonious family. Therefore, adolescents need to perform this function in their critical period. As in Sigmund Freud's view, the family is formed from the marriage of a man and a woman, so the family is a further embodiment of husband and wife. Email Durkheim also believes that the family is a social system where political, economic, and environmental factors work together. The family is a social institution formed through marriage. The family is also the first and main place in children's education and has the autonomy to carry out children's education. So in this case parents are obliged by nature to organize children's education.

The family must be used as a basic foundation to start building the character or morals of children in the future. Education occurs in the family environment naturally and naturally so it is called informal education which is obtained by a person from daily experience consciously or unconsciously where educational activities are carried out without a strict organization and without a time program.² According to Ki Hajar Dewantoro, the atmosphere of family life is a good place to conduct individual or social education.³ Therefore, the family is the perfect place to continue education towards the formation of a complete person. The family will shape a person's character and will affect their environment. If the character is good, it will have a good influence on the

¹ Roode, W. (1991). *family sociology*. Jakarta: Bumi Aksara Publisher.

² Lickona, T. (2012). *Educating to shape character*. Jakarta: Bumi Aksara.

³ Rosikum, R. (2018). Patterns of Religious Character Education in Children through the Role of the Family. *Journal of Education*, 6(2), 293-308.

environment. Conversely, if the character is not good, it will have a widespread influence which can eventually become the character of the nation's ugliness.⁴

Abdulloh Nashih Ulwan also believes that educators, especially fathers and mothers, have a great responsibility in educating children with goodness and the basics of character. Their responsibilities include repairing the soul, straightening out deviations, raising children from all insults and encouraging good relations with others. They are responsible for educating children from childhood to be righteous, trustworthy, istiqomah, and to put others first, help those in need, respect parents, honor guests, do good to neighbors, and love others. But not all families can live in harmony forever. When two people with two different personalities are brought together, there will be differences in principles or something else that will cause division. This initial conflict is what starts the quarrel in the household. In addition, economic difficulties are also a factor that causes conflict in the household so that it will result in divorce or disharmony in the household. With this problem, forming this research is present in looking for the impact that will be carried out by the child.

METHOD

This research was conducted using library research so that the method used in this research is a literature study. This research is faced directly with the data or text presented not with field data. Here researchers only deal with existing sources such as books and journals or use existing data. The data collection process is carried out by grouping data and recording according to the problems discussed. Data analysis uses descriptive qualitative analysis through literature studies with stages of data retrieval, reduction, and presentation of data from books and journals.

RESULT AND DISCUSSION

A. Definition of Broken Home

Broken home comes from two words, broken and home. Broken comes from the word break which means rift, while home means house or

⁴ Syarbini A. (2016). Family-based character education. Yogyakarta: Arruz Media.

household.⁵ The meaning of broken home in the large Indonesian dictionary is a split in the family. Broken home can also be interpreted as a family condition that is not harmonious and does not run like a family that is harmonious, peaceful, and prosperous because there are frequent commotion and disputes that cause quarrels and end in divorce.⁶ Sometimes the family structure is incomplete due to death, sometimes because there is a disruption in the family structure. Divorce cases in households are also commonly known as "Broken homes". The consequences of a broken home are certainly very influential on the relationship between parents and children both in terms of communication, mental, psychological and education of the child. The children referred to here range from children, teenagers to adults. When the relationship between parents and children is good, the child will get complete happiness. Happiness is the hope for everyone including a teenager or a child. However, divorce between the two parents can also have an impact on the happiness of a teenager or child.

According to Prasetyo Broken means destruction, while Home means house. Broken home means that there is destruction in the household caused by the two husband and wife having differences of opinion.⁷ Another definition according to Ahmadi, Broken Home families are families that occur where the absence of one parent due to death or divorce or the absence of both.⁸ The role of parents even in broken home conditions still prioritizes children's needs such as love, attention, and care for children. However, sometimes what happens in broken home families is that they abandon their children and leave them to other people, other families or orphanages. This makes parents unable to control their children within 24 hours. After a broken home, children will feel burdened by fear and shame. Even though they have

⁵ John M. Echols, & Hasan Shadily. English-Indonesian Dictionary. Jakarta: PT. Gramedia Pustaka Utama, 2008) p.81.

⁶ Department of Education and Culture, Big Indonesian Dictionary, (Jakarta: Balai Pustaka, 2008), p.593

⁷ Mohammad Prasetyo, Building Family Communication (Jakarta: Alex Media, 2009), p. 55

⁸ Abu Ahmadi, Social Psychology (Jakarta: Rineka Cipta, 2009), p. 229

separated and do not live together anymore, the status of parents must still take the time to provide attention, love and responsibility to their children. Broken home conditions have eliminated the obligations and responsibilities that should be given to children, adolescents, and adults.

Based on Hurlock's opinion as quoted by Panji Mas Said, the most difficult period in human life while living in the world is adolescence. Because it is during this period that humans will search, explore and find their true identity.⁹ To make teenagers good, responsible, and have a bright future, the role of the family, especially the father and mother, is very important. Therefore, a family must remain safe and peaceful, not broken home, and married couples do not consider small things trivial by prioritizing obligations but still fulfilling each other's rights. Husbands and wives must respect each other, not be selfish, communicate diligently, not lie, and be honest with their own spouses. Husbands and wives continue to try to trust each other, maintain mutual loyalty, and are always there in joy or sorrow.¹⁰

B. Factors Causing Broken Home

Factors that cause broken homes can come from inside or outside, but anything that comes from outside can actually be dealt with if the internal factors have been successfully overcome. The factors that cause broken homes consist of closed communication, egocentricity, economy, busyness, lack of understanding and the presence of a third party.

A normal family always wants intensive, harmonious and two-way communication with its family members, but for broken home families the communication that occurs can actually be disastrous because of the absence of mutual understanding and trust.

⁹ Panji Mas Said, *Coping Strategies of Achieving Adolescents in Broken Home Families*, Thesis, Faculty of Psychology, Universitas Mercu Buana Yogyakarta 2019, 27 pp.

¹⁰ Tamara Islami Diani Rikasiwi, *The Implication of Broken Home Family towards the Budi Pekerti of Students of Sudirman Islamic Vocational School Tingkir Salatiga in the 2016/2017 Study Year*, Thesis, Faculty of Tarbiyah and Teaching Science, Department of Islamic Education, Institut Agama Islam Negeri Salatiga 2017, p.40.

Communication in the family is inter-personal in nature which shows the complexity of the relationship. Communication in the family is a symbolic, transactional process that aims to express understanding within the family.

The egocentric attitude of parents affects the integrity of the family, but it also affects the child's personality. Egocentric is a trait that stops itself and considers its own opinions and actions correct, making it difficult to recognize the truth from others. If a husband and wife have this trait and there is no mutual understanding and mutual relenting, the seeds of a broken home already exist and will get bigger one day.

The family economy clearly has an influence on household harmony. Poverty is one of the factors that cause broken homes because often quarrels and conflicts between husband and wife begin with economic problems. The family can be damaged if this economic factor is not controlled, the damage can occur to people who are economically deprived or excess, but economic deprivation is more dangerous than economic excess. Economic deprivation (poverty) is related to a person's education although it occurs indirectly and unemployment also has a significant positive influence on poverty.¹¹

Busy are the words most often uttered when unable to attend or encounter certain situations. The busyness of a husband or wife who comes home late every day will affect family conditions. In the end, children become victims due to lack of closeness, lack of affection and lack of attention. Lack of attention to husband or wife due to busyness will be the basis for the emergence of communication problems in the family.

¹¹ Seran, S. (2017). The Relationship between Education, Unemployment, and Economic Growth with Poverty. *Journal of Applied Quantitative Economics*

Low Understanding and Education A person's education affects the understanding they have, especially when they are married. Husbands or wives with low education tend to lack in terms of understanding and understanding as well as duties and obligations as husband/wife. So it is clear that understanding and education is one of the factors that can trigger a broken home because in the absence of mutual understanding, there will be constant conflicts that can lead to the end of domestic ties.

Third Party Interference: A third party in this sense is a person who intentionally or unintentionally causes a crisis in the household. This crisis can be in the form of a crisis of trust in terms of the economy, personal relationships and others. Third parties also sometimes cause jealousy so that a crisis of trust arises for the husband or wife. In addition, third parties can also come from parents who always intervene in the lives of their children even though they are married.

According to Kardawati, the causes of broken home families include

- a. **Divorced parents** Divorce shows a reality of the life of husband and wife who are no longer imbued with affection, the foundations of marriage that have been built together have faltered and are unable to support the integrity of a harmonious family life. Thus, the relationship between husband and wife between husband and wife is getting more and more tenuous, each or one of them, either husband or wife, creates such a distance that communication is completely cut off. The relationship shows a situation of alienation and separation that is widening and moving away into its own world. So there is a shift in meaning and function so that each feels completely alien

without any sense of intimate connection anymore.¹²

- b. Silent culture in the family Silent culture is characterized by the absence of communication and dialogue between family members. The problems that arise in mute culture occur in a community that knows each other and is bound by inner ties. These problems will not be exacerbated if the culture of silence occurs between people who do not know each other and in situations that are only temporary encounters. Families devoid of dialogue and communication will heap frustration and resentment on the souls of children.¹³
- c. Economics is also a factor that affects broken homes. This is due to parents who think that children only need to eat, but without realizing that attention and affection are the most important things to give to children.¹⁴

C. Impact of Broken Home on Children

Based on Moeliono's opinion, 0-18 years old are said to be children, while 10-19 years old are called teenagers. Based on the definition of the Indonesian Child Protection Law, at the age of 10-19 years, adolescents are on their way to adulthood.¹⁵ At the age of children, it is necessary for parents to provide affectionate attention to their children in order to have a positive influence on children such as loving, gentle, and caring for others. In the age of children who are still vulnerable to the environment around them, they model what they often see, hear and feel. A harmonious family will

¹² Kardawati, Impact of Broken Home. (<http://Sumber, blogspot. Com>) Accessed on May 29, 2014

¹³ Halimi, Impact of Broken Home. (<http://Sumber, blogspot. Com> .2014) Accessed on May 29, 2014

¹⁴ Ninda, et al, "The Role of Teachers in Overcoming Broken Home Students at GMIM V Tomohon Elementary School", *Edu Primary Journal: Journal of Primary Education*, Vol. 2, No. 1 (February 2021), 79.

¹⁵ Pupung Pusta Ardini, et al, "Growth and Development of Broken Home Children", *Jurnal Pelita PAUD*, Vol. 4, No. 1 (2019): 115.

have a positive influence on children until they enter the world of adolescence or adulthood. But vice versa, if at a child's age he always sees, hears, and feels something that impresses negativity, it will have a bad impact on the child until his adult age. Thus not all children who come from broken home families always impress negative things in their lives. There are also those who lead to positive things because with that situation he makes motivation so that his life does not always dissolve in fear, sadness, and distress and even feel depressed by circumstances that may be difficult to accept.

The impacts that occur to children after a broken home include: First, divorce that occurs will indirectly have an unfavorable psychological impact on the family. Directly the child will feel a very deep loss because the parental figure is no longer complete, accompanied by the habit of activity or play routines always accompanied and spent playing with parents.¹⁶ After a broken home, children will spontaneously change their attitude by themselves, such as preferring to be alone, always feeling insecure, and having difficulty socializing with the surrounding environment. In addition, the psychological impact on broken home children is to form unhealthy personality development, emotionality to irresponsibility.¹⁷

Second, the impact on education. Broken homes greatly affect the mindset of victims so that children's education due to broken homes is dominantly poor and many cannot complete their

¹⁶ Andi Alvhina Rizky, "Psychological Impact Study on Low Achieving Students who Experience Broken Home at SMA Negeri 1 Alalak", Thesis, Kalimantan Islamic University Muhammad Arsyad Al-Banjari Banjarmasin 2021, 2.

¹⁷ Wilma Fransisca Mamuly Magdalena Paunno, "Psychological and Social Impact on Mental Health of Children Victims of Broken Home in Hattu Village, Central Maluku Regency", Health Research, Vol. 11, No. 2 (2021): 19.

education according to the set targets.¹⁸ Another impact of broken homes will also cause trauma to children. This is due to parents who provide abusive parenting so that the child's shyness increases in their immediate environment to their social life.¹⁹ When a child has entered into a traumatized condition but previously he always felt happiness and was always given warmth by his parents, then this is very painful for the child because it is difficult to accept a situation that is contrary to before. As a result, trauma arises and it is difficult for them to forget it, causing severe trauma.

Broken homes actually do not always have a negative impact on children, but it can be a positive impact. But most of the children, judging from their condition, are more directed towards negative things such as being angry, emotional, as if lonely, and always thinking of blaming themselves, feeling haunted by fear, and being easily influenced by a negative environment to make it difficult to socialize and have a low spirit of life.²⁰ In terms of psychology or psychology, anyone who experiences a broken home will also result in a broken heart. A person's heart is always shrouded in pain, disappointment, despair, and thinks that he has no point in living. Based on this, a person can turn into a love crisis and fall into sexual oddities.²¹

¹⁸ Yuli, "Deviant Social Behavior of Adolescent Children Due to Broken Home", *Journal of Nonformal Education*, Vol. 1, No. 2 (2020): 49. 1

¹⁹ Yuli Dwi Susanti and Wikan Galuh Widyarto, "The Effectiveness of Behavioral Counseling with Systematic Desensitization Techniques to Reduce the Impact of Trauma on Children of Divorce Victims in Bantengan Village, Bandung District", *Borneo Journal of Guidance and Counseling*, Vol. 3, No. 1 (2021): 11.

²⁰ Yazida Ichsan and Diane Monika Silvi Rera, "Internalization of Islamic Education Values for Broken Home Students", *Al-Afkar: Journal of Islam and Civilization*, Vol. 9, No. 1 (2021): 1

²¹ Alifia Hayyas Silmi, *Personal Guidance to Increase Self-Confidence of Children of Broken Home Families, (Study in Jlamprang Hamlet, Gemawang Village, Jambu District, Semarang Regency, Thesis, Islamic Education Guidance Counseling Study Program, Faculty of Tarbiyah and Keguruan Sciences, Institut Agama Islam Negeri Salatiga 2021, 20.*

D. The Counselor's Role in Overcoming Broken Home Families

The counselor is a place or space that can listen and provide assistance to counselees with problems. Counselors not only do individual counseling but can also be in groups. The role of the counselor is very important for counselees who feel they want to be helped to solve their problems, especially in big problems. In overcoming a problem, the counselor can see the facial expressions of a counselee like what the weight of the problem he is facing and his gestures or body language as if he is carrying a large enough burden to make the counselee unintentionally show the feelings he is feeling through his body language. The efforts that counselors can make in helping to solve the problems that children are facing due to broken home families are through the guidance process.

In this case, a counseling guidance program will be carried out for children from broken home families, including First, conducting information services where a counselor must be able to explore information so that children can be equipped with knowledge about the environment, education, and learning to socialize with the community. Then, through individual information services the counselee feels that he is able to determine the direction of his life to a better goal and can improve the quality of socializing with family or other environments. The counselor also overcomes the adverse effects of a broken home by guiding the counselee to forget negative thoughts, eliminate bad feelings, and try to be able to establish a good relationship with parents, because the way we forgive and forgive and forget bad things will have a positive impact on ourselves.²² The counselor seeks to disappear the

²² Pramesthi Dwitiya Hasyanti, The Role of Forgiveness on the Calmness of Adolescent Students from Troubled Families, Thesis, Department of Tasawuf and Psychotherapy, Faculty of Ushuluddin, State Islamic University Sunan Gunung Djati Bandung 2021, 6.

protracted sadness of the counselee, provide attention, try to be close so that the counselee does not feel lonely, and take responsibility for the child. Children who come from broken home families are very thirsty for attention and affection from their parents. Therefore, the attitude of responsibility, appreciation, and appreciation from a counselor is an encouragement for children to live better.²³

CONCLUSION

Family is the main place to vent one's joys and sorrows. If at any time one or two or even more family members are missing, the family atmosphere will change, different from what it used to be. Parents in the family are the most important role to build family harmony. But if parents are not able to play their role well, it is likely that sooner or later the family will fall apart. Therefore, family is very important for a child because family is the most comfortable place to tell or complain, especially parents, but if the family falls apart, it can affect the child's mentality.

²³ Ninda, et al, "The Role of Teachers in Overcoming Broken Home Students at GMIM V Tomohon Elementary School", 80.

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