

Resilience of Adolescents Experienced with Broken Home

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Abstract

This research explores resilience from family dysfunction in teenagers who experience broken homes by selecting as subjects children from SMA 5 Makassar. The focus of this research is the relationship between broken home family dysfunction, changes in adolescent attitudes and resilience. The method used in this research is a qualitative research method using observation and interview techniques to better understand the dysfunctional situation of broken home families experienced by teenagers at SMA 5 Makassar. The subjects of this research were two people, namely a woman and a man, both of whom were students at SMA 5 Makassar. Both subjects are in the same situation, namely that their parents are divorced. The lack of love from both parents makes him tend to do various negative things as a resilience mechanism for himself. This research also aims to determine the description of the resilience of teenagers who have broken homes at SMA 5 Makassar. It is hoped that the results of this research can provide a significant contribution in developing more effective intervention approaches among teenagers, especially those experiencing broken homes.

Keywords: Broken home family dysfunction, changes in adolescent behavior, resilience

INTRODUCTION

The family is a reflection of the main personality shown by a child or teenager which is formed from the marriage bond. This shows an important role in self-formation. The interactions that occur in everyday life in the family will shape their values, attitudes and behavior. Conflict resolution communication patterns will also be an example that determines moral (self-identity) and social development in adolescents. In a study by Puspitawati (Amorisa Wiratri, 2018) defines the family as the smallest socio-economic unit in society which is the basic foundation of all institutions. Family is understood as a primary group consisting of two or more people who have a network of interpersonal interactions, blood relations, marriage relations, and adoption. Meanwhile, the definition of family issued by the Ministry of Health of the Republic of Indonesia is a social unit consisting of members who are related to each other through blood ties, marriage or adoption. The family also plays a role in providing emotional, physical and social support to members within the family in question.

A family environment that has good interpersonal interactions with other family members certainly makes the family prosperous and harmonious, and vice versa, when the family is not harmonious it can trigger conflict that ends at the end of the divorce stage. This will also have a direct impact on other family members, namely good children. emotional and psychological, especially when children are teenagers.

Adolescence is a period of searching and developing self-identity that is thick with resilience. This identity formation is reflected by various factors, including family, social environment, ethnic background and culture. The phases of each ordinary teenager are generally almost the same as the phases experienced by broken home teenagers. They often face difficulties in dealing with multiple changes occurring simultaneously. In the context of adolescents who experience broken homes, these changes include challenges in facing new developmental tasks, searching for self-identity, and facing challenges caused by the broken home situation itself. Self-identity is consistent but still able to develop over time (Yanti, 2020).

Resilience in adolescents is seen from their ability to navigate role disruptions that arise during the search and development of this identity, as well as to remain flexible in facing the changes and growth that occur. According to Reivich and Shatte (2018), resilience describes an individual's capacity to respond to challenges or trauma faced in a healthy and productive way. Individual characteristics that demonstrate resilience include the ability to survive stressful situations, skills in overcoming difficulties, and the ability to recover from traumatic experiences. In this context, there are facts that show that individuals who experiencing a broken home are also able to maintain a positive attitude in living their lives.

According to O'Leary and Ickovics (2019), there are four phases that must be passed on the journey to resilience, namely the succumbing phase, the survival phase, the recovery phase, and the growing phase (thriving).

If there is a role disruption in a family that tests the level of resilience of family members in facing the challenges and changes that occur. Disharmony in the family or a "broken home" situation can be a test of the level of mental and emotional resilience of each individual in the family. A family's ability to continue functioning and recover from difficult situations such as divorce or internal conflict also reflects the extent of the family's resilience.

According to Santrock (Appulembang & Agustina, 2019), this view illustrates that resilience in adolescents from broken homes has an important role in facing identity challenges. Adolescents' inability to meet the expectations of the personal and social self-motivations that help them define themselves can result in an identity crisis. For teenagers from broken homes, this identity confusion can have more complicated implications. They may experience ambivalent feelings towards their family situation, which prompts them to take two different directions.

First, resilience can inspire adolescents to withdraw and isolate themselves from peers and family. This may be in response to a difficult home situation, where they are seeking a deeper understanding of themselves. They may need time to reflect and formulate a strong and consistent identity.

Second, resilience can also encourage teenagers to integrate into the world of their peers. Loss of identity may also encourage them to seek identity and stability in a wider environment, such as peers. In an effort to avoid feelings of confusion or loss, they may absorb the group identity more intensely.

An ongoing identity crisis can have a significant impact on the resilience of adolescents from broken homes. It's likely they felt lost and without guidance, similar to a ship without a compass. This can make them more vulnerable to deviant behavior, especially if they feel frustrated, isolated, or looking for a solid identity. According to Marcia (Appulembang & Agustina, 2019), Erikson's identity development theory has four identity statuses depending on how to resolve the identity crisis.

This is confirmed by Amato's (2023) statement that the relationship between a broken family and the level of resilience can be illustrated through the view that the condition of a broken home can put pressure on parents on children or teenagers in a crisis of self-identity.

Efforts to build resilience in adolescents are not only about helping them overcome family difficulties, but also about providing support and guidance to explore and form a positive identity. Support from the school environment, peers, and perhaps also counselors can help teenagers overcome this identity crisis in a healthy and productive way while still maintaining the teenager's mental health.

Resilience refers to a person's capacity to remain strong, recover, and adapt positively when facing crisis situations. This ability is not determined by factors genetics, so that individuals can develop their resilience and the environment in which they live also plays a role in shaping it (Reivich & Shatte, 2022). Mashudi (2018) noted that resilience is found in every individual, including teenagers who come from broken homes. Even though they are in a stressful environment, it is possible that young people who are victims of broken homes can develop a strong level of resilience, becoming a source of strength for them.

Researchers assess that with adequate social support, teenagers from broken homes have a great opportunity to develop resilience. This was emphasized by Sarafino (Rokhimah, in Meilianawati 2017), social support is the degree of support given to individuals, especially when needed by people who have a close emotional relationship with that person, social support can refer to comfort, care, self-esteem or any form of assistance an individual receives from another person or group.

Adolescents with broken homes still have a choice in a negative or positive direction in the process of forming self-identity, which of course requires support from both internal and external sources which can influence the level of resilience. Based on this description, researchers are interested in researching resilience in adolescents with broken homes at SMA 5 Makassar.

RESEARCH METHODS

This research was conducted in the city of Makassar, specifically at SMA 5 Makassar and was adjusted to the residential address of the respondents selected for this research. The methodology used to collect data is qualitative research with a descriptive approach. Several techniques are used to collect data, such as in-depth interviews, observation, and message content analysis, have been applied to understand more deeply the dysfunction of broken home families and the factors that influence it. Apart from that, researchers also conducted interviews with relatives and friends of respondents as additional informants to verify data. This interview was

conducted in September 2023. Research data was obtained through in-depth interviews with informants, which were then analyzed carefully as part of the research process.

RESULT AND DISCUSSION

In this discussion section, the researcher will explore the results of research data analysis that has been discussed previously by referring to the theories presented in Chapter 2. Through this analysis, the researcher will connect these findings with the theoretical framework that has been proposed by experts in fields relevant to the subject of this research. The main subjects in this research were two people, namely a man and a woman who experienced a broken home, who were students at SMA 5 Makassar. The male subject has the initials M and the female subject has the initials N whose address is Makassar City.

Broken Home Family Dysfunction

Broken home can be classified into two main aspects, namely (1) Cracks in the family structure that occur due to parental divorce or loss of family members, (2) Disharmony in family dynamics (Willis, 2016).

The results of the research in the previous chapter identified that the families of subject M and subject N both experienced disharmony, resulting in a rift in their families, which ultimately resulted in family dysfunction occurring as a result of divorce, which also happened to other family members, namely their children. This is in accordance with the theory that the definition of "broken home" describes a situation where a family is not intact, such as due to divorce, loss of a family member due to death, or a family member leaving the family (Chaplin, 2018). The functioning of the role of a family is the main requirement for the smooth implementation of a good family atmosphere, with a happy family atmosphere children (adolescents) can develop themselves with the help of their parents and siblings (Gunarsa, 2018). The dysfunction of the family's role causes the atmosphere to change completely.

Changes in Adolescent Behavior

The results of the research data in the previous chapter clearly illustrate the changes in children's behavior when they find out their parents are divorced. In adolescence, where a person If you are looking for your identity and developing your talents, you should get support from the closest people you know. What happens if teenagers are exposed to unpleasant situations such as parental quarrels which result in parents' divorce? This is in accordance with Yusuf's (2019) theory which explains that a happy family is very important for the emotional development of its members (especially children) because happiness is obtained if the family can play its function well, in this case it is a harmonious family.

Teenagers, which in the original language are called adolescence, which means "growing or growing to reach maturity." The term adolescence itself actually has a broad meaning which includes a person's mental, emotional, social and physical maturity. Meanwhile, according to Erikson, teenagers who fail to develop a sense of identity are not only unable to make commitments in the fields of career, ideology, religion and various other life roles, but they are also often involved in various acts of delinquency or psychotic behavior (psychotic episodes). . In this case, the function of the family plays a role in it.

Behavioral changes that occurred in the subjects in this study were seen from smoking addiction, skipping school and there were even subjects who wanted to end their lives several times after finding out that their parents were divorced and several other negative things. As a child, you will feel that your family is no longer perfect, so you will feel jealous of your playmates who often spend time with their parents. Both subjects felt deep sadness and disappointment when they found out that their parents divorced when they were 6 years old and some when they were teenagers.

All of the data found was obtained from the subject's confession that the identity that should have been directed positively was actually directed negatively. However, not all children from broken home families are involved in this prolonged conflict in their lives, there are also those who use it as motivation to become more confident individuals and build new life goals even without the love of their parents by their side.

Broken Home Adolescent Resilience

Resilience is a process of coping with stressors, difficulties, changes and challenges which is influenced by the ability to recover from negative emotional experiences. A person who is resilient will try his best to overcome problems and be able to recover from various kinds of stressful conditions with the abilities he has (Block and Kremen, 1996, Tugade and Fredricson, 2018). This is in line with what subject M did after his parents' divorce, although initially he did some negative things. However, this is different from subject N, where the resilience carried out is a negative thing and this is still done to prevent thoughts of the burden of their parents' separation from appearing. Subject N's transition to staying in the sane zone is by doing negative things that he likes. Because even though he shares the same roof with his biological mother, only emotions are continuously shown, even the subject feels that he is no longer sincerely loved by his mother and father.

Overall, some of the resilience shown by the two subjects was positive and some was negative. Which is of course influenced by several supporting factors such as family encouragement, environment, parenting and economics.

CONCLUSIONS

The family, which is the place where everything is done and the comfort zone, drastically changes its function with the divorce of the parents. Which has a great impact on other members, namely children. This gives rise to families experiencing broken homes. Home is no longer the most comfortable place but rather a trauma in the child's mind. Inside, you can no longer find complete love, so the outside world becomes a place to search for that comfort zone.

Changes in the behavior of teenagers who find it difficult to accept the fact that their parents are separating robs children of their logical sanity. His thinking zone is only related to negative things related to parents who no longer love him, parents who now throw him away continuously, resulting in changes in daily behavior both at home and school.

Adolescent resilience is divided into two, namely positive and negative. It is positive when the resilience that is built makes good changes in oneself so that the factor of parental divorce is no longer a trauma. Meanwhile, it is negative when the resilience that is built actually makes it worse and falls deeper into things that damage oneself and the future, even if it is done very consciously just so that the image of one's parents' divorce disappears for a moment in one's head.

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