



THE EFFECT OF PARENT DIRECTION ON ADOLESCENT ADJUSTMENT

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Abstract:

This research investigates the increasing number of parents experiencing conflicts which may end with divorce. Parental divorce is a problem for children, at least the child knows the family collapse process. This situation can affect a child's mental development, for example in adjusting to the environment because his mind is filled with anxiety and fear which can disturb him. From the results of several studies, the occurrence of parental divorce has a profound influence on the condition of their children (Dagun, 2002). There are often conflicts in the souls of children, one of which is when their parents' divorce, many of them have to choose who they should live with, even though they really want with both but they have still to choose. Sometimes they feel embarrassed because their parents separated; this is making feeling inferior or withdraw from environment and sometimes make difficult to be able adjust their friends or environment around them.

Keywords: parents' divorce, adolescent adjustment

1. Introduction

The existence of children in the family can give certain meaning and influence on their parents, the meaning here implies: to provide content, value, satisfaction, pride and a sense of self-improvement. For that the family will do the best for their children. The role of families, especially parents, in creating an atmosphere conducive to physical and psychological development is very important, because relationships within the family will affect children's attitudes and behavior. Most successful adults come from families with harmonious family relationships. Conversely, most children who do not succeed are the product of poor or poor parental relationships (Gottman & Declaire, 1997).

Kartini Kartono (1979) argued that "*Humans are able to adapt to their environment, and are even able to change the environment and the world*". With regard to this human child, his youth is longer and requires a lot of help, guidance and adult education. Every parent

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certainly doesn't want their sons and daughters to experience bad or sad things, but many parents have accidentally contributed to causing their children's path to fall. Parents do not realize the importance of their role in the formation and development of children's personalities. A less harmonious family atmosphere is characterized by quarrels, bickering, dishonesty and indifference to fellow family members, even to the point of divorce. Parental divorce can have a negative effect on the child's mental development process, which in turn will affect the process of adapting himself to the environment.

Fathers and mothers have an important role in a family, they determine every step and action to be taken for the benefit of their family and become the foundation of life for their children. They are also the ones who determine in which direction and by how their children are guided and directed to reach maturity.

If they divorce, the official relationship between husband and wife will be broken, which was originally tied by a marriage rope. Divorce means breaking up and being separated from a family unit, each having to choose a different place to live, with children or live alone. Divorce will make children face a dilemma and confusing situation, between joining the father or mother, even though the father or mother is the person they care about who plays a role in giving birth and raising them. Divorce also destroys the sustainability of a household to ensure a sense of comfort, shelter and a future.

Parental divorce is a problem for children, at least the child knows the process of the beginning of the collapse of his family. This situation can affect a child's mental development, for example in adjusting to the environment because his mind is filled with anxiety and fear which can disturb his mental.

Ask adults whose parents were unhappy in their marriage to describe their childhood memories. Chances are you will hear stories of sadness, confusion, false hope and bitterness. Perhaps they remember how confused and painful it was to see their parents' divorce (Gottman & Declair, 1997). Of course, this will affect his psychological or mental condition, namely how he adjusts to the environment.

In fact, not all children can adapt well to their environment, for example with friends at school or with friends at home. This may occur because of the conditions in their home that make them uncomfortable, as a result there is a conflict in their souls. The difficulty of adjusting to this environment cultivation of habits is to emerge from the family environment if the family environment does not or does not support the conditions above, it will affect the existing behaviors of the child and this will affect the next child's development period, when they are teenagers, their life will automatically influenced by previous times.

In early adolescence, peer groups are the first social environment to learn to live with other than their families. The peer environment is a new group that has characteristics, norms, and habits that are far different from those in the family environment. Regarding these things, adolescents are required to have first and new abilities in adjusting themselves and can be used as the basis for broader social relationships. Here it seems clearer that personal and social adjustment in youth peer groups is a process.

So according to the author, it is important to study whether parental divorce has a relationship with the adjustment of their children who live in adolescence?

2. Definition of Divorce

According to Tuan, Moh Sallem (1973: 17), divorce is the breaking up of a marriage between a husband and wife who is entered at the time of the marriage contract, where the husband no longer bears the rights of his wife and vice versa. The wife may remarry after passing her iddah period, or in other words, both are free from marital ties.

Article 38 of Law Number 1 of 1974 states: a marriage can break up because:

- a. dead,
- b. divorce,
- c. upon the court's decision.

In Islam, divorce is in principle lawful, but divorce is something that Allah does not like. A lawful act that is hated the most by Allah is divorce (divorce) (History of Abu Daud, Ibn Majah and Al Hakim, from Ibn Umar, in Rofiq, 2000).

2.1 Factors That Cause Divorce

There are several factors that cause divorce according to Bambang Mulyono (1983: 43), in his book "Overcoming Rema's Delinquency", namely:

- a. one of the parties went astray.
- b. releasing responsibilities and obligations for the continuity of household life.
- c. unresolved conflicts between husband and wife.

Meanwhile, according to Fisher (1974), there are seven causes or reasons for divorce between husband and wife, namely:

- a. mistakes in choosing a life partner.
- b. the emergence of boredom with his own marriage.
- c. there are changes in the roles of men and women, but there are still many people who have not been able to accept changes to traditional roles. this has the potential to cause problems or conflicts in the couple.
- d. lack of partner commitment.
- e. excessive sense of attachment to the trainee family, so as to sacrifice their own household.
- f. each has a desire to dominate, so there is less conformity.
- g. the existence of physical or mental disorders experienced by one party, such as infertility or impotence.

In article 19 of Government Regulation Number 9 of 1975 in conjunction with article 116 of the Compilation, that the reasons for divorce are, (Rofiq, 2000):

- a. one of the parties commits adultery or becomes a drunkard, a prostitute, a gambler and others who are difficult to cure.
- b. one of the parties leaves the other party for 2 (two) consecutive years without the permission of the other party and without valid reasons or for other reasons beyond its capabilities.

- c. one of the parties is sentenced to 5 (five) years imprisonment or a heavier sentence after the marriage takes place.
- d. one party commits cruelty or serious persecution that endangers the other.
- e. one of the parties gets a disability or illness due to not being able to carry out his obligations as husband / wife.
- f. between husband and wife there are constant quarrels and fights and there is no hope of living in harmony again in the household.

In the compilation, there are additional reasons for divorce that specifically apply to married couples who embrace Islam, namely:

- a. Husband violates taklik divorce.
- b. Religious conversion or apostasy which causes disharmony in the household.

2.2 Divorce in Islam

Before discussing divorce, the author will briefly discuss marriage. In Islam, marriage is a sacred bond and even has the value of worship because marriage is a thing ordered by Allah as stated in Surah An-nisa verse: 3

وَإِنْ خِفْتُمْ أَلَّا تُقْسِطُوا فِي النِّسَاءِ فَإِنَّكُمْ لَكَ مَا طَابَ لَكُمْ مِنَ النِّسَاءِ مَثْنَى وَثُلَاثَ وَرُبَاعَ ...

This means:

"And if you are afraid that you will not be able to do justice to (the rights) of an orphaned woman (if you marry her), then marry the (other) women that you like, two, three, or four."

Every family must have longed for a happy and comfortable and peaceful family, but sometimes families often face problems, sometimes those problems can be resolved and sometimes these problems cannot be solved anymore.

When the family can no longer solve their problems, Islam requires divorce, it does not mean that Islam likes it. Islam allows divorce of husband and wife to be limited to emergency matters, although divorce is permitted, but it is hated by Allah SWT.

In Chatibul, Umam (1994), Divorce in Arabic is called "thalaq". The word thalag comes from Arabic which means untied. In terms of term, it is the breaking of the marriage bond with lafazh thalaq or with other lafazh which means the same as thalaq.

2.3 Thalaq Law in Islam

Furthermore, jurisprudence experts (Chatibul Umam, 1994) see that the talaq performed by a husband to his wife is obligatory, sunnah and haram. Here's the description:

- a. Required. The law of thalaq can become mandatory if there is a continuous division between husband and wife who can no longer be reconciled except with thalaq.
- b. Sunnah. The law of talaq can become sunnah if the husband is no longer able to fulfill his obligations as husband, or the wife is unable to maintain her honor.
- c. Haram. The law of thalaq can be haram if it can blaspheme husband and wife.

2.4 Adjustment

Poerwadaminta (1976) states that there are two words in a foreign language which if translated into Indonesian have the same meaning, namely adjustment, these words are adjustment and adaptation.

Adaptation is an understanding that is basically taken from the science of Biology made by Charles Darwin who is known as the theory of evolution. Usually this understanding shows that living things try to adapt themselves to the nature in which they live, in order to stay alive. (Mustafa Fahmy, 1982). Thus, the term adaptation is a term borrowed from the world of biology, namely the word adaptation and in the field of social science the word used is the word adjustment.

However, according to Deve Revx (1956), he states that adaptation is not an adjustment, but adaptation is a continuous adjustment activity.

From the above understanding, it can be concluded that the adjustment that takes place continuously will become an adaptation and adjustment is one way of response to adapt.

Zakiah Daradjat (1982) linked a person's ability to adjust to one's mental health. Daradjat defines mental health as the ability to adapt to oneself, with other people and the society and environment in which they live.

This formula implies that a person's ability to fully adapt to his social life is the main element of a healthy mental condition. Thus, the ability to adapt is expected to lead to peace and happiness in life. In this case, adaptation is defined broadly, namely actively striving to meet the demands of the environment without losing self-respect, or meeting personal needs without violating the rights of others. Passive adjustment in the form of being withdrawn or compliant with the demands of the environment is an unhealthy adjustment, because it usually ends in self-isolation or becomes easily carried away by the situation.

From some of the above definitions it can be concluded that adjustment is a behavior consisting of psychological processes that aim to match existing abilities with the pressures and demands of life that come from within and from outside the individual and this process is an ongoing process throughout life.

2.5 Good Adjustment

Hurlock (1995) states that a person can be said to have a good pattern of adjustment if they have the following characteristics, namely:

The first is real appearance. If the child's social behavior, as judged by the group's standards, meets the group's expectations, then he or she will be an accepted member.

The second is adjustment to various groups. Children who can adapt well to various groups, both peer groups and adult groups, are considered socially as well adjusted.

The third is social attitudes. A child must show a pleasant attitude towards others, towards social participation, towards his role in social groups, if he is to be judged as a person who can adapt well socially.

The fourth is personal satisfaction. In order to adapt well socially, children must be satisfied with their social contacts and with the role they play in social situations, both as leaders and as members.

According to the above characteristics, it can be seen that children who can adapt well have good social behavior, have self-satisfaction so that they can create pleasant attitudes for others and have a harmonious relationship with the surrounding environment.

2.6 Maladjustment

An individual who cannot adjust himself properly is called maladjustment. In the complete dictionary of psychology, what is meant by maladjustment is "the inability of an individual to develop a pattern of behavior so that he is successful in his environment". A person who has poor self-adjustment will usually have difficulty interacting with other people. Therefore he will experience difficulties in social acceptance, causing several problems in him that cause disappointment, dissatisfaction and encourage behavior that can harm him such as frequent daydreaming, being alone, having a closed nature or aggressive behavior that can disturb him. other people.

From the description above, it can be concluded that a person's adjustment can be judged good or bad based on the appearance of a person's behavior or attitude. So, the attitude or behavior carried out by a person can be used as a measuring tool in assessing that person's adjustment.

2.7 Factors Affecting Adaptation

Hurlock (1995) states that there are four conditions as factors that affect a person in making adjustments, including:

First, when poor social behavior patterns are developed at home, the child will find it difficult to make good social adjustments outside the home, even if he or she is strongly motivated to do so. Children who are raised with authoritarian methods, for example, often develop an attitude of hatred towards all figures in authority. Because of the permissive parenting style at home, the child will become someone who does not want to pay attention to the wishes of others, feeling that he can manage himself.

Second, if the house does not provide a model of behavior to imitate, the child will experience serious obstacles in their social adjustment outside the home. Children who are rejected by their parents or who imitate the behavior of their deviant parents will develop an unstable, aggressive personality that encourages them to commit acts of revenge and even criminality when they grow up.

Third, a lack of motivation to learn to make social adjustments often results from unpleasant initial social experiences, at home or outside the home. For example, a child who is constantly teased or bullied by older siblings, or who is treated as unwanted in their play, will not have a strong motivation to try to make good social adjustments outside the home.

Fourth, even though they have strong motivation to learn to make good social adjustments, children do not get enough guidance and assistance in this learning process.

For example, if a parent believes that his child will be able to control his aggressiveness as he grows older and experiences more social relationships, the child will not associate his aggressiveness with peer rejection and as a result he will not try to reduce his aggression.

2.8 Adaptation to Adolescents

According to Davidaoff (1991), adolescence is "*a period of development that stretches from 13 years to 18 years of age*". Meanwhile, according to Zakiah Daradjat (1982), "*Adolescence is a stage of age that comes after childhood ends, marked by rapid physical growth.*" The existence of rapid physical growth in adolescents has an influence on adolescent attitudes, behavior, health and personality.

In general, adolescence is divided into two parts, namely early adolescence and late adolescence. The dividing line between early and late adolescence is around the age of seventeen. According to Hurlock (1999), "*early adolescence lasts approximately thirteen years to seventeen years ...*" Thus, children who attend junior high school are included in the category of early adolescence, because generally the average age of students Junior high school from age thirteen to sixteen. According to Muss (1968), during adolescence maturity does not only mean physical maturity, but especially psychological maturity (Muss 1968, in Sarwono, 1991) and according to Sarwono it is indeed very difficult to detect the beginning of adolescence.

Meanwhile, according to WHO adolescents are:

1. The individual develops from the first time he shows secondary sexual signs until he reaches sexual maturity.
2. Individuals experience psychological development, identification patterns from children to adults.
3. There was a transition from a full socio-economic dependence to a relatively independent state (WHO in Sarwono, 1991).

3. Closing

In this chapter, the researcher will present discussions about the results that have been obtained from the research results, as well as recommendations if anyone does similar research so that in further research it will be better and the data obtained is more accurate.

3.1 Conclusion

From the data previously described that parental divorce has an influence on the subject's adjustment, as said by Elizabeth B. Harlock "*They learn to adjust themselves and learn to think about themselves based on the foundation placed at home*". The treatment they receive or the things they see and feel at home can have a very strong influence on their adjustment outside the home.

Sometimes they are embarrassed because their parents are separated, this is one of them feeling inferior or withdrawing from the environment, hesitant and even difficult to be able to express what they really feel or think, and are reluctant to ask for help from

others and this makes it difficult for them to be able to adjust to friends or the environment, such as their frequent late arrival to school and problems in wearing attributes, and they are usually less able to show what they feel openly.

3.2 Suggestion

Based on the above discussion descriptions, the authors recommend suggestions for improvement and further development of this research as follows:

In this study the researchers took a sample of three people, in subsequent studies the number of samples can be increased in order to get better results, and can represent the number of samples, as well as a wider sample area.

This research uses a qualitative approach and case study method, so this research cannot be used as a benchmark or generalized to all children whose parents have divorced. For further research, it can be used with a quantitative approach and with a larger sample size.

In this study, interviews were used as an instrument in data collection. In further research, other instruments can be added such as questionnaires or attitude scales as supporting data so that the data can be more valid and reliable.

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