

## Psychological Well-Being of Young Lady from a Broken Home Family in Tana Toraja

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### ABSTRACT

Teenagers who experience a broken home feel the psychological burden due to the divorce of their parents. There are many cases of broken homes and causes of various problems. Problems can be overcome by fostering psychological well-being. This study aims to reveal the description of psychological well-being and the factors that influence the psychological well-being of adolescent girls from broken homes in Tana Toraja. This study uses a qualitative method with a phenomenological approach. The sampling technique is snowball/chain sampling. The sample is 5 people. The characteristics of the sample are young ladies at 12-23 years, domiciled in Tana Toraja and have been in a broken home for the last 10 years. In-depth interviews and observation methods are data collection methods in this study. The phenomenon obtained is that adolescents experience disappointment with parental figures, need for affection, and open attitude to trusted/closest people, resilience, optimism, and personal growth. Factors that affect the level of psychological well-being are the existence of good social support, age and high motivation to continue to develop their potential. Adolescents from broken homes are associated with negative stigma, but they are able to present themselves positively and better. The results of this study can be implicated in adolescents to become more independent individuals, think rationally, have good relationships with others, be able to develop themselves well, have hope and feel spiritual calm.

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## BACKGROUND

Divorce can have a serious psychological impact on children. Loss of character and lack of affection are the psychological effects of parental divorce (Wulandri & Fauziah 2019). Socially, adolescents often get stigma and bad labels such as naughty children, display tension and behave negatively (Adristi 2021; Ukoli, Mandang, and Kaumbur 2020). Vulnerable to psychological disorders, hates their parents, easily gets bad influences from their environment, views life as meaningless, doesn't get along easily and moral problems become serious things for broken home children (Massa, Rahman, and Napu 2020)

Broken home begins with constant parental fights that trigger unhealthy relationships (Alyamanayah & Mahmudah 2019). The breakup of a family unit, the breakdown or fracture of the social role structure if one or several family members fail to carry out their role obligations properly often occurs in children from broken homes (Rahmi, Mudjiran, & Nurfahanah 2016). Teenagers who experience a broken home should be given special attention so that their welfare is fulfilled.

Yurayat and Seechaliao (2021) said that individual psychological well-being can be increased with a lot of positive energies such as awareness of positive influences, creating self-esteem and individual internal needs. Spitzer (2017) states that by thinking optimistically, managing life goals, and facing suffering and failure positively can improve individual psychological well-being. But there are many factors that affect the decline in the quality of individual psychological well-being during the current Covid-19 pandemic.

Study of Brailovskaia et al. (2021) found that the Covid-19 pandemic made most teenagers in Germany, Italy, Russia and

Spain depressed, which increased the risk of decreased psychological well-being and immune power. Teenagers experience double stress during a pandemic. Changed habits, fear of contracting or dying, receiving a lot of negative information from unreliable sources, and also being banned from doing activities outside the home (Widha, Rahmat, and Basri 2021)

There are some of the impacts of the pandemic, such as the emergence of feelings of fear and anxiety in the community, especially teenagers (Sumakul and Ruata 2020). This condition can reduce the psychological well-being of adolescents. The low level of adolescent psychological well-being causes various acquaintances that lead to criminal acts (Batubara 2017).

Lack of attention and affection from the family can also make the psychological well-being of adolescents to be low. Psychological well-being becomes the strength of adolescents to continue their lives even though they are in an incomplete family situation. Individuals who have psychological well-being have positive attitudes towards themselves and others, have meaningful life goals, have the ability to regulate the environment, have positive relationships with others and try to explore and develop themselves as much as possible (Ramadhani, Djunaedi, and Sismiati 2016)

Psychological well-being in adolescents is one thing that needs to be considered. Teenagers need psychological well-being in their lives to be more grateful and able to adapt well in society in the future. This indicates that psychological well-being is a force that is able to move adolescents to a better life so that the position of psychological well-being is at the forefront and is very important for adolescents (Abidin et al. 2020). Psychological well-being is combined with feelings of well-being and functioning effectively. Individuals who have high psychological well-being feel able to get

support. Individuals are satisfied with life and have a happy feeling (Suranto and Sugiarti 2021).

Researchers are interested in taking the theme of the psychological well-being of adolescents from broken homes in Tana Toraja and the factors behind the dimensions of their psychological well-being.

## RESEARCH METHODS

This research is a qualitative study with a theme analysis. The selection of qualitative methods in this study is because researchers want to understand the context or environment of teenagers from broken home families facing the problems they experience. The researcher also wants to empower individuals to be able to tell their stories and minimize the power relationships that often arise between a researcher and informants during the research process.

### Types of research

Phenomenological research describes what and how the informant experiences an event in his life. The experience of this informant can be in the form of phenomena such as insomnia, loneliness, anger, grief, or experiences experienced by teenagers who come from broken home families. This is what underlies the researcher using a phenomenological approach to know and understand the psychological well-being of adolescents who come from broken homes in Tana Toraja.

### Research subject

The subjects of this study were 5 people with criteria young lady between 12-23 years old, **domiciled** in Tana Toraja, and have been in a broken home for the last 10 years. The subject selection technique used in this research is snowball/chain sampling. Before carrying out the research, the

researcher first gave informed consent as a sign of consent from the informant willing to be involved in the research.

### Method of collecting data

To collect authentic data, researchers used observations and interviews. The type of observation used is passive participation observation, the researcher comes to the place where the subject's activities are observed but are not involved in the subject's activities. Aims to see how the subject interacts with his social environment.

In the interview process, the researcher not only asks questions, but gains an understanding of other people's life experiences. This can only be obtained by in-depth interviews. With in-depth interviews, researchers will capture the meaning of the information provided by the subject or participant in their experience. The semi-structured interview conducted on teenagers. They come from broken home families.

### Data analysis technique

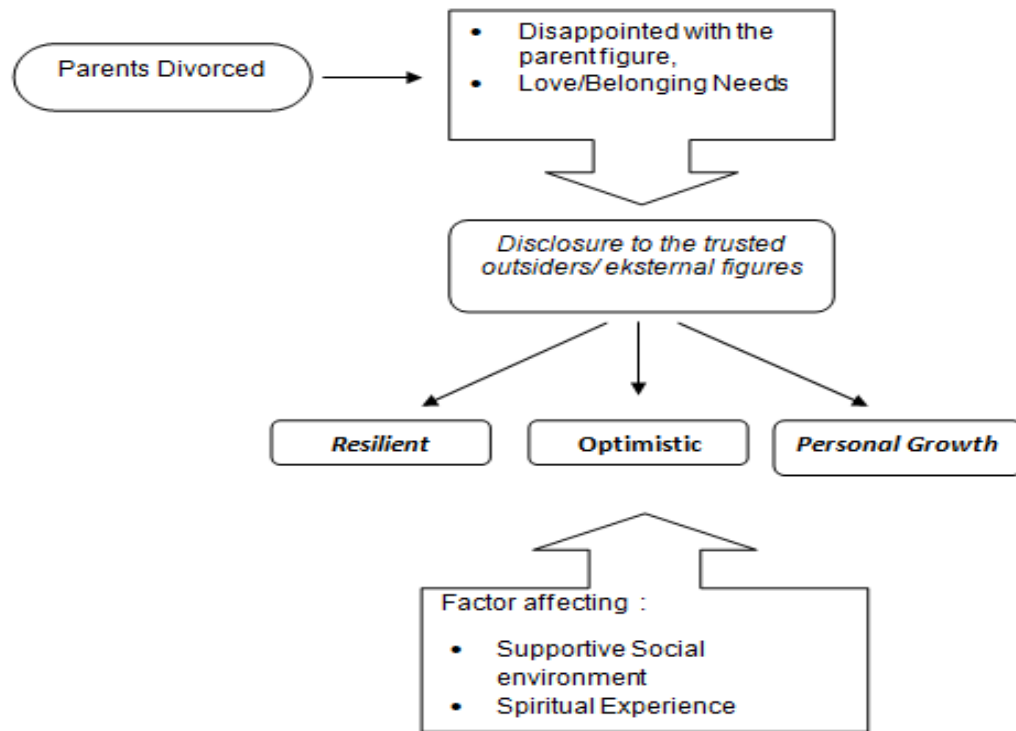
This research has a qualitative technique in general starting from data reduction, data presentation and conclusions and verification. Data analysis begins with preparing and organizing data, namely, text data such as transcripts or image data such as photos for analysis, then reducing the data to themes through the process of coding and summarizing the code and finally presenting the data in the form of charts, tables, or discussions. This research is looking for imperial inquiry and reflective inquiry. In imperial inquiry there are meaning units and formulated meaning. While reflective inquiry uses a subtheme (interpretative analysis). Researchers look for themes that match the meaning of broken home teenagers in Tana Toraja.

## RESEARCH RESULT

Five young ladies from broken home families agreed to participate in this study. Two subjects are in college, two are in high school and one other person chooses to work rather than continue their studies to

college. The five subjects in this study were in a broken home for 10 years.

The following is (Picture 1) a visualization of research findings about the dynamics of psychological well-being in adolescent girls whose parents divorced in Tana Toraja:



**Picture 1. The dynamics of the PWB description of Adolescent Girls from Broken Home Families**

The analysis of this research produces six main themes that can describe the psychological well-being of adolescent girls from broken homes in Tana Toraja. The six themes are disappointment with parental figures, the need for love (love/belonging needs), disclosure to the trusted outsiders/external figures, resilience, optimism, and personal growth. The following is a description of each theme found from the interviews:

### Disappointment of Parents Figure

The four subjects of this study (S1, S2, S3, and S4) had disappointment with their parents who were having an affair and

divorced, because at their young age they still needed love from both intact families.

RDY's subject admitted that he was disappointed in his biological mother, even though he still respects his mother

The subject of AJD expressed his disappointment after knowing the conditions that occurred between his parents, but the subject of AJD did not want to be selfish and wanted to be more mature. Likewise, the subject of Vivi, also still has feelings of disappointment to her parents.

This is reinforced by a statement saying that the relationship with his parents is not as close as it used to be. Vivi's subject has also accepted the fact that she became

a child of a broken home. However, until now he had not been able to shake off his disappointment.

While S5 has a different life from the other four subjects, this MS subject lives and is raised by his grandmother. He expressed the sad feelings he had experienced since he was in a broken home, he was also a stubborn child at that time.

Almost all subjects expressed their feelings of sadness and disappointment after knowing the fact that their parents did not get along and finally, they had to be in a broken home.

### ***Love/Belonging Needs***

The need for affection is the most important thing obtained from the family environment because it is the smallest part of the earliest interaction with us. Every family wants to feel that they have a place in their family, to feel cared for, heard and not ignored. Parents can fulfill their children's need for affection by helping them grow into adults, giving advice when they are having problems and so on.

However, unlike what was experienced by the five subjects in this study, after being in a broken home, the affection from their parents decreased. The desire for parents to be able to reconcile and become a complete family again so that they can get the love from both parents is a hopeless hope. The affection they don't fully get from their parents currently makes the subject feel disappointed with his parental figure.

### ***Disclosure to the trusted outsiders/external figures***

Despite having disappointment with parental figures due to divorce and infidelity, the five subjects in this study had self-disclosure to people they trusted, be it to their closest relatives such as aunts, friends, or school friends.

The five subjects admitted that they often vent or tell their condition to their

friends or aunts. They also admit that with friends and closest relatives they can trust, they forget for a moment the problems they are experiencing.

The existence of an attitude of self-disclosure to others makes the subject not close and protracted in sadness after being in a broken home because self-disclosure also determines the process of social interaction which includes psychological elements of individual communication.

### ***Resilient***

No individual wants to be born into a broken home family. The five subjects in this study also did not want this to happen, but with some uncontrollable conditions resulting in them being in a broken home condition.

In addition to having the ability to open to others they think they can trust, the five subjects in this study were also able to get out of uncomfortable conditions. They can cope and adapt to severe events or problems that occur in life.

The deep disappointment caused by the actions of their parents slowly faded over time and made the five subjects in this study continue to live their normal lives as if they were still trying to finish their education.

In a statement, S3 stated that he had to work hard to earn money and did not want to depend on his parents. S3 indirectly became the backbone of his family for the happiness of his younger siblings.

Getting used to the condition he was in was something S4 did, he revealed that it was impossible for his parents to reconcile because his parents often quarreled; S4 finally gave up on the condition he was in and tried to get used to it. S4 admitted that at first it was still very difficult to get used to the condition he was in, but over time he began to get used to it.

### **Optimistic**

Applying an optimistic attitude in everyday life is an important thing to do, because this causes a person to have good mental health, so that psychological well-being can also be fulfilled. Optimism is a state when someone is motivated in him. They will see everything as an opportunity rather than a problem.

The five subjects in this study had an optimistic attitude for the development of their lives in the future. They revealed that, there is no point in them being sad, being a successful person and being able to make their family happy is one of the desires of the five subjects in this study. S1 has a simple desire, by being a useful and devoted child to his parents and being able to make them happy is what he really wants.

### **Personal Growth**

A fully functioning person will develop continuously and go through the process of "becoming" instead of reaching a constant state where all problems have been resolved. The three subjects (S1, S4, and S5) in this study were finally able to develop themselves well. They are aware that what they have experienced and has happened is not an obstacle to make them more successful and make their loved ones happy, even though they still feel disappointed with their father or mother until now but try to be sincere.

Based on the results of the analysis, there are several factors that affect the psychological well-being of adolescents from broken home families, namely as follows:

**a. Supportive Social Environment**, this includes a sense of comfort, attention, appreciation, or help that a person gets from a relationship with a partner, family, and friends at school and so on. Having a supportive social environment can lead to feelings of being loved, valued, cared for, and as part of a social

network such as community organizations within individuals. The five subjects in this study had a supportive social environment from family, school, and friends.

**b. Spiritual Experience.** The five subjects in this study have different spiritual experiences because spirituality is individual so that the spiritual experience of one individual with another individual will not be the same. Spiritual experiences also relate to one's hopes in life and good wishes after death. The spiritual experiences experienced by the five subjects in this study were, the more they got closer to God Almighty and the more they evaluated themselves and thought rationally that the conditions they experienced had wisdom behind them.

### **DISCUSSION**

The results of this study indicate that most individuals are able to develop their psychological well-being even though they have gone through difficult situations, especially parental divorce. Rifayanti et al. (2021) support the results of this study that psychological well-being can help individuals in increasing personal growth. Someone with high psychological well-being has a feeling that the self is growing and developing, is open to new things, is aware of one's own abilities, and makes self-improvement from time to time.

Different from the research results of Ramalisa, Marpaung, and Manurung (2020) that the psychological well-being of employees has a low correlation due to high job insecurity. The results of this study are not in line with previous studies where adolescents get adequate psychological well-being because the environment is safe and supportive, while the employee's workplace is not safe and supportive. Individual efforts to continue to draw closer

to God can trigger psychological well-being as a research of Tanzeel (2017). This research data is supported by Tanzeel (2017) revealed that spirituality not only has a positive correlation with psychological well-being, but also as a significant positive predictor.

Harjanti (2021) explained that spirituality has a positive significant correlation with psychological well-being. The spirituality factor was also found in this study by getting closer to God Almighty. Spirituality is a factor that affects the psychological well-being of adolescents is high religiosity as in the results of this study. Religiosity is one of the factors that can improve psychological well-being (Indrawati 2019). Some aspects of religiosity are directly related to psychological well-being. Individuals who practice worship regularly will have a good effect on mental health. In addition, people who have high religiosity have good religious knowledge and experience so that they always interpret positively every disaster they experience.

Supportive family environmental factors contribute to the child's psychological well-being. The connection in this study is that there have been many divorce cases that have made the family fall apart. However, this study shows that the family environment provides support to adolescents so that they can deal with problems positively. The results of this study are significant with Sa'adah's (2017) research that positive parenting will support the psychological well-being of children. There is a common value that a warm, safe, trusting, and responsive relationship to children's needs will foster better psychological well-being.

One of the effects of good and positive parenting is resilience. Resilience triggers adolescents to survive in determining attitudes and solving their problems. The results of this study are corroborated by Purwanti and Kustanti (2018) that resilience provides an effective contribution of 77% to

psychological well-being. Adolescents can be resilient to various difficult situations at this phase of their life plus after the divorce of their parents. This statement is in accordance with the description of adolescent research in Tana Toraja.

Teenagers continue to develop and recognize situations that have never been experienced before. The results of this study are that during the last 10 years, adolescents feel optimistic about their current family. By thinking optimistically, it encourages individuals to be more positive in looking at problems and fosters the ability to survive in the face of adversity (adversity quotient). Most teenagers can display a better personality, this indicates an optimistic individual. The results of this study are the same as the findings Awaliyah and Arruum Listiyandini (2018) that individuals with good optimism will also have good self-adjustment so that in the end it will improve psychological well-being.

The urge to correct mistakes or become better is already present in the subject. The three of the five subjects were able to develop themselves for the better. They are no longer blaming parents or their circumstances at that time and in this moment. Individuals, who have good personal growth have a feeling to continue to grow, see themselves as something that is growing, realize their potential, and are able to see improvements in themselves and their behavior from time to time (Eva and Bisri 2018)

This study is much different from the research of Irani and Laksana (2018) where the individual's psychological well-being is low due to poor self-concept and self-disclosure. The results of this study indicate that individuals have a more open mind to new things, while the study shows that individuals think that they are not good individuals, bear bad influences, and are looked down upon by others. In addition, individuals show an attitude that tends to be

closed to others, easily offended when receiving critic from others, less able to trust others, and rigid.

This research has been carried out and according to scientific procedures, but still has shortcomings and limitations in its implementation, including:

1. The process of finding subjects in this study was quite difficult because there were some subjects that were difficult to find because the conditions during the data collection process were still during the COVID-19 pandemic.
2. Researchers only used five subjects, because it was quite difficult for researchers to find subjects that matched the criteria for the subjects in this study. One of the criteria is a teenager.

## CONCLUSIONS AND SUGGESTIONS

The description of the psychological well-being of adolescent girls from broken home families in Tana Toraja is, starting from disappointment with parental figures because of the need for affection, but openness to the social environment allows the subjects in this study to remain optimistic and have personal growth. The factors that affect the psychological well-being of adolescent girls from broken home families in Tana Toraja are due to a supportive social environment, age, and spiritual experiences.

The suggestion of this research is that I hope the subject still has a good psychological well-being to help his survival in the future. For the five subjects to further improve their learning achievement both in academic and non-academic terms, to be an inspiration for teenagers in general that being a child of a broken home is not a barrier to continue to increase their potential, to continue to be a confident individual, able to build good relationship with parents and other people in the social

environment and able to behave and think positively about life.

The parents should give more attention and needs of children that must be met properly so that later they grow into a proud generation. Especially for parents who choose to divorce, so that they are wiser in responding to their role as parents and remain able to work together to meet the needs of their children.

To teenagers who have experienced parental divorce, so that they are able to respond positively to every event that occurs and get closer to Allah SWT. For further research, it is recommended to use unique and inspiring subjects so that the results of the research deeply and interesting.

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