MENTAL HEALTH PHENOMENA OF STUDENTS FROM BROKEN HOME FAMILIES IN MAN 2 MEDAN MODEL

Nabila,[1] Zainun[2]

[1,2] North Sumatra State Islamic University

Jl. William Iskandar Ps. V, Medan Estate, District. Percut Sei Tuan, Deli Serdang Regency, North Sumatra 20371

nabila0102201072@uinsu.ac.id   zainun@uinsu.ac.id

Abstract

The family is the first and main place of learning for children. However, not all families can be a comfortable learning place for children, especially broken home families. Broken home students are vulnerable to mental health problems and need to get the right support. This research aims to determine the mental health condition of students who experience broken homes due to their parents' divorce. The method used in this research is a qualitative method with a descriptive qualitative approach. The data collection techniques used were observation, interviews and documentation. The research results showed that five MAN 2 Model Medan students accepted their parents' divorce, but it had an impact on the students' mental health conditions. This is indicated by changes in students' emotional, social and behavioral changes. Apart from that, there are also developments experienced by students which are supported by several external and internal factors.

A. INTRODUCTION

The family is a very important forum between individuals and groups as well as the first social group. Family is the place where children, mother, father and siblings communicate. Family is the first person children meet for the first time to teach them about life with other people. Until school, children spend all their time in the family unit(Wardani et al., 2022).Mental health in adolescents, especially those from broken home backgrounds, is more likely to have conflict between parents, is seen as low in environmental and social prejudice, and is more likely to behave in ways that do not conform to social norms.(Suhartini & Amelia, 2024).

According to Darajat, mental health is harmony in life that is achieved between the functioning of the soul, the ability to face the problems faced, and being able to feel happiness and one's abilities positively. He further emphasized that mental health is a condition where a person is protected from symptoms of mental disorders (neuroses) and symptoms of mental illness (psychoses). Mental health refers to the health of all aspects of a person's physical and psychological development. Mental health also includes efforts to overcome stress, lack of adaptability, interaction with other people, and decision making. Every person's mental health is different and its development is dynamic(Fakhriyani, 2019).

According to Gintulangiet(in Sari et al., 2023)Not all children grow up in happy and harmonious families, one example is parental divorce, which causes children to experience broken homes. A broken home family is a condition of disintegration in the family caused by divorce, death of a partner, or a husband and wife relationship that no longer shows affection.

According to Willis (2015), a broken home is a reflection of a family that is no longer perfect, which is caused by divorce or the death of one of the child's parents, father or mother. A broken home family is also indicated as a family that lacks harmony, there is no good relationship between family members, especially father and mother, who often show no sense of affection.(Rusni et al., 2022). In line with opinionNajmudin (2021),broken home is a family condition that is no longer harmonious and does not function like a harmonious, peaceful and prosperous family.

In this case, it certainly has a different impact on a child in terms of education, mental health and social environment. The impacts that occur on children after a divorce at home are as follows: First, children will experience psychological disorders due to divorce that occurs indirectly. Children will directly feel a very deep loss because their parent figure is no longer complete. This is followed by his playing habit of always being accompanied and spending time playing with his parents and socializing with the people around him. In addition, the psychological impact on children who are homeless includes developing an unhealthy personality, emotionality, and lack of responsibility(Mamuly & Paunno, 2021).

Second, the impact of broken home education greatly influences the victim's mindset. As a result, the education of children from predominantly broken homes is not good and many do not achieve their academic goals(Yuli, 2020). Another impact of a broken home will also cause trauma to children. This is because parents provide harsh care, which increases the child's shyness in his immediate environment and in his social life(Susanti & Widyarto, 2021).

Broken homedoes not always have a negative impact on children, but most children see it as negative things such as anger, emotions, as if they are lonely, and always think about blaming themselves, feel haunted by fear, and are easily influenced by an environment that is not well, which causes difficulty socializing and low enthusiasm for life(Ichsan & Rera, 2021).Poor mental health in broken home students tends to have an uncomfortable family environment, growing up in a negative atmosphere, which has a negative impact on their academic continuity due to emotional instability due to a broken home.(Amala et al., 2023).

The phenomenon of broken home families has become commonplace in today's society. Broken families refer to couples who have problems in the household who decide to end their relationship through divorce, which usually means that the child's parenting style and social environment do not affect the child's psyche. Due to a lack of attention and affection, or because parents do not play a role in the child's education and development and therefore do not follow norms, children feel like they have lost a role model who should be a moral example for children.

Previous research conductedSigiro et al., (2022) which shows that there is a positive side to children in broken homes. Other research from(Ariyanto, 2023), show thatThe impact of behavioral problems in children who come from broken homes, there are those who behave well and behave less well due to their family background. Research was also carried out byHudi et al., (2024)based on the results of existing research to determine the emotional and mental state of adolescents caused by several factors such as parental divorce, bullying, sexual harassment, past trauma and unhealthy lifestyles. However, this research is different from previous research in that this research focuses on students who experienced broken homes due to their parents' divorce.

Apart from that, research was also carried out(Hudi et al., 2024)achildren who come from Broken Home families which definitely has an impact on their mental health which impacts their daily behavior shows that disharmonious, unstable family conditions, broken homes can cause the development of unhealthy personalities in children. The form of mental health intended includes aspects of children's emotions, responsibility and sociability. The forms of frustration reactions shown by informants were aggression, withdrawal, and compensation

Research conducted by Wilma Fransisca Mamuly showed that the results of the research from 43 students of SMP Negeri 40 Pekanbaru were in the medium category, namely 83.72%, while the behavior they carried out was that they easily forgave people who hurt them, were able to get out of the sadness they experienced, try to forgive friends who bother them, do their assignments responsibly, parents pay attention to their children's interactions and they feel happy with their lives(Mamuly, 2021).

Ceria Galissa Victoria's research This research uses descriptive methods with a quantitative approach. The instrument in this research used a questionnaire with a Likert scale. The data collection technique uses total sampling. The results of this research are that students' mental health is in the high category, meaning students whose parents are divorced have good mental health. Male students whose parents are divorced have better mental health than female students. In the psychological aspect, students have the nature of respect and care for themselves and others. In the social aspect, students have a sense of tolerance and are willing

to accept regardless of social class, level of education, politics, religion, ethnicity, race or skin color.(Victoria et al., 2018).

Based on the previous studies above, there are differences with the current study which can be seen from the theory used, methods and focused findings. The aim of this research is to look at the mental health conditions of students who experience broken homes. Based on the description above, the researchers conducted research entitled "The Phenomenon of Mental Health of Students with Broken Home Families at MAN 2 Model Medan."

B. METHODS

This type of research uses qualitative research methods with a descriptive qualitative approach.The descriptive method aims to search for theory. The main characteristic of this research method is that the researcher is directly involved in the field, acts as an observer, creates categories of actors, observes phenomena, records them in an observation book, does not manipulate variables and focuses on natural observations.(Handayani, 2020).Data collection techniques were carried out using 3 techniques, namely observation, interview and documentation techniques.

1). Interview, is a data collection technique that involves direct interaction between researchers and research participants. Qualitative interviews aim to gain an in-depth understanding of individual experiences, views and perspectives regarding the phenomenon under study. 2). Observation is a data collection technique that involves direct observation of participants and the context involved in the research phenomenon. Observation provides researchers with the opportunity to observe social interactions, behavior, and contexts that are relevant to the phenomenon under study. 3). Documentation involves collecting data from documents, archives, or other written materials related to the research phenomenon. The documents used can be notes, reports, letters, books, or other official documents.

The researcher's presence in this research is as a data collector and as an active instrument in efforts to collect data in the field.This research was conducted at MAN 2 Model Medan. In this study, researchers used 5 respondents

as samples in this study. The criteria in this research are students who experience broken homes, namely:

No	Name	Age	How Long Has Been a Broken Home
1	S.A	17	Since the age of 15 years
2	SY	17	Since the age of 2 years
3	ZA	17	Since the age of 12 years
4	AU	17	Since the Age of 8 Years
5	TO	17	Since the age of 2 years

Data analysis can be carried out using the stages of data reduction, data presentation, and drawing conclusions. The research data validity method uses triangulation as a technique to check the validity of the data. Triangulation is a data validity checking technique that uses something else to compare interview results with four research objects. Triangulation in this research, the researcher only used examination techniques by utilizing sources.

C. RESULTS AND DISCUSSION

From the results of data collection carried out at MAN 2 Model Medan using observations, interviews and documentation, several information was obtained that supports the research carried out by the author. This research will discuss two main topics of research results, namely: 1) The mental health condition of broken home students, and 2) The impact of broken homes on students' mental health conditions. The main topics will be explained as follows:

1. Mental Health Conditions of Broken Home Students

From the results of interviews conducted with broken home students at MAN 2 Model Medan, according to Darajat, there are several indicators of mental health, namely:

a. Ability to Face Problems Encountered

From the results of interviews conducted with SA students, he stated that his ability to deal with a problem was that he tended to be alone first, then he could take action on the problem and make the efforts he did. "When I have a problem or when I face a problem, I tend to be alone first and think about what I should do about my problem. I take steps to solve

my problem, namely from defining the problem to choosing a solution by being alone."

In line with ZA, when facing a problem, he gave himself a break, because he realized that when he faced the problem straight away, without a break, ZA immediately lost control of his emotions. "For me, the way to deal with problems, especially big problems, maybe it's better to give myself a little break because if I just face it straight away I could lose control of my emotions, give yourself a break and develop a strategy to deal with the problem, the key to everything is just time and communication." and the most important thing is to give in, giving in will not harm us and will not make our self-esteem fall, in fact we will be calmer if in our heads it does not require us to win in that matter."

This bitter past makes children from broken homes have more empathy and sensitivity towards family problems. And of course they will understand more about how important family is in their lives. This positive impact arises because the child's perspective views this broken home from a good perspective, not being too carried away by emotions, disappointed, angry about the situation they are experiencing.

b. Able to Feel Happiness

From the results of interviews conducted with SY, when he feels positive about his happiness, he feels peaceful, calm and feels happy, however, when he feels happy, he limits himself to being happy, don't overdo it, like now he is closer to his mother, he feels happy because when he grows up he needs mother's role in his life. "Maybe if I'm happy now I can be close to my mother, because I used to really feel alone and couldn't open up to my mother, and now I feel very happy because when I grow up my mother will listen to my complaints."

In contrast to AU, the highest point of feeling positive is when he is not curious and does not interfere in other people's problems. What he does when he feels positive about his abilities is to worship because that way he feels calm about his happiness. "The highest level when I feel positive is when I am no longer curious and too involved in other people's affairs, maybe there are many changes from several events in my life, in fact

the positive activities I feel when praying make me calm and feel positive about happiness I"

c. Positive Self-Ability

Next, the results of interviews conducted with TO students, their ability to be positive when socializing with people around them is very good because they have an extroverted soul and the ability to interact well with other people. In improving their social skills, they practice talking to people around them and become a good listener. for people around. "I have an extroverted soul so I feel that my ability to socialize positively can be seen from communication, understanding other people and building good relationships with people around me and there are several ways I can improve my social skills, namely by practicing talking to people around me and Be a good listener to those closest to you."

Having faced many obstacles for children who live in broken homes, this will actually make children more independent, stronger and more mature. Because the problems they experience can make them understand more about the meaning of life and make them strong to face problems in the future, this can also help shape their character and mentality to become adults earlier.(Sigiro et al., 2022).

Based on the expressions of the three indicators above, it can be analyzed as Susilawati said, a positive pattern, namely mental health is an individual's ability to adapt to themselves and their social environment (Susilawati 2017). In this case, the researcher concluded that with his condition,(NF Sari et al., 2018). According to Marie Jahoda, mentally healthy people have the following main characteristics:

1) A good personality attitude towards yourself means being able to know yourself well.

2) Growth, development and good self-realization.

3) Self-integration which includes mental balance, unity of view, and resistance to the pressures that occur

4) Self-autonomy which includes elements of internal behavior regulation or free behavior.

5) Perception of reality, free from distorted needs, and has empathy and social sensitivity.

6) Ability to master the environment and integrate with it well(Khanza et al., 2024).

It can be understood that the characteristics of a healthy mentality are having a good personality, being able to develop and grow oneself, being able to overcome all forms of pressure and problems, having self-integration, empathy and social sensitivity, and easily adapting to the environment well. By referring to this theory, it can be seen that X shows healthy mental characteristics. Like X is able to develop himself and can overcome the problems that occur to him(Mamuly, 2021).

2. The Impact of Broken Homes on Students' Mental Health Conditions

Based on the results of interviews with students at MAN 2 Model Medan, the existence of broken home cases that occur in families, especially among students' parents, has an influence on children's mental conditions which can be stated as follows:

a. Student Emotional Changes

Emotionally, the mental health conditions that occur in some students include changes in mood, from feeling fine to suddenly feeling sad, experiencing rapid emotional changes in a short period of time. As in SA's statement, "Since the divorce occurred, I have felt sad, even though at that time I didn't feel like there was a problem or something that made me sad, and this often happens not only when I'm alone, but also when I'm with friends, I often feel suddenly sad. "

Apart from that, it is also characterized by sensitivity, usually people who have this sensitive nature tend to think about other people's words or other people's actions towards themselves, such as being irritable and easily angry very quickly. In line with what SY said, "Even on things that don't need to be a problem, I feel offended very easily, but after that I realize that it was the wrong action, for example when someone tells me that the action

I did was wrong, I immediately get offended, even though that's what he said. Correct."

Next, ZA experienced difficulty concentrating, who said that the reason why her parents divorced was because of arguments and even domestic violence (KDRT). This has often been done since she was small, ZA is the first child and has 3 younger siblings, not only her mother, but also her victim of violence perpetrated by his father. "Previously I had no difficulty concentrating in studying, but I started to feel this when my father committed acts of violence against me and my mother. This made my mind start to become messy and had a direct impact on my concentration in studying and it became difficult."

Emotions are psychological situations which are subjective experiences that can be seen from facial and body reactions. Divorce is something that must be avoided, so that children's emotions do not become disturbed. After divorce, children from pre-school through late adolescence can experience deficits in emotional development. Children of all ages may experience sadness and depression, which are long-term emotional states or can persist for several years after a parent's divorce.

In the process of children's emotional development, forgiveness has a good influence on children who experience broken homes, Enright(Nurhikma et al., 2023)defines forgiveness as a person's desire to forget anger, negative judgments and indifferent behavior towards other people who have hurt him. This is caused by harsh parenting patterns which increase the child's shame towards their immediate environment and social life. If a child experiences trauma, but all this time he always feels happy and always gets warmth from his parents, then this situation is very painful for him. Because it's hard to accept the situation. This causes trauma and makes it difficult to forget, resulting in very severe trauma(Ardilla & Cholid, 2021).

This is in line with previous studies. Parental separation greatly influences children's emotional conditions. The child feels a sense of loss, grief, sadness, fear, anger, all mixed up and shaken. Restlessness about having to live with his father or mother, and also the feeling of losing a

parent figure, or feeling like he is no longer loved by his parents can also be the cause. . It is not uncommon for children to feel angry or even blame themselves for being the cause of their parents' separation. Some children from broken homes also experience mood swings or other mood disorders. Some of them choose to withdraw from social interactions, are reluctant to socialize, and lack self-confidence. Divorce also contributes to encouraging antisocial behavior in children. Broken home children are at risk of being naughty, proactive, like to say and do rude things, lie, and even fight with friends(Suhartini & Amelia, 2024).

b. Student Social Development

Social development is the process by which students learn to adapt to understand situations in interacting with the people around them. Students' social relations with their environment can be said to be on a positive track. Students have good friendships, support each other and do not put each other down. This is a supporting factor for students not being easily influenced by negative things because the environment is not stressful. As in the AU statement "I very easily interact with people around me, such as communicating, listening and observing things around me, this is what makes me have no problems with the environment around me, even in friendships everything is fine."

c. Changes in Behavior

In terms of changes in behavior, there are changes that occur, such as participating in brawls and so on, this happens because the parents are busy with their respective jobs so that the child has received less attention and care from his parents since the divorce. As TO said, "I am more easily influenced by negative things because I don't have a guiding figure and that makes me a freer person because of the lack of attention and concern that I don't get from my parents, even just to communicate. It's rare because my parents are busy with their respective jobs."

The family plays a very important role in the growth and development of children and humans with various needs, namely the need for love, the need for emotional support for children, and other attachment needs. These are the real psychological needs of individuals in a family environment. This shows how

important the role of the family is in the process of child and individual growth and development. Warm and healthy family functioning influences family health and psychologically impacts well-being(Daulay & Nuraini, 2022). A harmonious family is needed to create a conducive educational atmosphere. Conducive education will influence success in learning, so that it will have a positive impact on life in the future(Kurino & Rahman, 2022).

Mental health plays an important role for all ages, from children, teenagers, to adults. Good mental health is a state of inner emotional peace or calm that allows oneself to enjoy and respect the people around him(Kurnia Ersami & Aditya Wisnu Wardana, 2023).Parental divorce can have an impact on children's learning motivation being low due to lack of attention from parents and encouragement or motivation to learn from parents(LSP Sari et al., 2023).

Broken homeis a family that is not harmonious because family members are no longer intact after the parents divorce. Divorce of course involves the separation of parents. In this way, children become victims and foreigners need to understand the problems caused by adults. All decisions in the divorce court process are regulated by law, so children cannot choose which parent will live with them(Anggita & Abduh, 2023).

Divorce victims tend to suffer from anxiety for a long period of time. Gradually, this fear manifests itself in the child's immoral behavior. For example, Sir likes to skip school, behave aggressively, drink alcohol and use drugs. Child delinquency is a form of fear and expression of disappointment, especially for children in the transition period(Jannah, 2022). According to Simon (2021) also revealed that the increase in aggressive behavior among students is caused by the high divorce rate which ultimately leads to deviant behavior that endangers other people. Looking at the article above, teenagers from broken home families show aggressive attitudes and behavior, deviant social behavior, and wrong thought patterns(Simon et al., 2021).

Children who have broken homes are not always synonymous with the negative stigma that exists in society today. When broken home children express sadness because of their family, it is often considered excessive. This is what can

cause increased depression and stress in broken home children. Special attention or special treatment is not what they want. However, what they need is how to respond to this situation and help change their mindset. What can be done is, by listening to their stories, help them recover from their problems, don't let them keep their problems bottled up for a long time which can disrupt their physical and mental condition.(Sigiro et al., 2022).

Communication is one of the important factors that directs broken home children to have a negative or positive impact. This is in line with research by Apriliana et al., (2020) which concluded that there is a significant influence between communication and children's depression levels. Parents who rarely communicate with their children or communicate in the wrong way can have an impact on children's psychology. When a child is depressed he will do bad things such as skipping school, drinking alcohol, smoking and even committing suicide(Apriliana et al., 2020).

However, a broken home does not always have a negative impact. According to previous research, namely bySigiro et al., (2022) which discusses that there is a positive side to children in broken homes. The positive side that was obtained was that the respondent became more mature when an argument occurred between his parents. Apart from that, respondents also learned to be stronger when under pressure when they did not get support from their father or mother.

Those who grew up in broken homes usually have a better understanding of the meaning of life compared to children who grew up in good families. This is caused by the routine experienced by children raised in broken homes, who have to live their daily lives without help or support from their parents. As a result, children raised in broken homes show that an independent attitude can help them succeed(Dedy Kasingku et al., 2022).

From the explanation above, there are several indicators of mental health, namelythe ability to face problems, the ability to feel positive about happinessand social skills. This is why the mental problems that occur in these students are not yet visible, whereas in this age range teenagers usually tend to be more emotional,

easily influenced by negative things, still immature in thinking and acting and able to accept the condition of their parents' divorce. So, having support from those around minimizes the occurrence of undesirable things and so far these students feel that they can accept this situation with grace and not focus on the wounds caused by their parents' divorce.

D. CONCLUSION

From the results and discussion above, it can be concluded that students who experience broken homes at MAN 2 Medan Model have not seen any significant mental problems in these students.Disharmonious, unstable families, broken homes cause the development of unhealthy personalities in children. The form of mental health intended includes aspects of children's emotions, responsibility and sociability. The forms of frustration reactions shown by informants were aggression, withdrawal, and compensation. Psychological and social impacts greatly influence the mental health of children who are victims of broken homes.

This is characterized by the existence of external factors that support the development of their mental health, both in terms of thoughts, feelings and actions they take. Factors that support this include the role of friends and a positive environment, even though their problems originate internally (family), but they still receive love, support and care from their parents. However, this problem does not mean that there are no changes occurring, both emotionally, socially and in the behavior of the students themselves. Therefore, there were no mental problems experienced by these students.

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