The Dynamics of Resilience in Muslim Adolescents from Broken Home Families: A Theological Analysis

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Abstract

This study aimed to determine the dynamics of resilience in adolescents who experience broken homes through a theological perspective. This research used a qualitative phenomenological method, and data collection was carried out using structured interviews. Data was obtained from subjects with the criterion of being teenagers who experienced broken homes. They were aged between 16 and 19 years. Data analysis was done by organizing and coding data, determining themes, searching for categories, describing categories, and discussing research results. The results showed that the subjects had different resilience. The most vital resilience arises from understanding good religious (theological) teachings. The forms of resilience found in this research include emotional conditions, emotional regulation, impulse control, self-efficacy, and social support. The resilience that is formed is caused by several factors. Judging from the subjects' statements, their resilience is formed by internal and external factors such as their inner will to rise from the adversity they have experienced and the support of those closest to them. Apart from that, the subjects experienced different impacts of broken homes, such as reduced parental love, reduced finances, changes in conditions at home, changes in the subject's personality, changes in interest in communicating with parents, and even the desire to commit suicide. From a theological perspective, Muslim teenagers from broken homes are more devious than teenagers from ordinary families because of the absence of theological values in their lives, so religious counseling for Muslim teenagers must be grounded on religious values. Religious counseling can be filled with activities such as instilling monotheistic values, theological or religious values, reading the Koran regularly, listening to lectures on Islamic themes, and reading motivational and Islamic books.

Keywords: Broken home, Muslim adolescents, resilience, Theological support.

Introduction

In the modern era, the phenomenon of broken homes is in greater evidence in the surrounding environment. A broken home can be said to be a family situation with single or divorced parents. According to Fathonah et al. (2020), a broken home is a dispute that occurs within a family, which causes a breakdown in the household or is one where one of the family members fails to carry out their role, thus creating a disharmonious atmosphere. A broken home can be seen from two things: (1) the family is broken up, namely the absence of one of the parents due to death or divorce, and (2) the parents are not divorced, but one or both parents no longer show affection. Children who will be most affected are children who still need guidance and direction from their parents (Rahayu & Astuti, 2022).

Adolescence is marked by physical changes and cognitive, social, and emotional events that occur appropriately. Normatively, adolescent development is indicated by increased independence, changes in family relationships, priorities, relationships with peers, identity formation, increased moral awareness and values, cognitive maturity, and everything that stems from rapid physiological changes. Adolescents are in a difficult development process and find themselves in a confusing period of life. Teenagers thus need attention and help from people they love and are close to, especially parents or family. However, in reality a lot families are divorcing, making it difficult for teenagers to get parental attention and look for shelter and a safe haven. This can be seen from divorce's risks and negative impacts on teenagers. Bad risks for teenagers, such as feeling neglected by parents, withdrawing from

their friends, performing actions they do not usually do, such as using harsh language, becoming aggressive, lacking emotional control, and having a distrustful self increase. It is not uncommon for teenagers to blame themselves and think that it is them the cause of their parents' divorce. This is due to the individual's age when they have begun to understand the ins and outs of the meaning of divorce and the consequences it causes, including economic, social, and other negative factors (Syahrir et.al., 2021).

Many problems arise due to disharmony or divorce, significantly impacting children. A child victim of a broken home is under pressure from problems at home. Other problems from outside can also arise, such as pressure from neighbors and the school environment (Damayanti, 2022). This will be disconcerting psychologically, mentally, and developmentally, especially during adolescence. The broken home phenomenon can occur in various groups, including teenagers (Zuraidah, 2017). Someone can be considered a teenager from 12 to 19 years old. Adolescence is a transition period from childhood to adulthood, where a teenager has passed childhood but is not yet mature enough to be considered an adult. Teenagers who experience broken homes tend to be gloomy (Karina, 2014). They need resilience to face the reality that occurs.

Resilience can be said to be a form of strengthening for adolescent individuals. Schools try to teach someone how to be tough by strengthening knowledge. Meanwhile, at the mosque, teenagers are provided with religious knowledge that strengthens their faith and becomes who they are. According to Khofifah (2022) resilience is something that every individual must have because resilience is closely related to the individual's stress level, where resilience plays a vital role in overcoming stress resulting from traumatic events in the past (Andrea & Awaliyah, 2022). Broken-home teenagers with a high level of resilience will quickly recover from adversity; they will more easily make peace with the circumstances they face compared to teenagers with a lower level of resilience. Broken-home teenagers with low resilience tend to take a long time to face the circumstances.

Teenagers who are victims of divorce in a household also feel like they have lost a figure and their role model. This causes the child to demand to readjust to the child. In line with Mone (2019) that parental divorce poses several risks to children, namely: (1) The child feels like he or she has lost a father or mother figure; (2) Decreased learning achievement; (3) they tend to blame themselves over their parents' divorce case; (4) They feel worried about losing affection. Ukoli et al. (2020) also explain that teenagers who have parents who are divorced and do not live at home are often more susceptible to juvenile delinquency based on the individual's need for a care environment, and meeting life's needs should be obtained from both parents in formative years. The forms of resilience carried out by teenagers tend to be different, so the term resilience dynamics is created (Hadianti et al., 2017). The dynamics of resilience is a dynamic process where individuals demonstrate adaptive functions when facing difficulties in their lives. According to Ran et al. (2020), the dynamics of resilience is a dynamic process where individuals can adapt well to their environment to survive in difficult situations accompanied by psychological stress (Putri & Khoirunnisa, 2022).

Previous research regarding resilience in broken-home adolescents is known to have similarities and differences with the research that the researchers carried out. In research conducted by Setyowati (2022), "Resilience for Broken Home Adolescents at (LKSA) 'Aisyiyah Bekonang Mojolaban Sukoharjo Orphanage Home," the similarity lies in the focus of the research, namely regarding the dynamics of resilience in teenagers from broken homes. The difference in this research lies in the research subject, where the research subject only focuses on teenage victims of broken homes at the 'Aisyiyah Bekonang Mojolaban Sukoharjo

Orphanage Home (LKSA), while the research that the researcher will carry out is teenagers in general.

Previous research regarding the resilience of broken-home adolescents is thus known to have similarities and differences with the research the researchers conducted. Previous research conducted by Khaira et al. (2023) regarding "Dynamics of Resilience among Broken Home Students at SMAN 1 IV Koto" has something in common with the approach taken, namely, qualitative methods. The difference in this research lies in the subject, which only focuses on students at SMAN 1 IV Koto, while the research that researchers will carry out is on teenagers in general.

Previous research regarding resilience in broken-home adolescents also differs slightly from the research researchers will conduct. Priyanto (2023) researched "Broken Home Students with Social Support as a Moderator." The difference in this research lies in the focus of the research being the formation of resilience from emotional regulation. In contrast, the research that researchers will carry out will focus on the dynamics of resilience in Muslim adolescents from broken home families: a theological analysis. Based on the explanation above, it is known that broken-home teenagers need resilience to accept reality well; they can then get up and plan a brighter future. Resilience in broken-home teenagers is different, giving rise to different resilience dynamics. Based on this background, the researchers were interested in conducting this research titled " Dynamics of Resilience in Muslim Adolescents from Broken Home Families: A Theological Analysis?"

Methods

A qualitative research method was used to examine the state of natural objects based on post-positivism philosophy, and the research results place more emphasis on meaning than generalization (Sugiyono, 2018). Qualitative research can also be interpreted as research that emphasizes the quality and importance of events, phenomena, and social phenomena, where behind these events is a meaning that can be used as learning to develop theoretical concepts. (Creswell, 2015) states that in qualitative research methods, five approaches can be applied: a narrative approach, phenomenology, grounded theory, ethnography, and case studies. Meanwhile, (Main et al., 2018) state that in qualitative research, several essential characteristics are relevant to the phenomenological method. In this research, the method used by researchers was phenomenology. This phenomenological research used a qualitative approach with open-ended questions to explore population diversity without the limitations of empirical cycles and coding methods. There were 4 participants involved in this research. This is a limitation as a larger sample should ideally be used. Nonetheless, it offered some useful pointers.

The criteria for selected participants were boys and girls aged 15-19 years experiencing a broken home situation. The researchers used purposive sampling participant selection techniques and obtained informed consent from the participants involved. The researchers conducted in-depth interviews to obtain information and made observations by taking notes to strengthen the alleged influence of resilience on broken-home teenagers during and after the interview process. The researchers contacted the participants who met the criteria and conducted interviews using two media, namely the Google Meet application and face-to-face meetings between the researchers and participants.

The in-depth questions allowed participants to discuss their broken home experiences, and the researchers could then quickly group participant answers based on the questions posed.

This research used qualitative techniques consisting of several stages, from data reduction, data presentation and data verification. Data analysis started from preparing the data obtained, organizing the data starting from text data and photos, which were analyzed and reduced to coding, and finally presenting the data in tables, charts, or in a discussion of the analyzed data.

Discussion and results

Broken home family from a theological perspective

A broken home is associated with a family crisis, namely a precarious condition in the family, where three-way communication in democratic conditions no longer exists. A broken home can be described as an incomplete family situation caused by divorce, death, or leaving the family (Karya, 2022). A broken home is a family situation and condition where there is no longer harmony, as many people hope for.

A peaceful, harmonious, and prosperous household can no longer be obtained because there is some commotion due to problems that fail to find common ground between a husband and wife. Many cases of broken homes occur in someone's household due to divorce and often other external or internal factors. There may have been a feud or a quarrel between the husband and wife in the household, and as a result, separation became their best choice (Muttaqin & Sulistyo, 2019). There are many causes of arguments in the family that result in divorce. One of the most significant factors is the lack of religious knowledge.

Religion, as a theology for life, greatly influences the formation of a harmonious family. A married couple's religious teachings will become a life guide in navigating the household. Married couples who understand religious teachings well will practice these religious teachings in their daily lives. The better a husband and wife practice religious teachings, the more harmonious their family will be. For this reason, religious teachings are fundamental in building a family full of peace. The Prophet Muhammad advised that choosing a life partner should be based on piety (commitment to practicing religious teachings). The Prophet Muhammad said, "Choose a partner based on religion (a person who practices religious teachings), then you will be happy (the family you build will be peaceful and prosperous) (Diniya et al., 2023).

From a theological perspective, a broken home is the failure of a husband and wife to practice religious teachings. One partner sometimes causes this failure. It may be that the husband does not practice religious teachings, the wife does not practice religious teachings either, and the husband and wife do not practice each other's religious teachings. If religious teachings are not applied daily, family life will be bland and prone to numerous quarrels. Other factors that cause divorce or broken homes are only secondary factors; the determining factor is religion.

The Emergence of Resilience Dynamics In Broken-Home Adolescents

Four subjects experiencing a broken home agreed to participate in this research. The four subjects were 19 years old and currently studying at college. This research can provide a picture representing the resilience dynamics of teenagers who experience broken homes

even though the sample was small. The four subjects experienced broken homes at different times.

The following (Figure 1) is a visualization of research findings regarding the dynamics of resilience in broken-home adolescents:
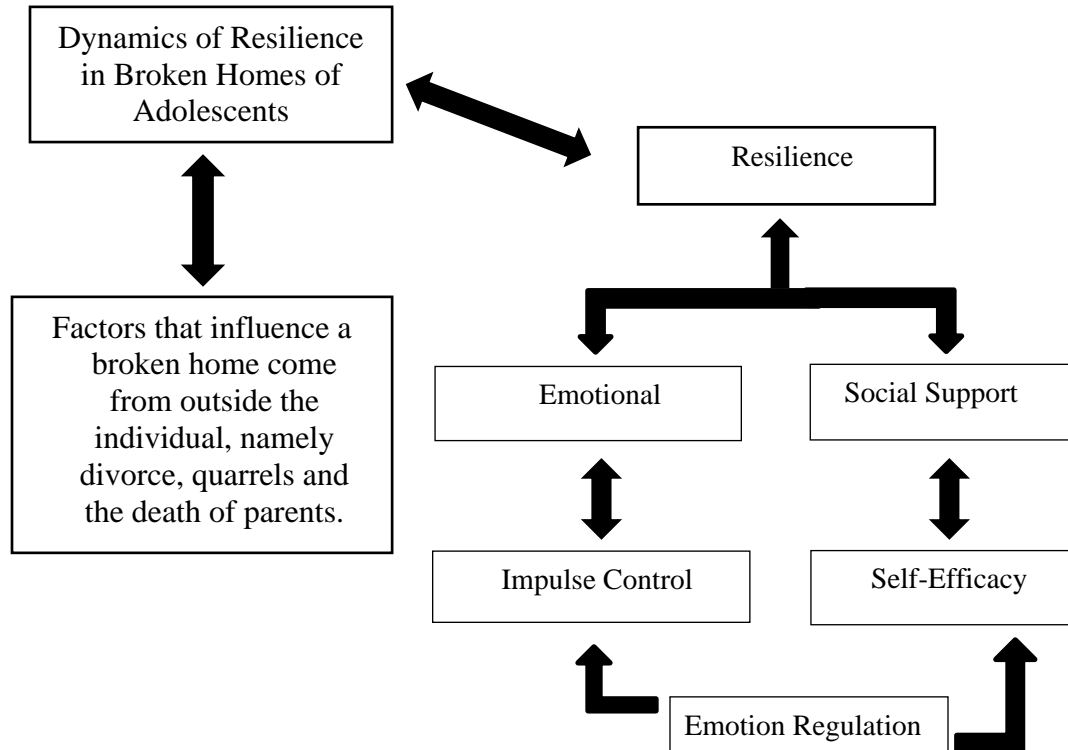
This research analysis succeeded in uncovering the dominant conditions that cause the emergence of resilience dynamics in broken-home adolescents: emotional condition, control impulses, emotional regulation, self-efficacy, and social support. The following describes each participant's dominant condition found in the interview results.

Emotional Condition

The four subjects experienced different emotional conditions depending on the cause of the broken home they lived in. The subject felt disappointed with the attitude shown by his parents, which led to the divorce of the subject's parents. The subject also said that he often felt worried about unpleasant things that might happen. This incident also caused the subject to feel confused about his feelings, and, at the same time, he lost respect for his parents.

Impulse Control

Three subjects have impulse control, namely avoiding the source of their problems. When experiencing a broken home - the subject tries to control the situation by avoiding interaction with his parents.

Emotion Regulation

Four subjects tried to control their emotions and adjusted the emotions that arose by being indifferent rather than angry with the subject's parents. They were thus choosing to be a more closed person, still respecting the subject's parents even though they had lost respect for their parents, and choosing to show a typical attitude such as having no problems at all when in front of the family and circle of friends, even this is though the subject has much on his mind.

Self-Efficacy

The self-efficacy of the three subjects varies according to the personality of each subject. At first, the subject could not accept this condition, but as time passed, the subject began to accept the situation experienced.

Social Support

Two out of four subjects received social support from their acquaintances. The subject thus obtains social support from people around him or her and people considered exceptional by the subject, who help the subject forget the broken home event.

Discussion

This research discusses the dynamics of resilience in broken-home adolescents. The subjects in this research were four teenagers who experienced the broken home phenomenon. According to Amalia and Pahrul, (2019), A broken home is related to a family situation that is less harmonious and does not function like a family in general because there is a problem that causes conflict in the household, leading to separation between husband and wife. Mu'jizah (2019) also said that a broken home is related to a family atmosphere that is not harmonious, which causes divisions in the family. According to Maghfiroh et.al., (2022), A broken home occurs due to the absence of one or both parents due to divorce or death. The four subjects in this research, namely AR, SA, CA, and MB, tend to have different causes of broken homes. According to Muttaqin and Sulistyo (2019), the factors that cause a broken home are communication disorders, egocentrism, economics, busyness, low understanding and education, and interference from third parties.

Subjects AR, SA, CA, and MB experienced severe changes and challenges in their lives caused by the broken homes they experienced. However, the impact experienced by each subject tends to be different. Subject AR felt that the changes were related to changes in parental love and financial ruin. The SA subject felt that he had experienced a change in SA's personality, becoming more closed, more stubborn, and feeling awkward towards his biological parents. Subject CA felt that his life had worsened and even considered suicide. Subject MB felt the changes were related to decreasing respect for his father. The different factors and impacts of broken homes on each subject give them different resilience dynamics. The dynamics of

resilience is a dynamic process where individuals demonstrate adaptive functions when facing difficulties in their lives.

Allen et.al., (2018) stated that resilience is related to differences in individual characteristics or traits, which can be used to help reduce stressors and overcome physical and social problems. Insani and Pratiwi (2021) also stress that resilience is related to the problem-solving function unit for individuals to improve their self-quality and recover from the worst situations they have experienced. In line with Howell (2020), resilience is related to teenagers' mental health determinants. Adolescents with poor resilience will more easily experience mental health problems and vice versa; adolescents with good resilience will have good mental health. According to Edraki and Rambod (2018), factors that can influence resilience are stress, depression and anxiety.

The dynamics of resilience found in this research are due to emotional conditions, impulse control, social support, emotional regulation, and self-efficacy. The dynamics of AR, SA, CA, and MB subjects tend to be different. The dynamic that emerged in the AR subject was accepting the situation that happened to him and being indifferent towards his parents. Subject AR controls the emotions that arise by acting indifferently because he does not want to be angry with his parents. Finally, the AR subject lives his life following the existing path. Meanwhile, the dynamics formed in the subject SA because of the divorce that occurred to her parents made SA even more enthusiastic about living a good life and showing that she could become a successful person. Apart from that, the subject responded to the impact of a broken home by becoming more closed and carefully choosing his circle of friends.

The resilience dynamic formed in CA subjects is the avoidance of situations that make the subject depressed, in this case, the avoidance of meeting the subject's biological parents. When the subject finds it difficult to adapt to new circumstances due to the changes after his adoptive parents died, the subject continues to try to become more independent. The subject has the idea that life must go on. When the subject has suicidal thoughts, the subject diverts his attention so that the thoughts disappear. The subject admitted that he showed a typical attitude, such as having no problems in front of his family and circle of friends. The subject responded to the impact of a broken home by becoming a more closed person who carefully chose friends. Meanwhile, the dynamic of resilience formed in the subject MB is self-control regarding MB's attitude towards his father. Even though MB is annoyed, he still appreciates and respects his father. The subject also instills the principle that you should live your life and not think about things that will burden your mind. Apart from that, the subject also read motivational books to help him control himself and his emotions.

Based on the explanation above, it can be seen that the resilience of AR, SA, CA, and MB subjects is different. This difference can occur because of support from the surrounding environment and the desire within oneself to rise from adversity due to the broken home phenomenon that subjects AR, SA, CA, and MB experienced. Research on the dynamics of resilience in broken-home adolescents is inseparable from its limitations. A limitation of this research is that several subjects were less open in answering questions from the researcher during the interview process. Apart from that, the age specifications of the subjects are less varied because all subjects are 19 years old. As stated, the sample could ideally have been more significant. Adolescents with broken home families show a picture of the dynamics of resilience as follows:

First, emotional regulation. Emotional regulation in adolescents who face problems with broken home families is carried out by trying to focus and calm in the following way: stay silent for a while, reflect on the problems that occur, and go away to a comfortable place and pray.

Second is impulse control. The problem of broken home families gives rise to impulses in teenagers, namely not wanting to communicate with their parents, leaving home, and wanting to do physical violence to their parents to stop the fights that occur between their parents. However, in controlling impulses that arise from broken homes and family problems, teenagers consider the actions they want to take, adjust their actions to the religious values they believe in, and think positively.

Third, optimism. The problems of broken homes experienced by teenagers make teenagers want to have good hopes for the future regarding their lives. Teenagers feel they must have a good life as 'revenge' for the fate of the life they are currently experiencing. However, sometimes teenagers feel unsure about themselves being able to achieve their dreams in the future; this is due to teenage trauma regarding the problems of broken home families. This gives rise to fear of getting married and thinking that ience something similar to the broken home situation they are currently experiencing in the future. in the future

Fourth, the ability to analyze problems. Teenagers know the causes of problems in their families, namely from the commotion of their parents' arguments. However, teenagers do not always focus on thinking about broken home family problems that are happening in their families because teenagers think that this is beyond their control. However, teenagers are more focused on directing themselves not to fall into broken home family problems, namely focusing on improving themselves, for example, by praying, focusing on studying, focusing on on-campus activities, and diverting their mind by going for a walk with friends.

Fifth is empathy. Teenagers can understand their parents' difficulties resulting from broken home family problems. For example, the economy is declining, parents are sick, and parents feel sad when facing a broken home. Teenagers try to understand the difficulties of their parents, for example, by not asking for more money to buy things they want, working to supplement college costs, buying medicine, and making tea for parents who are sick without being told or given money.

Sixth, adolescents' self-efficacy believes that they can solve the problems caused by the broken home families they experience, namely feelings of sadness, anger, declining economic conditions, and overcoming chaotic thoughts resulting from broken home family problems. Teenagers also believe they can overcome their problems, such as studying and their relationships with friends. However, sometimes, some doubts arise in teenagers, and they may tend to surrender to God about the situation they are experiencing.

Seventh, increasing the positive aspects of broken home family problems, teenagers taking lessons and learning for themselves as provisions for their future lives, namely becoming trained in solving problems, stronger, more challenging and spiritually teenagers become better.

Based on the explanation above, it can be concluded that teenagers with broken home families will be able to recover from their temporary problems. The teenager can be resilience. The results confirm research that shows that teenagers from broken homes can afford to face these problems with seven resilience abilities and become better in the future. Teenagers are expected to understand that life is not free from problems, because through problems faced by

teenagers, they become more mature individuals through experience and learn to find solutions to the problems (Detta & Abdullah, 2017).

Analysis of the Resilience Dynamics of Muslim Adolescents in Broken Home Families from a Theological Perspective

A broken home is defined as a broken family; there is no family attention or a lack of parental love for some reason, perhaps due to divorce, which causes the child to only live with one biological parent. Thus, a broken home can be seen from two aspects: a family whose structure is no longer intact due to someone's death or divorce, and a family that is not divorced, but one parent and mother are often not at home, and the children are not loved. A family with a broken home will undoubtedly influence the growth and development of children (teenagers); their development will not be as good as a complete family. Meanwhile, the family is the starting place for children to develop physically, emotionally, spiritually, and socially. In a study conducted by Ruksana Saikia (Research Scholar, Department of Education, Gauhati University, Guwahati. Assam, India) entitled *Broken Family: Its Causes and Effects on the Development of Children* stated that the Causes and Impacts of a Broken Home on Child development is the divorce of parents (Adli & Wahidin, 2023).

In fact, children from broken homes also have the opportunity to organize their lives for success and happiness. Their family situation is in disarray, resulting in their education being out of control, which has a terrible impact on their social life and daily life, as can be seen from their bad mental image, this gives rise to. Many people assume that children from broken homes have a bleak future, even though this assumption could be said to be wrong because, basically, children from broken homes also have the same rights in life and the opportunity to be successful and happy. In real life, we find many children from broken homes who go through their days overwhelmed by sorrow due to what they experience from the people around them and their own families. Broken-home children end up looking for peace outside the home, which they think suits them and makes their inner self satisfied by associating with people who want to accept them as they are without paying attention to the rules of life, which has a positive impact on their future, life is not controlled, does not want to be regulated, do what they think is good without caring about their parents' advice or the advice of other people who are deemed to disagree with them, in the long run if this is allowed to ruin their own life and future (Sitohang & Hermanto, 2022).

Adolescent children from broken homes are more ill-disciplined than most children. The reason for the delinquency of children from broken-home families is that they no longer receive love from their parents or family, so no one pays attention to these teenagers' religious education (theological values), morals, and spirituality in their lives is lacking. This is what makes children from broken-home families more wayward than other children. Therefore, these teenagers need special assistance. The quickest solution that can be done is to form a mentoring team. The mentoring team for children from broken-home families will have various tasks, such as implementing religious consultation assistance. Second, assistance in reciting the Koran. Third, mentoring children's jurisprudence (Supriadi et.al., 2019).

This mentoring model is a form of religious counseling for Muslim teenagers based on religious values. Religious counseling must be filled with activities such as instilling monotheistic values, theological or religious values, reading the Koran daily, listening to Islamic faith lectures, and reading motivational and Islamic books, which can help them find the meaning of life and face challenges through efforts to make peace with the broken home problems faced. After attending religious counseling, the teenager will likely find meaning in life and accept with grace the

problems that occur in a broken home. They will also be able to take a positive approach and prepare themselves to live a new life with new plans that have been set (Umam & Maemonah, 2021).

Conclusion

The important conclusions in this research are that each of the four subjects had different resilience. The most vital resilience arises from understanding good religious (theological) teachings. The forms of resilience found in this research include emotional conditions, emotional regulation, impulse control, self-efficacy, and social support. The resilience that is formed is caused by several factors. Judging from the subjects' statements, their resilience is formed by internal and external factors such as their inner will to rise from the adversity they have experienced and the support of those closest to them. Apart from that, the four subjects experienced different impacts of broken homes, such as reduced parental love, reduced finances, changes in conditions at home, changes in the subject's personality, changes in interest in communicating with parents, and even the desire to commit suicide.

From a theological perspective, Muslim teenagers from broken homes are more wayward than teenagers from ordinary stable families because of the absence of theological values in these teenagers, so religious counseling for Muslim teenagers should be based on religious values. Religious counseling can be filled with activities such as instilling monotheistic values, theological or religious values, reading the Koran, listening to lectures, and reading motivational and Islamic books. Suggestions for future researchers are that this research has shortcomings, so it is hoped that it can be further refined so that future research can discuss the dynamics of resilience in broken-home adolescents more deeply. Future researchers can choose subjects with more varied ages and explore further based on other factors that discuss the dynamics of resilience in broken-home teenagers to discover new things and explain this phenomenon.

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