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Psychological Dynamics of Young People on Broken Home Families



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Abstract: This research intends to find out the psychological dynamics of young people on broken home families in SMP Negeri 4 Malang, East Java, Indonesia; which are evaluated on 1) perceptions about their self, 2) perceptions about their family, 3) role in family and friends environment, and 4) reactions to family problems. This research using a phenomenology approach. We selected the subjects using the snowball sampling method. Data collection applied by interviews, observation, and documentation. The data analysis technique uses reduction, display, and verification of data while testing the validity of the data using the checking member design. The results of the study indicate various perceptions of broken home on young people on themselves and their families. The average self-perception is dominated by a sense of inferiority, feels unlucky as others, and also assumes to have the darkest life. Meanwhile, the perception of the family for broken home of young people, among others: family is a selfish, frightening, and unhappy person. Family conditions that are inharmonious also affect young people's behavior; broken home in family and friends. They show maladaptif behavior such as fighting and rant, loner, pleases to hallucinate, and resist. Young people from broken home families also do the Ego Defense Mechanism as a reaction in negotiating with their family issues.

Key Words: Psychological Dinamics; Broken Home Families; Young Peoples

INTRODUCTION

The family is the first and smallest social unit in the society (Horak & Yang, 2018). Good family condition can be called a peaceful family (Andayani et al., 2018), it will have a positive effect on young people's growth and development (Akhmetshin et al., 2019; Oktaviana, 2020; Pramono, 2020). Vice versa, poor family conditions will bring negative effect (Adisa et al., 2016). The poor family conditions can be called broken home family (Adu-Okoree et al., 2020). Young people who come from broken home families, it is not uncommon to practice on any problem in their life; especially in dealing with crisis period and developmental task. Many of them are looking for satisfaction in other places. As an outlet for unhappines in the family.

There are several results of the reseach about divorce. Many have revealed that young people have a high risk having problems development psychological, social behavior, and academic compared with young people of non-divorced parents. Previous research conducted by Aziz (2015) on 18 junior high school in Banda Aceh reported that the main issue by young people is social behavior caused broken family background. Broken the school rules, rough talk, fight, not moral, not polite, immoral, lazy to go school, escape from the classroom, not

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doing task, not have motivation to learn, seeking attention, disturbing friend and teacher as an example for young people with poor family background according to Aziz (2015). A research conducted by Wulandari (2016) in 5 junior high school Sleman, (Yogyakarta) mention that the high number of divorces in Sleman reached 1551 was recoded in 2014 and impact on the psychological condition in between looking for comfort out of doors, fall to wrong association, raises frustrations, bad social relation and unhealthy personalities as young people.

Poor family relationships are a psychological danger, especially in young people, because they do not believe in themselves and depend on family to gain a sense of security (Hurlock, 2004). Poor family relationships can cause young people to develop poor relationships with people outside their homes (Hurlock, 2004). The young people who see their mother or father beaten directly can experience shock and fear (Handayani et al., 2018). If witnessed this incident every day, it is likely that he will become traumatized, be quiet, often get angry, and even cry. Young people at the age of transition to adolescent who experience the dynamics of psychology most often along with searching for their identity and unexpected situation in house create anxiety so that young people will do things that they think can reduce the anxiety.

The Malang District Religious Court receives hundreds of divorce suits each month. In 2015, the total number of divorces in Malang reached 7,156 cases (Raharjo, 2016). Malang is the highest rate of divorce in Indonesia after Indramayu (Crossesa & Sindarti, 2019; Kulsumawati, 2018). The high divorce cases in Malang is also an impact on increasing the number of young people who should be confronted with the phenomenon of broken home.

At first glance, this phenomenon seems like there is no influence on the growth and development of young people. If we saw in general they are still able to play with peers, socializing in the school and the neighborhood, go to school, sit down and follow the teaching and learning activities as common young people, and can also be excellents both in academic and non-academic interest. However, ratings or the assumption can not be generalized, reaching all aspects of themselves, young people from a broken home does not hurt so that they could perform all normal activities such as young people in general, but the soul or psychic they are injured. The incident for the incident that they experienced and witnessed as when seeing both parents fighting, hearing the voice of the door slammed, gaining violence from members of the family, compared to with the child of the father or mother, watched the mother crying, or awaiting the return of the father who had gone days without the young people understand what really happened, will be recorded well in memory and into the unconscious.

Several factors influence human personality, one of which was an experience. Life experiences affect the way a person thinks, which results in the figure of a person who is produced by his experience and environment (Andinny, 2015; Titu, 2015). A young people who is raised affectionately in the family environment then he/she will live with love and friendship. A young people whose childhood is unhappy, full of suffering as well as rude and unfair treatment, then he will grow into a hard, prejudiced bad, overly vigilant cautious person. All of experienced will be recorded strongly in the unconscious and become "complex" or "positive potential" that will emerge in the age of adulthood without realizing it has become part of his personality.

Memories of conflict and violence within the family that goes into the subconscious will become a time bomb in young people who sometimes can explode at any time. It can be found in the case of bullying; become arrogant; fights with fellow students or teachers; play truant; falling in with the wrong crowd; is not eager to learn; as well as the young people who choose to use drugs as a form of rebellion of a turmoil in him who became a psychological dynamics that need further study. We can define the psychological dynamics as any psychological symptoms in individuals that may influence their interactions with others shown by the young people with the family background of a broken home and rarely recognized by both educators

and parents so that this phenomenon needs to be revealed deeper. In the case of a broken home, can indirectly affect the psychological dynamics of young people, such as personality, perception, attitude, emotion, behavior, reaction to frustration and other psychiatric symptoms that can affect their development.

The phenomenon of young people on broken home families is included in personal and social guidance. Personal and social tutoring is a guidance service that aims to help young people deal with and solve personal and social problems. Young people, victims of broken home will feel depressed, anxious, disappointed, and feel alone, while socially experiencing problems such as withdrawing from the environment, inferior or behaving aggressively towards others. Based on this, we are interested in examining how the lives of young people from broken home families, especially on psychological dynamics. It is hoped that the data obtained later can be material that helps in handling the same problem.

This study focuses on: (1) Perception of young people on broken home on themselves (2) Perception of young people on broken home on their family, (3) behavior of young people on broken home in family and friendship, and (4) reaction of young people on broken home to family problems. The five points of this research are important to be studied more deeply to know the shape and scheme of their psychological dynamics.

METHOD

This is qualitative research with the assumptions and use of interpretive or theoretical frameworks that shape and influence the study of research problems related to the meaning imposed by individuals or groups on social or human problems (Creswell & Poth, 2016). To delve this problem, we collection in the natural environment, and data analysis that is both inductive and deductive in nature and forming various patterns or themes. We used a phenomenological approach. Phenomenological is research by searching something in depth to get a detailed understanding of the social phenomena of education under study, as well as using more than one subject. Phenomenology research involves careful and thorough testing of human consciousness. That is because the study of phenomenology is a philosophical approach to investigate human experience. Young people with broken home family backgrounds originating from the divorce of both parents who make the subject feel there is a missing and imperfect part of his life and then the subject will begin to compare himself with others. This relates to how the meaning of children from families against divorce or himself.

Participants

The subjects in this study were 4 students at grade VII in SMP Negeri 4 Malang; who have broken home family background with the initials NR, FA, RS, and DN (Mean Age: 13,86 years old). The characteristics of the informants to be interviewed are students and parents whose parents have divorced and experienced physical violence at home. Some characteristics that are considered being a sign are young people of broken home families are not focused in class, looking for attention, and doing social deviations. There is also data and information obtained from the school counselor that marks some young people with broken home family background in class VII.

Procedures

Data collection run in this study are: a) Interviews conducted in this study are interviews with general guidelines. We are equipped with very general interview guidelines by including

the topics to be investigated. b) Observation has the advantage of collecting data in qualitative research, because we will get validity of data from information obtained from interviews at each location, and c) The documentation used in this study is documents and records. Researchers doing documentation data to complete the data obtained from the results of interviews, including field notes.

Data Analysis

Data analysis used in this study is the interactive analysis model and comparative analysis (Milles et al., 1992). It carries the analysis process out in three steps the data that appears in the form of words from the results of observations, interviews, document digest, and tapes. The data is processed by typing, recording, and editing. Analysis by describing the data in expanded text. The analysis consists of three activities simultaneously: data reduction, data presentation, drawing conclusion or verification.

RESULT

Research findings show the existence of a dynamic that occurs in broken home children. The following points become a meaningful finding to answer what is the focus of the research.

Meaning of Young People on Broken Home Families about Himself

a. Inferiory (Minder) Owned by Broken Home Children

Young people on Broken home saw themselves as befits the saddest, most miserable, and victimized parents' selfishness. This perception usually arises when you start comparing yourself with others. At first glance for young people on broken home families, people out there like friends who are picked up by parents to have a family that seems perfect and happy. These perceptions give rise to feelings of inferiority or inferiority. However, young people on broken home families do not always feel inferior. Sometimes feelings of inferiority or inferiority are muffled when the children undergo a preferred activity such as playing games, reading novels, hanging out with friends, and watching favorite shows. During these joyful moments, feelings about family conditions that make anxiety become distracted. Minder is also not only shown by the attitude of withdrawal from the association, but it can also be in the form of an arrogant attitude that departs from feelings always underestimated by the people around. Besides that, sad feelings can reappear and cause anxiety immediately. This happens when the young people on broken home families return home and face the reality of the family disharmony.

b. Under Pressured

Everyday life will always be under pressure, if there is in a family full of problems and eventually even scattered by a separation. Most young people on broken home families have been raised in troubled family environments, which in some cases are full of violence and possibly also injustice. They are raised under such pressure have a tendency to cause psychiatric problems, psychological disorders, behavioral changes to deviations that will harm themselves. The period of growth and development that should be free from fear, worry, disappointment, will form them into individuals or people who have problems and will also cause problems for others.

c. Rebellion Arising from Within The Young People on Broken Home Families

Asian Parent page states that rebellion is a natural process for young people to show their existence. They often rebel in an attempt to get recognition from parents and their environment. Like a knife, young people have two different sides and opposites. On one hand, they are sweet children who always want to be cared for, pampered, valued and accepted. But on the other hand, they are small rebels who are always looking for cases with a lot of questions about the policies and rules set in the family; and often these things can hurt the feelings of their parents. With regard to the attitude of rebellion, which is a common point among young people who are entering a period of transition to adulthood, young people on broken home families are also one of the many individuals. They are in a similar phase except that the young people on broken home families have a slightly unique family background, which makes a different form of rebellion. Some forms of rebellion arising by young people on broken home families are leaving home, fighting and not being reluctant to commit physical violence, hunger strikes, against teachers and parents, and venting anger on other subjects that have nothing to do with the cause of the anger.

We succeeded in summarizing the triggers for the rebellion carried out by young people on broken home families at SMP Negeri 4 Malang:

1. The desire to have a normal and perfect family triggers an urge to rebel because it is not fulfilled;
2. Dissatisfaction with what they have now;
3. Too long to hold sadness and never get a chance or also do not know how to express the sadness, and;
4. Feeling can not stand the pressure.

Meanwhile, the act of rebellion can result in a young people on broken home families is taking the decision to make a rebellion without considering the good and bad; so that often these decisions can harm himself and others. In addition, the form of rebellion carried out without the expression of desires will be a futile action because it can not necessarily be understood and understood by people around.

Meaning of Young People on Broken Home Families about Their Families

a. Deep Dissappointment that led to The Perception "I am Alive but Not Really Alive"

Feelings of disappointment can be felt by anyone, including children from young people on broken home families. Disappointment is always related to hope. Someone who can not meet his expectations. He/She can feel disappointment. It's like that with broken home kids. Hope to get the affection and attention from a family that hasn't been obtained fosters a sense of disappointment in them. So that young people on broken home families will stop to make hopes and dreams about their lives in the future. In living their lives full of problems and pressures, often young people on broken home families lost their enthusiasm to stay alive and fight for their life goals. Not giving up resignation to circumstances and succumbing to compulsion and then living life as they wish.

Young people on broken home families are easily affected by the temptations, invitations, or bad influence of the closest people who offer temporary solutions which are ultimately seen as an outlet for the problems they have faced and are facing. Drug abuse and illegal drugs, juvenile delinquency which leads to criminal acts, free sex and other forms of crime are some

examples that often become the outlet for young people on broken home families who are no longer able to control themselves and are unable to manage their anxiety.

b. Lost Parent's Figure

Parents lay the moral and empathy foundation that the child has before the child learns from the surrounding environment. Parent figures are needed by children to be an example, role model, and protector for children. Basically, children tend to imitate what is exemplified by their parents. But in reality, there are many parents who did not provide many positive things that can be emulated by their children. Committing acts of violence inside the house, beating, swearing, using harsh words, getting drunk, and some even leaving the house as they wish without caring about the fate and welfare of the family. Losing a parent figure is not uncommon this condition affects the child's confidence because the family is incomplete. This gives rise to feelings of envy towards friends or relatives who have intact families. In addition, the child will also feel sad and disappointed, which affects the child's difficulty in concentrating on learning and inhibits his agility in socializing.

The Behaviors of Young People on Broken Home to Their Family and Friends

a. Apathetic

Young people on broken home families have made a lot of effort to express their feelings to parents about the inconveniences of life that they must live caused by the chaos of divorce or their parents' quarrels. The efforts made are very diverse, but basically so far no one has expressed these feelings directly to parents. Most of them do a rebellion to attract attention by carrying out actions such as hunger strikes, some lock themselves in the room and others tend to enjoy spending time outside with friends. Maybe young people on broken home families have run out of tears, patience, and even logical reasoning needed to deal with their life's problems; so they end up choosing to be apathetic. Be quiet and no longer pay attention to anything that happens in his family. They also did not even bother with the surrounding environment.

The apathy of young people on broken home families is understandable, given that they have no longer cared for even their own lives. Even so, in that apathy saved a time bomb that could explode at any time and cause losses, especially for themselves.

b. Young People on Broken Home Families: Bury Lots of Grief and Sadness

If only the hearts of the young people on broken home families could be opened, who knows how high the burdens of life burden they felt. Young people on broken home families can get angry and do things that show they missed their parents; they are tired of pretending to be strong in dealing with family problems. However, their anger was not revealed because they were afraid of being seen as weak, afraid of being ostracized and having no friends. Young people on broken home families are actually depressed but people can only give advice to be patient and move on. There are also bad people who invite to bad things as a diversion that will ultimately hurt yourself. The lives of broken home children actually feel chaotic, but they try to polish it with a mask so that people do not feel sorry for them.

c. Aggressive Behavior

Divorce events in the family always have a profound impact. Family problems can cause stress, pressure and cause physical and mental changes that can be experienced by all family members, fathers, mothers and children. One of the problems that can arise from this situation is the aggressive behavior exhibited by the children. Aggressive behavior in students who come from families and child. One of the problems that can arise from this situation is the aggressive behavior exhibited by the child. Aggressive behavior in students from broken home families is related to hurting others physically or verbally. This aggressive behavior can arise when broken home children are under the influence of negative emotions that encourage deviant actions.

Reaction of Young People on Broken Home Families Against Family Problems

Young people on broken home families have different reactions in dealing with problems in the family. These reactions form an Ego Defense Mechanism (MPE) which in psychoanalytic theory, the mechanism is an unconscious process that protects individuals from anxiety through distorting reality and is useful to protect the ego from the injured condition.

Some young people on broken home families claimed to have left home because they did not feel comfortable because of the complexity of the problems they faced in the house (denial) (Paul, 2019). If they are told to look after their cousins who are still babies, they claim that they will beat and pinch their cousins to vent their frustration to the condition of their broken family and bad luck (displacement). Young people on broken home families claim to swear that they often say is caused by habits exemplified by those around them. Projection, meanwhile, several other young people on broken home families plan to leave home and live with one of the parents who have divorced. But because many times asking for and many times also not permitted, the children will try to forget.

DISCUSSION

Psychological dynamics is a process and an individual's internal psychological atmosphere in dealing with conflicts that are reflected by their views or perceptions, attitudes and emotions, and behavior (Van Stekelenburg & Klandermans, 2017). Therefore, to be able to find out how these dynamics play a role in the lives of young people on broken home families, a study is carried out to reveal more deeply about how they interpret themselves and their families, behave in the environment, and react to problems they have. This is in accordance with the findings of research on young people on broken home families with a family background that is not harmonious or can be called a broken family (Doak, 2017).

The dynamics that occur in young people on broken home families always move and change as the essence of the dynamics themselves (Dewi & Herdiyanto, 2018). But in fact, findings in this study are the tendency of negative emotions that arise so that the dynamics did not move significantly but are more under. Once in a while these dynamics move upward when young people on broken home families are in a condition of avoiding or forgetting the causes of negative emotions. This research discusses about young people on broken home families with various forms of dynamics in themselves that continue to move and change as the perspective of life has developed. The aspects of focus that can be investigated that show a dynamic in the psychological home of young people on broken home families is the views or perceptions of broken home adolescents towards themselves in the form of adolescent personalities (emotions, responsibilities and sociability), perceptions of broken home

adolescents towards families, behavior in family environments and friendships and reactions to family problems.

Broken or problematic family conditions make children experience changes in perspective in seeing many things (Cavanagh & Fomby, 2019). They tend to make sense of themselves as individuals who felt their lives are victims of the selfishness of their parents, the saddest, and most miserable. Young people on broken home families can feel deep sadness because the family is in a state of disarray because of divorce, conflicts that make fathers and mothers fight every day, home conditions that are not warm and family members who did not care for each other so that the children will avoid problems that suppress it by leaving home and hanging out with friends who can make them feel more comfortable and safe.

The function of the family is to provide a sense of security for each of its members, but this function is no longer felt by young people on broken home families (Yusuf, 2011). Otherwise, what is felt is fear, disappointment, sadness, feeling of injustice, and helplessness. Far from the standard family functions mentioned by experts. Departing from an understanding of the family condition from the glasses or the perspective of young people on broken home families, here are some things experienced by young people on broken home families that affect their self-meaning: a) Low self-esteem (Minder), b) Under Pressure, and c) Rebellion arising from within the Broken Home Children.

Some broken home children saw their parents as strangers because they rarely meet. The intensity of these rare meetings is often used to ask for everything they want, not to be a moment to improve tenuous relationships. Basically, the child will reject the presence of strangers in his family. Over time, the reception may still be there, but the process is still not easy. So, for young people on broken home families, home is not about where they live, but where they feel comfortable, feel heard, cared for, and loved. Here are some things that appear in young people on broken home families in understanding their families: a) Deep disappointment, and b) Loss of Parent's Figure.

Divorce events in the family always have a profound impact. Family problems can cause physical and mental changes that can be experienced by all family members, father, mothers and children (Iseselo et al., 2016). The problem that arises from this situation is aggressive behavior, some young people on broken home families have run out of tears, patience, and even logical reasoning needed to deal with the problems of their lives, so that eventually they choose to be apathetic, until finally everything that makes him uneasy will only be buried alone.

The occurrence of emotional tension in young people can be caused by various things one of which is a family relationship that is not harmonious. This condition that is not in accordance with the wishes can cause anxiety in a person. Anxiety is a painful state and cannot be tolerated for a long time. The way someone in dealing with the situation stated by Sigmund Freud that is, if the mind always hides instincts that are not socially acceptable, then mentally a person will defend themselves from disturbing thoughts that can cause anxiety (Cervone & Pervin, 2012). In this case, young people on broken home families use the Self-Defense Mechanism to avoid anxiety. As for some of the mechanisms carried out include denial, displacement, projection, repression, formation reaction, compensation and sublimation.

Perceptions of young people on broken home families about themselves and their families, it is known that there is a process of great dynamics and the beginning of the emergence of other dynamics within themselves. Negative feelings such as inferiority coupled with the condition of under pressure raise the urge to rebel. It was started from this rebellion that upheaval began to emerge given the negative responses shown by others about him. So that the initial purpose which caused the rebellion to show self-existence was thwarted by results that were not as expected. Not getting attention, but rather underestimated, considered a bad boy, and underestimated.

Young people on broken home families who have been basically injured coupled with the public reaction about him disappointed. So they didn't want to care about anything anymore and become apathetic. Along with the growing sense of ignorance, there is an aggressive attitude that can arise at any time either consciously or not. They did not want the weak side to appear and be known to many people anyway, according to them there will be no significant effect if he tells the problem to others or not. So they prefer to bury their own feelings of sorrow and sadness.

Besides being buried, young people on broken home families also do some reactions in the face of the anxiety they have. If the mind always hides instincts that are not socially acceptable, then mentally a person will defend themselves from disturbing thoughts that can cause anxiety (Cervone & Pervin, 2012). As for some of the mechanisms carried out include Denial, Displacement, projection, repression, reaction formation, compensation and sublimation. Broken home children will unknowingly carry out this mechanism so that it becomes the forerunner of chaos and will add color to their psychological dynamics.

CONCLUSION

First, young people on broken home families interpret themselves as an individual who feel their lives are victims of the selfishness of parents, saddest, and to suffer most. There is a conflict that makes fathers and mothers fight every day, the state of house isn't warm and family members who don't care about each other. So that they will avoid the pressing problems by leaving home and hang out with friends. While the family has lost its function. This condition encourages broken home child's shaping new meanings about himself. Here are some things experienced by broken home child's that influence self-meaning for them: a) inferiority, b) underpressure, c) rebel.

Second, some young people on broken home families looked at his/her parents as strangers person because, rarely meet. While for some others to consider parents are the source of all fear and sadness. Because he regarded scary and evil. Frequent fights in the family and not find peace in the house can cause they tend to be uncomfortable or not to stand at home. There are several things appear in young people on broken home families in interpreting his family that is a deep disappointment and lost parents figure.

Third, problem's family can cause stress, pressure, and cause physical and mental changes can be experienced by all family members. The problems arising by this situation is aggressive behaviour, in some young people on broken home families have run out of tears, patient, even logical reasoning needed to face their life's problems, so finally they chose to be apathetic, until the end everything that made him uneasy would only be buried himself.

Next, fourth, there are several ego defense mechanisms conducted by the four research subject, some of them 1) denial, 2) displacement, 3) projection, 4) repression, 5) formation reaction, and the last is 6) sublimation. In case, young people on broken home families has ego defense mechanism to avoid and pressing anxiety that they felt.

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