



Resilience in Home Broken Adolescents

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Abstract

The purpose of this journal is to find out the resilience of teenagers who have separated from their parents. While we know that adolescence is a time when they need support from people around them, especially parents, while there are some teenagers or children who are less fortunate, the reality is that divorce is one of the bitter things they have to feel. We can see that Resilience can have a positive effect on their lives, of course with encouragement from the people around them.

Subject Areas

Mental Health

Keywords

Resilience, Parents, Broken Home

1. Introduction

The family, as an important part of society, is critical in determining how society recovers after a traumatic event, regardless of the level of trauma. This is because the impact of mass trauma on society, generations and time can be reduced with appropriate treatment within the family [1]. Several studies regarding the role, function and character of families in dealing with traumatic events were found by the author. Family processes, coping, and resilience due to war trauma in survivors family empathy and resilience, family adaptation to war survivors and the flow of individual resilience and strengthening [2].

2. Background

In Indonesia, the concept of family resilience is better known as family resilience. The explanation of family resilience is summarized as follows: The family is protected by Law Number 52 of 2009 concerning Population Development

and Family Development:

1) Chapter II: Part Three Article 4 Paragraph (2), that family development aims to improve the quality of the family so that there can be a sense of security, peace and hope for a better future in realizing physical prosperity and inner happiness.

2) A quality family is a family that is formed based on a valid marriage and is characterized by being prosperous, healthy, advanced, independent, having an ideal number of children, forward-looking, responsible, harmonious and devoted to God Almighty.

3) Family quality is the condition of the family which includes aspects of education, health, economics, social culture, family independence and spiritual mental and religious values which are the basis for achieving a prosperous family.

4) Family resilience and well-being is the condition of a family that has tenacity and toughness and contains material physical abilities to live independently and develop oneself and one's family to live in harmony in increasing physical and spiritual well-being and happiness.

5) Family empowerment is an effort to improve the quality of the family, both as targets and as actors of development, so as to create increased resilience, both physical and non-physical, independence and family welfare in order to create quality human resources [3].

Two characteristics of adolescent resilience. The first is the adolescent's ability to maintain patterns of functioning established after adversity and stress. The second is the ability of adolescents to recover quickly from trauma or life-changing events. Elastic characteristics and buoyancy are two components of adolescent resilience.

Adolescents who are resilient to stress show dynamic interactions and integrate elements of protection and repair, such as optimism, spirituality, harmony, flexibility, communication, financial management, time and recreation, routines and rituals, and social support [3].

3. Research Purposes

Research Objectives of Broken Home Adolescent Resilience namely, research on the resilience of broken home adolescents has several main objectives [4] [5].

1) Understand the description of resilience, there are three factors that influence the formation of resilience in individuals, namely: a) I Am, an aspect that contains strength that comes from within the individual. I Am is an aspect of inner strength which includes things such as feelings, emotions, behavior or beliefs that exist within an individual in believing that he can love and is worthy of being loved. b) I Have, a form of individual meaning regarding the amount of support from the social environment for him. The I Have aspect includes sources of assistance that come from outside or assistance that is external in nature. c) I Can, an individual's ability to solve problems in various life settings.

Aspect I Can is an aspect of interpersonal and problem-solving skills which essentially includes an individual's capacity to express their thoughts and feelings well in communication skills.

2) Identify supporting and inhibiting factors, factors supporting resilience are influenced by the following things. a) Social support—also known as social support—is comprised of cultural influences, community support, individual support, and family support. b) Psychological resources, which include the ability to adapt in stressful situations, including curiosity, empathy, the desire and ability to try new experiences, and the ability to adapt to new situations and conditions. c) Individual cognitive skills, also known as cognitive skills, include the ability to achieve goals, such as the ability to delay gratification, understanding of what a thing or task means, intelligence in concentrating on a task, and the ability to carry out the roles that must be taken and carried out in facing problems and how to adapt, as well as the ability to deal with stress effectively and appropriately.

3) Developing Interventions and Support

The ability to survive or recover from stress and adversity and become stronger as a result is called resilience. In terms of adolescent welfare, individuals who have high resilience will have better outcomes. These include pro-social behavior, social participation, positive peer groups, and academic engagement. In addition, resilience is also associated with a lack of internal and external symptoms, aspects of support or intervention are as follows: a) Emotional support: i) Closeness such as a friend or relative; ii) Providing attention and affection: listening to stories, encouraging, comforting, giving surprises, looking for them when they are not there; iii) Instrumental support, direct assistance in the form of services or goods: accompanying, inviting walking and eating, buying food, doing tasks together, giving gifts; iv) Informative support: providing comments, directions, advice and suggestions

4) Driving Policies and Practices

Resilience is the ability of individuals, communities, or systems to bounce back from adverse events. In this context, experts and stakeholders play a crucial role in building and strengthening resilience. Experts can provide their knowledge and skills to help understand risks, develop strategies to reduce risks, and build the capacity to respond to and recover from adverse events. They can conduct research, provide training, and develop tools and resources that are beneficial to other stakeholders. Stakeholders, including governments, private organizations, civil society, and individuals, can use the knowledge and expertise of experts to take action to enhance resilience. They can develop policies and programs that promote resilience, invest in infrastructure and technology that are resilient to risks, and raise awareness and readiness in the community [6].

4. Method

Descriptive qualitative research was used [7]. This research involved 7 (seven)

teenagers from families who lost their homes, consisting of 4 (four) teenage girls and 3 (three) teenage boys. They are Kinan (16), Rosa (1), Naswa (15), Nindi (17), Rico (17), Axel (17), and Fero (16). His parents divorced when he was a child, and his five parents divorced when he was an adult. After his parents divorce, a teenager lives in a broken home where his grandmother is raising two children, his mother is raising two children, and his father is raising three. The data collection method used is through interviews, observation and documentation.

5. Result

Based on the results of interviews, it was found that adolescents whose families had lost their homes had different abilities for optimism and self-efficacy [8], namely the respondents' meaning of the support of the people around them in terms of emotional regulation and impulse control, empathy, the ability to analyze problems, and increasing positive aspects and sources of resilience, namely I Have the respondent's meaning of support of people around. In aspect emotional regulation, impulse control, empathy, problem analysis skills and increasing positive aspects and resources resilience, namely I Am and I Can show similarities to all seven respondents. Retrieval of research data takes place between 5-11 April 2024, by visiting each of them participants to conduct interviews and observation. Data obtained through interviews are organized and grouped. This research involved two (two) male and female teenagers who had the following characteristics: 1) Teenagers who have broken families, 2) Late teens aged 17 years, and 3) Has no communication restrictions (mute).

Observations on the concept of experience can appear suddenly and are based on general symptoms, social events or phenomena, patterns and certain types of behavior. This observation was a first step towards a broader focus of attention, namely participant observation, and then as an independent method for observing practical results. The theoretical stability of symbolic-interactionist methods can be traced from these observations because researchers can interact with their research subjects as they collect data [9].

Resilience is a person's level of resistance to stress, adversity and misfortune, there are two components that influence resilience: external protective factors that originate from oneself, namely self-esteem, self-efficacy, ability to overcome problems, emotional regulation, and optimism. Four subcategories comprise the internal category: commitment to learning, positive values, honesty, sense of responsibility, ability to exercise restraint or make decisions, and social skills. External protective factors consist of family, environment, communication and education. Support, empowerment, boundaries, expectations, and use constructive time is a subcategory of the external category [10].

Understanding Family and Broken Home

Family is an important place for a person to develop physically and mentally. The family is also the smallest part of society. A broken home is a depiction of a

family that is not harmonious and does not function like a family. The existence of conflict causes arguments and ends in separation [11] [12].

The results showed that 7 (seven) teenagers from families who lost their homes after their parents divorced had good relationships with family, friends, teachers and neighbors. Teenagers can cover and overcome the problems they face because they interact with these communities well. Adolescents who come from families who have lost their homes due to their parents' divorce have the opportunity to receive guidance and direction from society [2] [13]. This helps teenagers have strong motivation and not be depressed when facing a broken home situation. Protective factors, which enable a person to face challenges and enthusiasm in their life, are one of the most important factors in a child in a broken home. Teenagers who come from homeless families do not withdraw from society by locking themselves up in their rooms or just staying at home. On the contrary, they participate and actively participate in organizational activities and often greet and behave politely with others.

6. Conclusions

From the results of the discussion, we can conclude that the resilience factors for children in broken homes are different, one of which is the parenting style of the guardians who care for them [14].

Adolescents' personal abilities (I AM) consist of cognitive abilities, feelings of being loved, valuable, self-confidence, steadfastness, problem solving, and the ability to utilize their resilience resources (I HAVE) as social support, such as family and peers. There are also religiosity factors and environmental factors, or neighbors, which are external assets. So teenagers (I CAN) come out of stress, depression, bad experiences, and trauma to improve themselves with positive and independent strength. Teenagers who have broken homes show long-lasting attitudes and behavior, namely being patient, steadfast, optimistic and remaining productive. They can also avoid bad behavior. Have motivation and meaning in life for yourself, your family and others. For this reason, the integrity of a family is very important for mental health, especially for teenagers, who are developing and looking for their identity. Teenagers who have problems with their parents in the sense of divorce, can survive on their own and always think positively, especially having an impact on the people around them [15].

Conflicts of Interest

The author declares no conflicts of interest.

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