

Implementation Of Islamic Counseling Theraapy Changing a Broken Home Into a Sweet Home

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Abstract: Broken Home is a problem in a family that causes division. Teenagers who live in families that experience division or serious problems can be called teenagers from broken home families. Where the broken home is meant to start with one or both parents dying, divorce, bad parental relationships, bad home atmosphere, or parents with psychiatric disorders. Adolescents who experience these events must be able to adapt to circumstances and be able to get back up even though they are hit by serious problems, this is called resilience. Many factors affect resilience in individuals, one of which is self-esteem. Things that can be done to prevent the occurrence of problems in individuals is the provision of Islamic counseling. This study aims to provide Islamic counseling to children who have problems such as a broken home in turning a broken home into a swett home. The hypothesis in this study is that there is a relationship between broken home problems and the application of Islamic counseling. The method used in this research is qualitative. Qualitative research is a study aimed at describing and analyzing the phenomena of events, social activities, attitudes, beliefs, perceptions, thoughts of people individually and in groups. This study uses a descriptive method approach. The research findings explain that in this context it is also clear that it is also the target of outreach to Islamic education, which is part of the national education system, even though in the life of the Indonesian nation its cultural existence is evident. But it has vigorously attempted to assume a competitive role in the sociological setting of the nation, even though it remains unable to match the existing general education with greater autonomy and support, in realizing its educational goals in real terms.

INTRODUCTION

The family is the first and foremost place for the growth and development of children from birth to adulthood, therefore the function of the family is very important for every parent to know. Fostering family welfare is very closely related to fostering children in the family, therefore parents who have a decisive role in the family need to be provided with knowledge about parenting in the family. Soekanto (2009) explains that in every human society, there will definitely be a nuclear family (nuclar family). The nuclear family is a small social group consisting of husband, wife and their unmarried children. The nuclear family is usually also called the household, which is the smallest unit in society as a container and process of social life. According to Kartono (2013), the family is the smallest social unit that provides the primary foundation for child development. Families are groups of people who are united by ties of blood marriage or adoption which form one another

and are related through separate roles as family members and the defense of the culture of the prevailing society and creates its own culture.

Family integrity, in addition to being seen from the presence of father, mother and children, can also be seen from the nature of the relationship or interaction between family members with each other. The absence of father and mother in a family greatly affects the child. Fathers who are often forced to leave the house for several months due to a job or other reasons, cause no good relationship between children and parents. Father, mother and children are the nuclear family which is the smallest organization in social life. In essence, the family is the first and foremost container that is fundamental for the development and growth of children. In the family, children will get their first education regarding various life arrangements that exist in society. It is the family that introduces children to religious rules, ethical manners, societal rules, and other unwritten rules that are expected to be the foundation of the child's personality in dealing with the environment.

The family will also be the biggest motivator that will never stop when children need support in living life. However, given the current condition of society, the function of the family has begun to shift. All family members, especially parents, are busy with their work activities with the excuse of providing for the family. The role of the father as the head of the family is unclear, because often today's fathers work out of town and only come home once a week or leave early in the morning and come home late at night. It is the mother who replaces the father's role at home in educating and managing all the interests of his family members.

However, given the current condition of society, the function of the family has begun to shift. All family members, especially parents, are busy with their work activities with the excuse of providing for the family. The role of the father as the head of the family is unclear, because often today's fathers work out of town and only come home once a week or leave early in the morning and come home late at night. It is the mother who replaces the father's role at home in educating and managing all the interests of his family members. In a family that is not harmonious, it is common to find a child who has lost exemplary behavior. Parents who are expected by their children as role models, have not been able to show good attitudes and behavior. Finally, the child is disappointed with his parents, the child feels restless. They don't like staying at home. Calmness and serenity were rare for him.

So in broad outline what is meant by a broken home is a situation in the family where there is no harmony so that an unsafe situation arises and there is no feeling of comfort in a family. Broken Home is a lack of attention from the family or a lack of love from parents so that a child becomes mentally frustrated, brutal and unruly and has no interest in achieving. Broken home students tend to result in low interest in learning and achievement. Besides that, broken homes can also affect the souls of students, such as the tendency to be undisciplined, and violate school rules. This is done by students because they want to seek sympathy from friends and teachers or their environment.

From the results of observations and interviews with counseling teachers, the main cause of broken home families is due to parental divorce due to immaturity or death of one of the parents, economic problems and parents who work outside the city. To address this kind of thing, schools need to pay more attention so that students are aware and want to excel. In general, the main causes of broken home families are divorce, death and rare communication between family members because parents are busy working outside the region or abroad so that when students come home from school, it turns out that there are no parents at home to share with. and discuss. Thus it is necessary to have efforts from the school through counseling services to prevent or reduce aggressive behavior in students

due to broken home problems. The formulation of the problem in this study is how does the influence of a broken home on parents have on aggressive behavior in students? while the purpose of this study is to determine the effect of a broken home on parents towards aggressive behavior in students.

THEORITICAL REVIEW

Definition of Broken Home in Islam

Broken home is a term used to describe a family that is separated or no longer living together. Separated families or broken homes can occur for several reasons such as divorce, death of one of the parents, or other separation. Children living in broken homes usually have to live with one parent or be cared for by another family. Broken home families can experience economic and emotional difficulties, and have a higher risk of mental health and social problems. According to psychiatrist and psychotherapist Frank Anderson in *Verywell Mind*, a broken home or broken family is a situation that includes unhealthy or broken relationships within the family unit. Although it is often associated with divorce, broken home conditions can also occur. in these family relationships as befits the concept of an ideal or happy or harmonious family in general.

According to Sofyan s. Willis in his book entitled *Family Counseling (Family Counseling)* that a broken home can be seen from two aspects namely; (1) The family is divided because the structure is not intact because one of the heads of the family has died or is divorced, (2) The parents are not divorced but the family structure is no longer intact because the father or mother are often at home, and/or do not show an affectionate relationship again. but its members are conflicted and estranged from one another.

Based on the explanation above, it can be interpreted that broken home families are basically not only limited to the realm of divorce, but on the other hand, parents who die are rarely at home due to busyness so they rarely interact with other family members and parents who are lacking or not. able to provide affection in order to meet the child's need for affection from both parents, the family is also referred to as a broken home family. (Aziz, 2015).

The characteristics of a broken home are: 1. Children live with one parent or are cared for by another family. Children who live in a broken home usually have to live with one parent or be cared for by another family, especially if the other parent has died or is no longer living together. 2. Limited contact with other parents: Children living in broken homes usually have limited contact with other parents, especially if those parents live far away or no longer have a good relationship. 3. Economic difficulties: Broken home families often experience economic difficulties because they only get income from one parent or because there is no stable source of income. 4. Mental health and social problems: Children living in broken homes have a higher risk of mental health and social problems, such as depression, anxiety and behavioral problems. 5. Drastic changes in life: Broken home families usually experience drastic changes in life such as moving places or changes in daily routine. (Ermayani, N., Nursela, N., & Marleni, 2021).

Broken Home Factors in Islam

According to Save Degun (2002: 114), many factors can lead to broken home cases that end in divorce. These factors include economic problems, the big age difference, the desire to have a son or daughter, as well as issues of different life principles. Factors that cause a broken home can come from within or from outside, but anything that comes from outside can actually be faced if internal factors have been successfully overcome. Factors causing a broken home consist of closed communication, egocentricity, economy, busyness, low

understanding and the presence of a third party. More details are: (Muttaqin, 2019). **a. Communication disorder.** Communication disorders Communication within the family occupies an important position as an information window opener that can be used to analyze and detect if there are disturbances in the family. If this communication is not smooth, there will be information closure so that there is a lot of fear, fraud and lies because of the desire to close oneself. Normal families always want intensive and harmonious and two-way communication with their family members, but for broken home families the communication that occurs can actually be disastrous because there is no mutual understanding and trust. Communication within the family is interpersonal which shows the complex relationship of communication within the family is a symbolic, transactional process that aims to express understanding in the family of Kalvin and Brommel in Arwani (2003). Blockage of communication channels is the initial cause of a broken home. **b. Egocentric.** The egocentric attitude of parents affects the integrity of the family, besides that it also influences the child's personality. Egocentric is a trait that is self-interested and considers its own opinions and actions to be true so that it is difficult to admit the truth of others. If a husband and wife have this trait and there is no mutual understanding and they give up on each other, the seeds of a broken home already exist. have a big fight in front of their children which will clearly have a negative effect on the child's psyche. **c. Poverty** **The family economy clearly has an influence on household harmony.** Poverty is one of the factors that cause broken homes because there are often disputes. Disputes between husband and wife start from economic problems. Families can be damaged if these economic factors are not controlled, this damage can occur to people who are deficient or have an excess of the economy, but the lack of the economy is more dangerous than the excess of the economy. Economic absence (poverty) is related to one's education even though it occurs directly as unemployment also has a significant positive effect on poverty. **d. Busyness.** Busy is the word that is most often said when unable to attend or meet certain situations. The busy life of a husband or wife who comes home late every day will affect family conditions. In the end, children become victims because they lack closeness, lack of affection and lack of attention. Lack of attention to husband or wife because of busyness will be the basis for the emergence of communication problems in the family. **e. Low understanding and education.** A person's education affects the understanding he has, especially when he has a family. Husbands or wives with low education tend to lack understanding and understanding as well as duties and obligations as husbands and wives. So it is clear that understanding and education are one of the factors that can trigger a broken home because with understanding, understanding each other there will be continuous conflict which can lead to the end of the bond in the household. **f. Third party interference.** The third party referred to in this sense is a person who intentionally or intentionally causes a crisis in the household. This crisis could be in the form of a crisis of trust both from an economic standpoint, personal relationships and other things. Third parties also sometimes cause jealousy resulting in a crisis of trust for the husband or wife. In addition, third parties can also come from parents who always intervene in the lives of their children even though they are already married. (Sukoco KW, Dino Rozano, 2016).

Science and Technology (Saintek) in Islamic Perspective

Harmony and tolerance among various ethnic and religious groups in Indonesia. Examples of problems faced by parents are losing their authority to control their children, especially teenagers. They fought their parents, and there were constant fights between mothers and

fathers, especially regarding the upbringing of their children. Even a family crisis can lead to a husband and wife divorce. In other words, family crisis is a condition that is much more in the family, where two-way communication in democratic conditions no longer exists.

The problems that are often faced by children who are broken home are: a. Vulnerable to experiencing psychological disorders in the village of Limbatihu are prone to experiencing psychological disorders due to the divorce of their parents. In this case, of course, the role of the family is needed to develop children in the future, both psychologically and physically. Because when a divorce occurs, it will cause a critical period for the child, especially regarding the relationship between parents who no longer live together, causing various feelings to rage in the minds of the children. b. Hating both parents When a broken home child blames both parents and even hates his parents because the child does not get love from his own parents. The attention that children need from their parents is to be loved wholeheartedly in the form of direct verbal communication with children, even if they only ask about their daily activities. Because children really need a touch from their parents, in the form of heart touching in the form of empathy and sympathy to make children sensitive to their environment. However, this attention and touch has never been felt by broken home children. c. Moral problems That children born from a broken home family background when the child is in its development period, then of course the child will always be in a state of argument with the parents which indirectly shapes the child's personality to be rough and tough. However, over time, children will also get used to taking actions as we see in their parents, such as fighting, behaving violently, emotionally and other dishonorable actions. These attitudes will later be applied in the circle of friends.

However, from some of the impacts of broken home families on the social behavior of these children, there are several social behaviors of children that are very prominent, namely easy to get bad influences from the environment and problems with morals and easy to get bad influences from the environment because the conditions of the house and family do not provide comfort and warmth. so that children will seek entertainment in their environment so that they will be easily influenced by the association of the environment. Furthermore, the behavior of broken home children, namely problems with children's morals, will tend to be rude and stubborn, this happens because of a lack of attention and education from parents. (Nurtia Massa, Misran Rahman, 2020).

METHOD

The method used in this research is qualitative. Qualitative research is a study aimed at describing and analyzing the phenomena of events, social activities, attitudes, beliefs, perceptions, thoughts of people individually and in groups. This study uses a descriptive method approach. Because of that, textual qualitative data in the form of thoughts and views written in the literature were collected in writing this article. Documentary techniques include data collection techniques used, namely by collecting relevant documents as a bibliography.

Several journals and books that are used as library materials in it explain the role of Islamic counseling in turning a broken home into a swett home, the data analysis is carried out deductively with the aim of introducing and facilitating discussion of problems regarding broken home children, looking at the background of the problem in counseling.

RESULT AND DISCUSSION

The impact of the broken home problem will have an impact on both parents and children. The conditions and attitudes of children who experience broken homes, broken homes that

occur in parents will affect the conditions and attitudes of children, because he becomes a victim, for example Mrs. KSM revealed that the condition of children before and after their parents experienced a broken home, namely: "the condition of the child is normal - it's normal, it's just a little difficult to teach about religious knowledge, because when he was little he had suffered from strokes and was hospitalized. And children who are broken home become quiet and like to be angry." (Setya Murti, 2019) The impact on broken home children occurs in the psychological impact, if the child is still small then it is not good for the child's mental development, for example in hanging out with friends the same age children feel ashamed, inferior and so on. If a child is less than 11 years old, the court decides his custody rights, while a child who is more than 11 years old has the right to choose for himself or determine who will join him. Children in divorced families receive less attention and affection from their parents, so they feel insecure, get angry easily, often feel depressed (depressed), act cruel or interfere with other people whose age shows worry and anxiety, and feel out of place. shelter and foothold. In the future, they will form a reaction in the form of revenge and hostility towards the outside world. The children began to disappear from their homes, preferring to roam and seek the pleasures of life elsewhere. The psychological impact experienced by children due to parental divorce needs to be overcome by implementing individual counseling.

What is meant by individual counseling is an effort to help individuals through a process of personal interaction between the counselor and the counselee so that the counselee is able to understand himself and his environment, is able to make decisions and set goals based on the values he believes in so that the counselee feels happy and his behavior is effective. The purpose of individual counseling is to help overcome the problems experienced by the counselee so that the counselee can know himself and be able to plan for the future. The individual counseling process is carried out face to face directly between the counselor and the counselee. Each stage of the individual counseling process requires special skills or techniques that must be owned by the counselor, so that the implementation of individual counseling can be maximized and achieve goals. In this connection, counseling functions as a service provider to individuals so that individuals are able to develop optimally so that they become complete and independent individuals. The implementation of individual counseling in dealing with children due to divorce is carried out in various stages.

The initial stage includes the planning stage and defining the problem, the second or middle stage includes counseling activities aimed at processing or working on children's problems and in the final stage evaluation, follow-up and final report on the implementation of counseling is carried out. Each stage of the individual counseling process requires special skills or techniques that the counselor must possess. The techniques used in the implementation of individual counseling are attending, empathy, reflection, feeling, exploration, paraphrasing, asking open questions, defining problems and minimal encouragement. In addition, to help resolve the problems experienced by clients by helping individuals achieve optimal development and achieve better life goals, functions are also needed that can support the individual counseling process, namely in the form of understanding functions, alleviation functions, development and maintenance functions, a prevention function and an advocacy function that results in advocating for clients to develop their full potential optimally.

Efforts that can be made to deal with broken home families are family counseling which consists of interactions between families, initial contracts before counseling (A. Sari, 2016) helping families communicate in the initial sessions, increasing awareness and family dynamics, integrating individual counseling with family work whole. Family counseling

involves all family members, from the efforts that have been made by parents, it requires the obedience of "problem" adolescents to get out of problems (internal or external) immediately.

CONCLUSION

Broken home is not the end of everything for our lives. We still have a long way to go to live our own lives. Use this situation as a means and medium of learning towards maturity. Remember, we are not alone and are not failures. We can still do a lot and do positive things. We don't necessarily get to be better human beings if all of this doesn't happen. Maybe this is a new way to mature our attitudes and patterns of thinking.

The emergence of a broken home problem creates a feeling of regret in adolescents, and re-identification. Parents who were originally a role model, will be considered as a bringer of disaster for him. From this assumption arises a sense of distrust in the teenager. The emergence of this feeling of distrust causes the love for his parents to diminish or decrease. Closeness to parents is getting smaller, causing negative assumptions about parents to appear. From that assumption comes the assumption that his parents don't love him anymore.

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