

## **Overview of Student's Mental Health with Broken Home Background**

**Halimah<sup>1</sup>, Nefi Darmayanti<sup>1</sup>**

<sup>1</sup>Universitas Islam Negeri Sumatera Utara Medan, North Sumatra, Indonesia

Corresponding author e-mail: [halimah0303203054@uinsu.ac.id](mailto:halimah0303203054@uinsu.ac.id)

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**Abstract:** The purpose of this study was to determine the mental health of students from broken home backgrounds. The method used in this study was qualitative descriptive research with a total population of class VII A-C of 105 students and a sample of 6 students. The results of the study showed that disharmonious, unstable, messy family conditions (broken home) can cause the development of unhealthy personalities in children. The form of mental health in question includes aspects of emotion, responsibility and sociability of children. Students admitted that they had vented their emotions on objects around them and even experienced trauma due to physical violence when dealing with their mothers so that the students decided to work after school. In addition, students also felt depressed and considered a burden on the family so that every problem they faced only chose to keep to themselves so that it had a bad impact on their academics, so that serious handling was needed such as providing counseling guidance.

**Keywords:** Broken Home, Mental Health, Student Mental

### **A. Introduction**

Education in Indonesia faces major challenges related to students' mental health. Although awareness of the importance of mental health is growing, stigma and lack of understanding of these issues still hinder efforts to provide appropriate support to students who need it (Purnomosidi et al., 2023). Adolescence is the most important and difficult period in the development phase of a person's life. There are so many phenomena of adolescent problems that cannot be distinguished from their psychological problems, therefore many adolescents who are confused in solving their problems experience stress that leads to depression. The problems faced by every teenager cannot be separated from many factors, one of which is mental health. Mental health is defined as the performance of mental functions that can make a person productive, able to establish healthy relationships with others, and overcome difficulties (Purnomosidi et al., 2023). In this context, it is crucial to understand the mental health picture of students coming from broken home backgrounds, including the factors that affect their mental health as well as strategies that can be implemented to help them.

Mental health is an important part of health. A healthy mindset creates a potential society, overcoming stress and life problems, being productive at work, and participating in social life. Mental health also affects a person's ability to enjoy life and seek harmony between life activities and life quests (Hanurawan, 2005). Mental health for a person is just as important as physical health in general, where other aspects of life will function optimally. Indonesia is a country that continues to develop from various points of view, this is synonymous with the increasing demands for meeting the needs of life which puts excessive pressure on people's minds so that they are prone to experiencing stress which can indirectly lead to mental health disorders (Putri et al., 2015).

Mental health is a crucial aspect in individual development, especially for children and adolescents. In the context of education, students' mental health plays an important role in the learning process and social interaction. Students who face mental health issues are at risk of difficulties in academic achievement, social relationships, and emotional development. One of the factors that can affect a student's mental health is family background, especially in the context of an incomplete family or commonly referred to as a "broken home" (Putri et al., 2015)."

The family is a social institution that has an important role in shaping the character and welfare of individuals, especially at the stage of student development. However, not all families can provide a stable and harmonious environment. Parents who are separated or divorced, is one of the social phenomena that can have a big impact on the lives of children or students. The influence of broken home families on students' mental health is an issue that needs serious attention, considering that its impact can involve various aspects of children's lives (Hanafi & Sumardi, 2023).

The term "broken home" refers to a condition in which children grow up in an unstable family environment, often as a result of divorce, separation, or the loss of one parent. This situation can have a significant psychological impact on children. Research shows that children who come from broken homes are more prone to various mental health problems, such as depression, anxiety, and deviant behavior. This happens because the emotional instability and environment they face can interfere with healthy mental development (Hanafi & Sumardi, 2023).

In addition, the economic condition of the family also affects the mental health of students. Students who come from broken homes often experience a decline in economic conditions after the separation of their parents, which can trigger additional stress. Unstable economic conditions can contribute to increased levels of anxiety and depression among students. Therefore, it is important to look at the relationship between economic factors and mental health in the context of incomplete families (Mahendra et al., 2022).

Based on the results of observations and interviews with BK teachers and students of Tunas Bangsa Junior High School, it was found that the problems experienced by students include a lack of politeness to teachers, both in the way of speech and

behavior, lack of openness so that they prefer to keep their own problems hidden, feeling compared and useless, and even children's learning achievement began to decline.

A broken home or separated family is a condition in which parents no longer live together, either due to divorce, legal separation, or the death of one of the spouses. This also causes an unhappy family situation and does not run like a family that gets along and is peaceful because there are often commotions and disputes that trigger quarrels and end in divorce so that it has an impact on the child. This phenomenon has become increasingly common in modern *dizera*, creating great challenges, especially in shaping children's psychological and emotional stability (Mahendra et al., 2022).

This phenomenon illustrates that children need special attention from their parents and close family. Whether it is in the form of affection or support in their educational level, in order to avoid mental health disorders that cause behavioral changes in the future. For this incident, the active role of the community, individuals and the government in resolving it is very important. This section discusses the social security system for children and families, which encourages appropriate behavior in society. In addition, legal and policy frameworks are also needed to support information systems and protect children's information (Hartanti & Salsabila, 2020).

Instability in the brokenhome family environment can have negative effects such as the appearance of fear, quietness, introversion, lack of initiative, opposition, tendency to violate norms, weak personality, anxiety, withdrawal, impulsiveness, aggressiveness, lack of responsibility, unwillingness to give in, frequent skipping, and problems with friends. Thus, teenagers who experience it tend to judge themselves as victims of people's disputes and consider themselves to be children who do not deserve to feel happy in their family (Santi & Koagouw, 2015).

Indonesia's education system has begun to recognize the importance of mental health. Some schools have started implementing counseling programs to help students facing mental health issues. However, there are still many challenges to overcome, including a lack of resources and training for teachers to recognize and address student mental health issues. Therefore, there needs to be a collaborative effort between schools, families, and communities to create an environment that supports students' mental health (Santi & Koagouw, 2015).

Counseling programs, extracurricular activities, and cooperation with families can help overcome the challenges faced by students from broken home families. The influence of broken home families on students' mental health is a complex and multi-dimensional phenomenon. Understanding the impact is the first step to designing an effective approach strategy to help students face these challenges (Wijaya, 2012). Strengthening social support, creating a safe environment in schools, and involving families in the educational process is a contribution to the psychological well-being of children from broken home families (Hudi et al., 2024).

This can be done by providing social support from peers and teachers have a significant role in helping students adapt to their family situations. This support can reduce feelings of loneliness and provide a much-needed sense of security for students. Second, parental involvement in children's education remains important even if they are divorced. This involvement can be in the form of good communication between parents and children, as well as the provision of a supportive environment (Hudi et al., 2024).

In previous research conducted by (S. K. Dewi & Lisnawati, 2024) Regarding the impact of the broken home family on the mental condition of children, it shows that the results of research conducted on broken homes and their impact on children who experience them, that broken homes greatly affect the mental state, attitudes, and behaviors of a child. From the discussion above, this study aims to provide a comprehensive picture of the mental health of students with a broken home background. This study aims to identify the common mental health problems faced by these students, the factors that affect their mental health condition, as well as the efforts that can be made to support them. By understanding this situation in depth, it is hoped that there will be a greater awareness of the importance of support for students with broken home backgrounds. Therefore, the author conducted a study entitled "Overview Student's Mental Health with Broken Home Backgrounds".

## **B. Methods**

This study used qualitative descriptive research. Qualitative descriptive research is research that explains data in the form of written or spoken words from people and observable behaviors. The population in this study is all grades VII A-C in junior high schools/MTs, which totals 105 students in grade VII, which will be carried out in 2024. Meanwhile, the sample of this study is 6 students who are randomly selected according to certain characteristics. The data collection techniques used in this study use observation, interviews and documentation, with question instruments that have been prepared by the researcher. Which is then analyzed using a descriptive method, namely by describing the situation, reality and existing facts. The data analysis techniques used in this study are carried out using several stages, such as data reduction, data presentation, and drawing conclusions. The validity method of research data uses triangulation as a technique to check the validity of the data (Mamuly & Paunno, 2024).

## **C. Results and Discussion**

The results of the research obtained and compiled based on the results of in-depth interviews from the six informants, refer to the research objectives that have been set.

**Table 1. Characteristics of Child Broken Home Informant**

No.	Name	Class	Gender	Religion	Condition	
					Orphans / Orphans	Divorce
1.	R.P	VII A	M	Moslem		✓
2.	C.S	VII C	F	Moslem		✓
3.	C.H	VII B	F	Moslem	✓	
4.	J.R	VII A	M	Moslem		✓
5.	M.R	VII A	F	Moslem	✓	
6.	H.B	VII B	F	Moslem		✓

The results of the study show that family conditions that are not harmonious, unstable, and messy (broken home) can cause the development of an unhealthy personality in children. The intended form of mental health includes aspects of children's emotions, responsibilities and sociability. The student admitted that he had vented his emotions to objects around him and even experienced trauma due to physical violence when dealing with his mother so that the student decided to work after school. In addition, students also feel pressured and considered a burden to their families so that every problem they face only chooses to hide themselves. Even other than that, there are students who find it difficult to socialize so that it has a bad impact on their academics. This self-defense mechanism is carried out unconsciously which can have an impact on students' mental health. Each individual basically has their own way or strategy in dealing with their problems, including children who are victims of broken homes. The self-strengthening that they do only lies in supporting their closest people and getting closer to Allah swt.

Based on the results of the interviews obtained, it is known that there is an impact of divorce on the development of children's personality or mental health. This impact is mainly on several aspects of children's self-development, namely emotional, social, and personality aspects. With various backgrounds that are the cause of the broken home, children are always the most disadvantaged party. Both physically and psychologically the child can have an impact on child development. Group social behavior that allows a person to participate effectively in a group or society. The impact of a broken home family on a child's social development is:

- a) The divorce of his parents leads to self-distrust of his abilities and position, he feels inferior and becomes afraid to go out and hang out with friends.
- b) Children find it difficult to adjust to the environment. Children who are raised in a lame family, tend to have difficulty adjusting to the environment, the difficulty comes naturally from the child.
- c) The impact for young women who do not have fathers behaves in one of the extreme ways towards men, they are very withdrawn and insecure in the second possibility of being too active, aggressive and flirtatious.
- d) The tendency to illegal drugs can also be caused by anger and irritation caused by children, in this case some children experience physical violence in their parents' households (Sania, 2018).

Based on the interviews that have been conducted, children who do not feel harmony in the family, they feel more depressed about the situation they feel. Independence that must be instilled makes them survive in continuing their education and enjoying life. Meanwhile, children who have lost their parents feel sadness by needing to adapt to a new life without the role of parents or one of them, and try to get up from sadness with various motivations that accompany it so that it does not drag on for too long in sadness. The problems experienced by students who are victims of broken homes are not entirely from families who have lost their parents, but more focused on children who are victims of divorce from their parents.

The results of this study are in accordance with what is said (Ardiansyah, 2023), that there are 3 characteristics that describe a child's mental health, namely: a.) Classic Orientation is that a person is considered healthy if he does not have certain complaints, such as: tension, tiredness, anxiety, all of which cause feelings of pain or unhealth and interfere with the facience of daily activities. b.) Self-Adjustment Orientation is that a person is considered psychologically healthy if he is able to develop himself in accordance with the demands of other people and the surrounding environment. c.) Potential Development Orientation is that a person is considered to have reached the level of mental health, if he gets the opportunity to develop his potential towards maturity so that he can be appreciated by others and himself.

This study illustrates that children who are broken at home are the ones who affect their mental health the most, which is seen in the classical orientation. Which they try to be strong without the care and support of their loved ones around them, rise with various motivations, and are tireless to meet their needs. It can be seen how mental health is portrayed in children who feel the loss of their parents or divorce that they are able to prove that they can survive by not complaining without the role of parents in their lives, so they know how difficult the outside world is to face.

The absence of parents in a family causes the role and function of the family not to be carried out optimally. This can indirectly affect the development of children, especially children who are entering adolescence. The integrity of the family can have a great influence on the life of a child. Indirectly, disharmonious family conditions can affect children's perceptions or views on themselves and their families. The results of the study stated that children tend to judge themselves as victims of family disharmony and tend to have the perception that they are only a burden in the family and even see themselves as disadvantaged children who cannot feel happiness from their family.

In line with what is said (Adristi, 2021) that families who have experienced a broken home can feel sadness, shame, and humiliation depending on where it happens in their family. Environmental pressure and conditions due to parental relationships force children to adapt to the environment as a result of the condition of their

parents which makes them feel different from others, thus disturbing the environment and lowering the child's mental health.

Indifference in the family can also affect the perception of students so that they see their family as a scary place because it is often colored by anger from their parents, causing students to feel uncomfortable at home. The informant felt disappointed over the problems that befell his family and the students felt sad when they remembered their family problems. Some students who are victims of broken homes have bad social relationships such as preferring to be closed and less social, friends who stay away after knowing their family background, and even students prefer to keep their problems to themselves because telling other friends is traumatic for them. In contrast to children abandoned by their parents (orphans), children who are abandoned due to death are more likely to be silent, anti-social, and also look more depressed. A peer environment that has the main supporting role to help students interact, socialize, and foster a good mental state in students. This can also have an impact on increasing learning motivation and trust from within students when going through the teaching and learning process at school, and students are able to overcome and prevent conflicts or peer pressure (Rakhmawati, 2024).

Children who have lost either or both of their parents to death, leave them feeling lonely, worthless, insecure, insecure, and without adequate social support. This can lower their self-esteem (belief), which is their self-assessment of their abilities, achievements, and values. Allah swt. said in Q.S Al-Anbiya [21] : 53

كُلُّ نَفْسٍ ذَائِقَةُ الْمَوْتِ وَنَبْلُوكُم بِالشَّرِّ وَالْحَيْرِ فَتْنَةً ۗ وَاللَّيْنَا تُرْجَعُونَ

It means: "Everyone who is alive will feel death. We test you with evil and good as trials. It is to us that you will be returned."

From the verse above, it is explained that every human being will definitely feel death, therefore most orphans experience mental health disorders because they cannot accept the person who is loved to leave them forever. Therefore, the changes in mental health experienced by orphans are different from children who are broken at home.

Mental health in adolescents, especially those who have a broken home background, is more affected by the conflict between parents and is considered bad in social stigma and tends to behave in a way that is not in accordance with social norms. In this case, it can be stated that it is important to research individuals from families with broken home backgrounds to prove the negative stigmas that exist in society.

Individuals as victims of divorce events tend to experience prolonged anxiety. Gradually, this anxiety manifests itself in the moral behavior of children, for example: truancy, aggressive behavior, consuming alcoholic beverages (liquor), consuming drugs and so on, this child's delinquency is a form of anxiety felt and an

expression of their disappointment, especially children in the transition period (Suhartini et al., 2024).

But from the results of the research carried out, the influence of the mental health of children who have a broken home background does not all have a negative impact, there are also positive impacts such as: a). Divorce, namely children who are caused by divorce often feel disregarded and tend to feel cornered, from these events it causes mental strength from the child which makes motivation to be better than his parents. Children who are classified as this case often force themselves to become outstanding or independent children in terms of economics. b). Orphans/Orphans, namely children who experience the event of being abandoned by a loved one, resulting in the child having the motivation to be proud of their parents even though they are no longer there, even they are able to show strength and patience in accepting the reality that has been destined in their lives.

Broken home greatly affects the mental state, attitude and behavior of children. Children from a messy family can be antisocial, afraid to start a family, withdrawn and reserved. This is caused by domestic violence, toxic parents, and family disputes. They tend to be aloof and unwilling to interact with others. In fact, social life is very important for children of this age because it is very useful to encourage their mental growth. If their psychiatric condition is disturbed, then it is very difficult to return them to normal children. Because, in addition to being driven by many external factors, he also has to fight his fear, dealing with it is also not easy, to fight his fear, children must be aware and ready to change, because due to deep trauma, it is very difficult to get the courage and desire to change.

Children who experience a broken home should be dealt with properly, because from a spiritual and psychological point of view, children need counseling to recover their condition. From this, it can be concluded that children need special attention from parents, namely affection and education. So that in the future children from Broken Home families (families with broken hearts) in the transition phase of adolescents do not experience mental health disorders that lead to behavioral changes and even suicide due to depression experienced in the family.

Seeing the impact of violence on children victims of the Broken Home crime, the active role of the community, individuals and the government to overcome it is very important. An effective parenting system requires interconnected components. The section covers a social security system for children and families that encourages appropriate behavior in society. In addition, there is also a need for legal and policy frameworks that support child protection information and data systems (Hartanti & Salsabila, 2020).

Many young people who come from messy households grow up in messy households without the love and guidance of their parents. Sometimes they use a messy family as an excuse to join a bad association and try bad things that can ruin



their future. Therefore, it is very important for parents to participate and take responsibility for children's growth and development, educating and guiding children from childhood to adulthood, especially in establishing relationships even though they have to separate.

There are so many children from messy families who are now falling into immorality and no longer focusing. This article can help children from broken home families to better understand and not choose the wrong path as well as stay on the right path and continue to maintain their relationship. Don't let them get caught and fall into bad associations. Although currently many young people use broken families (broken homes) as an excuse to be in bad associations.

This is in line with previous research that is relevant to this study, such as the research conducted by (Sari, 2021) from the results of the study showed that the learning activities of the eight subjects increased due to the motivation of the student's closest person and support from one of the family members. Then the research conducted by (Kholil et al., 2023) The results of his research show that the impact of broken homes on student learning activities at SMKN 1 Kudus shows that student learning activities are quite low. Students who experience these problems are unable to control their emotions while at school. Research from (Hasanah et al., 2023) The results of his research show that bullying, especially in verbal form, is a serious issue at Madrasah Aliyah Raudhatul Iman Jambi. Students, such as AB, experience bullying from friends at school and their home environment because of their obese physical condition. Teachers are considered to have an important role in overcoming this problem. In addition, the impact of broken homes, as experienced by LS, is also significant in affecting students' learning activities and emotional well-being. Research from (Mistiani, 2018) The results of his research show that many factors behind the occurrence of broken homes, including quarrels or quarrels between parents, divorce, and parental busyness. The impact of a broken home on children's psychology includes: Children begin to suffer from high anxiety and fear. Research from (Al Gusyairi et al., 2023) The results of his research show that 1) The picture of PGP's self-concept is that he often sees himself as disliked by others. (2) The factors that cause negative self-concept experienced by PGP are lack of affection due to family conditions, biological parent conflicts after divorce (3) Efforts to handle PGP students who experience negative self-concept are through the implementation of reality counseling with the WDEP technique consisting of 4 stages, namely the export of wants and needs, doing and direction, evaluation, and planning.

Research conducted by (Dewi et al., 2024) The results of the research show that the foster care of elementary school students from broken home families has shortcomings in terms of social skills, the parenting style applied is an authoritarian parenting style. Factors that support and inhibit parenting consist of internal factors and external factors. Research from (Sholihah & Wahyudi, 2020) The results of the research show that first, the worship of students with broken home family backgrounds is not good because there is a difference in the background of each

parent who does not pay attention to the worship of their children. Second, the morals of students from broken home families show poor behavior due to parental negligence and indifference to children's character education. Research from (Hamibawani et al., 2024) The results of the study showed that 8.26% had a high level of psychological well-being, 65.52% moderate, 25.86% low. Interviews with high-category students showed that they had support from family and friends and were motivated to live a good life. Meanwhile, some of them experienced bullying, juvenile delinquency, self-harm, and were bad at controlling emotions. The results of surveys and interviews show that the number of students who have low psychological well-being is more and is one of the conditions that need to be watched out for by counselors. Research from (Najib & Savira, 2021) The results of the study showed that the development of social intelligence of Falahussyabab students was generally caused by a broken home family background and lack of affection from both parents. Research from (Dalimunthe et al., 2024) The results of the study showed that children of divorced parents were more susceptible to mental health problems. However, understanding and applying the teachings of the Qur'an can help overcome negative impacts and achieve inner peace. Parents should educate children in a calm and empathetic atmosphere for optimal development. This study emphasizes the importance of spiritual dimensions and a supportive environment in improving the mental well-being of children from divorced families.

Research conducted by (Br Sidebang & Ritonga, 2023) The results of his research show that parental involvement in supporting student learning activities can reduce the negative impact of broken home families. Parents who remain active in their child's educational life and provide strong emotional support can help students overcome the challenges that arise due to unstable family situations. Research from (Ardiana, 2023) The results of his research show that students who experience broken homes have problems in their learning process but not all, such as having significant problems in the learning process with other children. Like in class, they are very quiet, ignorant, late in doing homework, and their clothes are not neat. Research conducted by (Mau & Anggraini, 2023) The results of the study showed that the learning motivation of broken home students at SMPN X was in the low category with a percentage of 65.0% (26 students) and the high category with a percentage of 35.0% (14 students). Research from (Lesnasari & Leksono, 2023) The results of the research show that the PAI learning strategies applied at SDN Kawunggading are the application of example, the application of habits, giving advice, giving attention, providing punishment, and discussion with peers. Factors that affect the success of the PAI learning strategy consist of external factors and internal factors; The implications of the PAI learning strategy implemented at SDN Kawunggading are able to have a good impact on broken home students which is shown by the attitude of students to be diligent in going to school, have concern for the surrounding environment, have a good attitude towards teachers and friends, and be able to follow lessons conducive. And finally, research from (Luciana & Syahrman, 2021) The results of the study showed that students' learning interest

increased when they were given group counseling services with rational emotive therapy techniques, this can be seen from the results of the pre-test and post-test  $p = .027$  then  $p < 0.05$ , so it can be concluded that  $H_0$  was rejected and  $H_a$  was accepted, meaning that there was a significant influence on students' interest in learning before and after being given group counseling services with rational emotive therapy techniques.

Based on the comparison of previous studies relevant to this study, it can be concluded that children's mental health can be affected by broken home families, this is due to the lack of affection that children receive from their parents, causing their mental health to be disturbed, thus the need for serious handling through teaching methods that can improve children's mental health such as counseling given to children.

#### **D. Conclusions**

Based on the results of the study, it can be concluded that mental health is disturbed due to the problem of lack of family harmony (broken home) of students. An unharmonious, unstable, broken home family causes the development of an unhealthy personality in children, so that it appears that children's behavior includes behaviors that are difficult to socialize, depressed, timid, shy, traumatized and feeling pessimistic. Students from broken home families have mental health that deserves support and motivation, as well as the active role of families and teachers in monitoring student development at school. But unlike the mental health experienced by orphans who are abandoned by their parents for good, this case tends to have an impact 1-2 years after the departure of their beloved parents. But after that, children with orphan backgrounds can recover from the loss. The impact of divorce and orphanage has a positive and negative impact on the development of children's mental health depending on how the role of the family and their own motivation is. The negative impact of an unstable family can interfere with the development and well-being of adolescents, resulting in juvenile delinquency, anti-social, excessive emotions, and a sense of unappreciation.

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