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Post Traumatic Growth **pada Dewasa Awal dari Keluarga Bercerai**

Post Traumatic Growth **in Early Adults from Divorced Families**

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Abstrak

Individu yang memiliki orang tua bercerai berisiko tinggi mengalami gangguan stres pasca trauma, namun peristiwa traumatis dapat membantu individu untuk mempelajari berbagai hal dan mengembangkan kompetensi yang sebelumnya tidak ia miliki yang disebut dengan *Post Traumatic Growth* (PTG). Tujuan penelitian ini adalah untuk memperoleh gambaran PTG dari individu yang mengalami perceraian orang tua. Pendekatan yang digunakan dalam penelitian ini adalah kualitatif fenomenologis. Peneliti melakukan wawancara semi terstruktur terhadap enam orang partisipan yang mengalami perceraian orangtua saat berusia anak-anak atau remaja. Peneliti menggunakan metode *purposive sampling* dalam memilih partisipan. Hasil dari penelitian menyimpulkan bahwa seluruh partisipan mengalami perubahan dalam seluruh dimensi PTG setelah orang tua bercerai, yaitu perubahan dalam hubungan interpersonal, perubahan dalam kondisi spiritual, munculnya penghargaan terhadap kehidupan, munculnya kesempatan/prioritas baru, dan munculnya kekuatan diri pasca perceraian orang tua.

Kata Kunci: Keluarga; Orangtua; Perceraian; *Post Traumatic Growth*.

Abstract

Individuals with divorced parents are at high risk of developing post-traumatic stress disorder, but traumatic events can help individuals to learn things and develop competencies that they did not have before, which is called Post Traumatic Growth (PTG). The purpose of this study was to obtain a description of PTG from individuals who experienced parental divorce. The approach used in this study was phenomenological qualitative. The researcher conducted semi-structured interviews with six participants who experienced parental divorce as children or adolescents. Researchers used purposive sampling method in selecting participants. The results of the study concluded that all participants experienced changes in all dimensions of PTG after their parents divorced, namely changes in interpersonal relationships, changes in spiritual development, the emergence of appreciation for life, the emergence of new opportunities/priorities, and the emergence of self-strength after parental divorce.

Keywords: Family; Parents; Divorced; *Post Traumatic Growth*.

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INTRODUCTION

The phenomenon of divorce today is not difficult to find. Data on divorce cases issued by religious courts throughout Indonesia shows that from 2010 to 2014, divorce cases always increase every year (Supreme Court Religious Justice Agency, 2014). Based on the latest data on August 28, 2020, the number of divorce cases that result in children living with single parents continues to increase (Yusuf, 2020). Data reported by the Secretary General of the Supreme Court of the Republic of Indonesia in August 2020 revealed that the divorce rate had reached 306,688 cases.

Children from divorced families can experience internalization problems such as sadness, depression, anxiety, and other psychological problems that can persist for several years after the divorce of their parents, even into adulthood (Rizkiani & Susandari, 2018). In addition, the state of a broken home family can be one of the strong factors that cause children to be more sensitive to their environment so that it creates problems in the school environment (Aziz, 2015). Parental divorce is also one of the traumatic moments for adolescents (Finkelhor et al., 2015). Data from a recent study shows that adolescents who have divorced parents are at high risk of developing post-traumatic stress disorder (PTSD) (van der Wal, Finkenauer & Visser, 2019). In relation to the risks presented, adolescents have different sensitivities to traumatic events because they have developing brain tissue, plasticity conditions possessed by the brain, immature emotional regulation capacity, and inadequate cognitive coping skills (Semple et al., 2013).

Until recently, the general view of post-traumatic events tended to focus more on the pathogenic effects that were considered negative as opposed to *the Salutogenic* effects that referred to positive changes. According to Subandi et al. (2014), traumatic experiences may not always cause a long-lasting negative impact on individuals. On the other hand, traumatic events can help a person to learn various things and develop competencies that he did not have before (Subandi et al., 2014).

In the last two decades there has been a change in the direction of research on the impact of trauma. Previous research has focused more on the negative impact experienced by individuals after going through a traumatic experience. Currently, there are quite a lot of studies that examine the growth experienced by individuals after going through traumatic experiences, including research on resilience, acceptance, utilization and psychological well-being. Hefferon & Boniwell (2011) in their book states that when an individual is faced with a traumatic event or sudden and accidental life change, three psychological responses occur: (1) succumbing to stressors (also called PTSD); (2) resilience and/or recovery; and (3) Post Traumatic Growth (PTG). Post Traumatic Growth (PTG) describes the experience of an individual not only recovering from trauma but returning to a pre-traumatic state so that it can function again after going through a period that causes emotional distress and use it to develop themselves more productively.

Tedeschi & Calhoun (2004) explained that there are 5 dimensions of Post Traumatic Growth (PTG) that function to measure PTG, namely: (1) **Personal strength** is when an individual is able to overcome trauma and will rise to become a stronger, confident, open, empathetic, creative, mature and humane individual, (2) **Relating to**

others, individuals will feel closer to family and experience an increase in having friendly relationships and living life with more confidence. (3) **Appreciation of life** is a change in what is important in a person's life. Fundamental change is a change in a person's life priorities that can also increase appreciation for the things he has, for example, appreciating his life. (4) **New possibilities**, the desire of the individual to change the purpose of his life and become an individual who focuses on the here and now. (5) **Spiritual change**, individuals will participate more in religiosity activities and be more grateful in their lives.

Research on Post Traumatic Growth (PTG) in early adults who have divorced parents in Indonesia has not been found. Research conducted by Purwanto and Hendriyani (2020) explained that when participants enter early adulthood, they are more able to forgive, accept, and understand their family conditions so that participants can achieve Post Traumatic Growth (PTG). Another study was conducted by Rohmah and Yuliasari (2023) which examined the picture of Post Traumatic Growth (PTG) of individuals aged 22 – 27 years who had parents divorced during adolescence. Based on the results of the study, participants were aware and tried to make peace with the situation, decided to improve themselves and have habits in a more positive direction. Other findings reveal that women in early adulthood can experience Post Traumatic Growth (PTG) which is characterized by being mentally healthy, able to overcome problems because of parental divorce and develop in a better direction in behavioral, spiritual, academic, work, and finding meaning in life (Bahonar, Etemadi & Salehi, 2023).

Research conducted by Mohi (2014) found that participants tried to do something better than their parents in establishing interpersonal relationships by learning from their own parents' mistakes. Then, Sajida (2017) found that early adult individuals experience Post Traumatic Growth (PTG) after experiencing parental divorce. This is evidenced by changes in the Post Traumatic Growth (PTG) dimension, namely relationships with family are re-established, there is a change in perception of family with friends and other people, optimism for a better future life, better spiritual changes, and more appreciation for life. Research by Wulandari & Fauziah (2019) revealed the development of Post Traumatic Growth (PTG) in individuals after facing parental divorce such as being able to take values from their family circumstances, being stronger and more resilient in living life, being more aware of their responsibilities, becoming a better person, being able to cope and adapt when facing difficult problems in their lives, and confident that they can motivate others by similar problems. In addition, there were participants who had a desire to be more successful and happier for their loved ones even though their parents were divorced (Nurnaningsih et al., 2022).

Based on the above phenomenon, Post Traumatic Growth (PTG) is important for early adult individuals who go through a traumatic period when their parents divorce. Based on the nature of individuals who can experience growth after experiencing difficulties, this research is more suitable to be conducted with a qualitative approach because it can provide a richer understanding of highly personal and subjective

experiences. In general, this study wants to reveal how the picture of Post Traumatic Growth (PTG) of early adult individuals who experience parental divorce events.

RESEARCH METHODS

This study uses a phenomenological qualitative approach. This method focuses empirical investigation of a group's conscious experience of a phenomenon they are experiencing (Christensen, Johnson, & Turner, 2014). A phenomenological approach can facilitate researchers to reveal the subjective views and feelings of research participants regarding a phenomenon that they are consciously experiencing. Therefore, the right method is used in this study because Post Traumatic Growth (PTG) in early adulthood after parents' divorce is a psychological phenomenon that is influenced by the personal appreciation of the research participants.

The data collection method used is a semi-structured interview. In this study, the interviews conducted were included in focused interviews, where the main goal was to gather accurate, insightful, and research-ready information, through the skillful use of questions (Stewart & Cash, 2014). Participants in this study are individuals of early adulthood (18-25 years old) who have biological parents who have been divorced for at least 2 years, parents divorced when participants were before 19 years old, and have lived with one of their biological parents (Father/Mother) after parental divorce.

In taking participants for interviews, the researcher used the purposive sampling method. Referring to this explanation, the researcher conducted a participant search by disseminating information about the needs of participants for qualitative interviews and participant criteria on instant messaging applications to social media. If there are individuals who are interested and meet the criteria, the researcher will contact them further to explain the purpose of the interview and guarantee confidentiality regarding the identity of the participants. All participant interviews were conducted online because the participant's domicile was far from the researcher's domicile. The interview process is carried out using interview guidelines that have been developed based on the theory and dimensions of PTG.

Table 1. Participant Data

Name	Age	Age when parents divorce	Gender
AP	22 Years	6 Years	Woman
DF	22 Years	4 Years	Woman
L	22 Years	18 Years	Woman
AS	23 Years	14 Years	Woman
AR	24 Years	9 Years	Woman
DS	25 Years	9 Years	Woman

The data analysis method used in this study is a thematic analysis method, which is a series of processes to group or code the information that has been obtained which can then produce a series of themes, theme models or complex indicators, qualifications related to the theme or a combination of things that have been mentioned (Poerwandari, 2013). The steps of analysis using thematic analysis according to Braun and Clarke (2006)

are coding the data, reviewing each theme to get relationships as a basis for compiling an analysis map. Furthermore, continuous analysis is carried out to improve the uniqueness of each theme. Finally, each theme and its relationship are analyzed to produce an essence which is then used as a research result.

There are two validation techniques used in this study (Christensen, Johnson, & Turner, 2014). First, low-inference description. The researcher recorded the results of the interview verbatim so that there was a description that was completely in accordance with the information conveyed by the participants. Second, source triangulation. Researchers interviewed more than one participant who was considered to have different viewpoints despite having similar experiences and characteristics. The researcher also conducted in-depth probing of the events experienced by the participants so that the data submitted by the participants could be more detailed and accurate.

RESULTS AND DISCUSSION

Interviews were conducted with six participants who had divorced parents at the age of children to adolescence and were cared for by single parents. All interviews were conducted online, through the agreed teleconference media (Zoom). Virtual interviews since the COVID-19 pandemic and beyond have shown potential long-term benefits, namely being able to upgrade previously traditional interview methods into new interview methods that can be considered, reduce mobility challenges for researchers and participants, and increase the reach of research to national and international scopes (Keen, Lomeli-Rodriguez, & Joffe, 2022). Each interview lasts about 90 – 120 minutes. The following are the results of interviews based on the Post Traumatic Growth (PTG) domain to participants.

Changes in interpersonal relationships (relating to others)

In the process of adapting to parental divorce, all participants experienced changes in interpersonal relationships (AP, DF, L, AS, AR, and DS). All participants stated that they became closer to their parents through more intense communication, were closer to the extended family of one of the parents, were more open to new people, and were gradually able to accept and forgive their parents' mistakes. The change experienced by participants in other interpersonal relationships is having improved relationships in friendships. Participants became more open to friends, more confident to build a relationship, began to be brave to take the initiative to initiate interactions to be able to adapt to new environments, such as the school and office environment where participants worked.

One of the participants (AP) had a different experience to change his relationship with others, namely through the experience of "hijrah" and joining the "hijrah" community. After joining the "hijrah" community, participants made many new friends who always supported them to change into a better person, including gaining religious knowledge about the importance of respect and filial piety with both parents. By joining a new community, participants can open to others more easily than before.

The factors that play a role in the development of Post Traumatic Growth (PTG) in the dimension of relating to others in participants tend to have similarities. Social support from religious communities, friendship relationships, and spouses are factors that play a

role in the development of the dimension of relating to others in the participants in this study. Religious communities can contribute to well-being, thus supporting the physical and mental health of individuals, especially after going through traumatic experiences (Abu Raiya et al., 2015). This phenomenon is also strengthened by research that states that support from family, the environment, and friends can help facilitate coping stress and can help the emergence of PTG (Tazkiyah, 2019).

Participants' openness to the environment also plays a role in the development of Post Traumatic Growth (PTG). Participants were more open with their spouses and friends at school. Increased relationships with the environment after experiencing the event of parental divorce, making participants feel accepted by the environment even though their families are no longer intact. The findings are also consistent with the finding that social support helps someone who has experienced trauma to get a chance to talk about the change that has occurred and gives a person the opportunity to receive new perspectives that can help them make positive changes. (Tedeschi & Calhoun, 2004; Prati & Pietrantonio, 2009).

"Aku bisa memaafkan beliau (Ibu) secara pikiranku ya, pikiranku itu udah benar, udah beliau itu udah oke lah, emang ini kesalahan kita, kesalahan dalam komunikasi, kesalahan kita dalam bersikap dan sebagainya" (DS)

"Dulu justru aku lebih tertutup, aku nggak terlalu bisa untuk berteman. Nah, setelah hijrah, karena aku ngerasa kayak, aku butuh temen gitu. Jadi, aku ngerasa kayak, apa ya, memaksa diri aku untuk bisa berbaur dengan orang baru. Nah setelah itu aku ngerasa aku jadi gampang berteman" (AP)

Spiritual Change

Broadly speaking, all participants had a change in their spiritual condition after their parents divorced. Some participants showed better changes in spiritual development although in different ways. The changes that have occurred include having a calmer feeling after worship, relying more on God in every situation, being more grateful for the current situation, being more confident in the plans that Allah will give in the future, increasing the frequency of sunnah worship, and being more patient in accepting the destiny given by God. Based on the results of this study, traumatic events can increase participants' belief in religion which will be beneficial in the process of interpreting traumatic experiences and discovering the meaning of life. The spiritual condition of the participants also helps the individual to recover from the traumatic event.

In some cases, there are participants (DS) who have different changes than other participants in their spiritual state. He became a more critical person when he got information about religious science, so he studied religious science so as not to get a wrong understanding of the knowledge that had been studied. In addition, there are participants (AP) who join the hijrah community in developing their spiritual condition after experiencing parental divorce. After joining the hijrah community, the participants have a positive environment and always provide support, to give a new view to parents from the perspective of Islam.

The factors that play a role in the spiritual development of each participant are quite varied. The social support provided by the environment and family affects the development of Post Traumatic Growth (PTG) in the spiritual development dimension of the participants

in this study. The forms of support received by the participants included invitations to come to religious studies events to worship together, and joint discussions about life from the perspective of spirituality. So, it can be concluded that the factors of association, friendship and support from family greatly affect the individual's mindset and lifestyle. If an individual gets along with friends or companions who are obedient to worship, he will also be influenced to carry it out (Tokan & Fauziah, 2022).

Some participants also showed the use of religious coping in achieving a state of spirituality. The religious coping used by the participants is to be more diligent in worshipping to get a calmer feeling, gathering with friends when experiencing stress, and trying to be more confident in Allah's destiny to reduce anxiety. Religious coping and social support offer a framework of interpretation and worldview that gives meaning to individual experiences so that they can contribute to interpersonal relationships, strengthen a sense of control over life situations, and increase self-esteem and life satisfaction (Homaei et al., 2016).

In one participant (AR), internal motivational factors and rumination influenced his or her spiritual development. The participants reflected a lot on the God's help that had been given to them during their treatment in the hospital. The individual enters a more deliberate and deep process of contemplation, in which he or she rethinks his or her experiences that may cause cognitive changes regarding positive self-development. This type of rumination is referred to as deliberate ruminations. In the stage of deliberate contemplation, the negative assumptions that the individual has are reconstructed so that he can develop from his or her downturn, so that the individual can achieve Post Traumatic Growth (Calhoun et al., 2000).

"Makin lama saya rasa tuh tenang aja gitu mas udah berdoa ke Allah, udah sholat dan sekarang tuh kalau misalnya buat telat sholat aja tuh saya kayak takut gitu."(AS)

"Jadi lebih tenang, terus lebih bisa kontrol diri. Yang mungkin sebelumnya benar-benar dipikirkan, sekarang jadi kayak, yaudah ada Allah gitu yang mungkin nanti pasti bakal kasih solusi terbaik, yang lebih, apa ya, lebih yang lebih tawakal, jadi lebih bisa ikhlas."(AP)

The emergence of appreciation of life

Broadly speaking, all participants in this study expressed appreciation for their lives after experiencing the event of their parents' divorce. Appreciation for life that arises such as appreciating the presence of friends who provide support, appreciating the hard work of parents in making a living, changing their view of the world to be more positive, appreciating the time they have, trying to respect other people's opinions and looking at problems from a different perspective so that they can understand the mistakes that others have made. Participants in this study also became more optimistic about their lives, where participants felt confident to solve the challenges or problems they faced in the future.

Some participants have different processes in appreciating life. One of the participants (AS), experienced a very difficult experience after his parents divorced, namely the passing of his biological mother. Since her biological mother passed away, she has become more appreciative of time when meeting other people. Time is irreplaceable because the US only had a short time to meet before Mother died. In addition to

appreciating time, he also appreciates the presence of others who come into his life. The other participant (L) appreciated the presence of the current partner more. According to her, the couple provided a lot of support during difficult times after her parents divorced.

On the other hand, there are participants (DF) who prefer to appreciate themselves for the struggle that has been made to survive through a difficult time after their parents divorced. Participants gave many positive affirmations to strengthen themselves in living life. From a psychological point of view, this is called self-compassion. Self-compassion is one of the positive psychological concepts that emphasizes self-love and not being harsh on mistakes or shortcomings (Neff, 2011).

The internal factors that drive Post Traumatic Growth (PTG) are the reassessment of the event as a "challenge" which can be thought of as a form of positive reinterpretation of an event, and "gratitude", which is also known as the tendency to show appreciation for something done or received. Individuals who use a positive reassessment of a traumatic event are more likely to return to that method to go through a traumatic experience in the future (Tsai & Pietrzak, 2017; Tsai, Sippel, Mota, Southwick, & Pietrzak, 2016).

External factors such as social support obtained from friends, family, partners, and professional assistance also affect the emergence of life appreciation for participants. Based on the results of this study, social support greatly affects the occurrence of Post Traumatic Growth (PTG). This finding is in line with research conducted by Utami (2020) that social support greatly affects the occurrence of posttraumatic growth. While other participants tried to accept the situation that occurred to be able to appreciate their lives. Acceptance coping is defined as a difficult situation or experience that must be accepted or overcome by the individual (Prati & Pietrantoni, 2009). It can be concluded that factors that can affect the meaning of life include (a) Internal factors in the form of positive assessments and (b) External factors in the form of materials, social support, work, and the closest people.

"Yang pertama itu 'waktu' sih, Kak. Kita gak tahu ya kita ketemu sama orang itu sampai kapan gitu kan. Jadi yang benar-benar saya hargai sekarang itu waktu sih. Waktu mau bersama keluarga, bersama teman-teman itu sangat-sangat saya hargai. Karena waktu itu saya cuman dapat ngeliat Ibu saya cuma 3 hari. Benar-benar 3 hari" (AS)

"Ya meskipun belum mutlak, tapi realitanya sekarang emang yang aku milikin sekarang itu pacarku sih, Kak. Ya, bisa memudahkan, bisa berbagi apapun gitu jadi gak nanggung sendirian gitu." (L)

The emergence of new opportunities (new possibilities)

Broadly speaking, all participants in this study had new opportunities and priorities after experiencing the event of parental divorce. New priorities that emerged for participants included having a desire to make their parents and families happy by providing financial assistance. Like one of the participants (DF) who wanted to buy his father a private house because he wanted his father to have his own house. The participant's effort to help the family financially is to work while studying and have the desire to build their own business. The participant's motivation to buy a new house for Dad so that he can have a comfortable place to live with Dad and have privacy. If they live in their mother's house, the participants feel uncomfortable because the one who owns the house is the stepfather. Based on the results of this study, trauma can arouse a person's

passion to cope with the circumstances they have gone through by making changes in their personal and work lives so that individuals can feel useful to others and themselves.

In addition to wanting to be happy and prioritizing family, some participants came up with new priorities by prioritizing their own needs first rather than prioritizing family. For example, AR participants who want to focus on solving the psychological problems they experience first, focus on completing education with good grades, and have the desire to work according to their interests and talents. Participants want to prioritize themselves first because they feel that they can provide benefits to others when they have recovered and are empowered first. AR also wants to try various opportunities to start a career by participating in internships and volunteering activities according to her interests.

The factors that affect the formation of new opportunities or priorities for participants are quite diverse. Economic factors play a role in developing new opportunities for participants after their parents' divorce. Participants experienced financial difficulties so that participants felt the need to be responsible to help the family economy and live independently so as not to burden their parents. According to research conducted by Lancaster, Kloep, Rodriguez, & Weston (2013), the new possibilities and domains of personal growth of PTG are influenced and predicted by the beliefs challenged in the world as dangerous places by experiencing traumatic events, thus giving rise to new opportunities to overcome the difficulties faced after the experience of a crisis. In addition to economic factors, social support also has an impact on changing priorities for participants in creating new opportunities. Participants received advice and messages from friends not to behave selfishly and to get help from professionals. This is in line with research that finds that external factors that affect individual decision-making are the socio-cultural environment such as social support which includes: support, openness, and acceptance (Imelda, Tuapattinaya & Hartati, 2014).

There are participants (AR, DS, DF) who have internal factors in having new opportunities after their parents' divorce. These internal factors are a great motivation in arranging their priorities to help the needs of the family. Participants felt that they were the only children who could be relied on by their parents and could make them happy. This phenomenon is in line with the research of Imelda, Tuapattinaya and Hartati (2014) which explains that internal factors that affect a person's decision-making include: cognitive, motivation, personality, learning, perception, attitude, internal barriers, self-adjustment, and expectations for the future.

"Tujuan pertama aku sekarang apa ya... kerja aja sih kak. Kerja, terus cari uang yang banyak gitu. Biar bisa beli rumah buat ayah. Karena kan sekarang ayah kan belum merasakan punya rumah sendiri."(DF)

"Saya ingin menyelesaikan pendidikan dulu deh. Nanti ngelamar kerja yang sesuai passion. Kalau sudah dapat pekerjaan yang sesuai dengan minat dan keinginan, saya masih tetep mau lanjutin upgrade diri dan banyak belajar untuk menumbuhkan apa ya.. mental health" (AR)

The emergence of personal strength after parental divorce

All participants in this study showed self-strength after experiencing the event of parental divorce, namely the growth of optimism when facing difficult situations, becoming a more structured and organized person in living life, more mature and wiser in making decisions, becoming more empathetic with others, and more patient if they get

something undesirable. In addition, participants also showed changes in a better direction in managing their emotions. This phenomenon is in line with the challenges that participants face from childhood to after their parents' divorce, which can lead to personal growth and the development of valuable skills. For example, participants can learn to be more independent and manage their own negative emotions when their parents are divorced.

The emergence of self-strength in some participants comes from significant experiences that then foster positive abilities such as a greater sense of empathy and an optimistic attitude towards life. For example, there is a participant (AR) who gets experience as a peer counselor at his school so that he listens to a lot of stories and problems from his friends at school. From this experience, participants learned a lot about empathy, respecting the interlocutor, and listening to people's stories well without judgment.

Participants who developed optimism were due to the various success experiences that participants had experienced before and a sense of ability that they had gone through difficult times after the divorce of their parents. Previous successes that have been experienced make them more optimistic to live life. Optimism in individuals will be influenced by how they think in dealing with the problems they will face, so that if their parents divorce, they will see the positive side of the problem. Optimism is characterized by a positive outlook on life, confidence in the individual's ability to overcome a challenge where these traits can help individuals develop resilience and can overcome the impact of traumatic events that have the potential to lead to PTG (Seligman et al., 2005).

The factors that play a role in the emergence of self-strength in participants are quite varied. External factors that influence include openness with others and having friends with similar experiences. Support from family and spouses also helped participants to live their lives after going through the event of their parents' divorce. This is in accordance with research conducted by Calhoun et al. (2022) which stated that social support can help individuals develop skills to cope with new problems and increase their self-efficacy. Then, the internal factor that plays a role in the Post Traumatic Growth (PTG) process is motivation. Participants in this study had great motivation to change into a better person than before to have a great motivation to survive by looking for external reinforcements. Purwanto (2020) found that desire or drive in oneself is one of the factors that most influence the emergence of PTG.

"Saya tuh sekarang selalu bikin to do list gitu loh kak jadi makin terarah aja gitu waktunya. Saya kan apalagi saya kerja gitu kan, misal pagi sampai siangnya saya kerja baru sorenya saya di rumah sama keluarga, kayak gitu. Terus makin teratur sih, saya punya hari dimana hari untuk saya sendiri, gak pengen ketemu orang lain. Habis itu saya balik lagi ke aktivitas biasa. Terus saya punya hari dimana saya harus keluar olahraga atau ketemu sama teman-teman" (AS).

"Bisa mengelola stress dengan baik, terus juga bisa lebih empati ke orang lain gitu-gitu. Akhirnya dibawa juga sampe kuliah, menurut saya jadi pribadi yang lebih positif aja gitu ngerasanya" (AR).

CONCLUSION

The conclusion of this study showed that six participants experienced positive changes in all dimensions of Post Traumatic Growth (PTG) after experiencing a parental divorce event. These positive changes include improved relationships with biological parents, increased frequency of worship and more confidence in the destiny given by God, more grateful for life, having a desire to help parents financially, and the emergence of optimism when living life to be able to manage emotions better. The factors that play a role in the development of Post Traumatic Growth (PTG) of participants are quite varied. Internal factors that play a role include the rumination process, motivation, compassion for oneself, and forgiveness. While external factors play a role are social support obtained from friends, parents to extended family, previous successful experiences, external events such as the passing of the biological mother, and professional help such as psychiatrists and psychologists.

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