

Implementation of Interpersonal Communication to The Broken Home Family in Psychological Rescue Effort

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Abstract

The purpose of this study is to determine how interpersonal communication is important in broken home families so that children do not develop psychological disorders or violate norms. Broken families are a social phenomenon that should not occur but has become common in Indonesia. This study employs a qualitative descriptive method, with data collected through interviews, observations, and documentation. According to the findings, eight factors contributed to a broken home: 1) communication disorders, 2) egocentricity, 3) dissatisfaction, 4) economy, 5) time, 6) lack of education, 7) third party disturbances, and 8) disturbances. psychological. Parents play an important role in establishing interpersonal communication so that no more children engage in harmful behaviors that violate norms. Furthermore, parents implemented a number of interpersonal communication strategies in order to establish an intimate and intimate relationship with their children.

Keywords: interpersonal communication, psychological

1. Introduction

The divorce rate in Indonesia is very concerning, as evidenced by data from the religious court, which shows that the intensity of divorce has increased by 54%. More specifically, the figures presented by the field survey range from 291,677 to 447,743 cases (Muttaqin & Sulisty, 2019). The rising divorce rate is influenced by several factors, the most significant of which is psychological deviation.

Marriage is ideally a sacred activity from both a religious and social standpoint. Marriage is a form of social development and friendship strengthening. Marriage, ironically, is now regarded as merely a biological relationship activity. Because marriage lacks an intimate meaning, people rush to find a partner, which is psychologically premature.

Premature psychological development will create many gaps that will disrupt the household's harmony. Some of the consequences of this psychological premature are dissatisfaction, irritability, and a tendency to be overly sensitive to problems, resulting in problem solving failures. These factors are strongly suspected of being the source of the divorce.

Divorce causes a stigma deviation in which people refer to a divorced family as a broken home. Children from broken homes are viewed by society as more likely to deviate from social norms. This stigma is still being debated in the community, but the lack of education among single parents and the lack of approach to children strengthen the stigma.

The conditions listed above indicate a social downturn in which there is a social malfunction that results in a shift in behavior that deviates from the norms. As a result, in order to reduce the negative stigma from society, it is necessary to have interpersonal communication with children so that they do not fall into things that violate the norms. The implementation of interpersonal communication results in the intimacy and intensity of dialogue between children and parents.

Through the preceding explanation, the author raises questions that become the formulation of the problem, namely: How is interpersonal communication for broken home families implemented in an effort to save children's psychology?

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2. Literature Review

2.1. Interpersonal Communication Definition

In the KBBI, explaining the pattern refers to a method or design that can be used as an illustration (Anbiya, 2014). Communication, from the Latin *communis*, means interacting or exchanging individual thoughts with other people while expecting a response or feedback (Mulyana, 2005). As for the communication elements, they are as follows:

- 1) Communicator (Source)
- 2) Text Messages (Messages)
- 3) Communicator/Message Receiver (Receiver)
- 4) Communication Path
- 5) Communication Influence

Interpersonal communication is direct interaction between individuals in which participants understand both verbal and nonverbal information. The goal of the preceding explanation is to demonstrate the importance of interpersonal communication in identifying messages, either directly or indirectly.

Interpersonal communication is the presentation of information from one person to another through effects and providing a quick response. This is a part of communication psychology in which the communicant responds to the stimuli provided by the communicator and then processes it into a meaning.

According to the experts' definitions, interpersonal communication is the process of delivering messages or opinions that occur between two or more individuals by providing a quick response.

The goal of interpersonal communication is to communicate concerns about an individual, to see the individual, to gain access to the outside world, to form and maintain pleasant relationships, to influence behavior, to eliminate losses due to miscommunication, and to provide guidance.

There are three interpersonal communication patterns that can be used to expand dynamic relationships in the process of psychological improvement of children in broken home family education:

1) Unidirectional Communication

Scientist Claude Shannon defines one-way communication as action. Parents serve as activity providers in this communication, while children serve as activity recipients. The lecture method is dominated by this one-way interaction pattern, so educators become a source of knowledge for the subject of study. One-way communication occurs when one party, namely the information provider, does not give the recipient the opportunity to respond.

2) Communication in Both Directions

Wilbur Schramm created this model, which uses two-way communication as a correlation. This viewpoint compares the interaction in a cause-and-effect manner to parents and children in a broken home family. Factors such as openness, empathy, support, a positive attitude, equality, and so on must be observed in order to increase the effectiveness of two-way communication.

3) Communication in Multiple Channels

According to West and Turner, multi-way communication is communication that includes dynamic relationships between two people (Wulur & Hoirunisa, 2019)

The Fundamental Interpersonal Relations Orientation (FIRO) theory was used in this study, which contends that three needs can be combined to form a relationship goal. Participation, control, and affection are the three perspectives. William Schutz created the theory. According to this theory, people in their lives require the assistance of other people.

Because the FIRO theory already includes the role of parents and children in psychological improvement in a broken home family, the researcher chose this theory. Where parents and children act as inclusion, parents also act as controllers, and affection is formed after interacting. According to this theory, parents can be more free and intense in their children's psychological development.

2.2. Psychological Correction in a Broken Home Definition

A broken home, according to (Wulandari & Fauziah, 2019) in katadata.co.id, is a discordant family situation. Furthermore, in a single parent household, a broken home is a system. Families become incomplete when one or both parents divorce or die. Furthermore, conflict, neglect, and bad behavior are common in broken home households.

Meanwhile, several factors, according to Kardawati in Imron Muttaqin, contribute to a broken home, including: (Muttaqin & Sulistyono, 2019):

a. Divorced or separated parents

Divorce, for example, demonstrates that it is a reality in the lives of husbands and wives who are no longer imbued with love on the foundation of a marriage that has been built together from the start and is now shaky and unable to support and maintain the integrity of a harmonious family life. As a result, the relationship between husband and wife will become increasingly strained, with each of them creating such a chasm that communication is completely cut off. The relationship has revealed an alienation and separation that is spreading further and further into its own world. As a result of this, there is a shift in meaning and function such that each of them feels completely foreign with no more intimate sense of attachment, or you can say that you are indifferent to one another. It could even bring the two down on each other. In fact, according to Islamic teachings, Allah despises divorce in the family.

b. The family's mute culture

This mute culture is distinguished by the absence of communication and dialogue among family members. Problems in this culture typically occur in communities that know each other and are bound by inner ropes. The problem will not be exacerbated if the culture of silence exists between strangers and in situations that are only temporary in nature. Children's souls will be filled with frustration and annoyance if their families do not engage in dialogue and communication. Broken Home children frequently experience this when both parents are no longer together.

c. The family's cold war

It is also possible that the cold war case was more severe than the silent culture. Because, in addition to a lack of dialogue, each party in this cold war feels discord and hatred.

According to experts, there are many definitions of broken home, as explained above. The author redefines the meaning of broken home so that this study focuses on divorced broken home families. Researchers want to look into the role of parents after divorce in order to prevent their children from doing things that are harmful to others and themselves .

Children from broken home families have a drastic decline in performance, face many difficulties when studying both at school and at home, their concentration always decreases and makes it difficult for children to accept the lessons given, the child will become a quiet person and tend to be a solitary child who does not want to hang out with the crowd, and the child likes to daydream.

Of course, these factors are extremely harmful to the child. Perhaps the child's future will not be as he desired. The environment has a significant impact on these children. If the child is raised in a bad environment, he or she will grow up to be a bad person. In the opposite case, if the child grows up in a good environment despite his parents' divorce, he will be a good child.

(Savitri, 2016) discovered in his research that, in addition to parents, other families such as grandfather, uncle, aunt, and others are expected to be able to replace and represent the role of parents and teachers in schools in building the character of broken home students. So that it can reach all levels of students who are victims of broken families.

A broken family can have an impact on the growth and development of the children in the family. Family problems interfere with the development of children in the family. The family is an important place for children's development physically, emotionally, spiritually, and socially. According to Saikia's research findings in (Wulandari & Fauziah, 2019) regarding Broken family: Its causes and effects on the development of children, parental divorce is one of the causes of a broken home. Whereas the family, as a carrier of generations, serves an important role in societal sustainability .

Due to some of the problems associated with divorce, the family's role as a carrier of generations has malfunctioned and broken up. As a result, the hopes of children from broken homes to achieve their goals are depleted. However, there have been several cases where children from broken homes have been able to realize their full potential and achieve

success. The role of the family is undoubtedly still the primary driver in improving children's achievements, so interpersonal communication is required in order to maximize children's potential.

3. Methodology

The descriptive qualitative approach is used in this study. This technique examines and summarizes a data description made up of many phenomena. The purpose of the descriptive, according to Milly and Hubberman, is to make it structured, real, and correct (Sugiyono, 2017) [Click or tap here to enter text.](#)

Data collection is a step in the research process because the author must be an expert in locating sources in order for the data to be accurate. Interviews (semi-structured), observation, and documentation were used to collect data. Data reduction, data presentation, and conclusion drawing are among the data analysis techniques employed.

This research is being conducted on Jalan Besar Deli Tua, Gang Gedek, Deli Tua Village, Deli Tua District, Deli Serdang Regency, North Sumatra Province. This study began on June 29, 2022 and was completed on July 28, 2022.

Primary and secondary data sources are used. Primary data was obtained directly from the informant using the problem-related interview method. The informants in this study were from broken homes in the research area (single parents and children). While the primary sources of data for this study are books and scientific articles directly related to the title.

4. Result And Discussion

4.1. Result

The writer divides the research into several episodes and proposes several general themes based on the research results from the data analysis process. These themes serve as a reference for questions for single parents and their children, and the explanation table is attached:

No.	Episodes	Theme
1.	Pra Broken Home	<ol style="list-style-type: none"> 1. The meaning of family 2. The process of interpersonal communication 3. Communication intensity 4. How parents educate children / education obtained from parents 5. Special patterns in educating 6. Specific patterns in instilling norms
2.	Pasca Broken Home	<ol style="list-style-type: none"> 1. The meaning of family 2. The process of interpersonal communication 3. Communication intensity 4. How parents educate children / education obtained from parents 5. Special patterns in educating 6. Specific patterns in instilling norms 7. Revenge against father/mother who left the family

The authors discovered that because single parents live at home, they frequently engage in interpersonal communication. Because communication is segregated, single parents and children rarely communicate with fathers/mothers who leave their families.

The conversation remains intense, especially since the mother, a single parent, has a good relationship with her daughter. According to him, this closeness is natural because women can understand the psychological conditions of other women. However, some children admitted that their parents are fussy after a broken home, but children can understand the nature of fussy parents because the communication process that has occurred has formed a good child character that does not want to fight. This comprehension is not meaningless; children can comprehend the traumatic nature of a single parent after a broken home (Wulur & Hoirunisa, 2019).

According to the findings of the interviews, several children tend to ignore interpersonal communication with their parents, which is also due to gender differences. Despite good advice, most boys are in denial about single parents. The

advice given to boys by single parents is to be responsible for the family, but the author's analysis shows that there is a trauma wound in the child, resulting in denial.

Because single parents have a traumatic nature, they rarely have direct or virtual relationships with their ex-partners. However, none of the single parents studied told their children to despise the father/mother who abandoned them. Single parents, on the other hand, always want their children to continue the relationship because the child and the parent who leaves the family have a biological relationship. If the parent who leaves the family is married, the child must regard the parent's child as his own brother (Aryadillah, 2018).

The unique pattern that single parents follow is to provide a stimulus as a trigger for children to tell stories, resulting in good interpersonal communication. Joking, taking them out of the house to entertain themselves, and then talking about life is the pattern of communication and interaction. In this study, there are children who are in denial, posing a barrier to the process of interpersonal communication. Furthermore, the child with this denial trait already has a job, making communication with him difficult because he is tired after work.

The communication pattern emphasized by single parents is based on several principles, including trust, security, and comfort in a family. Furthermore, single parents always remind their children to worship God in order to face the test of a broken home and achieve life goals. Religion is the most important factor in the lives of most of the families in the research area, so the families in the research area have a fairly high religious character (Wulur & Hoirunisa, 2019).

4.2. Discussion

Broken families are a social phenomenon that is occurring in Indonesia. This is caused by a variety of factors, the most prominent of which are psychological errors and economic problems. According to the author's observations, there are several causes of a broken home, including:

1) Communication problems

Communication in the family plays an important role as an information window that can be used to analyze and detect family disturbances. If this communication is not smooth, information will be closed, resulting in a lot of fear, fraud, and lies as a result of the desire to close themselves. Normal families always want intensive, harmonious, and two-way communication with their family members, but communication in broken families can be disastrous due to a lack of mutual understanding and trust.

Communication in the family is interpersonal, demonstrating the relationship's complexities (Aryadillah, 2018). Family communication is a symbolic, transactional process that aims to express understanding within the family. The initial cause of a broken home is a blockage of communication channels.

2) Self-centered

Egocentrism is a negative egotistical trait that can have a negative impact on families. The KBBI (Anbiya, 2014) defines egocentricity as "making oneself the center of thought." The egocentric attitude of parents not only affects the family's integrity, but it also affects the child's personality. Egocentrism is a self-centered personality trait that believes one's own opinions and actions to be true, making it difficult to accept the truth from others. If a husband and wife share this trait but lack mutual understanding and perseverance, the seeds of a broken home already exist and will sprout one day. As a result of this trait, a husband and wife may one day have a major fight in front of their children, which will obviously have a negative impact on the child's psyche (Panuju, 2018).

3) Disappointment

Non-fulfillment of one's desires is a precursor to dissatisfaction. At this level, parents frequently express subjective dissatisfaction, resulting in a heated argument.

4) Economy

The economy is an important part of any family. The number of needs, as well as the times, necessitate a high economic intensity for the family. Secondary expenditures are increasing in today's technological era because information systems from devices and so on have become necessities that must be met. Furthermore, basic needs such as food, education, clothing, transportation, and adequate housing are not met, resulting in the egocentric nature described above.

5) Time

In order to meet the family's primary, secondary, and tertiary needs, the family (particularly the father, who serves as the family's backbone) must work extra hours. However, this has a negative impact because there is little interaction and communication with children and partners, preventing closeness and intimate relationships from developing.

6) Lack of education

A lack of education is also a contributing factor to the breakdown of a family. Divorced parents are often selfish and in denial due to a lack of psychological maturity and broad insight. A lack of education causes a person to be psychologically immature and to have a low social character.

7) Involvement of third parties

Others should not disturb the family, which is the core community. Third-party interference is caused not only by extramarital activities, but also by a number of other factors. A large family's intervention in the household is a significant factor in the family's demise.

8) Immature psychological development

All of the above-mentioned exposures are the result of psychological immaturity. Furthermore, due to psychological immaturity, early marriage contributes to a relatively high divorce rate. Marriage, it is said, does not have to be based on the fulfillment of lust, as it is today. The main reason couples marry at a young age is to avoid adultery, which overshadows the essence of marriage worship itself. Marriage is more than just biological relationships; it also creates a strong community and partners who become lifelong friends. Marriage in a hurry will result in a marriage that will not last long.

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5. Conclusion

Through the explanation above, broken home occurs due to several factors including: 1) communication disorders, 2) egocentricity, 3) dissatisfaction, 4) economy, 5) time, 6) lack of education, 7), third party interference and 8) disturbances. psychological. The above disturbances result in children who experience broken homes tend to experience moral degradation and violate applicable norms. To reduce negative things interpersonal communication has an important role in determining the future of children so that social deviations do not occur and do not experience a broken home in the future.

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