

Resilience and Meaningfulness of Life in Broken Home Adolescents

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ARTICLE INFO

Article history:

Received February 12, 2023

Revised February 17, 2023

Accepted May 10, 2023

Available online May 25, 2023

Kata Kunci:

Resiliensi, Kebermaknaan hidup, Broken home

Keywords:

Resilience, The meaning of life, Broken home



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ABSTRAK

Menjalani kehidupan sebagai anak broken home di usia remaja, cenderung memiliki dampak buruk yang holistik. Remaja broken home harus menjalani masa-masa yang sangat sulit dan penuh makna. Remaja broken home secara psikologis dihadapkan pada proses pembentukan mental yang kuat dan sebisa mungkin memaknai setiap peristiwa kehidupan yang berat menjadi hidup yang berarti. Penelitian ini bertujuan untuk mengetahui hubungan antara resiliensi dengan kebermaknaan hidup remaja yang broken home. Metode yang digunakan yaitu kuantitatif dengan desain kolerasi Spearman rho. Sebanyak 135 remaja akhir yang berusia 18-22 tahun yang broken home yang dijadikan sebagai partisipan penelitian dengan menggunakan teknik insidental sampling. Pengukuran penelitian menggunakan Resilience Quotient Test ($\alpha = 0,874$) dan Meaning in Life Questionnaire ($\alpha = 0,936$). Hasil penelitian membuktikan bahwa resiliensi berhubungan positif signifikan dengan kebermaknaan hidup remaja broken home ($r = 0,304$ dengan sig. = $0,000$). Resiliensi memberi sumbangsi sebesar 9,2% terhadap kebermaknaan hidup. Penerapan resiliensi yang baik dapat membantu meningkatkan kebermaknaan hidup yang dijalani oleh remaja broken home. Penelitian akan datang, diharapkan dapat membuat rancangan program pendampingan secara psikologis sesuai kategori broken home, agar dapat memfasilitasi remaja broken home untuk terus mencapai kehidupan yang sehat secara holistik.

ABSTRACT

Living as a broken home child in adolescence tends to have a holistic adverse impact. Broken home adolescents have to go through very difficult and meaningful times. Psychologically broken home adolescents are faced with forming a strong mentality and, as much as possible, interpreting every heavy life event into a meaningful life. This study aims to determine the relationship between resilience and the meaningfulness of life of broken home adolescents. The method used is quantitative with a Spearman rho correlation design. One hundred thirty-five late adolescents aged 18-22 who were in broken homes were used as research participants using an incidental sampling technique. Research measurements used the Resilience Quotient Test ($\alpha = 0.874$) and the Meaning in Life Questionnaire ($\alpha = 0.936$). The results prove that resilience is positively and significantly related to the meaning of life of broken home adolescents ($r = 0.304$ with sig. = 0.000). Resilience contributes 9.2% to the meaningfulness of life. Applying good resilience can help increase the meaningfulness of broken-home adolescents' lives. Future research is expected to design a psychological assistance program according to the broken-home category, to facilitate broken-home adolescents to achieve a healthy life holistically.

1. INTRODUCTION

The family is the most important place for the growth and development of children from birth to adulthood (Wiryohadi et al., 2021; Wulandari & Fauziah, 2019). However, broken home families tend not to be prosperous and harmonious because an uncomfortable situation arises in a family (Rofiqah & Sitepu, 2019; Septiana & Muhid, 2022). Some of the criteria for a broken home are divorced parents, domestic violence, economic problems, as well as infidelity by one partner and both, so the child experiences a lack of good moral education and love (Fahrurrazi & Casmini, 2020; Indari et al., 2022). A broken home is a

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family situation with no longer prosperity and harmony, which teenagers usually hope for (Budiatmaja, 2021; Cholifah et al., 2023). Peaceful, harmonious, and prosperous households can no longer be obtained due to commotion due to issues that failed to find common ground between husband and wife (Lie et al., 2019; Saliha et al., 2021). Broken homes can be seen from the structural aspect of the completeness of the family elements (Ardilla, 2021; Jayanti, 2019). Sometimes the family structure is incomplete due to divorce and death, and sometimes because of a disturbance in the family structure. Cases of domestic divorce, infidelity, and domestic violence are also known as broken homes. The consequences of a broken home are certainly very influential on the relationship between parents and children in terms of communication, mental (psychological), and child education (Ariyanto, 2023; Massa et al., 2020; Wulan, 2020). The children referred to here range from small teenagers to adults. The child will be happy when the relationship between parents and children is fine. However, this will take much work for those predominantly from broken homes.

Children who experience broken homes generally have behavioral changes such as excessive fear, not wanting to interact with others, closing themselves from the environment, being angry and sensitive, having a high temperament, and being unstable (Adristi, 2021; Amalia & Pahrul, 2019). The psychological impact a child receives will vary depending on the child's age or level of development. Broken home teenagers have unusual or different behavior, including being impolite, not completing assigned school assignments, not having the enthusiasm to learn, and liking when they get more attention from other people (Daulay & Nuraini, 2022; Hayati & Aminah, 2020; Hendrayani et al., 2022). However, on the other hand, adolescents with broken home household conditions do not show significant changes in the events they experience caused by someone who replaces both parents, such as grandmothers, grandfathers, uncles, aunts, and other relatives (Hanafi & Sumardi, 2023; Nurkumalarini, 2020). From the results of initial interviews conducted by researchers with ten teenagers who came from broken home families (interviews were conducted on 10-28 August 2022), it was found that 8 out of 10 informants found it difficult to show an attitude of freedom to exist in the environment. 9 out of 10 informants feel worthless and find it difficult to be a useful person. Informants also revealed that they had difficulty finding meaning in their lives because of events in the family that affected them mentally. The divorce process, domestic violence, and neglect of parents are considered to cause pessimism in the lives of 10 informants. In addition, 9 out of 10 informants felt discouraged and had difficulty directing life toward the goals they wanted to achieve. Problems like this emphasize that if individuals cannot show usefulness, do not enjoy the process of life, worship, are grateful for the life lived, and are unhappy, then it will describe the meaninglessness of life.

To survive a bitter, broken home, youth must be able to interpret their life. So the meaningfulness of life can be conceptualized as a situation where a person, in this case, a broken home teenager, can live his life meaningfully and can show that the life he lives is full of enthusiasm, optimism and has clear goals in life (Mamuly & Paunno, 2021; Umam & Maemonah, 2021). In addition, related to the activities carried out are more directed and aware and able to adapt to the environment, are steadfast when faced with suffering, and realize that there is wisdom behind suffering and to love and receive love (Khostarina et al., 2022; Sundah, 2021). Someone can have a meaningful life if they have several strong aspects within themselves, such as freedom of will, the will to live meaningfully, and understanding the meaning of life (Aini, 2022; Hantoro & Chatamallah, 2022). In the meaning of life, there are also life goals and achievements to be achieved in life (Sahertian et al., 2023). Individuals unable to achieve meaningfulness in life will have negative psychological impacts such as feeling empty and empty, having difficulty feeling happy and depressed, and even leading to suicide. Conversely, individuals who can find the meaning of life can be valuable, have good emotional abilities, understand life, and have a purpose in life.

The meaningfulness of life is not just achieved. However, it is influenced by several factors: positive thinking patterns, attitude patterns, positive self-concept, personality, self-acceptance, and resilience (Dumaris & Rahayu, 2019). Resilience can be interpreted as a person's capacity to stay in good condition and have effective solutions when dealing with difficulties or trauma, which allows stress in life. Individuals with good resilience skills can quickly return to pre-trauma conditions, appear immune from various life problems experienced, and adapt to extreme stress and adversity (Ayed et al., 2019; Doody et al., 2022; Ellis et al., 2017). Resilient individuals can regulate emotions, behavior, and attention in solving problems (Sher, 2019). Conversely, individuals who are not resilient have difficulties regulating emotions to adapt, establish relationships and maintain relationships established with others (Hartwig et al., 2020). Several previous studies have revealed that resilience is associated with increasing the meaningfulness of life for orphanage adolescents, where they understand their existence and self-identity as a form of meaning for their life, all based on increased resilience formed (Dumaris & Rahayu, 2019). In addition, resilience is also related to the meaning of individual life during the COVID-19 pandemic. Individuals aged 18-70 years have resilience abilities that lead to the meaningfulness of life (Lasota & Mróz, 2021). Based

on some of these research results, it can be said that resilience can increase children's understanding of the meaning of life. In previous studies, no studies specifically discussed the resilience and meaningfulness of life in broken-home adolescents. So this research is focused on this study to know the relationship between resilience and the meaningfulness of life for teenagers who have broken homes.

2. METHOD

This research belongs to the quantitative research with a correlational design to determine the relationship between resilience support (independent variable) and broken home adolescents' meaningfulness of life (dependent variable). The participants involved in this study were 135 broken-home youth using an incidental sampling technique. The inclusion criteria from the characteristics of this study were adolescents aged 18-22 years, coming from broken home families (economic problems, infidelity, divorce, and domestic violence), and the broken home was 1 to 7 years. Participant demographics are outlined in [Table 1](#).

Table 1. Participant Demographic Data

	Description	Frequency	Percentage
Gender	Man	62	45.92%
	Woman	73	54.07%
	Total	135	100%
Age	18 years old	9	6.66%
	19 years old	6	4.44%
	20 years old	13	9.62%
	21 years old	34	25.18%
	22 years old	73	54.07%
	Total	135	100%
Broken home conditions	Economy problem	70	51.85%
	Affair	22	16.29%
	Divorce	22	16.29%
	Domestic violence	21	15.55%
	Total	135	100%
broken home time	1-3 years	64	47.4 %
	3-5 years	25	18.51%
	5-7 years	21	15.26%
	< 7 years	25	18.3%
	Total	135	100%

They are collecting research data using a questionnaire (psychological scale), which will then be distributed online via the Google form. Before filling out the questionnaire (psychological scale), all participants involved in this study will be asked to fill out an informed consent form as part of the procedure for carrying out the research. This study uses two psychological scales, the resilience scale and the meaningfulness of life scale. Resilience is measured using the Resilience Quotient Test based on seven aspects of resilience: emotion regulation, impulsive control, optimism, causal analysis, empathy, self-efficacy, and reaching out. The resilience scale was then translated into Indonesian by the researcher and adapted to the context of the research participants, which was then validated by expert judgment. The resilience scale has 28 items, consisting of 14 favorable items and 14 unfavorable items, using the Likert model, which has five response answers, very appropriate (SS), appropriate (S), neutral (N), not appropriate (TS), and highly inappropriate (STS). An example of an item on the resilience scale is "I can do things well. The item discrimination power test results show that all items meet the criteria with a total correlation item score ranging from 0.275 to 0.5327 and a Cronbach Alpha score of 0.874.

The meaning of life is measured using the Meaning in Life Questionnaire based on free will, the will to live meaningfully, and the meaning of life. The scale of the meaningfulness of life was then translated into Indonesian by the researcher and adapted to the context of the research participants, which was then validated by expert judgment. The meaningfulness of life scale consists of 10 question items which are nine favorable items and one unfavorable item, using five response responses from the Likert model, very appropriate (SS), appropriate (S), neutral (N), not suitable (TS), highly inappropriate (STS). An example of an item on the meaningfulness of life scale is "I look for the meaning of life in every life as a teenager from a broken home." The item discrimination power test results show that all items pass

and meet the criteria with a total correlation item score ranging from 0.553 to 0.839 and a Cronbach Alpha score of 0.936. The data obtained in the study were then analyzed using Product moment correlation analysis from Karl Person to determine the relationship between resilience and the meaningfulness of life. However, if abnormal variables are found in testing the assumptions of normality, then the test will be carried out using the Spearman rho correlation test (Li et al., 2021). The data analysis process was carried out with the help of the SPSS Statistics 17 for Windows computer programs.

3. RESULTS AND DISCUSSION

Result

Data analysis in this study was carried out in four stages, including the first analysis, descriptive analysis, which showed that the resilience scores of most broken home youth were in the high category with a percentage of 63.7% (average 93.73 and standard deviation of 15.912). Meanwhile, the scores for the meaningfulness of life obtained by most broken home youth are in the very high category with a percentage of 57% (average 41.21 and standard deviation of 7.290). In more detail, the results of the descriptive analysis of the resilience score can be seen in [Table 2](#).

Table 2. Descriptive Analysis

Variable	Average	Standard Deviation	Percentage	Category
Resilience	93.73	15.912	63.7%	High
The Meaning of Life	41.21	7.290	57%	Very high

The second analysis is the data normality test, which shows that the K-S-Z score on the resilience variable is 0.872 with sig. = 0.433 ($p > 0.05$). These results indicate that the resilience variable is normally distributed. Then, the K-S-Z score of the meaningfulness of life variable is 1.551 with sig. = 0.016 ($p < 0.05$). These results indicate that the meaningfulness of life variables is not normally distributed. The results of the normality assumption test show that one of the research variables is not normal, so the hypothesis test uses Spearman's rho. In more detail, the results of the data normality test can be seen in [Table 3](#).

Table 3. Kolmogorov Smirnov One Sample Normality Test

Variable	K-S-Z	Significant
Resilience	0.872	0.433
The Meaning of Life	1.551	0.016

The third analysis is the linearity test, which obtains a Fcount score of 41.627 with sig. = 0.000 ($p < 0.05$). These results indicate linear relationships between resilience and the meaningfulness of broken home adolescents' lives. The results of the linearity test can be seen in [Table 4](#).

Table 4. Linearity Test

	F	Significant
Linearity	41.627	0.000

The fourth analysis is the research correlation test which obtains a correlation coefficient of 0.304 with sig. = 0.000 ($p < 0.01$). These results indicate a significant positive relationship between resilience and the meaningfulness of life in broken-home adolescents. Resilience contributes to the meaningfulness of life by 9.2% (r^2). The results of the correlation test can be seen in [Table 5](#).

Table 5. Spearman Rho Correlation Test

	r	Significant
Resilience - The Meaning of Life	0.304	0.000

Discussion

The results showed that the research hypothesis was accepted, where there was a significant positive relationship between resilience and the meaningfulness of life in broken-home adolescents. The

higher the resilience, the higher the meaningfulness of life for broken-home teenagers. These results then show that resilience is related to the meaningfulness of one's life. Individuals who have resilience tend to have the ability to adapt positively when facing failure and can make creative solutions to the problems they are facing, which leads to the achievement of a meaningful life (Fuadi et al., 2020; Kushendar et al., 2022). The results of other analyzes also show that most broken-home teenagers have a very high meaningfulness in life. It shows that someone who can deeply interpret himself will find meaning in his life, even in very difficult situations (Kawitri et al., 2019; Mahmud & Azizah, 2020). The meaning of life describes the ability possessed by individuals to adapt, survive, and strengthen themselves so that they can face all problems and difficult situations in stressful conditions. That they can experience change to become a person who is more resilient and stronger in dealing with problems and can develop their potential so that they can get out of a slump (Panigrahi & Suar, 2021; Tasmara & Kamalia, 2023).

The meaningfulness of broken home adolescents' lives can be formed properly through resilience factors. When broken-home teenagers can apply resilience in their lives, this ability has a positive impact on academic success, physical health, ease in building relationships with other people, and being able to increase the meaning of life as broken-home teenagers (Ariyanto, 2023; Massa et al., 2020; Wulan, 2020). In addition, if individuals can grow the resilience they have, then these individuals can quickly rise from the problems they are experiencing and not experience a downturn for too long, then direct them to regain the happiness of life (Lie et al., 2019; Saliha et al., 2021). Broken-home youth who can be resilient and have meaning in life as a broken home have confidence in facing difficulty (Ardilla, 2021; Jayanti, 2019). Broken-home youth also tend to have a positive attitude toward life's challenges and can solve their problems (Fahrurrazi & Casmini, 2020; Indari et al., 2022). Individuals who tend to bounce back easily from negative conditions will tend to have a higher level of resilience, and usually, people who have a meaningful life tend to have a talent or one talent in them (Finley, 2018; Sahertian et al., 2023). Individuals with a meaningful life tend to be able to weigh risks well in understanding themselves and have clear meaning and goals in life (Ayed et al., 2019; Doody et al., 2022; Ellis et al., 2017).

The life experiences experienced by broken-home adolescents require resilience to survive in any situation and solve problems related to all aspects of their lives (Wulandari & Fauziah, 2019). Resilience is an effective step to deal with stress or the heavy pressures of life as a broken-home teenager (Karya, 2022; Siti, 2022). In this study, most broken-home teenagers have resilience which is in the high category. Individuals with high resilience tend to do positive things in life and make it not easy to blame themselves when something goes wrong (Khotimah, 2018; Leung & Shek, 2018). Resilience can be formed from several aspects, which include emotional regulation, the ability to control oneself, optimism, the ability to analyze problems, empathy, self-confidence, and achievement (Aini, 2022; Hantoro & Chatamallah, 2022), where resilience leads to the ability to have self-confidence, confidence, and be able to rise from the difficulties experienced and believe that he can survive in any situation. Resilience can help individuals overcome, go through, and return to their original state after experiencing difficulties. In broken-home adolescents, resilience can increase the ability to overcome problems and tend to be able to control themselves when under pressure from messy family life or stigma from the surrounding environment (Khostarina et al., 2022; Sahertian et al., 2023; Sundah, 2021).

Broken home youth with high resilience abilities will be able to interpret life well, such as being able to show persistent behavior, not easily lose courage even though there are setbacks in life, and be able to adapt and accept difficult challenges (Mamuly & Paunno, 2021; Umam & Maemonah, 2021). Someone who has good personal competence will give his best effort to be able to get the goals he wants to achieve, not easily experience despair, and not give up easily in the process of getting the goals he wants to achieve (Hanafi & Sumardi, 2023; Nurkumalarini, 2020). High standards can also support teenagers who are broken at home to keep fighting and trying to be the best version of themselves. Tenacity can also support broken-home teenagers to keep going in achieving their goals. The results obtained in this study are in line with the results of previous studies, which also revealed that resilience is related to increasing the meaningfulness of life for orphanage adolescents, where orphanage adolescents understand their existence and self-identity as a form of meaning for life they live, all based on increased resilience (Dumaris & Rahayu, 2019). In addition, resilience is also related to the meaning of individual life during the COVID-19 pandemic. Individuals aged 18-70 years have resilience abilities that lead to the meaningfulness of life (Lasota & Mróz, 2021). So based on some of the results of these studies, it can be said that resilience can increase children's understanding of the meaning of life.

4. CONCLUSION

The data analysis and discussion results show a significant positive relationship between resilience and the meaningfulness of broken home adolescents' lives. The resilience score is in the high

category, and the meaningful life score is very high. It identifies that the high meaningfulness of life in broken-home adolescents is due to the application of high resilience factors within the individual. Resilience effectively contributes to increasing the meaningfulness of broken-home adolescents by 9.2%.

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