



FAITH-BASED COUNSELING AS AN ALTERNATIVE TO RESTORING ADOLESCENT AFFECTION CONDITIONS AFTER EXPERIENCING PARENTAL DIVORCE

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Abstract: The purpose of this study is to examine the picture of adolescent affection conditions after parents experience divorce. This type of research is qualitative research with a case study type. Data collection techniques use interview observation instruments and documentation. Data is obtained through students, kindergarten teachers, homeroom teachers, subject teachers, parents, and peers. The validity test uses our criteria, namely (1) Trust test (2) Transferability test, (3) Dependability test, and (4) Conformity test. Furthermore, the data obtained during the process in the field is continuously analyzed which refers to the Miles and Huberman model. The results showed that the condition of adolescent affection subjects "XR" (pseudonyms) after their parents experienced divorce was moody, had excessive and sad disappointment expressed by crying, and withdrew from the social environment to make "XR" behave negatively at school as evidenced by the appearance of skipping classes, decreased academic scores, irritability, and fighting friends at school so that it adversely affects his development. Therefore, in this study, researchers recommend that faith-based counseling is the right alternative in dealing with the "XR" problem because in the service of a faith-based counseling model the counselor will focus on reducing the sense of security, calm through the disclosure, analysis, meaning appropriately and positively of the condition of the counselor's affection.

Keywords: Counseling, Faith, Affection, Teen, Parental Divorce

Abstrak: Penelitian ini untuk mengkaji gambaran kondisi afeksi remaja pasca orangtua mengalami perceraian. Jenis penelitian adalah penelitian kualitatif dengan tipe studi kasus. Teknik pengumpulan

data menggunakan instrumen observasi wawancara dan dokumentasi. Data diperoleh melalui siswa, guru BK, wali kelas, guru mata pelajaran, orangtua, dan teman sebaya. Pemeriksaan keabsahan menggunakan empat kriteria yaitu (1) uji Kepercayaan (2) uji Keteralihan, (3) uji Defendibilitas dan (4) uji Konformitas. Selanjutnya data yang didapat selama proses di lapangan secara terus menerus dilakukan analisis yang mengacu pada model Miles dan Huberman. Hasil penelitian menunjukkan bahwa kondisi afeksi remaja subyek "XR" (nama samaran) pasca orangtua mengalami perceraian adalah murung, memiliki perasaan kecewa yang berlebihan dan sedih yang diproyeksikan dengan menangis, serta menarik diri dari lingkungan sosial sehingga menjadikan "XR" berperilaku negatif disekolah yang yang dibuktikan dengan munculnya perilaku membolos, nilai akademik mengalami penurunan, mudah tersinggung dan berkelahi teman di sekolah sehingga berdampak buruk bagi perkembangan dirinya sendiri. Oleh karena itu, dalam penelitian ini peneliti merekomendasikan bahwa konseling berbasis iman merupakan alternatif yang tepat dalam menangani permasalahan "XR" tersebut, karena dalam pelayanan model konseling berbasis iman konselor akan berfokus pada pembangun rasa aman, tenang melalui pengungkapan, analisis, pemaknaan secara tepat dan positif terhadap kondisi afeksi konseli. Abstrak Bahasa Inggris dan Indonesia

Kata Kunci: Konseling, Iman, Afeksi, Remaja, Perceraian Orangtua

A. Introduction

Adolescence is a transitional period or transition period, therefore adolescents need guidance, attention, and support from parents, teachers, and the community. The fulfillment of affection needs has a vital role in the growth and development of a teenager. The life of adolescents in general is full of encouragement and interest in achieving happiness. However, the journey of life does not always go smoothly, often a person's life journey will affect by various obstacles. The obstacle that is often experienced by every human being conflicts in the family. Conflicts in a family such as husbands and wives who already have children certainly have the potential for divorce or division in the family, so it can have an impact on the psychological development of children who tend to be victims of parental conflicts. A teenager grows and develops in a harmonious family environment whose affection needs and desires or interests will be met. However, on the contrary, if a teenager grows and develops in a broken family condition, they will potentially be unsuccessful in fulfilling feelings of affection from

both parents, and this is certainly very possible for an individual to fail in achieving his developmental tasks, so this condition is possible will adversely affect the survival of adolescents (Robi:2013:18). ¹ Quoting from Robi's opinion, it is explained that various factors are considered dominant in influencing the development of adolescent affection conditions, one of these factors is the condition of the family and the surrounding environment.

In general, affection can be interpreted as a form of affection for feelings to be loved and liked that belong to individuals. Affection arises from interaction with each other, therefore it can be said that affection is a basic need that is important for human life. The need for love and affection is the need to be deeply understood in which there is an element of giving and receiving. In this regard, if humans live without love and affection, people's growth, development, and abilities will be hampered, therefore in a family, there is a need for affection between family members so that family relationships can run well and harmoniously. If in the family there are always conflicts then most likely a family will be disharmonious and can be a trigger for a divorce and if there has been a divorce then no avoidable child will be the victim of the divorce.

Similarly, Effendy, (2018:20) explains that *effect* is a feeling that usually arises together with emotions and moods. The need for affection is one of the components of the attitude which includes the emotional sense of a person concerned towards an object of attitude, which can be positive or negative. This principle of affection is a feeling to be liked and loved. ²Furthermore, Cronbach and Gunarsa (in Robi:2013:10) also explain that affection is a human need to get a good response or warm treatment from others. Some say that affection is an affection that has the basic principle of feeling to be loved and liked³.

Divorced household conditions make children experience a tendency to mental stress, so it is not uncommon for adolescents who live in such a family to have an impact on their social behavior. Adolescents who have problems in school are generally

¹ Robi, F.M. 2013. Correlation Between The Fulfillment Of Affection Needs And Behavior In Adolescents In Orphanages. Faculty of Psychology. State Islamic University. Unfortunate.

² Effendy, A.P. 2018. The relationship of meeting affection needs with juvenile delinquency in schools. Faculty of Psychology. University of 17 August 1945 Surabaya

³ Robi, F.M. 2013. Correlation Between The Fulfillment Of Affection Needs And Behavior In Adolescents In Orphanages. Faculty of Psychology. State Islamic University. Hapless.

caused by parental divorce factors (Estuti:2013:5)⁴. Estuti opinion is strengthened by data in the field where this condition is characterized by the increasing number of delinquency cases, especially among teenagers who are still in Junior High School and Upper School levels. The phenomenon of parental divorce also occurs in students in SMP Negeri 1 Pagar Gunung, researchers found divorce cases in parents of students SMPN 1 Pagar Gunung whose initials are "XR" aged about 13 years, male gender, the second of two children his father worked as a farmer and his mother worked as a housewife who was at the same time farming. This student was identified by the researcher as having a problem in the family at the time he was called by the vice principal of the field to the student and then transferred to the BK teacher.

Furthermore, from the results of data collection, it was observed that "XR" students often spent time outside the home until late at night, this behavior began to become his habit after the parents' divorce. When the initial interview with "XR" was obtained, as soon as his parents divorced, "XR" felt that he did not get affection, care, and love that was no longer intact, as a result of which the "XR" students felt uncomfortable at home. She spends more time outdoors with late-night sleep activities becoming a new habit after her parents become *single parents*. Furthermore, researchers also got information from the father of "XR" who said that his son had tried to smoke, and watch night entertainment so that he went home at midnight like the custom of Urantia in the village there (Pagar Gunung) besides that the behavior of disobeying parents and easily emotions became the new behavior of "XR" students. "XR" father feels that maybe the divorce of himself and his ex-wife is a trigger for the new behavior his son has.

Divorce can be interpreted as the end of the husband and wife relationship in a household due to factors of incompatibility, disharmony, economic problems, and responsibilities between husband and wife, and it is decided by law (Dewi & Utami:195). Divorce is a major shift in adjusting to the child's self-situation that has the ⁵potential to

⁴ Estuti, T.W. 2013. The Impact of Parental Divorce on the Level of Emotional Maturity of Children Case in 3 Class VIII Students of SMP Negeri 2 Pekuncen Banyumas School Year 2012/2013. Department of Guidance and Counseling, Faculty of Education. Semarang State University 2013

⁵ Dewi, S.P and Utami, S.M. Subjective Well-Being *The Child of a Divorced Parent*. Yogyakarta. *Journal of Psychology*. Vol. 35 No 2. P 194 – 212

experience excessive emotional reactions, a child who has experienced a parent's divorce victim will need more support, and great affection to help overcome the loss period in his life. So that there are teenagers who vent with others such as asking to ask for attention, and care.

Guidance and counseling teachers (hereinafter referred to as BK teachers) in schools must be sensitive to these conditions, BK teachers can provide some assistance in the form of counseling services both classically, in groups, and individually so that counselors can understand themselves, be independent, and develop optimally, be it personal, social, learning, and career relationships. Guidance and counseling aims to help students achieve developmental goals that include all aspects, namely personal, social, learning, and career.

In this regard, quoting from Jawa Pos Edition on May 7, 02, 2020 the divorce rate in Indonesia tends to increase by up to 20% this is due to family disharmony caused by various things including the economy, domestic violence, and infidelity. The increase in the number of divorces automatically increases the number of children in the country who hold *broken home status*.

Various things that are often felt by teenagers or children who experience parental divorce include feeling neglected, angry, confused, upset, and psychologically hurt. Many facts that occur in the field of teenagers who experience parental divorce will cause attitudes, naughty, wayward, unruly, timid, and inferior. A good relationship in the family can provide a sense of security and confidence in children so that they can carry out their developmental tasks well as teenagers (Yuliaji:2018)⁶.

Based on the results of the identification of problems found by researchers at SMP Negeri 1 Pagar Gunung, there was one student who became a victim of parental divorce where the family situation was no longer intact. In this regard, researchers feel it is important to conduct research in order to obtain data related to adolescent affection conditions after divorce or old age, with this study researchers hope to alleviate the problems experienced by adolescents who are victims of parental divorce. So researchers need to get comprehensive data on the problem in order to be able to apply a suitable

⁶ Yuliaji, H. 2018. Dampak Perceraian Orangtua Terhadap Kondisi Emosi Anak. Fkip. Universitas Sanata Dharma. Yogyakarta

counseling model in alleviating the problem, therefore the purpose of this study is to examine the picture of adolescent affection conditions after parents experience divorce.

B. Method

This research uses qualitative research with a case study type. Ferdiansyah (2015:1) explained that qualitative methods emphasize the aspect of deep understanding of a problem rather than looking at problems for generalization research⁷. This research has been carried out in June 2020, in this study, the selected informant has a lot of experience regarding the research background and is really related to the problem to be studied, quoting the statement of Emzir, (2010: 20) explaining that, a researcher can establish a *purposive sampling* procedure to identify the people who will be informants of the study. The selection of informants should be based on their ability to contribute, and an understanding of the phenomenon to be studied (intensity sampling)⁸.

Teknik data collection uses observation, interviews, and documentation. Bogdan, (1993: 32) explained that in making observations researchers are obliged to observe research targets professionally according to the conditions observed in this study, without being followed by personal targets from researchers⁹. Furthermore, data obtained through informants, homeroom teachers, subject teachers, BK teachers, and subject peers. In order for the results of this study to be guaranteed the validity of the data, researchers use teknik examination of the validity of the data. Sugiyono (2010: 366) explained that the data obtained during the study needs to be tested for the validity of the data, through four criteria, namely (1) Trust test (2) Switchability test, (3) Defendibility test (4) Conformity test.¹⁰ Furthermore, the data is tested with a degree of trust through checking the data to the same source. After that the analyzed data refers to the concept of the *Miles and Huberman* model with three steps (1) Data Reduction, (2) Data Presentation, (3) Conclusion Drawing

C. Result and Discussion

⁷ Ferdiansyah, M. 2020. faith-based counseling. Palembang : PGRI Palembang University

⁸ Emzir. 2012. Metodologi Penelitian Kualitatif; Analisis Data. Jakarta: Rajawali Press

⁹ Bogdan, Robert and Steven, Taylor, 1993. Qualitative Basics of Penelitian. Translation by A. Khuzin Afandi First Printing, National business, Surabaya

¹⁰ Sugiyono. 20110. Quantitative, Qualitative and R&D. Research Methods Bandung: Alfabeta

Based on research in the field, it was found that, the condition of adolescent affection after experiencing parental divorce in Sekolah Menengah Pertama Negeri 1 Pagar Gunung researchers got the interpretation that the condition of adolescent affection after experiencing divorce parents have a moody attitude, feelings of sadness, disappointment expressed by crying. In addition, a new pattern of behavior appears that has never been carried out, then after the parents divorced this teenager becomes difficult to manage, has emotions that are difficult to control, more silence, decreased learning achievement, and irritability, especially when discussing family, furthermore the teenager behaves more towards negative behaviors such as smoking, skipping staying up late and associating with people whose age is far above subjects of study. This turned out to be due to the factor of a divorced family. The impact that occurs on the subject has an impact on negative behavior that leads to the behavior of the subject himself which sangat has the potential to harm himself. The completion as a BK teacher must be able to periodically collaborate with school personnel in helping to restore behavioral affection conditions towards a better direction, inseparable from the provision of services and guidance and counseling.

The findings of the study stated that the adolescent's affection condition was experiencing shock, causing visible trauma through excessive feelings of disappointment and feelings of sadness. This is in accordance with Goble's statement that individuals need to get the affection of their parents, including teenagers who are *broken home*. so that the needs of the subject are met and there is no problem in him. The behavior that occurs or the problems experienced by the subject is a contributing factor to the divorced parents so that the teenager vents by behaving badly, as a result of which in his social relationships the teenager also experiences frustration which results in a bad relationship with his mother, "RP" is very disappointed with the attitude of his mother who has been married so he does not want to establish communication with his mother.

Socially, inf orman "XR" also could not control his emotions well, in fact he had a very stubborn attitude, often got involved in problems at school and he grew up to be a disobedient person. From the academic side, the academic score has decreased significantly. This is in line with the opinion of Hurlcok, (1998: 213) who states the impact of adolescents who experience victims of divorce from their parents, including:

easy emotions, lack of concentration in learning, not knowing manners, not caring about the environment and others, not knowing social ethics, happy to seek the attention of others, want to win by themselves, behave mischievously, experience depression and lack of fighting power¹¹.

Divorced people will be better prepared for divorce than their children. This is because before they divorce usually they have gone through various processes of thinking, feeling, considering the Long so that they can take a stand to divorce, so that there is already a mental and physical preparation. But this is not the case with the child, he suddenly has to accept the decisions that have been made by the parents, so that with sudden changes the child has the potential to experience psychological shocks.

Furthermore, the results of the research conducted, in line with what was found by Sarbini, (2014: 3) explained that the impact felt by children—psychologically—because their parents divorced, among others, as follows:

1. Feeling insecure, this insecurity concerns financial aspects and the future, because this child thinks that his future will be bleak. This reason arises because he no longer gets attention from his parents, both material and immaterial attention so it is undeniable that when the child experiences adolescence, he will no longer ignore his family and environment. Usually the child will tend to be introverted (close himself) to his social because he does not feel safe when he is in a social environment and he considers his environment to be negative things that can threaten his life. Based on research conducted by Sarbin, 2014. The informants felt that they were not paid enough attention because their parents were divorced, of course separated from their parents. In view of this, the child will feel that he has received less attention from the affections of his parents so that he feels betrayed by him and that is what makes the child's perception of his environment worse; that other things outside of him are harmful (negative).
2. There is a sense of rejection from the family. The victim's child from the divorced family feels rejection from the family because the attitude of the parents has changed. The parents already have a new partner (stepfather/stepmother) so that the child feels rejection and loses his original parents. Here the child's pathology is uprooted

by the actions of his or her parents. His clique was already stifled with only grief. A sense of rejection from the family (father or mother) who no longer considers his presence (existence) so that the child is often skeptical of himself and allows the child to experience disorder personality (instability of self-image)

1. Angry, with the divorce of a child, often the child's emotions are not well controlled so they are often angry who are not angry, many close friends are targeted by his anger. This is the psychological impact of children who have temperamental traits; irritability because his emotions are out of control. This is due to his experience of often seeing his parents quarrel, during the divorce process. Anger and aggressiveness are common reactions in divorce, it happens when the parents are angry in front of their child. As a result, the child will usually spill his anger on others, because the behavior of a child will follow his parents
3. Sadly, a child will feel comfortable with his harmonious parents but on the contrary he will be sad if their parents separate or divorce and when they are teenagers feel lost. Children whose parents are divorced show some physical symptoms and stress due to the divorce such as insomnia (difficulty sleeping), loss of appetite, all of which come from the sadness they experience. Because the phase of children aged 6-17 years is a phase of learning to adjust to themselves and their environment. However, the divorce of parents still inflicted painful inner wounds on them. So that the child becomes a 'conditioner' of what his parents do; the divorced.
4. Lonely, a child will certainly feel lonely without any outpouring of affection from both parents. A child is in dire need of an outpouring of parental affection and guidance for the foreseeable future. Children who have just studied elementary school, usually children need their old oarng to guide them in doing tasks. But in contrast, with a child abandoned by both divorced parents, the child will feel lonely, even if the child is taken care of by a father/mother's relatives, even taken care of by one of the parties: father or mother, as a single parent¹².

Referring to the results of the study, it can be understood that in general, children who experience parental divorce generally experience a condition of child affection experiencing disorders that cause these problems. In this regard, in this case, BK

¹² Sarbini, Wasil dkk. 2014. Kondisi Psikologi dari Keluarga yang Bercerai (The Contitions Of Child Psychology Toward Family Divorced). Universitas Jember

teachers can choose the right strategy in handling this problem, because if it is neglected, it is not impossible that the teenager will fall into a free recurrence. Based on an in-depth study, researchers believe that faith-based counseling models are an appropriate alternative to this problem. The faith-based counseling model is a counseling model that is based on the belief that each individual must be able to rise from these various problems because man is the most perfect being who has been equipped with reason to be able to become a caliph for himself.

In this regard, Shertzer and Stone, (in Willis, 2013: 111) stated that in the implementation of counseling BK teachers/counselors must understand a counselor by referring to three things, namely;

- 1) Counseling personality, aspects of personality are attitudes, emotions, intellectuals, motivations, and so on. An anxious counselor will appear to his behavior in front of the counselor. An effective counselor will reveal the counselor's anxious feelings as much as possible by digging or exploring so that they come out freely and may even be accompanied by the counselor's tears. If the counselor's feelings have been issued both verbally and in the form of nonverbal behavior, honestly, then the counselor's anxiety will decrease, and he will feel relieved, if this happens it means that the counselor's soul has calmed down and his mind is clear
- 2) The expectation of counseling is that there are needs that want to be met through the counseling process. In general, the counselor's expectations for the counseling process are to obtain information, reduce anxiety, obtain answers or solutions to the problems experienced, and find efforts on how to make himself better and more developed. Often counselors place high expectations on the counseling process, whereas the reality of counseling cannot meet all of these expectations
- 3) The experience/education of counseling largely determines the success of the counseling process. Because with this experience and education, the counselor will easily dig himself up so that his problems are clearer and the efforts to solve them are more directed. The experience in question is experience in counseling, communicating interviews, discussing, speeches, in a democratic atmosphere in

the family as well as at school¹³.

Referring to what Shertzer and Stonen have made clear if the BK teacher has understood counseling with these three aspects, Ferdiansyah, (2020: 10) suggests that faith-based counseling is a model approach in counseling that mixes the theory of elective counseling that emphasizes faith in fokus services. The success of handling ¹⁴ with this faith-based counseling approach must be combined with the skills and personality of the BK teacher. This is in line with what is expressed by Corey, (2009: 18) who states that the success of counseling is not only determined by the knowledge and skills that the counselor has, but the characteristics of the most powerful determinants in counseling. In the ¹⁵model of faith-based counseling approach, it is not just what the counselor says, but more than that is what the counselor does in everyday life (integrity) this is clearly in line with the concept of exemplary in changing individual behavior (Personal modeling techniques are strongly emphasized).

In line with this, Risaldy and Idris (2015: 7) also emphasized to the BK teacher to be able to change negative behavior into positive, by making counselors aware of the actions he did were untrue and could damage himself¹⁶. In an effort to counsel the BK teacher can also provide information and individual counseling services to groups that experience problems in a planned and well-programmed manner so that BK teachers can monitor the process of counseling development until the counselor can achieve its developmental goals and tasks. Furthermore, Ferdiansyah, (2020: 13) explained that the faith-based counseling model is one of the alternatives that can be used by BK teachers in an effort to implement counseling for "XR" students who experience problems after parental divorce. This is in line with the objectives of faith-based counseling in handling the problems of adolescents victims of parental divorce as follows:

1. Fostering a sense of security, existing and new serenity by paying attention to the existence that may exist.
2. Alleviation of the emergence of anxiety, over the uncertainty that will occur.

¹³ Willis, S.(2013). Konseling Individual Teori dan Praktek. Bandung: Alfabeta

¹⁴ Ferdiansyah, M. 2020. faith-based counseling. Palembang : PGRI Palembang University

¹⁵ Corey, Gerald. 2019. Theory and Practice of Counseling and Psychotherapy.Language Transfer. Boston:Cengage Learning

¹⁶ Risaldy, S and Idris.H.M. 2015. Implementation Guidance & Counseling in ECCE. East Jakarta. Luxima Metro Media

3. Building a sense of security, calm through disclosure, analysis, precise and positive meaning of the condition of the counselor¹⁷

The purpose of faith-based counseling must be carried out consistently and programmatically directed towards facilitating the development of counseling by combining learning skills to accept all conditions that occur after a parent's divorce. In connection with that explains that in the process of counseling real-life systems in the educational perspective place the integration of learning, living and working as the axis of pedagogical association, in counseling. Kartadinata also explained that there is no "one-size-fits-all" counseling approach because it is an open system, so in this case the researcher offers a counseling model or approach that can be used as an alternative in handling cases of children victims of parental divorce¹⁸.

D. Conclusion

Research showed that the condition of adolescent affection after experiencing divorce has a moody attitude, feelings of disappointment, anxiety, and sadness projected by crying, and withdrawing from the social environment so as to make adolescents (XR) behave negatively in school as evidenced by the emergence of skipping behavior, decreased academic scores, and fighting that adversely affects themselves. Therefore, in this study, researchers recommend that faith-based counseling models are the right alternative for dealing with adolescent problems. This is because restoring a sense of security in the counselor can make a vehicle for developing a variety of potential human excellence in navigating the dynamics of the next adolescent life. Guidance and counseling are also responsible for realizing a sense of security in individuals or counselors in a way of thinking, behavior and culture of life. A sense of security and compassion becomes the ideal life of human beings in the level of personal, family and community life.

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¹⁷ Ibid 13

¹⁸ Kartadinata, Sunaryo. 2020. Bimbingan dan Konseling Komprehensif Abad 21. Visi Kedamaian dalam Kehidupan Nyata Eksplorasi Akademik 32 Tahun, 1988-2020. Bandung: UPI Press

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