



## EFFORTS TO INCREASE SELF-ESTEEM THROUGH POSITIVE REINFORCEMENT TECHNIQUES IN TEENAGE VICTIMS OF DIVORCE

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**Abstract:** This research aims to explain the effectiveness of positive reinforcement in efforts to increase self-esteem in adolescent victims of divorce. The method used in this research is qualitative with a case study approach and descriptive analysis. This research found that: 1) Positive reinforcement is very influential in the development of self-esteem in teenagers who are victims of divorce. This research found that positive reinforcement is an effective technique in increasing and maintaining behavior; 2) A high level of self-esteem during adolescence greatly influences the process of self-acceptance and success of the adolescent in the future, and vice versa, a low level of self-esteem influences the failure of self-acceptance and the adolescent's future. 3) One of the factors that influences the development of self-esteem is relationships with other people, especially parents, family, friends and the community environment; 4) Characteristics of teenagers who have low self-esteem include: low self-esteem, no self-confidence, having a negative self-concept, even self-harm. Meanwhile, the characteristics of teenagers who have high self-esteem are feeling confident, confident in the decisions they make, having a positive self-concept, and being able to accept the negative fate of life to become a better person. Research recommends that parents, teachers, and stakeholders provide emotional support, maintain open communication, and seek professional help if necessary to help teens overcome the negative impact of divorce on their self-esteem. The research concluded that positive reinforcement is an effective technique in increasing self-esteem in adolescent victims of divorce.

**Keywords:** *Self-esteem, positive reinforcement, teenagers.*

**Abstrak:** Penelitian ini bertujuan untuk menjelaskan mengenai efektivitas *positive reinforcement* terhadap upaya meningkatkan *self-esteem* pada remaja korban perceraian. Metode yang digunakan dalam penelitian ini adalah kualitatif dengan pendekatan studi kasus dan analisis deskriptif. Penelitian ini menemukan bahwa: 1) *Positive*

*reinforcement* sangat berpengaruh dalam perkembangan *self-esteem* pada diri remaja korban perceraian. Penelitian ini menemukan bahwa penguatan positif adalah teknik yang efektif dalam meningkatkan dan mempertahankan perilaku; 2) Tingkat *self-esteem* yang tinggi pada masa remaja sangat berpengaruh terhadap proses penerimaan dan keberhasilan diri remaja di masa mendatang, begitupun sebaliknya tingkat *self-esteem* yang rendah berpengaruh terhadap kegagalan penerimaan diri dan masa depan remaja. 3) Salah satu faktor yang mempengaruhi perkembangan *self-esteem* adalah hubungan dengan orang lain, terutama orangtua, keluarga, teman, dan lingkungan masyarakat; 4) Karakteristik-karakteristik remaja yang memiliki *self-esteem* rendah meliputi: rendah diri, tidak percaya diri, memiliki konsep diri yang negatif, sampai menyakiti diri. Sedangkan karakteristik-karakteristik remaja yang memiliki *self-esteem* yang cenderung tinggi adalah merasa percaya diri, yakin dengan keputusan yang ia ambil, memiliki konsep diri yang positif, dan bisa menerima takdir hidup yang negatif hingga menjadi pribadi yang lebih baik. Penelitian merekomendasikan agar orang tua, guru, dan pihak terkait memberikan dukungan emosional, menjaga komunikasi terbuka, dan mencari bantuan profesional jika diperlukan untuk membantu remaja mengatasi dampak negatif perceraian terhadap harga diri mereka. Penelitian tersebut menyimpulkan bahwa penguatan positif merupakan teknik yang efektif dalam meningkatkan harga diri pada remaja korban perceraian.

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**Kata Kunci:** Harga diri, reinforcement positif, remaja

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## A. Introduction

The family is the smallest unit in society consisting of father, mother and children (Syahraeni, 2021). For a child, the role of parents, namely father and mother, is very important. Parents have the responsibility to educate, care for and guide their children to reach certain stages so they are ready to live in society. In adolescence, children experience various social-emotional developments and search for their identity. Adolescence is also a period of risky behavior. The emergence of this risky behavior is often motivated by low self-esteem (Hadori et al., 2020). During adolescence, positive and negative changes occur. One of the many changes during adolescence is the growth of self-esteem which is closely related to social relationships (Call et al., 2003).

*Self-esteem* is a psychological concept that is important for child development. Self-esteem refers to children's assessments and evaluations of themselves, as well as their beliefs about their worth and abilities (Kamaruddin et al., 2022). It can be said that self-esteem is a combination of self-confidence and self-respect (Dewi, 2015). High self-esteem in teenagers is important because it can influence various aspects of their development, including mental health, social interactions, and academic achievement. Adolescents with high self-esteem tend to have a positive view of themselves, feel confident, and have strong motivation to achieve their goals. In adolescent development, self-esteem develops through interaction

with the surrounding environment, including family, peers and teachers. A supportive, loving and rewarding environment will help children feel accepted and appreciated, which in turn will increase their self-esteem. However, self-esteem can also be affected by negative experiences, such as neglect, rejection, or excessive punishment. These experiences can damage a child's self-esteem and cause them to feel worthless or inadequate. This could be because adolescent development is very dependent on family background, especially the marital status of their parents, whether they are intact or divorced (Chui & Wong, 2016).

Divorce is a social problem that can have a significant impact on children's development. In the last few decades, the prevalence of divorce in Indonesia has increased significantly (Ramadhani & Nurwati, 2021). When parents divorce, children often experience major changes in their lives, such as separation from one parent, change of residence, and changes in family dynamics. The impact of divorce on a child's development can vary depending on factors such as the child's age, the level of conflict between the parents, and the social support they receive. However, some of the impacts of divorce also affect the growth of their self-esteem, including: emotional stress, disruption in social relationships, changes in the social environment, feelings of insecurity, feelings of guilt, decreased academic performance, mental health problems, changes in identity (Halodoc, 2018). It is important for divorcing parents to understand and deal with the impact of divorce on children. Some steps that can be taken are to provide emotional support, maintain open communication, and seek professional help if necessary. Apart from that, creating a stable and safe environment for children is also important to help them overcome the impact of divorce. Involving children in positive activities, such as sports or the arts, can help improve their self-esteem. In this study, researchers used positive reinforcement techniques as a method to increase the self-esteem of adolescent victims of divorce.

*Positive reinforcement* including one of the techniques developed in operant conditioning. In its application, this technique believes that an event that is presented immediately following a behavior causes that behavior to increase. This event becomes a stimulus that changes extrinsic motivation into intrinsic motivation. Then the implementation can be in the form of praise and appreciation (Sari, 2023). Positive reinforcement has many advantages for improving and maintaining behavior. Subjects who receive positive reinforcement tend to generalize it to themselves, so they feel they are valuable. The relationship between the recipient and the giver of reinforcement becomes good, because the giver of reinforcement is associated with something pleasant. Adolescents with single parents tend to have lower self-esteem than adolescents with intact parents (Kiraz & Ersoy, 2018). With high self-esteem, children will have strong self-confidence, feel able to face challenges, and have a positive attitude towards themselves. This will help them deal with various situations in life, develop healthy social relationships, and reach their full potential (Nurhidayati, 2012).

Several studies have proven the effectiveness of positive reinforcement techniques in increasing teenagers' self-esteem. Nurul Qomariyah's research entitled "Effectiveness of Positive Reinforcement Techniques in Increasing the Self-Esteem of Miftahul Ulum Keun Baru Kacok Palengaan Pamekasan Vocational School Students" shows that providing positive reinforcement in the form of praise and gifts can increase the self-esteem of Miftahul Ulum Vocational School students. (Qomariyah, 2020). Research by Putri

Majiatulhubah, I Wayan Tirka, & Dewi Arum entitled "The Application of Behavioral Counseling with Positive Reinforcement Techniques to Improve Self-Confidence" shows that providing positive reinforcement techniques in the form of praise and gifts can increase students' self-confidence (Majiatulhibah et al., 2017). Based on previous research, it can be seen that positive reinforcement techniques can help students overcome various self-esteem and self-confidence problems. However, there has been no research that specifically tests the effectiveness of positive reinforcement techniques to increase self-esteem in adolescent victims of divorce. In fact, parental divorce is one of the factors that can reduce a teenager's self-esteem, and positive reinforcement is one way that can increase a teenager's self-esteem. Therefore, this research has scientific novelty that can contribute to the development of psychological science, especially adolescent developmental psychology.

The aim of the research is to determine the effectiveness of positive reinforcement techniques in increasing self-esteem in adolescents who are victims of divorce. The author hopes that this research will be able to provide useful information for parents, teachers and related parties in helping children who experience self-esteem problems due to their parents' divorce. Apart from that, it is hoped that this research can also contribute to the fields of psychology and education in developing effective techniques in increasing self-esteem in children who experience similar problems. The results of this research can also be a reference for further research in the same field.

## **B. Method**

The approach used in this research is a case study approach with a case study type of research. Qualitative research is interpretive research, where a researcher is usually involved in ongoing and intensive experiences with informants (Creswell & Creswell, 2018). Qualitative research is used to understand all human or social problems by creating a comprehensive and complex picture presented in words, reporting detailed views from informant sources and carried out in a natural setting (Dylan Immanuel, 2016). According to (Sujarweni, 2023) Case study design is a type of qualitative research that examines people, events and settings in depth. The aim of this research is to get an in-depth picture of a case being studied. This research focuses on a specific case, namely teenage victims of divorce. The case study approach allows researchers to describe in depth what the teenagers feel. In this research, the factors that influence the self-esteem of adolescent victims of divorce, such as the experience of their parents' divorce and social support factors, will be explained in depth.

## **C. Results and Discussion**

### **1. The Relevance of Self-Esteem to Mental Health**

Self-esteem is a person's assessment of their self-image from various aspects of life (Larasati, 2012). Several studies show that decreased self-esteem is a crucial problem during adolescence. This happens because during adolescence various changes occur which often have an impact on reducing self-esteem in adolescents. Simpson-Scott believes that low self-esteem in adolescents is a predictor for the emergence of problems in adulthood (Larasati, 2012). The development of self-esteem during adolescence will determine success and failure

in the future. One of the factors that influences the development of self-esteem is relationships with other people, especially parents, family, friends and the community environment (Kamila & Mukhlis, 2013). Of the several factors that exist, the family is the most important factor, support and care from the family plays a very important role in developing adolescent self-esteem, because the family is the environment that the individual first encounters and the place where he grows and develops. (Valencia & Soetikno, 2022).

*Self-esteem* is the way we assess and view ourselves, whether negative or positive. Self-esteem can influence several aspects of our lives, such as health, relationships with other people, work, education, and well-being. Low self-esteem can cause psychological problems, such as depression, anxiety, or low self-esteem. Meanwhile, high self-esteem can help us feel confident, valuable, and able to face life's challenges (Febrina et al., 2018).

One theory related to self-esteem is the hierarchy of needs theory by Abraham Maslow (Tangduil et al., 2023). According to this theory, self-esteem is one of the psychological needs that must be met after physiological and safety needs. Self-esteem includes two aspects, namely self-respect and self-esteem from others (respect from other). Self-esteem means we respect and recognize our abilities, achievements and potential. Meanwhile, self-esteem from other people means that we get recognition, respect and appreciation from our social environment.

In Islam, self-esteem is also important and valued. Islam teaches that every human being is a noble and honorable creature, created by Allah in the best way. This is in accordance with the word of Allah in QS. At-Tin verse 4, which reads:

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَن تَقْوِيمٍ

"Indeed, we have created humans in the best form." (Ministry of Religion of the Republic of Indonesia, 2017).

Islam also teaches that every human being has potential and talents that can be developed to worship Allah and benefit themselves and others. Allah says in QS. Al-Baqarah verse 31 which reads:

وَعَلَّمَ آدَمَ الْأَسْمَاءَ كُلَّهَا ثُمَّ عَرَضَهُمْ عَلَى الْمَلَائِكَةِ فَقَالَ أَنْبِئُونِي بِأَسْمَاءِ هَؤُلَاءِ إِنْ كُنْتُمْ صَادِقِينَ

"And He taught Adam all the names (things), then presented them to the angels and said: "Tell Me the names of these things if you are truthful." (Ministry of Religion of the Republic of Indonesia, 2017).

## 2. Adolescents and Their Developmental Tasks

Adolescence is an important and challenging phase of human development. During this period, teenagers experience changes from various aspects, including physical, cognitive, emotional changes and significant social changes. Teenagers also begin to look for their own identity and formulate the values and life goals they want to achieve. One of the factors that influences teenagers' self-esteem is the quality of their relationship with their parents. Parents who provide love, support and appreciation to children can increase children's self-esteem. However, not all teenagers have a harmonious relationship with their parents. Some teenagers experience their parents' divorce, which can have a negative impact on their growing self-



esteem. Parental divorce can cause teenagers to feel insecure, unloved, guilty, angry, sad, or embarrassed. Teenagers can also experience stress, anxiety, depression, or problematic behavior due to their parents' divorce (Amato, 2010).

Forming healthy and positive self-esteem is one of the tasks of adolescent development (Ariyanti & Purwoko, 2023). Healthy and positive self-esteem can help teenagers to:

- 1) Liking and appreciating oneself as a unique and valuable individual
- 2) Make decisions and assert yourself independently and responsibly
- 3) Recognize your strengths and weaknesses and try to improve your quality
- 4) Facing difficulties and failures without blaming yourself excessively
- 5) Giving time and attention to yourself and your personal needs
- 6) Believe that you have the right to be happy and achieve success.

To form healthy and positive self-esteem, you can do several things, including:

- 1) Recognize and appreciate personal achievements and progress, both big and small
- 2) Stop comparing yourself with others and focus on your own qualities and potential
- 3) Have realistic and meaningful life goals and try to achieve them
- 4) Have positive and supportive social relationships with family, friends and the community
- 5) Accept praise and criticism constructively and learn from experience
- 6) Avoiding negative thoughts or sayings about yourself and replacing them with positive, affirmative thoughts and sayings
- 7) Facing challenges and problems with an optimistic and solution attitude.

### 3. Positive Reinforcement Concept

*Positive reinforcement* is the process of providing positive reinforcement after a certain behavior is carried out. A form of positive reinforcement can be in the form of praise or giving gifts with the aim of strengthening positive behavior, so that it is more likely that this behavior will be repeated in the future (Assyfa, 2021). Positive reinforcement is one of the basic principles of operant conditioning, which is a learning theory developed by BF Skinner.

The indicators for a teenager who can be said to have had positive reinforcement can vary depending on the type of behavior they want to reinforce, the type of gift given, and the frequency of gift giving. In general, the indicators that can be used are: (Madiya, 2021):

- 1) Adolescents show increases in the frequency, duration, or intensity of desired behaviors, such as studying, exercising, or behaving politely
- 2) Adolescents demonstrate increased motivation, self-confidence, or satisfaction with desired behavior
- 3) Adolescents show a decrease in the frequency, duration and intensity of undesirable behavior, such as smoking, skipping school, fighting
- 4) Adolescents demonstrate increased skills, knowledge, or achievements related to the desired behavior.

### 4. Analysis of Results

Researchers conducted preliminary research and in-depth interviews with five informants for approximately one month. Based on the results of preliminary research,

information was obtained that the five informants came from different backgrounds, both in terms of family and educational background. The form of positive reinforcement they receive also has different intensities (Palila, 2017).

The informants used in this research were four teenage girls and a teenage boy with diverse family and educational backgrounds. According to Syamsu Yusuf, quoted by Iskandar (Hilyah, 2018) Individuals will enter adolescence when they reach the age of secondary education to the age of higher education. So in this study the informants the researchers used were aged between 13-21 years. An individual's level of self-esteem can be seen from several characteristics shown by that individual. Individuals who have high self-esteem will show themselves as optimistic individuals; proud and satisfied with himself; more sensitive to the level of ability or competency; accept the negative events experienced and try to improve oneself; more often experience positive emotions, namely joy and happiness; flexible, brave, and better able to express themselves when interacting with other people; strive to grow and develop; more willing to take risks; be positive towards others; constructive or flexible thinking; able to make decisions quickly and be confident in the decisions they take (Febrina et al., 2018). Likewise, for individuals who have a low level of self-esteem, this results in failure, because all problems are responded to with worry and rejection, thus hindering success in facing all of life's challenges. Self-esteem between teenage boys and teenage girls also has differences, teenage girls tend to be lower than teenage boys. This happens because adolescent girls tend to focus more on negative self-evaluations that occur during the transition period than adolescent boys (Fathonah et al., 2020).

#### *Informant 1*

The first informant with the initials D. D is a 13 year old girl, the eldest of two siblings. D is currently studying at junior high school, more precisely in grade 8. According to D's confession, he currently does not live with his parents. His father and mother divorced, making him choose to live with his grandparents. D's mother worked as a factory worker and D's father worked abroad outside Java. D's mother has now remarried, and it is her stepfather who pays for D's schooling. From the results of the interview conducted by researchers on November 9 2023, D stated that even though his parents were separated, he still received love and affection from his parents. D also admitted that he had experienced bullying from his friends because of the divorce.

After his parents' divorce, D went through a long emotional process. Starting from emotional decline until D was able to accept his parents' divorce and accept the divorce and become a better person. D had felt inferior and felt worthless as a child. After the divorce, D felt sad because he could no longer live with a complete family. He even admitted that he often felt sad and gloomy. But don't think about doing self-harm (hurting yourself). Behind it all, D feels confident in his abilities. Although it cannot be denied, when D saw his friend's complete family, D felt jealous. With his family being divorced, D never thought about doing self-harm (hurting himself) and he was able to accept the situation of his parents deciding to separate. (Khoirunnisak, 2023).

From the results of interviews and observations, it can be seen that D's level of self-esteem is quite high, this can be seen from his self-confidence in his abilities and self-esteem by not hurting or injuring himself on purpose, as well as his attitude of accepting the negative realities of his life. This high self-esteem is caused by several factors, namely the affection and love given by D's parents, D's family and the support and praise given by D's family and friends. These two factors were able to help D increase his sense of self-esteem and confidence in D's abilities, even though he was a child of divorce. Apart from that, these two factors can also help D accept the reality of his life as a child of divorce.

### *Informant 2*

The second informant has the initials Z. He is the eldest of two brothers. Just like D, Z is also a 13 year old girl and is studying at the same school and class as D. Z's parents divorced because of economic problems. Because of the divorce, Z chose to live with his grandparents. Z's mother has now remarried, while Z's father has died. From the results of the interviews conducted, Z stated that he still received love and support from his family even though his mother had remarried. Z also never felt oppression and instead tended to get support and praise from his friends because he was able to sincerely accept his family's situation.

After his parents' divorce, Z went through a long emotional process. Starting from emotional decline until Z was able to accept the divorce of his parents and his mother's second marriage and become a better person. Z felt disappointed with his parents. At night he lamented his downturn and sadness resulting from the divorce of his parents. Apart from that, Z also felt inferior and felt worthless as a child. However, it doesn't reach the stage of self-harm. Z also often feels jealous when he sees his friends who have intact families.

The factors that made Z willingly accept his living conditions as a child of divorce, a mother who remarried, and a father who left him forever were love, support and praise from his family and friends. The support and understanding that his parents provided was able to make him understand the reasons for the divorce. And friends and an environment that supports and appreciates what Z has done is one of the factors that supports Z's acceptance of life. These two factors also increase Z's self-confidence in his abilities.(Khoirunnisak, 2023).

Based on the results of the researcher's interview with Z which was conducted on November 9 2023 and the observations that the researcher has carried out, we can see that Z has high self-esteem. This can be seen from self-confidence in one's abilities and self-esteem by not intentionally hurting or injuring oneself, as well as an attitude of accepting the negative reality of one's life. We can see this high self-esteem from several characteristics shown by Z, such as having confidence in his abilities, high self-respect by not doing self-harm, and Z's ability to accept the reality of life as a child of divorce.

### *Informant 3*

The third informant has the initials A, he is the fourth of five children. A is a 20 year old teenage girl who is currently studying at a State Islamic college with an Islamic Guidance and Counseling study program. A's father and mother divorced when he was little. Currently, A's biological parents have remarried and have their own partners. A comes from a complicated family, A's mother has been married 4 times, so A has many siblings like his mother but not his father. From the interviews A had conducted, he said that he felt unloved by his family, in fact he never received praise or support from his parents. A has experienced bullying from his friends due to his mother's repeated marriages, although it cannot be denied that there are some of his friends who strengthen him by giving praise and support for his success in accepting the reality of his life.

After his parents' divorce, A went through a long emotional process. Starting from emotional downturn until he was able to accept the reality of his life and become a better person. He felt devastated and felt worthless as a child. A feels sad and even down almost every day starting from the divorce of his parents until now. Until a negative self-concept was formed, namely by doing self-harm. When A hurts himself, he will gain peace from the pain. Now A can interpret his life more positively, namely by accepting the disorganized situation of his family and society's negative views about his family.

The factors that make A willingly accept the negative conditions of his life and become a better person are the support and appreciation from his closest friends and because he is one of the students of a study program that teaches treatments to maintain mental health, one of which is through mental health courses. These two factors are enough to help A accept the reality of her life as a child of divorce with a family who doesn't care and support A. Apart from that, these two factors also help A to increase her confidence in her abilities.(Khoirunnisak, 2023).

Based on the results of interviews conducted by researchers with the third informant, namely on November 10 2023 and observations made by researchers, the results showed that A's level of self-esteem was low. This can be seen from several characteristics shown by A, such as feeling low self-esteem, not being confident, forming negative concepts within oneself, and being a perpetrator of self-harm. However, there has been visible improvement with support and a supportive educational background, making him a person who is confident in his abilities and able to accept the reality of his life as a child of divorce.

#### *Informant 4*

The fourth informant has the initials B. B is a female in her late teens. Currently, B is 20 years old and is studying at a State Islamic college with an Islamic Guidance and Counseling study program. B's parents divorced for two reasons, namely because of religious differences and infidelity. Currently B lives with his mother and stepfather. According to B's confession, he felt normal about his parents' divorce. From the interviews conducted by researchers, B said that he felt unloved by his family. He never received support and appreciation from his family, B's parents tended to be old-fashioned. In his circle of friends, he was also less fortunate, he felt oppression and did not get support and appreciation from his friends who

could help B solve his life problems. In fact, the support and appreciation that family and friends provide can help B's self-healing process.

After his parents' divorce, B experienced a long emotional process. Starting from emotional decline, until he was able to accept the reality of his life as a child whose biological parents divorced and became a better person. B feels sad and downcast almost all the time, feels worthless as a child, feels low self-esteem, feels jealous of friends whose parents are complete, and feels insecure about his abilities. A negative self-concept was formed, one of which was hurting oneself. When B hurts himself, he will get satisfaction from the pain. B has tried visiting psychiatric professionals, such as counselors, psychologists and psychiatrists. At the psychiatrist he was no longer given another dose of medication, because according to the psychiatrist who treated him he had entered the stage of drug addiction. The psychiatrist suggested bringing both of his parents along to accompany B's healing process, but it turned out that neither of them cared about B's mental health. That's what makes B still unable to recover like most people. He still often relapses when faced with sensitive problems according to B. Now that B has started not to depend on the medication given by the psychiatrist, he is trying to become a better version of himself. He was used to his parents' divorce, and he was able to accept his situation as a child of divorce.

The factors that make B able to become a better person and accept the reality of his life as a child whose parents are divorced are his feeling of getting used to all the problems he has faced and his educational background, which in fact is as one of the students of a study program that teaches how to treat- Treatment to maintain mental health, one of which is through mental health courses. These two factors are enough to help B accept the reality of his life as a child of divorce with a family who doesn't care and support B. These two factors make B able to accept and be sincere with his fate in life as a child whose parents are divorced and who has parents who don't care about his mental health.(Khoirunnisak, 2023).

Based on the results of the interview on November 10 2023 and the results of observations that researchers have carried out for almost a month, it was concluded that B's self-esteem is at a low level. This can be seen from the characteristics that B has shown so far, such as a lack of self-confidence in his abilities, feeling inferior, having had a negative self-concept, and having been a perpetrator of self-harm. However, it has been seen that there has been quite a good increase in self-esteem and this is proven by the achievements obtained both academically and non-academicly by B. B is an activist in social and mental health activities. He is one of the brand ambassadors of the mental health community. Another proof is that B has been able to accept the reality of his life as a child victim of divorce.

#### *Informant 5*

The fifth informant has the initials F, he is a 17 year old teenager and is male. F is the first child of two siblings. Currently F is studying at high school level. After F's father and mother divorced, F lived with his mother and stepfather and his younger sister. Both of F's parents now have partners again. F's mother works as a trader in the market and F's stepfather works odd jobs. From the interviews conducted by researchers, F felt that he did not receive

love, support and appreciation from his family and friends. He was once a victim of bullying from his friends.

After his parents divorced, F went through a long emotional process, until he finally accepted the situation and became a better person. Starting from emotional decline, feeling low self-esteem, and feeling jealous when seeing friends who have complete parents. After the divorce, F felt suffocated, thinking about his life that he could no longer live with his parents intact. F often feels sad and down when he remembers the problems he faces. F vented all his feelings of tightness, sadness and disappointment by committing various juvenile delinquencies, which ultimately formed a negative self-concept. While at school, F also works. F had formed a negative concept within himself, before he finally became a better person. This negative concept can be seen from the mischief that F does, such as drinking, fighting with friends, skipping school, and smoking at school. Apart from all that, F also thought about committing self-harm, and was so used to hurting himself that he didn't feel any pain.

The factor that makes F able to accept his parents' divorce and the condition of his parents not caring about him is the surrounding environment, namely where he works. F works after school at an atomic mill (plastic bottles, plastic food wrappers, etc.), there he works with people who are much older than him, and from them F can learn to accept his situation. Even though his parents don't support him and his friends don't care, F can still change to become a better person. It occurred to F that the support, care and appreciation of family and friends were not important. Because without all that, F is confident in his abilities (Khoirunnisak, 2023).

Based on the results of interviews and observations that researchers have conducted, it was concluded that F's level of self-esteem tends to be low. This can be seen from several characteristics shown by F, such as feeling low self-esteem, feeling worthless, feeling disappointed with the situation, having a negative self-concept, and being a perpetrator of self-harm. However, it can be seen that there has been a fairly good increase in self-esteem in F. F has been able to accept the situation of his divorced family, has confidence in his abilities, and has become a better person. This all cannot be separated from the role and support of the friends where he works.

The process of increasing self-esteem experienced by the five informants took a long time. The five of them had felt downturned and had low self-esteem and were worthless as children. After the divorce, the five of them experienced a difficult life which could kill their self-esteem. Feelings of worthlessness, low self-esteem, envy of other people's lives, self-harm are forms of characteristics of low self-esteem.

From the research results obtained, there were two informants who stated that even though they came from divorced families, they still received love and support from their families and three informants stated that they did not receive love, care and support from their families. The two informants who received family support tended to have a high level of self-esteem, namely in the form of self-esteem, pride in themselves, confidence in their

abilities, increased academic achievement, and acceptance of a family situation that was no longer intact. Meanwhile, the other three informants tended to have low self-esteem, namely feeling inferior, not being confident in their abilities, feeling inferior and jealous of other people's lives, and doing self-harm on purpose.

The sense of concern, affection, support and appreciation that parents, family and friends provide is one form of implementation of positive reinforcement techniques which play a very active role in growing self-esteem in teenagers. Positive reinforcement is strengthening positive behavior by giving gifts or rewards after a behavior is carried out, with the aim that the behavior will be repeated in the future.(Qomariah et al., 2023). The positive reinforcement technique is a technique in the behavioristic approach that prioritizes reinforcement to change negative behavior into positive(Gova, 2023). Positive reinforcement can be given in the form of praise, rewards, or prizes and can be used to increase positive behavior in adolescents(Astutik, 2023).

#### **D. Conclusion**

Based on the results of research conducted by researchers on five informants, with four female informants and one male adolescent who was a victim of divorce as a child, it was concluded that: 1) Positive reinforcement is very influential in the development of self-esteem in adolescent victims. divorce, forms of positive reinforcement that family and friends can provide include praise, gifts, support and concern for positive behavior that teenagers have carried out with the aim of repeating it in the future; 2) A high level of self-esteem during adolescence greatly influences the process of self-acceptance and success of the adolescent in the future, and vice versa, a low level of self-esteem influences the failure of self-acceptance and the adolescent's future. 3) One of the factors that influences the development of self-esteem is relationships with other people, especially parents, family, friends and the community environment; 4) Characteristics of teenagers who have low self-esteem include: low self-esteem, no self-confidence, having a negative self-concept, even self-harm. Meanwhile, the characteristics of teenagers who have high self-esteem are feeling confident, confident in the decisions they make, having a positive self-concept, and being able to accept the negative fate of life to become a better person.

From the conclusions above, researchers can suggest that family, friends, teachers and people around them, generally teenagers who have low self-esteem and especially children who are victims of divorce, can try to provide positive reinforcement, no matter how small. Because without us realizing it, our concern or lack of concern for teenagers' problems greatly influences the development of their self-esteem, which will also influence the success of their lives in the future. Parents in particular, even though they have problems with their partners, even to the point of separation, should always be aware and concerned about the mental health of their children who are victims of divorce. Research recommends that parents, teachers, and stakeholders provide emotional support, maintain open communication, and seek professional help if necessary to help teens overcome the negative impact of divorce on their self-esteem. The research concluded that positive reinforcement is an effective technique in increasing self-esteem in adolescent victims of divorce.

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