

RESILIENCE AND SELF-ESTEEM OF BROKEN HOME ADOLESCENCE

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Abstract: Family is an essential factor in shaping a child's personality. If a family experiences problems such as a broken home, this will impact the child's psychological development and behavior. The disharmony in the family experienced by parents has a significant impact on the child's life in the future. This disharmony's impact will increase when the child has entered the stage of adolescent development. At the adolescent stage, children experience cognitive and emotional development. To reduce the impact of a broken home situation, adolescents need Resilience as a system of Resilience from an unstable state (broken home) to rise mentally and personally stronger. Resilience is needed for adolescents with a broken home family background to escape stressful situations. One of the factors that can form Resilience is self-esteem. This study aimed to determine the relationship between self-esteem and Resilience in adolescents from broken-home families. In this study, the research method used was literature study, and the data collection technique used was qualitative research techniques by describing the problems studied and investigated. The data analysis used is the content analysis technique. This study's results show a significant positive relationship between self-esteem and Resilience in adolescents with broken home family backgrounds by presenting reading resources based on the theory and results of previous research.

Keywords: Resilience, self-esteem, adolescence, broken home

INTRODUCTION

A broken home family is interpreted as chaos in the family. A broken home is an unstable or messy family characterized by the divorce of parents or those who have single parents (Yusuf & Juntika, 2009). A broken home can occur when the family structure is no longer intact. For example, due to the death of a parent or divorce, family life is no longer harmonious (Willis, 2010). These conditions can significantly impact children, especially adolescents who are developing them, which is a moment of character and personality formation, especially for their future lives (Astuti & Rachmah, 2015). For children entering the adolescent phase, the role of both parents is

significant in supervising their growth and development. According to Gender (Dedy, 2013), adolescents dealing with various developmental problems require the presence of adults who can understand and treat them wisely and according to their needs.

Hurlock explained that youth is an important phase of human life for forming a personality (Nurulita & Susilowati, 2019). The broken Home experienced by adolescents is a problem that significantly impacts their lives. Adolescents who are victims of broken homes experience disturbances in emotional development, personality, and social life (Septiyani, 2018). One of the factors that may influence Resilience is self-esteem. Adolescence is also a critical period in the development of self-esteem because self-esteem can help deal with the tasks of adolescents' development (Feldman & Elliott, (Meisyah & Cahyanti, 2022). Adolescents who are in a period of growth and development need self-esteem because self-esteem reaches its peak during adolescence (Goebel and Brown, (Sandha, Hartati & Fauziah, 2012). Self-esteem is a positive or negative evaluation of oneself (Rosenberg, in (Meisyah & Cahyanti, 2022). Self-esteem High esteem in adolescents is associated with positive moods, happiness, life satisfaction, physical health, good health-related behaviors, being able to adapt to classrooms, academic achievement, good Resilience in dealing with stress and anxiety, and good teamwork. Positive, initiative, persistent, independent, prosocial behavior, and resilient (Laumi & Adiyanti, 2013). Low self-esteem in adolescents can cause irritability, s likes to be alone, difficulty expressing opinions, and loneliness. (Coopersmith, in (Meisyah & Cahyanti, 2022).

Research by Fathonah & Hendriana (2020) describes the self-esteem of adolescents who have broken home families (divorced parents). The results show that adolescents have low power, significance, virtue, self-esteem, and competence. Grotberg explained that Resilience combines the three factors of "I Am," "I Have," and "I Can" (Desmita, 2012). They have broken home problems as a reason for a child's naughty behavior. Therefore, to show the best side of an individual with a broken home family condition, they face difficulties and threats, so they need an ability called Resilience. Resilience is a personal skill in dealing with difficulties and growing a healthy mentality to get comfortable living again (Widiastutik et al., 2016). Another opinion also says that resilience functions as an individual's capacity to evaluate and solve a problem and can increase self-quality from difficult situations that he experienced in the past because every individual must have met in a painful condition where various forms of problems were present. Grotberg in (Sholeha Insani & Pratiwi, 2021). Individuals with resilience abilities are expected to be skilled at going through changes in their lives by making positive adjustments to various suffering and severe stressful conditions to return to their original condition with a more vital state and mentality (Widuri, 2012).

In the case of broken home families, individuals grow up in situations or environmental conditions that are not conducive. In a broken home family, Resilience is a system of individual Resilience from a problematic situation in the form of an unstable condition in a family. The better the ability to Resilience, the more skilled the individual is to get through difficult situations. Previous research on resilience and children victims

of parental divorce in adolescents who experience broken homes (Swastika, 2013), the Resilience that occurs is positive because the subject can regulate emotions, withstand negative impulses that arise, has ideals, and is optimistic about rising from his problems and influenced by factors from within and outside the subject that cause the subject to become resilient. The subject also has good faith and hope for his life in the future.

On the contrary, there was a previous study entitled the forming factors of adolescents Resilience from broken home families in Pucung Lor Village, Kroya District, Cilacap Regency (Khotimah, 2018), where the results showed that the factors forming the Resilience of adolescents in Pucung Lor Village had different factors. , as shown by the ability of Resilience in the condition of adolescents from broken home families experienced by each subject. Internal factors that affect the Resilience of adolescents from broken home families in Pucung Lor Village are dominantly seen in emotional regulation, impulse control, empathy, self-efficacy, and reaching out. The external factors are seen in family and social factors that dominate adolescents from broken-home families in Pucung Lor Village in realizing their resilience abilities. Then there is also previous research regarding the experiences of adolescent victims of broken homes (Wulandari & Fauziah, 2019). A total of three subjects and three subjects admit that the self-acceptance that appears is influenced by religiosity and emotional support from the environment. The three subjects built resilience skills by getting back up and hoping for the future.

METHOD

This article uses a qualitative approach with the literature study method, namely collecting, reading, recording, and studying data from various journals and books. This research uses a type of literature review research using qualitative research methods by describing the relationship between Resilience and *self-esteem* in adolescents who experience broken homes. This literature review research approach is carried out by reading, studying, and analyzing the secondary data obtained. The literature review is library research carried out by reading various relevant sources from books, journal articles, and other reading sources related to the subject matter in a study (Marzani, 2016). Literature review research is a qualitative research method in which there is a series of reading, recording, and managing secondary data derived from books, articles, journals, literature notes, and reports.

RESULTS AND DISCUSSION

The word youth comes from the Latin word *youth*, which means to grow into adulthood. Adolescence is a moving phase of development in an individual's life which is a transitional period from childhood to adulthood marked by the rapid growth and development of physical, mental, emotional, and social (Soetjningsih, 2014). According to Salzman (Yusuf, 2006), youth is a period of development dependent on parents towards independence, sexual interests, self-reflection, and attention to aesthetic values and moral issues. In addition, adolescence is the middle

period between childhood and adulthood, in which new individuals understand their role in the social world, seek and accept their identity, and can develop their potential (Jannah, 2016). Adolescence is also a time when individuals have new problems in their lives. Adolescents are required to be able to solve their problems by the norms and values that exist in society. According (Yusuf, 2016) said that if adolescents can successfully understand themselves, their roles, and the meaning of religion, then they will find their identity (healthy personality); vice versa, if it fails, then they will feel confused and resulting in their life (unable to adjust himself both to himself and others).

A broken home can be said as chaos in a family. Meanwhile, according to Prasetyo (Muttaqin & Sulisty, 2019), Broken means "Desolation," while Home means "home." A broken home means that there is destruction in the household caused by the two husbands and wives having different opinions. Family chaos can be interpreted as the breakdown of a family unit, dissolution, or cracking of the social role structure if one or several members fail to adequately carry out their role obligations (Goode (Massa et al., 2020). This condition certainly requires Resilience in dealing with conflict. In the Broken Home case, this can be seen from two aspects, namely (1) the family was divided because the structure was not intact because one of the heads of the family died or was divorced, (2) the parents were not divorced, but the family structure was no longer intact because the father or mother is often not at Home, or does not show affection anymore. For example, parents often fight so that the family is psychologically unhealthy. It also causes family dysfunction, resulting in a broken home, the disintegration of a family unit, dissolution and breakdown of structured social roles if family members fail to carry out their obligations and play their roles well (Rahmi, Mudjiran, & Nurfahanah, 2016). From a psychiatric (psychological) perspective, someone who experiences a broken home will cause the individual to have a broken heart, in which a person will feel pain and heartbreak so that they see life as futile and disappointing.

One of the factors that may influence Resilience is self-esteem. Resilience is a person's ability to survive and even become strong when facing complex life pressures (Karina, 2014). Richardson, (Hidayati et al., 2014) explain that Resilience is a term in psychology used to overcome and find meaning in events such as the heavy pressure they experience, to which the individual can respond with healthy intellectual functioning and social support. Therefore, forming good self-esteem in a person can also support Resilience in the individual, especially adolescents. Reivich & Shatte (Nurulita & Susilowati, 2019) said that a resilient person understands that the presence of obstacles and obstacles is not the end of everything. Based on this explanation, it is crucial for someone from a broken home family to have Resilience within himself to continue his life. In addition, Resilience can create conditions for effective parents, especially mothers, to lead their children to more successful developments, including better jobs and financial capabilities. Based on the results of the research presented by (Hermansyah & Hadjam, 2020a), several effects occur in adolescents due to parental divorce. In this case, Resilience is needed to reduce and overcome these impacts.

Broken Home Youth Resilience

Based on previous studies, differences in resilience abilities were found in adolescents with broken-home families, where Resilience can increase adolescents' skills in maintaining mental health, being able to wake up from various conditions that endanger their psychic and mental well-being, and being able to adapt so that they can go through life with better situations. Therefore, Resilience is considered a relatively significant position because it can also support individual development (Hermansyah & Hadjam, 2020b). In addition, it can be seen that Resilience can create sufficient conditions with parents, help adolescents achieve their goals, anticipate the causes of stress, stimulate the emergence of skills, maintain mental health, and adapt quickly to a difficult life. According to Wolins (Ekasari & Andriyani, 2013), Resilience is an extraordinary ability possessed by individuals facing difficulties to rise from difficulties which is the foundation of all positive characters in building healthy emotional and psychological strength.

For the problems in broken-home families, adolescents need to be equipped with sources of Resilience. According to Grotberg (Detta & Abdullah, 2017), several sources can influence the formation of Resilience in individuals, namely as follows:

- 1) "I Am" is a strength that comes from within the individual. When facing the problem of a broken home family, the strength that exists within adolescents also enables them to become resilient individuals.
- 2) "I Have" is the individual's meaning of the amount of support the social environment has for him. When adolescents face problems with broken home families, the environment around them helps support them. The support that adolescents get from the environment and spiritual aspects, namely feeling that there is a God who loves, serves as a role model, understands and accepts himself as he is, makes youth strong, tough, able to think positively, feel relieved, always remember the teachings of the religion they believe in, giving rise to hope. Good, and enthusiastic about living a positive life.
- 3) "I Can" is the individual's ability to solve problems in various settings. Adolescents solve the problems they face with broken home families by communicating problems to people they trust to get help and communicating directly to individuals who are the source of problems to be able to solve them.

The process of the sources above will affect the speed of the individual's resilient mechanism, where if there is only one source is obtained, then the individual cannot be called a resilient individual (Grotberg, (Rahmati & Siregar, 2012). There are aspects of Ability in Resilience (Works, 2022), namely:

- 1) The ability to regulate emotions. Emotional control is the ability to remain calm even when under pressure.
- 2) Emotion regulation. Adolescents facing problems with broken home families can try to focus and be calm, such as staying silent for a while, contemplating the problems that occur, going to a comfortable place, and praying.
- 3) Impulse control. In the problem of broken home families, it can cause impulses in adolescents, namely not wanting to communicate with their parents, leaving Home, and wanting to physically abuse their parents to stop the fights that happened to their parents. However, in controlling the impulses arising from broken home family problems, adolescents can consider the actions they want to take, adjust their actions to the religious values they believe in, and think positively.
- 4) Optimism. The problems of broken home families experienced by adolescents make adolescents want to have good hopes for the future of their lives. Adolescents feel they have to have a good life as revenge for the fate of the life they are currently experiencing. However, sometimes adolescents feel doubtful about themselves being able to achieve their dreams in the future, caused by teenage trauma about broken home family problems. The problem creates fear of getting married and thinking that they will experience something similar to the broken home family they are currently experiencing in the future.
- 5) Ability to analyze problems. Adolescents know the causes of problems in their families. However, adolescents are not always focused on thinking about the broken home family problems in their families because adolescents consider this to be beyond their control. However, adolescents are more focused on directing themselves not to sink into broken home family problems, namely focusing on improving themselves, for example, by praying, focus on studying, focus on-campus activities and divert minds by traveling with friends.
- 6) Empathy. Adolescents can understand the difficulties of their parents caused by broken home family problems. For example, the economy is declining, parents are sick, and parents feel sad when they face a broken home family. Adolescents try to understand the difficulties of their parents.
- 7) Self-Efficacy. Adolescents believe they can solve problems caused by broken home families that they experience, namely feelings of sadness, anger, declining economic conditions, and overcoming chaotic thoughts arising from broken home family problems. Adolescents are also confident

that they will be able to overcome their problems by surrendering to God about the circumstances they are experiencing because there are thoughts about the problems they are experiencing now that will continue to occur in the future.

- 8) They improved positive aspects. For problems with broken home families, adolescents take lessons and learn for themselves as provisions for their future lives, namely becoming trained in solving problems, more substantial, more challenging, and spiritually better adolescents.

Adolescents can see the events experienced by their parents as something more positive. Adolescents look rugged, remain resilient, and do not encounter obstacles to living in later development (adults). Resilience is proven by one of the previous studies conducted by Muhamad Taufik Hermansyah and M. Noor Rochman Hadjam in 2020 in their research entitled "Resilience in Adolescents Experiencing Parental Divorce: A Literature Study." Based on the results of this study, several effects occur in adolescents, which result in parental divorce. In this case, Resilience is needed to reduce and overcome these impacts. Resilience can increase adolescents' skills in maintaining mental health, waking up from various conditions that harm them psychologically and mentally, and adapting to life in a better situation than before. Therefore, Resilience is considered a relatively significant position because it can also support individual development (Hermansyah & Hadjam, 2020b). In line with the results of studying several journals and books relating to the influence of Resilience on adolescents, it was found from these reading sources that Resilience makes a positive contribution, especially for adolescents in unpleasant conditions such as this broken home family. Under challenging conditions, adolescents can still develop their social, academic, and vocational competencies to support the survival of their youth in the future. Therefore Resilience is considered necessary for the survival of adolescents in broken family conditions.

Resilience is an individual's ability to rise from suffering. With this condition, it is hoped that mentally will become stronger and have resources (Walsh in (Lestari, 2016). To maintain stability for broken home youth is essential to know the following aspects: aspects that affect Resilience following are three factors that affect Resilience: (1) Individual factors that purely originate from the individual's personality in the form of the ability to develop himself, (2) Family factors after the divorce begin to be rearranged so that the pattern of family relationships returns to normal, (3) Community factors that can be done by participating in functional community activities. This description was stated by Pera Everal Robbin (Hadianti et al., 2017). The dynamics of the Resilience of broken home youth will not always be in a constant state. The Resilience of broken home youth experiences instability, there are times when adolescents need time to

pray to calm their situation, and there are also times when adolescents vent their emotional state by carrying out negative behavior for their lives. Resilience plays a role in the adjustment mechanism from exposure to the unfavorable conditions of the broken Home to a favorable adjustment mechanism so that broken home youth can build relationships or social interaction on positive things. As was obtained from previous studies in research (Muhammad et al., 2018) stated that the description of Resilience in SMA Kota Banda Aceh was in the high category, with a percentage of 51.86%. Most respondents have a high level of Resilience and can understand and remain stable in stressful conditions. In line with the explanation above, Reivich and Shatte (Wisdawati, 2013) stated that "Resilience is an individual's capacity to respond healthily and productively in dealing with various difficulties or trauma where this is important for managing the pressures of everyday life."

Broken Home Adolescent's Self-esteem

The development of self-esteem in each phase of life can vary. Adolescents generally have low self-esteem (Robin et al., in Santrock, 2018). According to Mruk & Oswalt (Meisyah & Cahyanti, 2022), external factors that can influence self-esteem, namely; a) genetics, b) Parental support or involvement; c) Parental warmth; d) Parents' expectations and consistency; e) parenting style; f) Modeling, g) Parent attachment. Self-esteem (self-esteem) in adolescence is closely related to the search for one's identity so that one can explain and understand who he is and his role. According to (Rahayu, 2019), self-esteem (self-esteem) is a belief in the right to happiness, feelings of worth, worth, and the ability to face life's challenges. Meanwhile, according to Windaniati (2013), self-esteem is an evaluation and habit of a person in viewing himself. It also shows how much he believes in his abilities, success, significance, and self-esteem.

According to Rosenberg (Srisayekti & Setiady, 2015), two things play a role in the formation of self-esteem (self-esteem), namely reflected appraisals and social comparisons (social comparisons). Someone who has low self-esteem is thought to tend to be vulnerable to depression, drug use, and close to violence. High self-esteem (self-esteem) helps increase initiative, Resilience, and feelings of satisfaction in a person. The indicators put forward by Rosenberg (Rahayu, 2019) namely; (1) performance self-esteem, with sub-indicators of self-confidence and feeling able/able; (2) social self-esteem, with sub-indicators of having good social relations/interacting socially; (3) physical self-esteem, with self-respect and self-acceptance sub-indicators. For individuals with good self-esteem, the ups and downs of personal feelings about themselves can cause temporary fluctuations, but that is only to a certain extent. Conversely, for people whose parents have broken homes of self-esteem or 'self-esteem,' these ups and downs drastically affect how they see themselves. Branden (Rosani et al., 2021) state that self-esteem has a dynamic nature with two conditions: (1) Identifying the four fundamental

pillars of positive self-esteem, namely the level of awareness, integrity, willingness to accept responsibility, and self-acceptance; (2) Struggle to respect self-esteem at all times. Meanwhile, according to Maslow (Alwisol, 2009), the satisfaction of self-esteem needs triggers feelings of confidence, self-esteem, feelings of ability, and usefulness. Conversely, disappointment due to unsatisfied self-esteem will trigger feelings of inferiority, shyness, weakness, passivity, dependence on others, cowardice, and lack of social interaction.

Schiraldi said that self-esteem is an accurate and honest, realistic opinion about self-esteem. In simple terms, it can be said that individuals have self-esteem when these individuals have realistic and self-respecting opinions (Rosani et al., 2021). Every individual has needs that must be met in his life. As Maslow said, self-esteem needs can be fulfilled after physiological needs (eating, sleeping, clothing, and shelter), security, and love (Aini, 2018). After all these needs are met, self-esteem can be fulfilled before self-actualization, as the highest need is fulfilled. In general, self-esteem has two levels, namely high and low. Rosenberg and Owens (Febriana et al., 2018) said that individuals with high self-esteem show that they are optimistic, recognize their abilities, are competent, can accept circumstances and take lessons from every problem, and do not easily experience negative emotions. (sad, depressed), loyal can interact well socially, not afraid to take risks, be kind or friendly to others, and be responsible for their decisions. Low self-esteem is characterized by a sense of inferiority (low self-esteem), pessimism, lack of ability to build relationships with other individuals or groups, and fear of failure. They often experience despair and depression, feel that other people do not care about them, lack the ability to express feelings or self-consciousness, are inconsistent and competent, readily admit wrong, and more often make defense mechanisms or self-defense (Coopersmith, in Aini, 2018).

CONCLUSION

Based on the analysis of the literature review that has been described, it can be concluded that there is a positive relationship between Resilience and self-esteem in adolescents with broken home backgrounds. The higher the self-esteem of an individual, the higher the Resilience he will have. The lower the self-esteem possessed by individuals, the lower the Resilience of adolescents from broken-home families. It can be stated that Resilience can play a role in the adjustment mechanism from exposure to the unfavorable conditions of a broken home to a favorable adjustment mechanism so that broken-home youth can foster relationships or social interaction on positive matters. In addition, adolescents who come from broken homes are expected to increase their Resilience because it is essential to keep getting up despite facing challenging problems by increasing self-esteem and paying attention to self-esteem, namely strength, meaningfulness, virtue, and ability, and then applying it in individual life. The higher the self-esteem of an individual, the higher the Resilience he will have.

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