

Attachment of Adolescent Victims of Divorce (Case Study 2 Adolescents in Ciamis District)

¹Alya Nashifa Lazulfa Iskandar, ²Muhammad Nur Wangid

^{1,2}(Faculty of Education and Psychology, Yogyakarta State University, Indonesia)

ABSTRACT

This study focuses on attachment style that exist in adolescent victims of divorce. Divorce causes differences in attachment style that occur in the way adolescents see themselves and others. Adolescents with a secure attachment will have a higher sense of self-confidence and feel more significant than other attachment style. Meanwhile, adolescents with resistant attachments show symptoms of feelings that are less meaningful and have low self-confidence, and are also less assertive. And adolescents with avoidant attachments, tend to see themselves positively, even though they lack confidence in social situations and lack openness in social relationships. This research uses a descriptive qualitative method with the type of case study research (case research). The subjects in this study included 2 adolescent victims of divorce and their respective parents. While the object of research in this study is the style of attachment of adolescent victims of divorce. For data collection techniques using observation, interviews, and documentation. Data analysis techniques were performed using data reduction, display, and conclusions. The data validity test uses source triangulation. The results of the study showed that the attachment style of adolescent victims of divorce included safe attachment style, fighting attachment style, and avoidance attachment style.

KEYWORDS – Attachment style, adolescents, divorce.

1. INTRODUCTION

The family is the smallest group in society, where its members live and work together to achieve common prosperity (Dedy Siswanto 2020). Every family member interacts and communicates with each other to form values or morals socially and mentally. According to Dewantara, the family is the best place to implement social education (Dedy Siswanto 2020). Ideally, a family has complete parents and children, because family is the first and foremost environment that instills life values in someone (Puspitasari, Maslihah, and Wulandari 2020). However, in reality, not all families have parents who are still intact and live together. The divorce rate in Indonesia always increases every year. The divorce rate in Indonesia reached 516,334 cases in 2022. This figure has increased by 15.31% compared to 2021 which recorded 447,743 cases. The number of divorce cases in 2022 is even the highest in the last six years. Based on the province, the highest number of divorce cases in 2022 was in West Java with 113,643 cases recorded, followed by East Java with 102,065 cases, and Central Java, with 85,412 cases each (Annur 2023). Ciamis, which is one of the districts in West Java Province, recorded that there were 6,607 cases handled at the Ciamis Class 1A Religious Court. That said, in a month there are around 30 widows and widowers a day (Dar 2022).

The integrity of a family, in which there are fathers, mothers, and children who still communicate well and love each other is one of the factors in strengthening children's morale (Hasanah 2019). Therefore, the circumstances will be with the circumstances of a child whose parents are divorced. Family disharmony can affect the development of a child's personality, and many studies reveal the many negative effects of divorce on family members, especially for a child. According to Yakin, the divorce process is a time when you are experiencing a transgression experience (an experience of being hurt or receiving unfair treatment from yourself or others) (Hasanah 2019). Adolescence is a very important period for an individual to form his personality. When parents and adolescents have a positive and adaptive relationship, it will help adolescents in optimal developmental tasks. Conversely, an inharmonious relationship between adolescents and their parents can negatively affect their lives (Ramadhani et al. 2019). Bowlby said that losing the mother's role can cause problems in a child's development. The deep emotional bond between mother and child forms certain response style to external stimuli. Meanwhile, the father acts as the main role model that will shape the male character of a boy and as the first figure a girl knows (Wahyuni 2018).

Teenagers who are not ready to lose their parents will be devastated, and there may be changes in their behavior. His behavior can turn angry, and frustrated, so he likes to daydream, likes to be alone, easily offended, lonely, and even commits suicide (Andani and Yuni 2020). Teenagers get various emotional experiences from their parents since they were small. Teenagers become someone who actively creates emotional experiences for themselves. The way parents control their emotions, empathize with what other people experience, and how parents interact socially with society and various other kinds of emotional experiences will be something that teenagers learn, interpret, and stimulate by themselves, which then teenagers will apply in establishing relationships with the surrounding environment. Parents act as important figures with whom adolescents build attachments and are a support system when adolescents explore a wider and more complex social world (Khaeruddin and Ridfah 2020).

Adolescent efforts to develop their social skills cannot be separated from the role of attachment to parents. Patrick (Marheni, Made, and Susilawati 2019) explains that an individual first develops social skills from the family. Attachment to parents appears in the form of parent-child relationships in the form of listening or understanding behavior, providing assistance or guidance, and trusting, or loving children. In addition, mutual trust between parents and children is important (Rice & Dolgin in Marheni et al. 2019). The relationship between parents and children can be seen as a form of attachment between children and parents. So this attachment has been formed throughout life child. Attachment is one way to describe parents and individuals in the context of divorce and how individuals interpret their experiences (Puspitasari et al. 2020). The term attachment was first introduced by Bowlby in 1958 providing an example of the attachment bond between mother and child (Mahar, Murdiana, and Indahari 2022). The attachment according to Santrock is an effective bond that is lasting and is characterized by a tendency to seek and maintain closeness with a certain figure, especially when under pressure in situations (Saturrosidah et al. 2018). Meanwhile, Baron defines attachment as an interpersonal bond between children and parents that is colored with affection (Rahmatunnisa 2019). Parents are the child's first attachment figure, so parents who support and provide protection and comfort will form an emotional bond that lasts all the time.

According to Collins et al., an attachment style is a concept that is related to the mindset, feelings, and behavior contained in a bond of closeness that can show the diversity one has in one's internal working model (Mahar et al. 2022). Bowlby also adds that the internal working model is an individual's general assumption about how other individuals tend to respond in close relationships that develop from an early age (Mahar et al. 2022). Bowlby divides the attachment style into two, namely the secure attachment style and the insecure attachment style (Tanto 2021). Insecure attachment is divided into two, namely the anxious attachment style and the avoidant attachment style. So that in this study the researchers determined three attachment styles, namely safe, anxious, and avoidant attachment styles. Each of these attachment style also has causes and impacts on adolescent behavior in socializing (Inriani 2019). In contrast to Bowlby, Ainsworth divides attachment into three style, namely secure attachment which is related to a sense of worthiness, anxious attachment which is related to avoidant behavior and avoidant attachment which is related to anxiety (Tanto 2021). The division of this style was taken based on the results of his observations on the three attachment styles of the baby; secure attachment, ambivalent anxiety, and anxious avoidance with a fourth style recently identified as a disorganized attachment (Eriksson et al. 2021).

Secure attachment is a communication style that is formed from the interaction of parents and children it has several basic characteristics, namely the child's sense of trust in the mother who is always there for support, sensitive, responsive, full of love, full of affection and likes to help when the child seeks protection or comfort (Cenceng 2015). When a teenager has an anxious attachment style, the teenager will often be anxious when they want to meet their parents, feel afraid of being blamed, and even in relationships with other people, they tend to think negatively of other people. If these adolescents have an avoidant attachment style, these adolescents will tend to choose to avoid their parents, they will even find it difficult to depend on other people and will be uncomfortable with their parents (Inriani 2019).

2. METHODS

The method used in this study is qualitative using a case study-based approach. A case study is a comprehensive description and explanation of various aspects of an individual, group, community (organization), program, or social situation (Sutisna 2020). Case studies are carried out by collecting in-depth data involving various sources of information about a case. The case that will be analyzed in depth and intensively in this study is the attachment style of two teenagers who are victims of their parent's divorce. RN and SLM are two young victims of their parent's divorce and are the subjects of this study. Data collection techniques carried out in this study

were observation, interviews, and documentation. The data analysis technique uses the theory of Miles and Huberman which consists of gathering information, reducing data, presenting data, and drawing conclusions.

3. FINDINGS AND DISCUSSION

Attachment is a biological instinct possessed by humans from birth. Every human being will automatically look for his attachment figure when he feels he is in danger. Therefore, attachment is a source of security for humans while recognizing their surroundings and learning to survive. (Ainsworth in Damayanti and Margaretha 2021) . Not only that, but attachment also has an impact on the closeness between children and parents as the main attachment figure. Whether the child will have a secure or insecure attachment depends entirely on the parent's response. However, entering adolescence, the attachment that is formed is no longer in the form of physical attachment but in emotional ties. (Greenberg in Utami and Pratiwi 2021)

Individuals who have experiences that cause negative emotions such as parental divorce, parental exposure to drugs, and incidents. However, the occurrence of parental divorce requires adjustments to large family changes in individuals. These adjustments tend to be non-adaptive, such as staying away from family, withdrawing, or acting alien to parents as a form of response to these events. (Hetherington in Puspitasari et al. 2020). As for the factors that form an attachment according to Baradja (Fitri Aulia, I Made Sutajaya 2022) are as follows, 1) there is an individual's satisfaction with the gift from the attachment Figure 2) There is a reaction or response from every behavior that shows concern 3) the intensity of the meeting between the attached figure and the individual will foster good attachment because what is expected of a child with what is given by his parents is in accordance with what is expected. It is this response that will form a style of attachment to each individual.

Divorce in a family always has a deep impact. Separation and divorce, for whatever reason, are intense emotional issues that can put teens through the cracks. This divorce case creates pressure and physical and psychological changes that can be experienced by all families, including fathers, mothers, and children (Ainunnida 2022). Every teenager whose parents divorced both when he was young and as a teenager has a different response in responding to the problem. There are teenagers who respond to the problem of their parent's divorce in a positive way, such as by being a motivation to achieve or channeling emotions into positive hobbies. But there are also teenagers who respond to their parent's divorce in a negative way by committing juvenile delinquency such as fighting, committing many deviations, and other negative things (Asriandari in Saturrosidah et al. 2018)

The following are the results of research conducted by researchers on the subject, the subject's parents, and friends/close friends of the subject with the aim of obtaining information about the description of attachment style in adolescent victims of divorce.

III.1 Secure Attachment

Secure attachment style are formed from interactions between parents and adolescents. He believes in his mother as a figure who is always ready to assist, sensitive and responsive, full of love and affection. According to Ainsworth, one indication of attachment to parents is the availability of parents for their children. If children do not feel the availability of parents as attachment figures, children are usually not interested in taking risks to explore the world, they choose to stay as close as possible to their parents (Andani and Yuni 2020). An individual who has a secure attachment style will have a mother who is responsive and always gives back to her child in a consistent manner that lasts for a long time (Arianda, Salim, and Ruzain 2022).

RN was a teenage victim of a divorce when she was in high school, but RN admitted that fights had been going on since she was in middle school. On the subject of RN, she said that his mother was a figure who always responded to whatever RN said to her, especially after her parents' divorce, RN chose to live with her mother. RN, who always expresses all her wishes, always responds well to her mother, even though her wishes are not necessarily fulfilled. But with her mother's response like that, RN could understand her mother's reasons when she couldn't fulfill her wishes. The responsiveness she got from her mother made her more confident, especially in making every decision because of the support from her mother who always trusted her RN's choices and wishes were.

In addition, the style of secure attachment can be seen from RN because of her comfort with her parents. RN says that her relationship with her parents is a take-and-give. That is, even though her parents had decided to remarry, for the problems of her younger siblings, her mother, and father still discussed it with the RN, and often even asked her to give advice or opinions on a problem. Apart from that, every day, RN's mother always took the time to just have a light chat with RN in between her busy work schedule. The openness of her parents

made RN feel comfortable telling her parents anything. RN's self-confidence makes her a friendly and sociable person. Based on observations made by researchers, RN often takes the time to attend the weddings of their friends, even though they are far away. Coupled with his inability to drive a motorized vehicle, she has to be willing to use public transportation to make time to attend her friends' happy days and meet other friends. Even when meeting new people, RN admits that she is always the first to greet and be friendly to new people. Her mother also acknowledged this, as evidenced by the fact that RN's friends often stayed at his house and even got along well with her mother.

Goleman (Arianda et al. 2022) reveal that fear, happiness, anger, anxiety, and other emotional responses are acts that represent an individual's satisfaction or dissatisfaction with something. The SLM subject has confidence in herself because she thinks that she prefers to show that she is fine because for her there is no point in showing her complaints or life's problems. The strength that is in her, she believes because she has been trained since she was in elementary school. SLM has witnessed her parents fighting, which is the root cause of her parents getting divorced since she was in elementary school. The quarrel that occurred between her parents, made her accustomed to solving problems alone, without having to indulge his sadness. In addition, based on observations from researchers, SLM is a very religious person. SLM said that she was grateful to be able to stand alone only with God's help she could be that strong.

SLM has a friendly and welcoming personality which can be seen in how she interacts with her neighbors. Since junior high school, SLM attended a boarding school which forced her to migrate from her hometown. Her friendship with her neighbors made her neighbors always take the time to eat together before SLM entered Islamic boarding schools, and this continued even after she entered college. In addition, she also often helps people around her who need help. SLM said that as long as she can afford it, she doesn't mind helping people around her.

III.2 Resistance Attachment

This style is formed because the child does not feel that his mother will always be there and responsive or quick to help and come to him when he needs it. (Fitri Aulia, I Made Sutajaya 2022) As a result, anxiety in dealing with separation is an indicator of a style of attachment to resistance. In addition to anxiety, an individual tends to be dependent, demanding attention, and anxious to explore the environment. In him, there will be uncertainty due to parents who sometimes don't always help at every opportunity and also the existence of separation. There is no reciprocity from the attachment figure which ultimately causes the attachment relationship to be achieved not to be fulfilled (Arianda et al. 2022). Bartholomew and Horowitz in Dwicahyani and Satwika (2021) added that this attachment style is characterized by individuals who avoid closeness and maintain their sense of independence.

The RN subject admitted that she had been in that phase, so she considered separation to be something she avoided. But even so, RN was able not to drag on regretting the breakup, because according to her no one wanted a breakup to happen. RN considers that a breakup is a failure for her. This thought arose in the early days when her parents decided to divorce, plus her position was lowered in his school organization as if it wasn't complete, she was also dumped by her boyfriend at the time. RN realized that in the early days of the divorce, it was only natural that she really didn't like separation.

In addition, doubts about partners in a romantic relationship are also natural RN. Even though RN had dated several times, RN did not think about a serious relationship. Even RN once thought that she felt enough if her life was only accompanied by a cat, RN thought that she could live without a partner. And if RN felt lonely, she was interested in sperm donors, so she didn't need to have a partner to experience pregnancy and have children. RN said that she was terrified to think that she would give up her youth for a boy who would betray him. RN will only leave his own pleasure, for something she is not sure she will be happy with.

However, RN passed these thoughts after RM was able to let go of his parents' divorce and RN admitted that in her heart he still wanted to have a normal marriage because she did not want to endure loneliness for the rest of her life. Her mother also advised her, don't let RN think that she doesn't want to marry because of her father's reasons; her mother still hopes that RN will be able to meet someone who will love her until the end of her life. Therefore, RN's mother educated RN to become an independent woman who focused on her career first, so that she was able to get her mother to help send her younger siblings to school before she decided to marry so that she could be more careful in choosing a partner and not leave her life only to a future partner.

III.3 Avoidant Attachment

This attachment style occurs when parents always avoid children which results in children also rejecting their parents. In addition to rejection from parents being an indicator of this attachment style, children also lack self-confidence because when they seek affection from their attached figures, they do not get a response and are even rejected. (Fitri Aulia, I Made Sutajaya 2022) An individual with this type of attachment tends to fulfill the need for affection on his own without the help of his parents. Ainsworth adds that someone with this avoidant attachment style displays insecurity by avoiding their mother. Bartholomew and Horowitz in Dwicahyani and Satwika 2021) add that this attachment style is characterized by individuals who feel afraid of closeness and avoid social relationships. SLM said that her parents did not always respond when she faced confusion and preferred to leave all decisions to SLM. SLM also thought that it was not the right choice to always leave all of her problems to her parents, because SLM said that her mother's emotions after the divorce were not stable and she had gone to a psychiatrist. Feelings of hatred still dominate the SLM mother due to problems with her father and also wealth. SLM said that after the divorce, SLM's mother felt annoyed because after the divorce, SLM and her younger sibling were not taken care of and their school needs were not met even though SLM's mother did not receive a penny of any wealth. This emotional instability had an impact on SLM, which made SLM not want to add a burden on her mother.

SLM also decided to be mature and decided to solve their own problems. SLM can no longer feel the role of parents as a place where she complains because they are also starting their household again, starting from scratch. SLM decided not to add to the burden on their parents' minds anymore. It also makes her not put high trust in other people, which is an indicator of an avoidant attachment style. SLM always tries to solve every problem first by himself, if SLM feels that she is unable to handle it alone, then she will tell his parents. The same goes for the people around her. According to her, depending on something as imperfect as she is. SLM is used to not relying on other people, not even their parents. SLM said that it's normal for her parents to be unable to make her happy because her parents just seem like imperfect creatures. SLM admitted that no one could understand her feelings, everyone was selfish about their own problems and no one knew how she felt to be in SLM's position at that time. SLM prefers to surrender all her life and complaints to Allah, who will always listen to her without any selfishness.

SLM said that she never felt calm and happy when she was at home. SLM even feels more stressed when she is at home because she thinks that her parents cannot understand her position and what her position is. SLM, who is a child, is even required to be more mature than the 2 adults who gave birth to her. Disappointment was felt by SLM, because of the changes that occurred after their parents divorced. SLM admits that before her mother was the place to tell everything, but after the divorce all her happiness was immediately disrupted and inevitably she had to face circumstances that demanded that she become more mature.

4. CONCLUSION

Based on the results of research on adolescent attachment style to adolescent victims of divorce, it can be concluded that the attachment style found in these two subjects are safe attachment style, fighting attachment style, and avoidance attachment style. In the RN subject, it was very clear that she had a secure attachment style, even though in the early days of her parent's divorce, she showed signs of a fighting attachment style. As for the SLM subject, she has an avoidant attachment style because she tends to meet his own needs without the help of her parents. In addition, because her parents' problems had occurred since she was small; an avoidant attachment style was formed in her who always solved every problem only by relying on herself.

REFERENCES

1. Ainunnida, Khumaira Alia. 2022. "HUBUNGAN KESEPIAN DAN IDE BUNUH DIRI YANG DIMODERASI OLEH DEPRESI PADA REMAJA KORBAN PERCERAIAN ORANG TUA." *Jurnal Ilmu Psikologi Dan Kesehatan (SIKONTAN)* 1(1):1–14. doi: <https://doi.org/10.54443/sikontan.v1i1.194>.
2. Andani, Fitri, and Sri Wah Yuni. 2020. "Hubungan Kualitas Kelekatan Dengan Kemandirian Remaja Yang Dibesarkan Oleh Orang Tua Tunggal." *Psikobuletin: Buletin Ilmiah Psikologi* 1(3):157. doi: [10.24014/pib.v1i3.9873](https://doi.org/10.24014/pib.v1i3.9873).
3. Annur, Cindy Mutia. 2023. "Kasus Perceraian Di Indonesia Melonjak Lagi Pada 2022, Tertinggi Dalam Enam Tahun Terakhir." *Katadata Media Network*.
4. Arianda, Vinny, Irma Kusuma Salim, and Raihanatu Binqolbi Ruzain. 2022. "Secure Attachment (Kelekatan Aman) Ibu Dan Anak Dengan Perkembangan Sosial Emosional Pada Anak." *Journal of Islamic and Contemporary Psychology (JICOP)* 1(2):67–74. doi: [10.25299/jicop.v1i2.8603](https://doi.org/10.25299/jicop.v1i2.8603).
5. Cenceng. 2015. "PERILAKU KELEKATAN PADA ANAK USIA DINI (PERSPEKTIF JOHN BOWLBY)." *Lentera IXX(2):*141–53.

6. Damayanti, Andini, and Margaretha Margaretha. 2021. "Trauma Dan Kelekatan Pada Individu Dewasa Yang Menyaksikan Kdrt: Kepribadian Sebagai Moderator." *Jurnal Psikologi Integratif* 9(1):1. doi: 10.14421/jpsi.v9i1.2051.
7. Dar, Dadang. 2022. "Stok Janda Di Ciamis Melimpah, Data Di Pengadilan Agama Sehari Rata-Rata 15 Orang Cerai." *Lintas Ide*.
8. Dedy Siswanto. 2020. *Anak Di Persimpangan Perceraian: Menilik Pola Asuh Anak Korban Perceraian*. Surabaya: Pusat Penerbitan dan Percetakan UNAIR.
9. Dwicahyani, Ananda Rezky, and Yohana Wuri Satwika. 2021. "Perbedaan Kekerasan Psikologis Yang Dialami Dalam Relasi Romantis Ditinjau Dari Gaya Kelekatan." *Jurnal Penelitian Psikologi* 08(03):181–92.
10. Eriksson, L., U. Arnautovska, S. McPhedran, P. Mazerolle, and R. Wortley. 2021. "Child and Adult Attachment Styles among Individuals Who Have Committed Filicide: The Case for Examining Attachment by Gender." *International Journal of Forensic Mental Health* 20(1):63–79. doi: 10.1080/14999013.2020.1821128.
11. Fitri Aulia, I Made Sutajaya, I. Wayan Suja. 2022. "KONSELING PSIKODINAMIK DENGAN MENERAPKAN NILAI TRI HITA KARANA UNTUK MENINGKATKAN ATTACHMENT (KELEKATAN) ANAK PEREMPUAN PADA AYAHNYA." *Jurnal Konseling Pendidikan* 6(2):116–35.
12. Hasanah, Uswatun. 2019. "Pengaruh Perceraian Orangtua Bagi Psikologis Anak."
13. Inriani, Priliana Merdika. 2019. "Hubungan Pola Asuh Orangtua Dengan Gaya Kelekatan Pada Remaja Awal." *Jurnal Ilmiah Mahasiswa Universitas Surabaya* 8(1):1539–57.
14. Khaeruddin, Khaerina Nabila, and Ahmad Ridfah. 2020. "Kelekatan Remaja Dengan Ibu Yang Bekerja." *Jurnal Psikologi TALENTA* 3(1):9. doi: 10.26858/talenta.v3i1.13065.
15. Mahar, Nur Annisa, Sitti Murdiana, and Nur Afni Indahari. 2022. "Pengaruh Gaya Kelekatan Ibu-Anak Terhadap Kemandirian Pada Mahasiswa Perantau Di Kota Makassar." 1(7):2047–56.
16. Marheni, Adjanti, I. Rustika Made, and Luh Kadek Pande Ary Susilawati. 2019. "Peran Kualitas Kelekatan Anak Dengan Orangtua Pada Keterampilan Sosial Remaja." *Jurnal Ilmu Perilaku* 2(2):118. doi: 10.25077/jip.2.2.118-130.2018.
17. Puspitasari, Putri, Sri Maslihah, and Anastasia Wulandari. 2020. "Pengaruh Kelekatan Terhadap Kesejahteraan Psikologis Yang Dimediasi Oleh Resiliensi Pada Remaja Dengan Orang Tua Bercerai." *Jurnal Psikologi Insight* 4(1):32–44. doi: 10.17509/insight.v4i1.24625.
18. Rahmatunnisa, Sriyanti. 2019. "KELEKATAN ANTARA ANAK DAN ORANG TUA DENGAN KEMAMPUAN SOSIAL." *Yaa Bunayya: Jurnal Pendidikan Anak Usia Dini* 3(No. 02):98–107. doi: dx.doi.org/10.24853/yby.3.1.98-107.
19. Ramadhani, Putri Erika, Dra Hj, Hetty Krisnani, Program Studi, Ilmu Kesejahteraan, Fakultas Ilmu, and Ilmu Politik. 2019. "ANALISIS DAMPAK PERCERAIAN ORANG TUA TERHADAP ANAK REMAJA." 2:109–19.
20. Saturrosidah, Anis, Marina Dwi Mayangsari, M. Syarif Hidayatullah, Program Studi Psikologi, Fakultas Kedokteran, Universitas Lambung Mangkurat, and Jl A. Yani. 2018. "INFLUENCE OF PARENT ATTACHMENT TO ADVERSITY QUOTIENT OF DIVORCE VICTIM." 1:21–27.
21. Sutisna, Anan. 2020. "METODE PENELITIAN KUALITATIF BIDANG PENDIDIKAN - Google Buku." UNJ Press 8–148.
22. Tanto, Octavian Dwi. 2021. "Pembentukan Kelekatan Aman Orangtua Pada Anak Usia Dini Dalam Pembelajaran Daring." 5(1):130–46.
23. Utami, Melinda Devita, and Rezky Graha Pratiwi. 2021. "Remaja Yang Dilihat Dari Kelekatan Orang Tua Terhadap Kecerdasan Emosi." *Jurnal Ilmiah Psyche* 15(01):35–44. doi: 10.33557/jpsyche.v15i01.1379.
- Wahyuni, Dewi. 2018. "Urgensi Kelekatan Orangtua-Remaja Dalam Mencegah Perilaku Menyimpang Pada Remaja." XIV:111–20.