

## **Analysis of Causes, Impacts, and Strategies of Post-Divorce Wife's Psychological Recovery Overview Family Psychology**

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### **Abstract**

. This study aims to analyze the factors that cause divorce, their impact on the wife, and post-divorce psychological recovery strategies from the perspective of family psychology. The background of this study is based on the increasing divorce rate in Makassar City, especially divorce filed by wives, which reflects the social and psychological dynamics in the institution of marriage. The method used was qualitative with a case study approach through in-depth interviews with a 52-year-old woman who was going through a divorce. The results show that there are four main factors that cause divorce: differences of opinion stemming from differences in age and mindset between couples, lack of effective communication, unresolved domestic conflicts, and infidelity. The impact of divorce experienced by respondents includes loss of social support, the emergence of deep sadness, and the breakdown of family relationships (especially the severing of friendships). However, respondents sought psychological recovery through an approach to persuading their ex-spouse and rebuilding a harmonious relationship after divorce. This study concludes that divorce is not just a legal or religious event, but also a complex psychological process that has a far-reaching impact on the individual and his or her social environment. Understanding the causes and impacts is essential to build counseling programs, psychological interventions, and premarital education that can help couples build healthy, harmonious, and sustainable marriages.

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|-------------|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
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## 1. Introduction

Veronika, et al., (2022) stated that marriage is a bond that unites two individuals who love each other. The main purpose of marriage is to form a happy and lasting family until death separates us. Therefore, mutual tolerance and complementing each other's shortcomings are essential in running a marriage. In Islam, marriage is considered sacred and has the value of lifelong worship. When a person gets married, it means that the husband and wife have established a commitment that is the basis or foundation in fostering a household.

However, when entering marriage, husbands and wives must prepare mentally to face the obstacles of marriage. Both of them need to work together to build a harmonious and quality household to maintain the integrity of the marriage. However, in the journey of the household, there are often problems faced, such as economic problems, differences of views, and even infidelity.

Sari, et al., (2015) stated that the factor that often appears in divorce cases is the role of third parties, which we often know as infidelity. Al-Atsary (2019) stated that infidelity is an act or activity that occurs outside the marriage bond, carried out by a man or woman. Infidelity is generally carried out in a hidden way, with the aim of avoiding the revelation of such behavior outside the marital circle. Infidelity can be defined as a relationship with another person outside of marriage, who is usually referred to as another ideal man or woman. However, there are women who deliberately seduce married men, or vice versa, with the aim of getting the husband to be willing to divorce his wife or marry her. Waryono (2017) also stated that the motivations behind this behavior may be diverse, such as resentment, jealousy of seeing the happiness of others, or because of pleasure and penchant for adventure.

Marriage not only unites two individuals, but also unites two families with different personalities. These differences are not easy and often difficult to resolve, which can ultimately lead to arguments and conflicts in the marriage. When these conflicts cannot be resolved with a cool head, it can lead to divorce. The process of ending a marriage bond, which is based on a very sacred covenant at marriage, is not an easy thing to go through. When a marriage ends in divorce, the consequences will be felt by all parties involved in the family.

Veronika, et al., (2022) stated that divorce is a difficult and painful decision, because it not only separates the couple, but also affects the family dynamics and the society involved. Therefore, earnest efforts to repair and maintain a marriage are essential. With good communication, mutual understanding, and a willingness to work together, couples can overcome obstacles and build a strong and happy marriage. Untari et al., (2018) also stated that divorce is the termination or end of the relationship between husband and wife that is decided through legal or religious processes, such as talaq in the context of Islam. Divorce occurs when both parties no longer feel any interest,

mutual trust, and no longer compatibility between them, resulting in disharmony in the household. Hurlock (Sari, 2014) stated that divorce is the end result of poor adjustment in marriage. This happens when husbands and wives are no longer able to find satisfying ways to solve their problems. In other words, divorce occurs when the spouse can no longer reach an adequate agreement to maintain the marital relationship.

## **2. Method**

The research conducted is a qualitative research using the method of data collection in the form of an interview, according to Esterberg in Sugiyono (2019), an interview is a meeting of two people to exchange information and ideas through questions and answers, so that meaning can be constructed in a certain topic. In this study, the sampling technique used is *Non-probability Sampling* with *the purposive sampling* method, this sampling technique has predetermined considerations for the respondents. The sampling technique according to Sugiyono, (2016) is a sampling technique, to determine the sample to be used. According to Arikunto (2016), the subject of the study is a limitation of the research subject as an object, thing or person where the data for the research variable is attached, and the subject used in this study is a 52-year-old woman who is going through a divorce.

## **3. Results and Discussion**

### **A. Causal Factors**

#### **1. Dissent**

Maloko and Rahman (2020) stated that differences of opinion are normal in marriage. In the family, differences of opinion often trigger conflicts between husband and wife. Both sides tend to maintain their own views and sometimes impose opinions on the spouse they perceive as wrong. Because each individual has a unique opinion.

Based on the above description, this is in accordance with the reason for the divorce of the respondent with her ex-husband occurred because there was a significant age difference between the respondent and her ex-husband resulting in differences in their mindset and personality. Respondents felt that they had misaligned thinking and that it was difficult to reach agreement on important matters. This is described in the following interview excerpt:

*"... Ituji earlier because I was the same age as my ex-husband so I had a different mindset with him, if I wanted the person to be not regulated, my ex-husband is the person who likes it so much that it is not regulated so it is not standard to get it.(Wwcr AS/11-05- 23/50-54).*

#### **2. Communication**

According to Betrand (Puteri, 2019) one of the communication between husband and wife can be in the form of discussion. Discussions about contraception allow couples to exchange views or ideas and with discussions can change beliefs or misconceptions about contraceptive use so that they can increase the use of contraception.

Based on the theory put forward by Betrand, this is in accordance with the respondents' problems who said that it was difficult for them to open up and communicate with each other. Both have high egos, making it difficult for them to express each other's feelings. Lack of effective communication can exacerbate conflict in a marriage. This is described in the following interview excerpt:

*"No, never, because there is rarely time for the two of me to just cheer up stories, let it be about my activities while teaching or how, he is also difficult to take with me when there is a vacation because I want to teach him and he is also busy in college, but even if it is a holiday, I never go out with him. So sometimes when I see my friends going out with my husband, I say it's good to be able to go on vacation with his family if it's a holiday."* (Wwcr AS/11-05-23/81-89).

### 3. Conflict

Agustina (2018) stated that conflicts in marriage relationships often arise due to differences in views, interests, or values between married couples. Differing views on life goals, future visions, and expectations for marriage can create conflict. Herliana (2022) suggests that conflicting individual interests, such as career needs versus personal life, can also lead to conflict. In addition, differences in values in religion, morals, culture, or parenting can trigger disagreements.

Based on the explanation above, this is in accordance with conflicts in the respondent's marital relationship that often occur, and depending on the problem faced, the conflict can be quickly resolved or last for several days. Prolonged conflict can lead to emotional exhaustion and reduce harmony in the household. The respondent's children were also involved in the dynamics of the divorce. They play a role in comforting parents when conflicts occur. However, the existence of constant conflicts in the marital environment can have a negative impact on the development of children. This is described in the following interview excerpt:

*"... Depending on the problem, usually if the trivial problem is sometimes resolved quickly. It's a different story, if it's a problem like the economy, we usually fight for 2 to 3 days. But every time I quarrel with my ex-husband, I am grateful for my son who always entertains me in every problem I have with my ex-husband."* (Wwcr AS/11-05-23/57-63).

### 4. Infidelity

Jhonson (Lase, 2021) stated that infidelity is a personal relationship outside or within marriage, in which there is an element of personal relationship involving at least one individual, either one is married and the other is not/unmarried, or both are married. Infidelity can occur because two parties are interested in each other at the same time, but it can also be started only by one party who feels attracted to the other. This party then takes proactive steps to get closer to the person they are interested in. For example, in a marriage the husband no longer gets the fulfillment of his needs from the wife, then gets all of it from another woman.

Based on the explanation above, this is in accordance with the situation of the respondent who feels tired of continuous conflict and decides to look for things that can change his mood and reduce the loneliness he experienced. This happens because respondents feel they have found someone who can understand and support them better. The choice to seek happiness in a new relationship can also provide an opportunity to start over with the experiences that have been learned from previous marriages. This is described in the following interview excerpt:

*"... At first it was temanja, but because baeki had just been sering na invited me to go around for a long time, I liked it too, so I liked it so secretly because he also had a wife." (Wwcr AS/11-05-23/114-117). "... I've always loved it because I have a friend who is a friend of mine who just loves to laugh at me.." (Wwcr AS/11-05-23/96-98).*

## **B. Impact of Divorce**

### **1. Social Support**

Cahya et al. (2013) stated that social support is a state of benefit for individuals obtained from other trustworthy people so that they know that there are other people who care, appreciate and love them. This is outlined in the following interview excerpt:

*"Even though I lived for a long time, I also married him because there was a lot of gossip and other gossip with my girlfriend, so I got married as soon as possible" (Wwcr AS/11-05-23/161-163).*

### **2. Sad**

Nabilla and Ramdhani (2022) stated that feelings of sadness are an emotional condition that involves feelings of helplessness, loss, and unluck. When a person feels sad, they experience feelings that hit their hearts and minds. These emotions can arise in response to an event or situation that is disappointing, painful, or makes someone feel emotionally hurt. Sadness can be accompanied by feelings of emptiness, loss of hope, and difficulty finding happiness. This is outlined in the following interview excerpt:

*"... Eee hurtji too, I guess, but maumi is what, she also doesn't want to come back, and I think she also said that it doesn't fit indeed the mold, the destiny of mi." (Wwcr AS/11-05-23/151-153).*

### 3. Breaking The Bond of Friendship in The Family

Humaeroh (2021) stated that the breakdown of friendship with family refers to a situation in which an individual's relationship with his family is stopped or is not well established. Divorce is one of the factors that can cause the breakdown of this relationship, and this can have a negative impact on the children involved in the situation. This is described in the following interview excerpt:

*"... I don't like ki ee angry ii also with me, there na kasi bad words to my husband, there is angry to listen so I retaliated against his words and I just expelled him from my house."* (Wwcr AS/11-05-23/167-170).

#### C. How to Overcome

The efforts made by the respondents in overcoming divorce problems are by persuasion. Gurning (2019), stated that persuasion, or in English called "*persuasion*", is an act that aims to influence a person's will to be in line with personal will. In the process of persuasion, a person uses various means to convince others, including by providing attractive lures or stimuli. Persuasion involves attempting to change a person's views, beliefs, or actions by using arguments, presentation of facts, or even emotional manipulation. The purpose of persuasion can vary, from reaching an agreement, changing attitudes or behaviors, to influencing the decision of others. However, it is important to conduct ethically and respect the will and autonomy of the individual you want to persuade, as well as ensure that no coercion or fraud is committed. The respondent persuaded her ex-husband to go home, but it was refused and the respondent was sued for divorce by her ex-husband. In this case, what is appropriate. This is described in the following interview excerpt:

*"... Eee that day I ajaki went home but didn't want to, lamaji was persuaded to go home but not mauui and it was also na talak"* (Wwcr AS/11-05-23/147-149).

However, the case has been a long time and now the respondent has reconciled with her ex-husband and her family. It is also quoted in the following interview

*"... Yes, but now I am at peace with my family and my ex-husband as well."* (Wwcr AS/11-05-23/172-173).

This study aims to find out what factors trigger divorce in a marital relationship. The results of the case analysis carried out on divorced couples are in line with several results from research conducted by Al-Atsary (2019) which shows that there are several factors behind the emergence of infidelity in the household. These factors include economic problems, lack of time given by husbands to the family, age differences that are too far between husband and wife, existing opportunities, weak economic factors, low morals, lack of communication, the influence of social media, the rise of reunions, internal

factors such as conflict and dissatisfaction, and external factors such as the environment. This factor can trigger infidelity and contribute to disharmony in the household.

Based on the results of previous research also conducted by Muhajarah (2016), it was obtained that the causative factors of divorce involving third parties were found in around 30 percent of the total subjects studied. In general, there are several factors that cause married couples to get involved with other people who are the dream in their household. One of the factors is unstable economic conditions, which can cause tensions and problems in relationships. In addition, the low understanding of rights and obligations in marriage is also an influencing factor, where they do not fully understand the true purpose of marriage. They tend to view marriage as merely a means of satisfying biological needs, without regard to the deeper purpose of worship.

Previous research, which was also conducted by Hasan, et al., (2023), found that divorce in Pringsewu Regency caused by infidelity ranked second after divorce due to the non-fulfillment of birth and mental support by husband and wife. Every year, divorce cases due to infidelity continue to increase. In 2019 there were 711 cases, in 2020 there were 731 cases, in 2021 there were 761 cases, and in 2022 there were 831 divorce cases. Thus, there are around 700 widowers and 700 widows in Pringsewu Regency.

This is in accordance with the results obtained in the mini research. There are 4 factors that trigger divorce in a marital relationship, namely differences of opinion between married couples, lack of communication, conflicts between couples, and infidelity between parties. The impact caused by this divorce case is not getting social support, there is a feeling of sadness by the respondent and the breaking of the bond of friendship in the family. However, from these factors and impacts, there are efforts made by the respondent to overcome the occurrence of divorce, namely by persuading their spouse and trying to provide understanding to their spouse.

#### **4. Conclusion**

Marriage is a bond that unites two individuals who love each other. The goal is to form a happy and lasting family. In Islam, marriage is considered sacred and has the value of lifelong worship. However, marriage also presents challenges and obstacles that must be faced. Mutual tolerance and complementing each other's shortcomings are important keys in running a marriage. Problems such as economic problems, differences of opinion, and infidelity often arise in the course of a marriage, which, if not handled properly, can lead to divorce. Therefore, good communication, mutual understanding, and a willingness to work together are essential in building a harmonious and quality marriage. Divorce is a difficult and painful decision. In addition to separating a partner, divorce also affects the dynamics of the family and the society involved. Divorce is often caused by factors such as differences of opinion, lack of effective communication, and unresolved conflicts. When couples face problems that cannot be resolved properly, divorce can be the last resort they

choose. The divorce rate in various places, including in Makassar City, continues to rise, for various reasons such as economic problems, conflicts, and differences in sexual orientation. Appropriate support and treatment are needed to help couples experiencing marital problems and to address the impact of divorce on children. Differences of opinion, lack of communication, conflict, and infidelity are some of the factors that often arise in family problems. Differences of opinion are normal in marriage, but if not handled properly, they can trigger conflict. A lack of effective communication can also worsen problems in a marriage. Conflicts often arise due to differences in views, interests, or values between couples. Meanwhile, infidelity can occur due to dissatisfaction or disharmony in marriage. Understanding the factors that cause these family problems is important to help couples build a healthy and harmonious marriage.

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