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Parental Divorce and Its Influence on Children's Perceptions of Marriage and Family Life: A Case Study in Pengasinan Village, Bekasi

Article

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Abstract

This study examines how parental divorce shapes children's views on marriage and family life in Pengasinan Village, Bekasi. Previous studies on parental divorce have generally focused more on the psychological impact and emotional adjustment of children, while attention to how children interpret marriage, long-term commitment, and future family relationships after experiencing parental divorce remains limited. This study employs a qualitative case study approach through in-depth interviews with selected participants from divorced families. Data were analyzed using thematic analysis and interpreted through the perspective of maqāṣid al-syarīʻah, specifically hifẓ an-nafs and hifẓ an-nasl. The results indicate that parental divorce influences children's views on marriage by fostering emotional insecurity, fear of conflict, distrust of long-term commitment, and a cautious attitude toward interpersonal relationships. Experiences of family conflict, emotional distance, and changes in family structure contribute to the formation of children's negative views regarding marital stability and emotional closeness. This study also found that emotional support, social environment, coping strategies, and religious values play a significant role in shaping children's resilience and readiness to build a family in the future.

Introduction

With divorce rates on the rise in Indonesian society, including in rural areas, marriage is a sacred ceremony that must be recognized by both state and religious law.[1] According to a report by the Religious Courts Agency of the Republic of Indonesia, there has been a significant increase in divorce cases over the past five years, with the dominant causes being economic factors and a lack of household responsibility.[2] Marriage is fundamentally a sacred bond, sanctioned by state

[1] Musyaffa Amin Ash Shabah, "Perkawinan Sebagai HAM," *MASLAHAH (Jurnal Hukum Islam dan Perbankan Syariah)* 11, no. 2 (Maret 2021): 25–33, https://doi.org/10.33558/maslahah.v11i2.2623.

[2] "Perselisihan Faktor Dominan Penyebab Perceraian Tahun 2024 pada Pengadilan Agama Manna | (26/2) - Direktorat Jenderal Badan Peradilan Agama," diakses 30 Oktober 2025, https://badilag.mahkamahagung.go.id/seputar-peradilan-agama/berita-daerah/perselisihan-faktor-dominan-penyebab-perceraian-tahun-2024-pada-pengadilan-agama-manna-26-2.

law and with religious and moral significance within Islamic teachings. Marriage is not merely a formal relationship between a man and a woman, but a commitment to building a harmonious family, preserving the lineage, and creating a life filled with love, responsibility, and peace.[3] However, in modern society, not all households can maintain this harmony, leading to divorce.

According to a report by the Religious Courts Agency of the Republic of Indonesia, there has been a significant increase in divorce rates in recent years, with the dominant factors being economic issues, ongoing disputes, domestic violence, and a lack of responsibility on the part of spouses in fulfilling their family obligations. This situation indicates that marital issues are influenced not only by emotional factors but also by couples' social, economic, and psychological readiness to navigate married life. The high divorce rate suggests that many families have not yet been able to build healthy and stable long-term marital relationships.

In Islam, marriage is viewed as an act of worship and part of God's divine order in human life. Marriage aims to establish a family characterized by sakinah, mawaddah, and rahmah fostering family relationships that foster a sense of security, affection, and moral education for children.[4] Therefore, Islam places great emphasis on the importance of maintaining family unity and on building good relationships among husband, wife, and children. Marriage is also viewed as a means of preserving the lineage and fostering a harmonious social life within the community.[5]

Nevertheless, building a harmonious family is no easy task. Domestic conflicts, miscommunication, financial instability, domestic violence, and poor communication often lead to the breakdown of a marriage. Conflicts that persist over time can create an unhealthy family environment and ultimately lead to divorce. Divorce not only affects the married couple but also has a significant impact on the psychological, social, and emotional well-being of the children. [6] In Islamic law, divorce is known as thalak (initiated by the husband) and khuluk (initiated by the wife). Data from the Bekasi Religious Court (2022–2024) indicates a high divorce rate, including both thalak and khuluk cases. In the Pengasinan subdistrict, residents are currently facing their parents' divorce. The Pengasinan subdistrict is located in the city of Bekasi, where the city of Bekasi still has a relatively high divorce rate following the COVID-19 pandemic in 2023, with a figure of 4,093.[7]

Children are the most vulnerable to the effects of divorce because they are not yet emotionally and psychologically mature enough to understand major changes in family structure. When divorce occurs, children not only lose the unity of their family, but also experience changes in

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3 Arbanur Rasyid dkk., "Dynamics of Childless Marriage Through the Lens of Maqasid Al-Shari'a | Jurnal Ilmiah Peuradeun," diakses 1 Juni 2026, https://journal.scadindependent.org/index.php/jipeuradeun/article/view/1182.

4 Elva Fahrun, Yoyo Hambali, dan Musyaffa Amin Ash Shabah, "Pendidikan Pranikah Dalam Membentuk Keluarga Sakinah, Mawaddah, Warrahmah," *Al-Ihsan: Journal of Community Development in Islamic Studies* 2, no. 1 (Mei 2023): 45–54, https://doi.org/10.33558/alihsan.v2i1.7048; Fahrun, Hambali, dan Shabah, "Pendidikan Pranikah Dalam Membentuk Keluarga Sakinah, Mawaddah, Warrahmah."

5 "UU No. 16 Tahun 2019," Database Peraturan | JDIH BPK, diakses 23 Juli 2024, http://peraturan.bpk.go.id/Details/122740/uu-no-16-tahun-2019.

6 Heni Widia Astuti, Sholeh Hasan, dan Marlina Marlina, "Dampak Perceraian Orang Tua Terhadap Kondisi Mental Anak Dalam Pandangan Islam," *Al-I'tibar : Jurnal Pendidikan Islam* 7, no. 2 (Agustus 2020): 75–79, https://doi.org/10.30599/jpia.v7i2.1095.

7 Eko Iskandar, "Angka Perceraian di Kota Bekasi 2023 Masih Tinggi, Pengajuan Cerai Didominasi Pihak Istri," Metropolis, *Radarbekasi.id*, 9 Januari 2024, https://radarbekasi.id/2024/01/09/angka-perceraian-di-kota-bekasi-2023-masih-tinggi-pengajuan-cerai-didominasi-pihak-istri/.

parenting styles, changes in their social environment, and a reduction in attention and affection from one or both parents. In certain circumstances, children must live apart from one parent and adapt to a new family situation, often fraught with uncertainty.[8]

The impact of divorce on children does not appear instantly, but unfolds gradually. Children who previously lived in an intact family must cope with changes in their daily routines, changes in their relationships with their parents, and an unstable family environment.[9] Children who witness prolonged conflict between their parents tend to experience emotional distress such as sadness, disappointment, anger, fear, anxiety, and a loss of security. In many cases, divorce also leads to behavioral changes in children, difficulties adapting to their social environment, and a decline in trust in interpersonal relationships.

Divorce, regardless of the cause, is a difficult experience for children because they no longer receive the full love and care of both parents. In fact, parental attention and affection are essential elements in a child's mental growth and psychological development. When family relationships are marked by conflict and instability, children learn about interpersonal dynamics through the negative experiences they witness firsthand.[10]

In many cases, children of divorced parents view marriage as a relationship prone to conflict and separation. Their life experiences foster a fear of relationship failure, leading to excessive caution when forming emotional bonds. It is not uncommon for children to ultimately choose to postpone marriage or feel hesitant about starting a family out of fear of experiencing the same situation their parents did. Thus, divorce not only impacts children's psychological well-being in the present but also influences their future outlook and readiness to build a household.

The social environment in which children live is a crucial space for them to adapt to the changes in their lives following a divorce.[11] Children growing up in broken families often face different social and emotional pressures than those from harmonious families. They learn to adjust to changes in family circumstances, rebuild a sense of security, and understand interpersonal relationships through their life experiences. Therefore, the experiences of children affected by divorce are important to study because these experiences can influence the formation of their ways of thinking, life values, and future attitudes toward the institution of marriage.[12]

Although various studies have examined the psychological impact of divorce on children, most research still focuses on aspects of emotional trauma, mental health, and children's social

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8 Indah Choiriyah dkk., "The Impact Of Parental Divorce On Children's Rights According To The Perspective Of Islamic Law Through The Maqoshid Syariah Approach (Study Of Decision Number 2560/Pdt. G/2022/Pa. Bks)," *Muwafaqat: Journal of Islamic Law* 1, no. 1 (Juni 2025): 48–55.

9 James L. Peterson dan Nicholas Zill, "Marital Disruption, Parent-Child Relationships, and Behavior Problems in Children," *Journal of Marriage and Family* 48, no. 2 (1986): 295–307, https://doi.org/10.2307/352397.

10 Rianne van Dijk dkk., "A meta-analysis on interparental conflict, parenting, and child adjustment in divorced families: Examining mediation using meta-analytic structural equation models," *Clinical Psychology Review* 79 (Juli 2020): 101861, https://doi.org/10.1016/j.cpr.2020.101861.parental divorce becomes the reality of many families. The aim of this meta-analysis was to identify post-divorce family processes to explain child functioning. Both direct and indirect associations between interparental conflict, parenting, and child adjustment were examined. After a systematic search for articles published before October 2019, we coded 2257 correlations in 115 samples of N = 24,854 divorced families. Analyses consisted of: (1

11 Zoe Rejaan, Inge E. van der Valk, dan Susan Branje, "The Role of Sense of Belonging and Family Structure in Adolescent Adjustment - Rejaän - 2022 - Journal of Research on Adolescence - Wiley Online Library," diakses 1 Juni 2026, https://onlinelibrary.wiley.com/doi/10.1111/jora.12694.

12 Nazla Meyvida dkk., "Dampak Perceraian Orangtua terhadap Psikologis Remaja | Observasi : Jurnal Publikasi Ilmu Psikologi," diakses 1 Juni 2026, https://journal.arikesi.or.id/index.php/Obsesrvasi/article/view/2025.

adjustment following divorce. Research on how the experience of divorce shapes children's perceptions of marriage, long-term commitment, and future family life remains relatively limited, particularly in the context of local Indonesian communities. Furthermore, studies that integrate the experiences of children affected by divorce with the maqāṣid al-syarī'ah perspective are also rare.[13] Therefore, this study aims to analyze how parental divorce influences children's perceptions of family and marriage in Pengasinan Village, Bekasi City, using the maqāṣid al-syarī'ah perspective as an analytical framework.

Nevertheless, most previous studies have focused primarily on general psychological effects and have used quantitative approaches to measure children's levels of stress, anxiety, or social adjustment following divorce. Research that specifically examines how children perceive marriage and family life after experiencing their parents' divorce remains relatively limited, particularly in the social context of Indonesian society.

In addition, previous research has generally addressed divorce from the perspectives of family law, child custody, or its economic consequences. Studies linking the experiences of children affected by divorce to the perspective of maqāṣid al-syarī'ah are also still very scarce. Yet, maqāṣid al-syarī'ah can serve as an analytical framework for understanding how divorce affects the protection of life, intellect, lineage, property, and religious values in a child's life.

Given these circumstances, this study aims to fill a gap in previous research by focusing on the subjective experiences of child victims of divorce regarding their views on marriage and family life in the future. This study employs the maqāṣid al-syarī'ah perspective as an analytical framework to understand how divorce affects the protection of life (hifẓ an-nafs), intellect (hifẓ al-'aql), lineage (hifẓ an-nasl), property (hifẓ al-māl), and religion (hifẓ ad-dīn) in children's lives following their parents' divorce. As an analytical framework for understanding the impact of parental divorce on the formation of a child's views regarding family relationships, readiness for marriage, and family life.

Based on this phenomenon, this study focuses on the impact of parental divorce on children's perceptions of family and marriage in Pengasinan Village, Bekasi City. This study is expected to contribute to the development of research in Islamic family law, family psychology, and child protection, as well as serve as a reference for the community and parents in understanding the importance of safeguarding children's emotional and social well-being following a divorce.

Research Method

Participants in this study were selected using purposive sampling based on the following criteria: (1) individuals who experienced their parents' divorce during childhood or adolescence, (2) residents of Pengasinan Village, and (3) individuals willing to participate in in-depth interviews. The study involved three participants because it focused on the depth of subjective experiences in a qualitative case study, rather than statistical generalizations. The number of participants was considered sufficient once the data revealed recurring patterns of experience and themes (thematic saturation). This study employs a descriptive, qualitative approach using the case study method, as this method is well-suited to exploring in depth complex social phenomena, such as children's

[13] Choiriyah dkk., "The Impact Of Parental Divorce On Children's Rights According To The Perspective Of Islamic Law Through The Maqoshid Syariah Approach (Study Of Decision Number 2560/Pdt. G/2022/Pa. Bks)."

perceptions of family and marriage following their parents' divorce. The descriptive qualitative approach allows researchers to examine the subjective experiences and meanings experienced by research participants through an analysis of their natural contexts. This type of approach is often used in social research aimed at understanding subjective realities from the perspective of participants who experience the phenomenon. This study was conducted in Pengasinan Village, Rawalumbu Subdistrict, Bekasi City, because this area has a high divorce rate that could potentially affect children's psychological and social development. In this case study, the location was selected based on the relevance of the phenomenon under investigation and the availability of adequate data sources, thereby enabling a holistic description of the phenomenon that is the focus of the study.[14] Data analysis was conducted in several stages: interview transcription, open coding, category grouping, identification of main themes, and thematic interpretation from the perspective of the maqāṣid al-syarī'ah. Data validity was strengthened through source triangulation, field observations, and comparison of interview results with relevant literature. The data in this study were obtained from two primary sources: primary data in the form of in-depth interviews with children whose parents have divorced, parents, and close family members; and secondary data in the form of official documentation related to divorce obtained from archival sources and previous literature discussing the impact of divorce on children. Data collection was conducted through semi-structured interviews to understand participants' direct experiences, participatory observation to observe family interactions in context, and documentation to supplement empirical records during fieldwork. These interview and observation techniques are standard procedures in qualitative case study research to explore participants' perceptions, life experiences, and behavioral patterns in depth.

Results and Discussion

Parental divorce is a form of family structural change that can affect a child's development in various aspects of life. In families experiencing divorce, children not only face a formal change in family status but also experience changes in communication patterns, parenting styles, emotional relationships, and the family's socioeconomic conditions.[15] This situation places children in a vulnerable position, subject to emotional stress and shifts in their perspective on interpersonal relationships. Divorce not only severs the bond between husband and wife but also alters the family dynamics that have long served as the primary environment for children to experience a sense of security, affection, and social learning.[16]

During adolescence and early adulthood, family experiences significantly influence the formation of self-identity, the ability to build social relationships, and views on marriage.[17] Children who grow up in a family environment marked by prolonged conflict tend to develop

[14] aMuhamad Guntur Muntaha Nasution dan Meli Fauziah, "The Sociological Perspective on the Impact of Family Divorce on Children," *Social Impact Journal* 3, no. 1 (Juni 2024): 8–18, https://doi.org/10.61391/sij.v3i1.72.

[15] Chunni Zhang, "Are Children from Divorced Single-Parent Families Disadvantaged? New Evidence from the China Family Panel Studies: Chinese Sociological Review: Vol 52 , No 1 - Get Access," diakses 1 Juni 2026, https://www.tandfonline.com/doi/full/10.1080/21620555.2019.1654366.

[16] Josee Bakhita, "Impact of Divorce on Parent-Child Relationships | Journal of Advanced Sociology," diakses 1 Juni 2026, https://carijournals.org/journals/index.php/JAS/article/view/1859.

[17] Ricarda Kurock dkk., "Family Climate and Social Adaptation of Adolescents in Community Samples: A Systematic Review | Adolescent Research Review | Springer Nature Link," diakses 1 Juni 2026, https://link.springer.com/article/10.1007/s40894-022-00189-2.

feelings of insecurity, excessive caution, and difficulty building trust in long-term relationships.[18] Therefore, the experience of parental divorce can be a factor that shapes a child's perception of commitment, family, and future domestic life. The life experiences a child has within the family serve as a crucial foundation for shaping their thinking and understanding of interpersonal relationships and emotional stability within the household.

In Indonesian society, divorce is not only understood as a family law issue but is also intertwined with social, cultural, and religious values.[19] Children whose parents divorce often face social and emotional pressures that affect their developmental process. This situation indicates that the impact of divorce does not end with the dissolution of the marital relationship but extends to the child's long-term life experiences. These experiences shape how the child views interpersonal relationships, family, and their readiness to establish a household in adulthood.

1. Emotional Insecurity and Fear of Marriage

The interview results indicate that the participants' parents' divorce shaped a sense of emotional insecurity in all three participants. Experiences of witnessing domestic conflicts, constant arguments, and changes in family structure led the participants to view marriage as a relationship prone to conflict and separation. In this study, participants showed a tendency to be more cautious about long-term relationships, as their family experiences fostered a fear of marital failure.[20]

The emotional insecurity experienced by the participants emerged as a psychological response to unstable family experiences.[21] Ongoing conflicts within the home caused the children to lose their sense of security within the family environment. The home, which should have been a place of refuge and comfort, instead became a space filled with emotional tension. These conditions led the children to experience anxiety, fear, and difficulty trusting interpersonal relationships in the long term.

Ramdan Sigit, for example, experienced his parents' divorce during his teenage years and witnessed domestic conflict for quite some time. That experience instilled in him a fear of serious emotional relationships, as he believes that marriage can become a source of psychological stress if it is not built on good communication and commitment. His past experiences have made Ramdan cautious about forming interpersonal relationships, as he does not want to go through the same family situation his parents did.[22]

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[18] Michael Fitzgerald, "Developmental Pathways from Childhood Maltreatment to Young Adult Romantic Relationship Functioning: Journal of Trauma & Dissociation: Vol 22 , No 5 - Get Access," diakses 1 Juni 2026, https://www.tandfonline.com/doi/full/10.1080/15299732.2020.1869653.

[19] Durotun Nafisah dkk., "Comparative Analysis of Islamic Family Law and Normative Law: Examining the Causes of Divorce in Purwokerto, Indonesia | Samarah: Jurnal Hukum Keluarga dan Hukum Islam," diakses 1 Juni 2026, https://jurnal.ar-raniry.ac.id/index.php/samarah/article/view/16825.

[20] ddk Frank D. Fincham, "Parental Divorce, Family Conflict, and Romantic Relationships in Emerging Adulthood.," *Personal Relationships* 28, no. 3 (September 2021): 447–49, https://doi.org/10.1111/pere.12327.

[21] Miriam Junco-Guerrero, Ana Ruiz-Fernández, dan David Cantón-Cortés, "Family Environment and Child-To-Parent Violence: The Role of Emotional Insecurity," *Journal of Interpersonal Violence* 37, no. 15–16 (Agustus 2022): NP13581–602, https://doi.org/10.1177/08862605211006370.which not only directly affect the victim but also generate a rupture of the family system. In this study, direct and indirect effects of exposition to violence within the family, insecurity in the family system (manifested as disengagement and/or preoccupation

[22] Rianne Van Dijk dkk., "A Meta-Analysis on Interparental Conflict, Parenting, and Child Adjustment in Divorced Families: Examining Mediation Using Meta-Analytic Structural Equation Models," *Clinical Psychology Review* 79 (Juli 2020): 101861, https://doi.org/10.1016/j.cpr.2020.101861.

A similar experience was also evident in Siti Kotimah, who lived in a family environment marked by passive-aggressive dynamics and poor communication prior to the divorce. The tense atmosphere at home led Siti to view interpersonal relationships as fragile and uncertain. In her experience, family relationships that initially seemed normal could turn into relationships filled with conflict and emotional distance. This experience fostered a fear of relationship failure and led Siti to be more cautious about opening up to serious emotional relationships.

Muhammad Fajar's experience was different but had a similar impact. After his parents' divorce, Fajar lived with his grandmother because his mother worked out of town and his father was not directly involved in family life. These circumstances left Fajar feeling deprived of adequate emotional support and family protection. This experience shaped his personality, making him more reserved, independent, and cautious in forming interpersonal relationships. Under certain circumstances, Fajar felt he had to resolve various life issues on his own because parental figures were rarely present in his daily life.[23]

These findings suggest that parental divorce not only affects children's immediate psychological well-being but also shapes their perceptions of the meaning of marriage in the future.[24] Family experiences provide a crucial foundation for understanding security, emotional stability, and commitment in marital relationships. Children who grow up in conflict-ridden families tend to view marriage as a relationship that requires a high level of emotional readiness to avoid ending in separation, as they experienced in their family of origin.

2. Lack of Trust in Long-Term Commitments

Experiences of family conflict and parental divorce also shaped the participants' doubts about the sustainability of long-term relationships. In this study, all three participants exhibited a more cautious attitude toward commitment because their past experiences showed that relationships that were initially harmonious could turn into conflict and separation.[25]

Skepticism toward long-term commitment arises because participants learn from the family experiences they witness firsthand. Children of divorced parents see that marital relationships do not always go as expected. Ongoing conflicts lead them to understand that family relationships can change at any moment if they are not built on good communication and responsibility.[26] These experiences shape a mindset that is both more realistic and cautious toward interpersonal relationships. Ramdan believes that a marriage requires mature emotional readiness so that it does not end like his parents' experience. He believes that poor communication and an inability

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[23] Tuba Demir-Dagdas, "Parental Divorce, Parent–Child Ties, and Health: Explaining Long-Term Age Differences in Vulnerability," *Marriage & Family Review* 57, no. 1 (Januari 2021): 24–42, https://doi.org/10.1080/01494929.2020.1754318.

[24] Aisha Trenggono, Yani Achdiani, dan Gina Nastia, "The Effect of Parental Divorce on Children's Mental Health | THRIVE Health Science Journal," diakses 1 Juni 2026, https://journals.balaipublikasi.id/index.php/thrive/article/view/296.

[25] Brian J. Willoughby dkk., "'I'm Scared Because Divorce Sucks': Parental Divorce and the Marital Paradigms of Emerging Adults," *Journal of Family Issues* 41, no. 6 (Juni 2020): 711–38, https://doi.org/10.1177/0192513X19880933.

[26] Nuriyati Nursalam dkk., "Family Communication In Conflict: Analysis Through Robert Bales' Theory | Jurnal Komunikasi Ikatan Sarjana Komunikasi Indonesia," diakses 1 Juni 2026, https://www.jurnal-iski.or.id/index.php/jkiski/article/view/1181; Nursalam dkk., "Family Communication In Conflict: Analysis Through Robert Bales' Theory | Jurnal Komunikasi Ikatan Sarjana Komunikasi Indonesia."

to control emotions are key factors that can damage a marital relationship. Therefore, Ramdan prefers to be cautious when entering a relationship because he does not want to rush into a relationship for which he is not emotionally ready.

Meanwhile, Siti Kotimah views communication as a key factor in maintaining marital relationships, as communication breakdowns in her own family were one of the causes of her parents' estrangement. Her experience of living in a family rife with tension has led Siti to understand that interpersonal relationships require emotional openness and the ability to resolve conflicts in a healthy manner. This has made her more selective when considering long-term relationships. Muhammad Fajar also views emotional and economic stability as essential prerequisites for building a family, as his experiences with limited parenting and financial constraints following his parents' divorce have directly impacted his life. The lack of adequate economic and emotional support has led Fajar to understand that marriage is not merely an emotional bond but is also tied to responsibility and readiness for life.[27]

These findings suggest that parents' experiences with divorce shape reflective attitudes toward marriage. Participants do not entirely reject marriage, but view marital relationships as requiring psychological readiness, healthy communication, and mature responsibility to prevent the recurrence of family conflicts. Thus, the experience of divorce not only fosters a fear of relationships but also shapes a more realistic understanding of the importance of readiness in building a household.[28]

3. Social Support, Coping Mechanisms, and Resilience

Although parental divorce causes emotional distress, all three participants demonstrated the ability to adapt through their coping strategies and social support networks. In this study, support from peers, extended family, and educational activities emerged as key factors in helping participants cope with the psychological impact of divorce. Social support plays a crucial role in helping children affected by divorce cope with emotional distress and changes in family dynamics. Children who receive emotional support from their surroundings tend to have better adaptive abilities than those who do not. Such support helps children rebuild a sense of security and reduce the psychological stress resulting from changes in family structure.[29]

Ramdan copes by focusing on education, self-reflection, and social interaction with peers. Educational activities serve as a way for Ramadan to divert his attention from family conflicts and build hope for the future. Additionally, social relationships with peers help Ramdan find comfort and emotional support outside the family environment. Siti Kotimah develops coping mechanisms through introspection and caution in building social relationships. Her experiences in a tense family environment led Siti to engage in deeper self-reflection about interpersonal

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27 Gokay Keldal dan Ibrahim Yildirim, "Factors Associated with Marital Readiness among Turkish Young Adults," https://doi.org/10.1111/fare.12619.

28 Efat Sadeghian, Seyed Ali Ghasemi, dan Maryam Maddineshat, "Frontiers | Exploring marriage beliefs from the perspectives of married students," diakses 1 Juni 2026, https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2025.1481905/full.

29 Merril Silverstein dkk., "Older Parent–Child Relationships in Six Developed Nations: Comparisons at the Intersection of Affection and Conflict," *Journal of Marriage and Family* 72, no. 4 (Agustus 2010): 1006–21, https://doi.org/10.1111/j.1741-3737.2010.00745.x.

relationships. Under certain circumstances, this approach helps her understand the importance of communication and emotional regulation within family relationships.[30]

Meanwhile, Muhammad Fajar demonstrated resilience through self-reliance despite economic constraints and changes in family structure. Living with his grandmother and the lack of parental involvement taught Fajar to tackle life's challenges on his own. Nevertheless, these circumstances also fostered a reserved and cautious attitude toward interpersonal relationships. However, these coping mechanisms did not entirely eliminate the emotional impact on the participant. Past experiences continue to influence how they view future interpersonal relationships and family life. This indicates that children's resilience following divorce is an adaptive process influenced by social support, family environment, and each individual's life experiences.[31]

4. The Concept of Marriage Through the Maqāṣid al-Syarīʻah

The participants' views on marriage in this study can be analyzed through the perspective of maqāṣid al-syarīʻah, specifically hifẓ an-nafs, hifẓ al-ʻaql, hifẓ an-nasl, hifẓ al-māl, and hifẓ ad-dīn. The experience of parental divorce shows that family instability not only impacts children's social relationships but also affects their psychological, emotional, and moral well-being.[32] From the perspective of hifẓ an-nafs, the experience of domestic conflict disrupts a child's sense of security and inner peace. Fear, anxiety, and caution in forming relationships are forms of psychological impact arising from family instability. Children growing up in a family environment rife with conflict struggle to receive optimal emotional protection, which affects their psychological well-being in the long term.[33]

In terms of hifẓ al-ʻaql, the experience of divorce influences how participants view the future, make decisions, and develop emotional readiness in interpersonal relationships. Constant emotional stress can affect children's mindset development and their ability to build healthy social relationships.[34] From the perspective of hifẓ an-nasl, all three participants view marriage as an institution that requires emotional readiness and healthy communication to prevent negative impacts on children in the future. Their life experiences have shaped their awareness that family conflicts can significantly impact children's psychological development.

Meanwhile, the aspect of hifẓ al-māl is evident in Muhammad Fajar's view that economic stability is a crucial component in building a harmonious family. The economic constraints

30 Diana-Sinziana Duca dkk., "Emotions and Emotion Regulation in Family Relationships | Revista Romaneasca pentru Educatie Multidimensionala," diakses 1 Juni 2026, https://lumenpublishing.com/journals/index.php/rrem/article/view/5865.

31 Hongjian Cao, Mark A. Fine, dan Nan Zhou, "The Divorce Process and Child Adaptation Trajectory Typology (DPCATT) Model: The Shaping Role of Predivorce and Postdivorce Interparental Conflict | Clinical Child and Family Psychology Review | Springer Nature Link," diakses 1 Juni 2026, https://link.springer.com/article/10.1007/s10567-022-00379-3.

32 Anna Garriga dan Fulvia Pennoni, "The Causal Effects of Parental Divorce and Parental Temporary Separation on Children's Cognitive Abilities and Psychological Well-being According to Parental Relationship Quality | Social Indicators Research | Springer Nature Link," diakses 1 Juni 2026, https://link.springer.com/article/10.1007/s11205-020-02428-2.

33 Debbie Noble Carr, Time Moore, dan Morag McArthur, "Children's experiences and needs in relation to domestic and family violence: Findings from a meta-synthesis - Noble-Carr - 2020 - Child & Family Social Work - Wiley Online Library," diakses 1 Juni 2026, https://onlinelibrary.wiley.com/doi/10.1111/cfs.12645.

34 Yessi Reva Dilla dan Rudi Diffren Wado, "Understanding the Impact of Parental Divorce on Emotional Development in Early Adolescents: A Mixed-Methods Exploration | Acta Psychologia," diakses 1 Juni 2026, https://psychologia.pelnus.ac.id/index.php/Psychologia/article/view/61.

following divorce demonstrate that a family's financial condition has a significant impact on children's well-being and development.[35] Regarding the aspect of hifẓ ad-dīn, participants continue to view marriage as a moral and religious trust that demands responsibility, love, and commitment. Thus, the experience of parental divorce does not entirely eliminate positive views toward marriage but fosters a more reflective and realistic attitude toward future family life.

Based on the overall findings of the study, it is clear that the experience of parental divorce profoundly shapes children's perspectives on interpersonal relationships, commitment, and family life. Experiences of family conflict, changes in parenting styles, and limited emotional and financial support shape children's perceptions of marriage. Although each participant had a different experience, all demonstrated caution when considering long-term relationships.[36] This indicates that parental divorce not only impacts immediate emotional well-being but also shapes children's mindset, sense of security, and readiness to build family relationships in the future.

However, this study also shows that the experience of divorce does not always lead to a negative view of marriage. Rather, this experience encourages participants to view marriage more realistically and reflectively.[37] Participants believe that communication, responsibility, emotional readiness, economic stability, and religious values are important aspects in building a harmonious and sustainable family. Thus, the experience of parental divorce becomes a social and emotional experience that has a long-term influence on the formation of a child's perspective on family and marriage. Therefore, support from family, the social environment, and psychological and religious approaches is crucial in helping children affected by divorce develop a healthier perception of family life in the future.

Conclusion

Based on the results of a study on children's perspectives on parental divorce in Pengasinan Village, it can be concluded that parental divorce has complex effects on children's psychological, social, and emotional well-being, as well as on their views regarding marriage and family life in the future. Divorce is not merely a legal event that ends a marital relationship, but also a life experience that influences children's long-term developmental processes. Experiences such as witnessing domestic conflicts, changes in family structure, a reduction in parental attention and affection, and emotional instability within the family foster feelings of insecurity, anxiety, and caution in children's perceptions of interpersonal relationships. In this study, the experiences of Ramdan Sigit, Siti Kotimah, and Muhammad Fajar indicate that parental divorce influences children's perceptions of long-term commitment and the institution of marriage. All three participants view marriage not merely as a formal relationship between a man and a woman, but as an institution that requires emotional readiness, healthy communication, responsibility, and economic stability

[35] Saidu Ado, Mohammad Abdel Salama, dan Abdallah Saleh Abdallah, "The Maqasid al-Shari'ah and the Protection of Family Economics in Islamic Law: A Reflection on Surah al-Baqarah 2:188 | QURU': Journal of Family Law and Culture," diakses 1 Juni 2026, https://afeksi.id/journal3/index.php/quru/article/view/477.

[36] Mohamad Sar'an dkk., "Implementation of Harmonious Family in the Concept of Proportionality of Obligations and Rights of Husband and Wife Relations: A Perspective on the Compilation of Islamic Law | El-Usrah: Jurnal Hukum Keluarga," diakses 1 Juni 2026, https://jurnal.ar-raniry.ac.id/index.php/usrah/article/view/24662.

[37] Mohamad Sar'an dkk., "Implementation of Harmonious Family in the Concept of Proportionality of Obligations and Rights of Husband and Wife Relations: A Perspective on the Compilation of Islamic Law | El-Usrah: Jurnal Hukum Keluarga," diakses 1 Juni 2026, https://jurnal.ar-raniry.ac.id/index.php/usrah/article/view/24662.

to function harmoniously and sustainably. The family conflicts they experienced led to a more reflective, cautious approach to building emotional relationships. This study also shows that the experience of divorce fosters distrust in long-term relationships. Children who grow up in families with prolonged conflict tend to develop a fear of potential marital failure. They view relationships that are initially harmonious as capable of turning into sources of conflict and separation if they are not built on good communication, emotional control, and strong commitment. This is evident in the participants' attitudes, who are more selective and cautious when considering romantic relationships or future marriage plans.

In addition to psychological effects, parental divorce also affects a child's ability to form social relationships and trust others. Experiences of losing emotional support, strained family relationships, and limited parenting lead children to become more withdrawn and cautious when forming emotional bonds. In some cases, children prefer to keep their feelings to themselves and rely on themselves rather than seeking support from those around them. This situation indicates that parental divorce can affect a child's social and emotional development in the long term. Post-divorce economic factors are also a key aspect affecting children's lives. Financial constraints and reduced parenting support impact children's access to education, personal development, and their ability to build a stable future. Muhammad Fajar, for example, experienced limited family support after moving in with his grandmother because his parents were unable to fulfill their parenting roles effectively. This experience shaped his view that economic stability and financial responsibility are crucial to building a family so that children do not face the same difficulties he once faced. Nevertheless, this study indicates that the experience of parental divorce does not entirely shape negative views toward marriage. Life experiences and religious values, in fact, encourage participants to view marriage as a sacred trust that requires emotional readiness, good communication, moral responsibility, and financial preparedness. The participants still view marriage as important, but believe it must be thoroughly prepared for to avoid repeating the conflicts in their families. From the perspective of maqāṣid al-sharī'ah, the experience of parental divorce relates to the protection of life (hifẓ an-nafs), reason (hifẓ al-'aql), lineage (hifẓ an-nasl), property (hifẓ al-māl), and religion (hifẓ ad-dīn). Family instability resulting from divorce affects children's peace of mind, cognitive development, social relationships, economic stability, and their understanding of family values in Islam. Therefore, divorce not only affects the legal relationship between husband and wife but also the psychological and social well-being of children, as part of the protective objectives within maqāṣid al-syarī'ah. Overall, this study indicates that parental divorce is a social and emotional experience with long-term effects on the formation of a child's perspective regarding family and marriage. This experience fosters a more realistic, reflective, and cautious attitude toward long-term relationships. However, a child's ability to cope with the effects of divorce is significantly influenced by family support, the social environment, parenting styles, and the religious values they hold. This study has limitations due to the relatively small number of participants and the fact that the research was conducted exclusively in the Pengasinan neighborhood; consequently, the findings cannot be widely generalized. However, this study provides an in-depth insight into the subjective experiences of children affected by divorce regarding their views on marriage and family life. Therefore, this study is expected to serve as a reference for families, educational institutions, counselors, and policymakers in providing psychological, social, and religious support to children affected by divorce, enabling them to develop healthier perceptions of interpersonal relationships, family, and marriage in the future.

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