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**THE INFLUENCE OF DIVORCE ON PERSONALITY IN FREUD'S
PERSPECTIVE**

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ABSTRACT

Infidelity is an immoral act that affects the people around it. One of the most unavoidable impacts is the influence on the psychological health of children. This research aims to analyze the changes in the personality of children to adults who are victims of their parents' infidelity in Sigmund Frued's perspective. According to Frued, there are three structural components that make up human personality, namely id, ego, and superego. The three components are interrelated and interact in the conscious, subconscious, and unconscious. The research method used is descriptive qualitative with data collection techniques in the form of interviews, observations, and document studies. The results of this study indicate that there is a change in a person's personality that is influenced by the act of infidelity of his parents. The perpetrator of infidelity is dominated by "id" as a form of gratification of pleasure without caring about the consequences caused to the surrounding people, especially their children. While the victim of infidelity experiences inner conflict because the "ego" cannot balance the demands of the "superego" and "id" which have the same strength, but contradict each other.

Keywords: divorce; family affair; infidelity; psychoanalysis; sigmund freud

INTRODUCTION

Family is the smallest social unit that has an important role in an individual's personality. In addition to playing an important role in personality formation, the family also has a role in the psychological development of individuals, especially in a child. Children are young individuals in the family whose personality and psychological development are influenced by adult individuals, within the scope of the family, namely parents. The influence given by parents includes parenting and meeting the emotional, cognitive, and material needs of children. The relationship between children and parents needs to be built as a foundation in providing positive influence in the family (Hasanah, 2020).

Positive influence in the family is based on trust between family members. If this trust is misused, problems or conflicts will arise that cause family disunity. One of the problems that arise due to abuse of trust is infidelity, both from the mother and the father. Infidelity is an immoral act that has an impact on people around. One of the most unavoidable impacts is the influence on the psychological development of children.

The existence of infidelity can lead to a split in the form of divorce which has an impact on each family member, especially for children. In the process of divorce, children experience deep trauma by witnessing and experiencing the event firsthand. So that in the long run the child cannot express his personal emotions and feelings which results in the child's emotional instability (Psikologi, 2014).

This research aims to analyze the changes in the personality of individuals, namely children who are victims of parental infidelity and divorce from Sigmund Freud's point of view. The focus of this research approach uses three structural components that make up human personality, namely id, ego, and superego. Are these three components well controlled as in a healthy individual, after experiencing the event? Or does it experience an imbalance that causes an imbalance of control between id, ego, and superego.

After conducting the research, the researcher realized that this research was different from other research themes. Because, this research is based on the true story of a counselee who experienced personality changes after going through the events of infidelity and divorce by his parents. In this study, researchers conducted interviews and direct observations of the counselee. From the results of interviews and observations conducted by researchers, it was found that solving the problems experienced by the counselee could use the focus of the three structural components approach in accordance with Sigmund Freud's personality theory, namely id, ego, and superego (Hall, 2019).

METHODOLOGY

In this study, a qualitative descriptive method was used. Descriptive qualitative is a research method by explaining the facts that occur to the research subject (counselee). In this scope, the explanation of facts uses words and language that are in accordance with the circumstances and behavior of the research subject (counselee). Data collection techniques are interviews, observations, and document studies. Interviews and observations are carried out by asking questions to research subjects (counselees), as well as direct observation of behavior as a data collection technique. Thus, researchers can obtain data about the problems experienced by research subjects (counselees) clearly and in detail.

The individual who is the subject of research is a housewife with 2 children aged 42 years. The approach that suits the case of the research subject is Sigmund Freud's personality theory including id, ego, and superego. By using this approach, the researcher was able to realize changes in the emotions and behavior of the research subject (counselor) after experiencing a traumatic event caused by his parents' infidelity and divorce.

RESULT AND DISCUSSION

The research subject (counselee) the researcher gave the initials "V" to facilitate the process of writing the article. V is the third of 5 children and the only girl in her family. The age difference with her two older siblings is not too far, namely, 4 years with the first brother and 2 years with the second brother. V's parents went through a divorce due to her mother's affair with her father's close friend, when she was 6 years old or in grade 1. V's mother's affair was witnessed by him and caused him considerable pain. The divorce had a direct impact on V's academic performance at school. After the divorce, V lived with her maternal grandmother. After a few months, V's stepfather disappeared while working (as a fisherman). One year after her mother remarried, V's mother returned to her parents' house, where V lived after the divorce. At that time V already had a half-sister and intended to ask her father to reconcile with her mother, her father agreed but not her mother. V's mother already had another man whom she wanted to marry. After this incident V was angry with her mother by closing communication and not wanting to meet for a long time. V also felt ashamed of her friends, so she was often alone, kept her feelings to herself, and cried in solitude. As time went on, V decided to continue her studies in her father's hometown. However, when V asked her mother for permission, the response was not as expected. This made V feel neglected by her mother and made her anger resurface.

After growing up, at the age of 21 V decided to marry the man of her choice. From that marriage V was blessed with 2 children. From the events of her childhood, V finally tried to be the best mother figure according to her version for her children, even to the point of being willing to sacrifice her happiness so that her children get complete love from both parents.

From the results of the research, the problem of the counselee can be analyzed using the approach of personality theory according to Sigmund Freud's views, namely id, ego, and superego. "id" is a structural component that works on the unconscious by satisfying desires within the individual so it is called the pleasure principle. The "ego" is a structural component that uses the energy of the "id" to carry out its duties based on the reality principle that works on the conscious, subconscious, and unconscious realms. Meanwhile, the "superego" is a structural component that works on the subconscious and unconscious based on the principle of morality and the principle of ideality that demands perfection (Feist, Feist, & Roberts, 2017).

V's mother as the perpetrator in this case is controlled by "id" with actions in the form of infidelity under the control of the unconscious, to leave her family as a form of pleasure without caring about the consequences caused to the surrounding people, especially her child. Meanwhile, V, his brother, and his father are victims of infidelity who experience inner conflict due to the pain caused by his mother's infidelity, as well as the desire to maintain an intact family so as not to be viewed negatively by people

around them based on the principles of morality and the principles of ideality in the subconscious or unconscious. This is a representation of the "ego" that cannot balance the demands of the "id" and "superego" which have equal but conflicting strengths.

V's personality also changed from being active and achieving in his school and neighborhood, to a child who was closed to the social environment to a decrease in grades at school. Until V became an adult, the traumatic experience still had an impact on his married life. This is a form of sublimation self-defense where V represses feelings and memories of her family's past by acting better towards her child and being accepted by society.

CONCLUSION

From this study, researchers obtained problem identification and also the results that the research subject (counselee) experienced significant changes. This is in the form of a decrease in academic grades which is influenced by the affair committed by his mother. As in normal children who see their parents having an affair in front of their eyes, it must greatly affect the psychological development of V as a research subject (counselee) in this study. Through interviews and observations conducted directly, the researcher identified that the problems experienced by the research subject (counselee) could be related to Sigmund Freud's personality theory. As explained in the results and discussion section, the structural components of each individual's personality, namely id, ego, and superego, work according to the level of mental life which includes the conscious, subconscious, and unconscious.

After conducting the research, the results obtained by the researcher were that there was a structural imbalance in the mother of the research subject (counselee), where 'id' controlled 'ego' and 'superego'. In addition, the research subject (counselee) also seemed to experience an imbalance that occurred when he saw his mother's infidelity and his parents' divorce, where the 'id' was as strong as the 'ego'. The 'id' in the research subject (counselee) experienced pain over the betrayal committed by his mother to his father, but his 'superego' held back his pain so that his family would not fall apart and be seen as bad by the surrounding community. Then, after examining in more detail, the researcher realized that after the research subject (counselor) went through the event, there was indirectly an ego defense mechanism. The ego defense shown is in the form of sublimation, by suppressing feelings and past memories of problems in his family.

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