

Young Phoenix from Family Ashes: An Exploration of Post Traumatic Growth in Broken Home Adolescents

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Abstract: Parental divorce can have a significant impact on children, affecting many aspects of their lives including behavior and emotional well-being, thus triggering trauma. However, trauma is not always negative, but some make individuals grow stronger. Therefore, this study aims to explore post-traumatic growth in adolescents from broken homes due to parental divorce. This study uses a qualitative approach with a case study, through in-depth interviews and observation techniques using research instruments designed based on Tedeschi's post-traumatic growth theory. Based on the research that has been conducted, four main themes were found that can be used to observe the dynamics of post-traumatic growth in adolescents from broken homes, namely meaning of life, appreciation of social support, improvement in spirituality and religiosity, and maximum actualization of self-potential. The results of this study indicate that the different family backgrounds of the subject's caregivers after parental divorce and the values held by the subject are determining factors in the development of post-traumatic growth aspects in the subject, so that positive development in adolescents facing difficulties, emphasizing the importance of a supportive environment in facilitating post-traumatic recovery and growth

Keywords: Post Traumatic Growth, Broken Home, Adolescents.

1 INTRODUCTION

The family is an important social system that significantly influences children's character development, morality and psychological well-being. The family environment serves as the foundation for children to learn to socialize, express opinions, and distinguish between acceptable and deviant behavior, which is often described as the "umbrella of life" for children's growth. However, not all families function well and unresolved conflicts and disputes often lead to divorce, which according to *Kementerian Kependudukan dan Pembangunan Keluarga/Badan Kependudukan dan Keluarga Berencana Nasional* (BKKBN) is on the rise in Indonesia, with 580.000 cases recorded in 2021 (Nua, 2022). The phenomenon has a negative impact on children, leading to potential trauma that can interfere with emotional stability, academic achievement, and social behavior (Januari, 2023). Rohmah & Yuliasari (2023) define trauma as a persistent psychological disorder resulting from a severe life event, such as parental separation. While some children from broken home families may exhibit maladaptive behaviors, others show resilience and growth (Wulandari & Fauziah, 2019). Adolescence, often described as a phase of self-discovery, is a vulnerable yet important stage where individuals begin to shape their identity and future (Marsela & Supriatna, 2019). Previous research by (Indriani & Arbi, 2022) highlighted the importance of post-traumatic growth (PTG) in helping individuals to recover through emotional and social support systems. Tedeschi et al (2018) identified five key aspects of PTG : appreciation of life, connecting with others, personal power, new possibilities, and spiritual change, emphasizing how individuals can become stronger after trauma through self acceptance and renewal.

Building on previous research that focused on the trauma of parental death, this study highlights a different but equally important issue, namely post-traumatic growth in adolescents from broken home families caused by divorce. Post-traumatic growth (PTG) in adolescents from broken homes emerges through a long process that begins with traumatic experiences caused by parental divorce, which triggers sadness, anxiety, and even depression. Over time, adolescents begin to develop coping mechanisms by seeking social support from friends, relatives, and extended family, as well as distracting themselves with positive activities. This process develops when individuals are able to accept the bitter reality,

make sense of their experiences, and use them as motivation to rise up (Aulia Agustina et al., 2023; Ramadhan et al., 2024; Rohmah & Yuliasari, 2023). This distinction is crucial as the emotional responses and psychological effects of divorce differ from those caused by death. This research explores the psychological dynamics and contributing factors behind the growth process in these adolescents, aiming to reveal how they managed to overcome adversity and transform their experiences into personal development. Using the metaphor of the “Phoenix from the Ashes of the Family”, this research presents philosophical concepts of resilience and rebirth from adversity. The manuscript will outline the literature supporting the research, observations made, and exploration of the PTG using thematic analysis. Detailed methodology and findings will be presented in the materials and methods, result and discussion sections that follow.

2 MATERIALS AND METHODS

This research is a qualitative case study. Data were collected from respondents in a case of broken homes due to parental divorce, focusing on post-traumatic growth, which will be examined in this study. Data collection in this study was conducted using in depth-interviews and observations with three participants selected through purposive sampling. The research established specific criteria. The specific criteria for participants were having a background of broken homes due to divorce, with parental divorce lasting more than five years. Participants were male or female, currently aged 18-21. Furthermore, participants must have lived with their father or mother or other family members after the divorce. Furthermore, participants who were willing to participate were given written informed consent, which outlined the research objective and data confidentiality. Participant agree with her informed consent to publish the article without trigger traumatic.

This study employed thematic data analysis. Data analysis was carried out through several procedures: data transcription, data review, segmentation or categorization, coding, and theme tables. At the data transcription stage, the interview data results were narrated in text form contained in the transcription table. The data obtained were analyzed and reviewed, then the results were grouped into several groups appropriate to the research context. Data that is inconsistent can be removed and not included in the categorization. Then, each category formed is assigned a code, commonly referred to as coding. This coding is then regrouped according to themes assigned by the researcher based on similar categories. These themes are then compiled into a single theme table. This theme table can then be used as a reference for drawing conclusions..

3 RESULTS

Participants Characteristics

The participants in this study consisted of three people whose parents had been divorced for more than five years, and who lived with their grandparents or one of their parents after the divorce

Tabel 1
Participant Data

Name	Age	Age When Parent's Divorce	Gender
R	18	8	Woman
A	19	12	Woman
RA	21	12	Woman

Theme Analysis Result

Based on the in-depth interviews that have been conducted, four main themes were found which will later be analyzed to draw a conclusion. The first theme relates to how participants make their past experiences, especially problems regarding their parents' divorce, into a life lesson which is then used as a life guide to achieve a better life. The second theme relates to how the participant's relationship with the people around him and how the subject creates relationships and makes meaning of them. The third theme discusses the impact of parental divorce on the participant's relationship with God, which led to the development of spirituality and religiosity. The last theme relates to how participants view and value themselves and how they strategize to achieve a better life.

Tabel 2
Themes

Themes
Meaning of Life
Appreciation of Social Support
Improvement in Spirituality and Religiousness
Maximum Actualization of Self Potential

a. Meaning of Life

In general, all participants in this study expressed appreciation for themselves after going through the experience of divorce in their parents. Participant (RA) mentioned that they have appreciated themselves by accepting their shortcomings, being grateful for surviving, and also doing fun things as a form of self-appreciation. Participant (A) mentioned that he was proud of his achievements so far and gave positive appreciation to himself. In terms of priorities, participant (A) prioritized education due to the desire to repay the people who had paid for her schooling until now, while participant (RA) prioritized family for more important reasons. Participants (RA) and (A) both showed that they were able to tell valuable experiences in their lives to others and were able to inspire others. Subject (A) shared his family divorce experience with his partner and became motivated to work hard to help make (A) and his sister happy. Participant (RA) was able to share his experience in the choir organization to the next generation which provided many good and bad experiences so as to create a life balance.

"...aku pernah cerita tentang adekku yang umur 2 tahun ditinggal ceraai terus sempett ikut bunda tirikuu, ituu dee itu koyok sempett ditapuk karo bunda tirikuu. Nahh aku tuh cerita ke pacarkuu terus pacarku tuh jadi kayak ngerasa "ihh ternyata adekmuu lebihh.. eee lebih apayaa kasihann gitu loo umur dua tahun ditinggal ceraai, terus ikut bunda tirikuu ditamparr" posisi itu nggak ada papakuu nggak ada akuu, karena aku di utikuu dan itu kayakkk pacarku jadi bilang kek gitu. Aku dari sinii jadi belajarr kalo misale eee akuu.. nggak haruus sayang ke adekmu kayak kamuu sibuk ke adekmuu terus aku jadi termotivasi buatt kerjaa lebih keraass karena aku pengenn adekku juga senengg dari hasil kerjakuu,..." (A, W1, 5 July 2024, 170)

b. Appreciation of Social Support

From the results that have been analyzed, that actually the three participants have shown that the participants' relationship with the surrounding environment does not have serious problems after their parents' divorce experience, where they do not experience obstacles in providing or receiving social support. Participant (A) admitted that he remained confident when associating with the surrounding environment, besides that his environment also felt that divorce was not a problem so that he was well accepted by the environment. Then (RA) himself is an individual who is easy to get along with and does not close himself, he admits that the experience of his parents' divorce in the past did not make him feel isolated from the surrounding environment. Lastly (R), she admitted that she tends to build communication with the surrounding environment, this shows that (R) is able to adapt to the environment around her.

Participant (A) emphasized the importance of relationships with family, especially as a form of support in dealing with family situations that are not intact, as well as the importance of building a relationship to allow him to continue to develop, because (A) believes that with good relationships, he can definitely develop in a good direction. Participants (RA) and (R) highlighted that the importance of relationships is a manifestation of social beings who need the help of others, with Participant (RA) focusing that relationships make him more open so that he can make relationships a place to share thoughts and complaints. All three participants had a tendency to be selective in sharing their stories and often kept their experiences or problems to themselves. Participant (A) admitted that 90% of the time he tends to tell his partner if he needs a solution to his problem but still he has to sort out which things he will tell his partner, but does not easily trust his college friends because he feels they are not sincere. Participants (RA) and (R) share their stories less often, arguing that as they get older, they feel more comfortable keeping their stories to themselves and only sharing with people they really trust such as their partners or best friends.

All participants were able to have a close and meaningful relationship by seeing how much influence others, especially those closest to them, had when they were faced with a problem. Participant (A) felt that her partner had a big influence in her life, especially because her partner always provided a sense of validation and was the closest person who was always there. Participant (RA), on the other hand, relies more on herself and is rarely influenced by others in solving her problems, this is because (RA) feels that as she gets older she prefers to keep her stories to herself and it is better to solve her own problems. Meanwhile, Participant (R) felt that the support and influence of others was very important in strengthening himself when facing challenges. Furthermore, the last one is the impact of the experience of the divorce of the participant's parents with the surrounding environment. Participant (A) unconsciously experienced trust issues due to her parents' divorce, although she claimed not to have trust issues, but (A) often overthinking her partner about infidelity.

Participant (RA) does not feel that he has a trust issue, for him it is natural to be selective in trusting others when it comes to telling personal problems. Meanwhile, Participant (R) consciously acknowledged a trust issue arising from her parents' divorce experience, especially her father's infidelity, which made it difficult for her to trust men in general.

“Menurut aku sangat penting yaaa karena kan kalo kita punya relasi itu enakk, kayak ee.. mempermudah kehidupan gitu loo. kayak kita misalnya butuh inii, itu kayak pasti ada aja salah satu temen kita yang bisa menyanggupi gitu looo, teruuus kayak, mungkin kita bisa ngeliat pengalamane mereka yaa kalo misal kita punya relasi ituu. Karena kaan nggak mungkin lahh.. satu orang ituu nggak punya pengalaman hebbat gituu, jadi kayak aku disitu lihatt ‘Oh ternyata anak ini ginii yaaa’ mungin aku bisaa nyontoh dibagiann ininyaa terus kayak terinspirasi lah jadinyaa, nggak hanya tentang kayak aku butuh ini gini giniii, enggak, cuman kayak bisa terinspirasi jugaak” (A, W3, 25 July 2024, 50)

c. Improvement in Spirituality and Religiosity

In general, all subjects are currently experiencing an increase in the value of spirituality and religiosity in themselves. The changes that occur in the overall subject when they try to get closer to God, such as feeling calmer and able to think positively in dealing with problems, feeling that their way of life feels easier, increasing confidence that the life they are currently living is the best way according to God, and feeling confident that when God gives a life test, it is definitely not beyond their limits and God must also prepare a solution to the problem, and currently become more resigned and trust in God for everything that comes in their lives.

In subjects (RA) and (R), the internal factors that influence the increase in the value of spirituality and religiosity are the high belief in the subject's life in the existence of God and his belief that God has power over every human being which makes him able to be grateful for small things in his life because he always sees everything from God's good side. This internal factor is of course supported by external factors, especially the upbringing of his parents who since childhood have always reminded the subject to always involve God in every journey of his life, besides that his friendship environment, especially in the subject (RA) in his choir community who always teaches religious values in every process, especially when facing competitions. Whereas in subject (A) external factors from the friendship and school environment are the most influential in increasing the value of spirituality and religiosity in his life because according to him since childhood the family did not foster these values in his life so that the subject tried to find these values in his external environment, namely school and his friendship environment. While the internal factors from within the subject (A) arise due to contemplation, when the subject gets closer to God the subject feels that his life is made easier, but when the subject is far from God his life is complicated, this subject feels when the subject will enter the state university of his dreams. Because of this, until now the subject feels that he wants to continue to improve his relationship with God as a form of gratitude for this.

“Yang lebih mendekatkan diri kepada Tuhan....sebenarnya karena kita tuh sadar kalo di dunia ini kita nggak punya siapapun kecuali Tuhan. Maksute apapun yang ada di dunia ini yang dikasih yang di ini cuma pinjaman nanti juga bakal balik ke Tuhan bahkan Tuhan tuh bisa ngambil kapanpun kalo mau gitu lo, jadi ya kalo sedih pas dikasih cobaan ya pasti Tuhan pengen nguji seberapa kuat kalo kita ada disini, jadi aku cuma percaya kalo cobaan itu yang ngasih Tuhan solusinya juga pasti ada di Tuhan” (RA, W1, 9 Oktober 2024, 170)

d. Maximum Actualization of Self – Potential

Broadly speaking, all participants have been able to actualize their potential to the fullest. The self-potential in question includes self-esteem, strong belief in self-potential, the ability to survive and make peace with past experiences, respect for decisions on life choices, and implement their talents to be an achievement. Participants (RA) and (R) have a priority scale with the first position being God and family, followed by career and finally personal matters with the surrounding environment such as the scope of friendship. Both have the same priorities in the first position, namely prioritizing family with consideration factors because the family has a very close relationship with participants and is also related to the beginning of the formation of individual character before growing and connecting with the outside environment. Another case with participant (A), the participant mentioned that his priority scale was his career or completing the studies he was taking. With the consideration factor that participants want to develop themselves by focusing on education which will be used as a career foundation in the future.

The three participants were able to form a priority scale in their own way by looking at the situation and conditions they are currently experiencing. This shows that they have maximized the formation of this priority scale with the hope that the priority scale can be a guideline for living life in the future. Participant (RA) stated that he had been able to explain the possibility of the future, especially related to education and career that he would achieve later. (RA) mentioned that there is no specific way to achieve these things, but the most important thing is that he is able to try and try hard first. This is in contrast to (A) who stated that he was not ready to face future possibilities and had not prepared ways to anticipate all these possibilities. In addition, these two participants, (RA) and (A) both have proud achievements and can

inspire others, they are able to prove that even though they have a background from a broken home family, it does not close the way for them to excel.

“Yang penting kalo aku maksute dicoba dulu, dijalani dulu, kamu tuh siap nggak siap ya harus siap sih karena itu yang pasti kamu hadapi gitu lo kamu gak bisa menghindar. Kalo di masa depan ya aku pengennya lulus dulu terus nyari kerja yang linear juga sama kerja aku, tapi aku juga mengusahakan hal lain yang emang juga mimpiku, misal nyanyi jadi penyanyi itu kan memang belum pasti gitu lo tapi kan aku mengusahakan dari sekarang, tampil tampil cari koneksi”
(RA, W4, 6 November 2024, 40)

4 DISCUSSIONS

This study was conducted with the aim of knowing how post traumatic growth is owned by adolescents who are children of broken homes. After conducting research and data analysis, four main themes emerged, namely the meaning of life, appreciation of social support, increasing the value of spirituality and religiosity, and actualization of self-potential. The first theme regarding the meaning of life reveals how participants are able to take the positive side of past experiences and make it a lesson to prioritize in their lives and be able to share their life experiences to inspire others. In general, all participants make meaning of their lives by not getting stuck with problems in the past and choosing to continue life by continuing to appreciate the little things in their lives, accepting their shortcomings, being grateful for all the good or bad blessings that come, and always giving positive appreciation for all the achievements in their lives. This is in line with (Tedeschi et al., 2018) which states that self-esteem is shown in the things he has in his life, especially in terms of self-esteem.

In the second theme regarding appreciation of social support reveals how participants' relationships with people around them, how to establish and maintain relationships, and how involved people around them are in participants' lives. The three participants were able to feel safe and not ostracized by their surroundings even though their parents were divorced, this made participants not feel that they were different from others which had a good impact on how participants created relationships and maintained these relationships. Participants can easily create relationships and consider that relationships are important even though the meaning and function of relationships for each participant is different, but this difference is based on the idea that everyone has different experiences. However, in essence, all participants showed awareness of the benefits of good social relationships in supporting well-being and self-development. This is supported by a statement from research (Siregar & Setiasih, 2022) that when relationship needs are not met, it is likely that individuals will tend to feel lonely and feel less psychological well-being.

As for the involvement of other people in their lives, the three participants showed a selective pattern in sharing stories and preferred to maintain privacy unless the situation was urgent or they felt confident in their trust in the other person. In participants (A) and (R), past experiences determine their level of trust in others in the future. That bad past experiences make individuals have a sense of trust issue that has the potential to hinder the social relationships they establish because there will always be bad thoughts about others. However, the feeling of trust issue does not have a bad impact on the social relationships established by the three participants, this is evidenced by the three participants who still feel the support of the closest people when they are facing problems, of course this makes participants not feel isolated and get pressure from their social environment even though their parents are divorced. This is in line with the opinion (Siregar & Setiasih, 2022) that the existence of good social support can protect individuals from potential stress because the existence of social support makes individuals feel calm, loved, and cared for so that individuals avoid feeling insecure.

In the third theme, the increase in the value of spirituality and religiosity reveals how the impact of parental divorce on the subject's relationship with God and how participants interpret the existence of God in their daily lives. In general, the increase in the value of spirituality and religiosity of the three participants is heading in a positive direction, but this is not entirely due to the problems of parental divorce but to several other internal or external factors that influence this so that the way participants develop their spirituality and religiosity is also different. This is in accordance with the opinion (Maragustam & Rahmawati, 2022) that individual religiosity is formed from several factors, such as genetic, physiological environment, psychological, socio-cultural, education, and individual willingness to continue to develop themselves. Traumatic events, especially divorce, do not fully affect the increase in the value of individual spirituality and religiosity, but self-belief, family environment, and friendship environment affect this value more. However, the existence of a traumatic experience can be one of the reasons for individuals to remember God again so that they are able to search for a more positive meaning of life without being influenced by their past experiences. In accordance with the opinion (Kerinina & Kusristanti, 2023) that the value of spirituality possessed by an individual can help him to see traumatic experiences from a positive side so that he can immediately recover from these experiences which makes the development of post traumatic growth better, besides that individuals become easy to see the good side of God as a place to seek protection which makes him more likely to have resistance to problems that harm him.

In the last theme, regarding the actualization of self-potential where the process of actualizing self-potential highlights how individuals respond or respond to everything by using their own potential, meaning that individuals maximize their abilities both in terms of knowledge, observation and their own thoughts without depending on others. The actualization of this self-potential includes how individuals determine the scale of priorities, how individuals see opportunities and face future possibilities, and how individuals implement their talents to be an achievement. these three aspects become one of the indicators to assess how individuals actualize their potential. In accordance with the definition of self-actualization according to (Rachman & Permatasari, 2019) namely all a person's ability to optimize and develop the potential that exists in him. Individuals who are able to actualize themselves well tend to be able to maintain their self-esteem when they are in a low position, because one of the characteristics of people who can actualize their potential to the maximum is that they are also very good in terms of acceptance, be it self acceptance or acceptance of others (Azzahra et al., 2019) Self-actualization is also seen as a continuous process of developing personal potential. According to Gopinath in (Paudi et al., 2022) this can be seen from the individual's ability to recognize and utilize their various potentials in an effort to achieve life goals. In this study, participants prioritize different things in their lives and even the factors they use as considerations to determine the priority scale are also different so that how participants are able to see new opportunities that occur in the future and how participants are prepared to face all possibilities in the future also experience differences. Differences in readiness can occur due to various factors such as negative thoughts that haunt during the process or overthinking of past trauma and things that will happen in the future. This is in accordance with the factors inhibiting actualization, one of which is the feeling of doubt and fear (Azzahra et al., 2019). Post-Traumatic Growth (PTG) is a highly personal process, and its dynamics vary from person to person and are highly complex. These dynamics can be influenced by several factors, including personality, the support an individual receives from their environment, and their interpretation of traumatic experiences. This is evident in the Post-Traumatic Growth (PTG) dynamics of the three participants in this study. Although they share similar trauma backgrounds, their growth patterns differ, impacting their sense of meaning, social support, spirituality, and self-actualization.

5 CONCLUSIONS

This study explores post-traumatic growth in adolescents from broken home families due to parental divorce, and reveals that although divorce can be a traumatic experience, many adolescents can turn it into an opportunity for self-development. Through in-depth interviews with three participants, four main themes emerged: using past experiences as life lessons, the importance of interpersonal relationships, improving spiritual and religious relationships, and increasing self-confidence and drive to achieve a better future. These findings highlight the important role of social support and a positive environment in facilitating adolescents' recovery and growth. These insights offer practical implications for mental health professionals and educators in designing programs that encourage open communication and personal growth. Understanding the psychological dynamics of adolescents who have experienced a broken home can aid in post-traumatic recovery, enabling them to move on and reach their full potential. Future research is encouraged to examine the influence of culture and demographics on how adolescents respond to parental divorce..

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