



Dynamics of Couples in Divorce in Court

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ABSTRACT

This research discusses the problems faced by a widow after divorce, including the negative view of their status from society and the changes experienced both personally and in the neighbourhood. The purpose of this study is to understand the cognitive, affective, and conative dynamics experienced by divorced couples. This study used a descriptive qualitative method and involved one husband informant and one wife informant. Data were collected through interviews, then analysed using data reduction, data presentation, and conclusion drawing techniques. The results showed that there were psychological changes in couples who experienced divorce in cognitive, affective, and conative aspects. In the cognitive aspect, changes can be seen from the disharmony of household relationships and the desire for a better life after divorce. Meanwhile, in the affective aspect, there are differences between couples who feel sad and happy in making the decision to divorce. However, the decision to divorce is not easy for them.

Keywords : Psychological Dynamics, Couples, Divorce

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INTRODUCTION

Humans are social beings, who need each other and will not be able to live alone or in another sense tend to need help from other humans, which form an engagement, both at the level of a large bond and in a small scope, namely marriage. . Having a family is one of the developmental tasks that should be carried out by every individual who is in early adulthood, from 18 to 40 years old (Hurlock, 2009). As the first and foremost social institution, the family has the most strategic meaning in filling and providing the life values needed by children who are looking for the meaning of their

lives (Thohir, 2018). Islam views that marriage is something that is noble and sacred, has the meaning of worshiping Allah, following the sunnah of the Prophet, and carried out on the basis of sincerity, responsibility, and following legal provisions that must be respected (Revelation, 2016).

Marriage is the most sacred event experienced by every human being, marriage/marriage means a contract that justifies association between a man and a woman who are not muhrim and gives rise to rights and obligations between the two (Tantu, 2013). Marriage makes the status of men and women change in society. Previously, they had the status of bachelor and girl, then got acquainted and had feelings of love for each other after that they decided to live together as husband and wife by marriage and create their own family. With this change in status, so do their rights and obligations, duties and responsibilities, both as spouses and parents, as well as the community and citizens who, in carrying out their lives, communicate and interact in accordance with the regulations that regulate and bind in order to create social order. Lestari et al., 2017).

Marriage is one of the most important dimensions of life in human life in any world. Once the importance of marriage, it is not surprising that the world's religions regulate marriage issues and also state institutions are not left behind in regulating marriages that apply in society. (Santoso, 2016). Article 1 of law no. 1 of 1974 explains that "Marriage is a physical and spiritual bond between a man and a woman as husband and wife with the aim of forming a happy and eternal family based on the one and only God". Inclusion based on belief in one almighty God is because the Indonesian state is based on the first Pancasila precepts, namely belief in one almighty God (Priyanto, 2021). Allah said in Qs. An-Nahl verse: 72 Meaning: Allah made for you a partner (husband or wife) from your own kind, became for you from your partner children and grandchildren, and bestowed upon you good sustenance.

Every marriage is not only based on the biological needs of men and women who are recognized as valid, but as the executor of the natural process of human life (Santoso, 2016). Marriage instills in a person several noble qualities, including selflessness, love for others, and a sense of responsibility. And that is what each couple wants to create in order to provide comfort to each other, so that the husband works hard, directs all his strength and energy to gain strength to earn sustenance for his wife and children. And a wife does not leave peace (in her house) except peace for her husband and children (Hafnawi & Ibrahim, 2018). The purpose of marriage is to increase harmony and happiness in human life, make husband and wife and children love each other and be compassionate to create a prosperous family for other families. Children need a family because that is the only place and natural environment that can be used to educate children properly, namely physical or spiritual education that develops love and compassion for one's own soul (M. Yusuf, 2014).

According to (Anam, 2010) understanding a marriage is very important to get a good quality household, awareness in understanding the rules makes one have to think deeply about the meaning of marriage, not just consensual and not just love, but more

than that the household is an institution. least in social life. Generally, every individual really hopes that his marriage can last a lifetime to build a happy family *sakinah* (serenity), *mawaddah* (love and *warahmah* (affection)). But in reality, to build a happy marriage is not easy, and often married life runs aground in the middle of the road. It is not compatibility that occurs between husband and wife, but the more prominent differences from each other. not a few couples after having children then split up, because they could no longer find compatibility with their partners, so that eventually the household fell apart and finally chose the path of divorce (Ismiati, 2018). Couples who do not carry out their roles in the household will not achieve bias or possibility in the process towards the goal of marriage, the household is unable to create happiness, so that a marriage ends in divorce (Manna et al., 2021).

According to (Berk, 2012) divorce is the breakdown of a husband and wife relationship as a result of an ineffective problem-solving style that weakens attachment to one another. Divorce is part of the dynamics of the household. Therefore, the problems that occur in the household are very dangerous if allowed to continue even though within the family differences are normal. Problems that occur must immediately find the best solution so that they do not have a negative impact on the family (Putri et al., 2019). Throughout the history of human life, divorce cannot be stopped and continues to occur, so many people feel traumatized, hurt, disappointed, depressed and may experience mental disturbances as a result of the divorce. (Psychology et al., 2004)

According to (Willis, 2015) that negative treatment both quantitatively and qualitatively towards family members can have an impact on a breakdown and divorce in the family. Divorce is the end of a marriage bond based on a court decision, with various sufficient reasons that between them are no longer harmonious as husband and wife. A prosperous family is the dream and hope of every family. To achieve this condition is not something that is impossible if every family implements the functions that should work in family life. The functions of the family include the functions of religion, social, culture, love, protection, socialization, education, economy, and environmental development. As a result of the unclear role of the husband, both as head of the household and as father to their children, a woman makes the decision to end her marriage (Rahmalia & Sary, 2018).

According to (Darmawati, 2017) The impact of divorce on ex-husband and wife, the main problem faced by married couples after the divorce is the problem of readjustment to their respective roles and relationships with the social environment (Darmawati, 2017). *social relationship*). Even though life after divorce is a new life, there are still bonds between divorced couples. Almost everyone who is divorced will lose respect in their social environment or be ostracized from social life. A conflict within the family that ends in divorce is considered a failure in fostering family harmony. Status as a widow is considered shameful and raises suspicion in society. However, as time has changed, this status is no longer questioned, especially in big cities, the status of a widow or widower is a common thing and doesn't even hinder all activities anymore. Divorce does not only have an impact on those concerned (husband

and wife), but also involves children, especially those entering their teens (Ramadhani & Krisnani, 2019). Among them can cause children to be quiet and humble, excessively naughty, low academic achievement and feel lost. Although not in all cases, most have a negative impact on the mental development of children (M. Yusuf, 2014). In the divorce of these parents what is feared is that the child may experience behavior problems, namely adaptive malbehavior so that it can have an impact on personality in the next growth period (Jurnal & Family, 2023). Because children are the victims who are most injured when their parents decide to divorce. Children can feel fear of losing their father or mother, fear of losing the affection of their parents who now live at home (Mone, 2019).

The cause of the high number of divorces through contested divorce (khulu') is due to the improved understanding of a woman. Women are currently understanding more about the meaning of marriage and their rights, a good view of women's independence that can meet their needs, and so on. In essence, women's independence, level of education, friends and the surrounding environment and easy access to information that easily educates the public (Sholeh, 2021). According to (Santosa, 2006) psychological dynamics are facts or concepts leading to conditions of change especially to strengthen. So psychological dynamics are changes in human behavior due to certain causes. The word dynamics is also interpreted as a change that can cause unconscious behavior changes (Chaplin, 2009).

RESEARCH METHODOLOGY

The research method used in this research is descriptive qualitative research. the same as research that also uses qualitative methods (Asmita & Silvianetri, 2022). Qualitative research is research that intends to understand the phenomenon of what is experienced by research subjects, for example behavior, perceptions, motivations, actions, etc. Holistically, and by means of descriptions in the form of words and language, in a special natural context and by utilizing various scientific methods (Moleong, 2006; Irman, et.al., 2015). The method used in this qualitative research is semi-structured interviews with the parties to the divorce case. The reason for using this qualitative research method is to find out more deeply about the psychological condition of husband and wife. In qualitative research, the instrument is the main key in this research, namely the people who carry out the research themselves. In the validation process, those who carry out the validation are those who carry out the research themselves through self-evaluation of the extent of understanding of qualitative methods, mastery of theory and insight into the field under study, as well as readiness and preparation to enter the field (Sugiyono, 2018).

The data analysis technique used is reductionreduction (data reduction), *datadisplay* (data presentation), and *verification/* conclusion. Testing the validity of the data used in this study (Sugiyono, 2013) classifies triangulation into three types, namely source triangulation, time triangulation, and technical triangulation. And in this study

using source triangulation by re-checking the data that has been found through several sources to produce conclusions that must be agreed upon by several sources.

RESULT AND DISCUSSION

Based on the results of data analysis, there are several findings related to the psychological dynamics of the couple in divorce cases at the Bukittinggi Religious Court Class IB, namely:

1. Cognitive dynamics of couples in divorce cases at the Bukittinggi Religious Court Class IB

Before deciding to divorce, the respondent knew that divorce is separation, that husband and wife are no longer the same, among the many problems that occur, including economic problems, infidelity, insufficient income given by husband to wife, causing quarrels in the family. household, ranging from small problems to big problems. But there are also couples who decide to leave the house and go to their parents' house to calm down from the problems that are happening.

Couples know that the impact of the divorce they experience will affect their children. There are couples who feel that after a divorce they are no longer mentally depressed and their children are also not depressed anymore, because after 3 months of marriage the couple can accept them and their children well but after three months have passed they see that their partner can no longer accept their children even though it was not his biological child, before they got married they made an agreement that they would accept this child well. Seeing the couple's changed attitude, always scolding the children every time they come home from school, having never provided a living for the children, made him think that instead of living with such conditions it was better to decide to divorce, mentally the children were much better.

Furthermore, seeing the conditions they are currently experiencing, the couple is absolutely convinced that deciding to divorce is the best choice. And the couple also thinks that after a divorce their life is much better and in the future the couple is more focused on working to meet the school needs of their children.

According to (Bimo, 2010; Irman, et.al., 2021) cognitive dynamics is a component related to knowledge, views, and beliefs, which relate to a person's perception of the object of behavior or the event that is being experienced.

Based on the theory above, it is explained that the elements related to knowledge, views, and beliefs, which are related to how a person views the behavior or events that are being experienced. Meanwhile, based on the data found in the field, the couple thought that divorce was the best way out of the household problems they were experiencing, and they believed that after deciding to divorce, their life would be much better than before. However, they also know that the divorce they are experiencing will have an impact on their

children, but because the couple thinks that their household is no longer sustainable, so divorce is the only last resort.

The conclusion from cognitive dynamics is that after deciding to divorce, the couple believes that their life will be much better than before.

2. Couples' affective dynamics in divorce cases at the Bukittinggi Religious Court Class IB

Couples when they decide to divorce, some feel sad because they can't imagine how it feels for years to maintain the household and finally decide to divorce, and there are also couples who feel happy and relieved because they have been freed from the pressures that occurred in their household before deciding to divorce.

There is no feeling of regret in the couple but there are partners who feel guilty towards their children after deciding to divorce, because as a father one cannot be a good parent who can maintain the integrity of his household, what's more having a daughter who has very big responsibilities he replied as a father, and felt guilty because of what the fate of his children would be if his ex-wife chose to remarry. However, when viewed from the feelings of the children, there are children who feel happy/happy with their parents divorcing on the grounds that their parents don't feel pressured anymore and there are also children who feel sad when they see their parents divorce because surely the child will feel his life is incomplete without both. her parents.

However, the family will also be sad when they see their children getting divorced, but hearing the household problems experienced by their children, the family has also tried to reconcile the couple so that there is no divorce, but there is no peace effort from the couple. Families only want the best for their children and continue to provide the best support for their children.

According to (Bimo, 2010) affective dynamics are components related to feelings of pleasure or displeasure towards the object of behavior. That is an aspect related to one's emotions and feelings about what is experienced.

Based on the theory above, it is explained that the elements related to feelings of pleasure or displeasure with the object of behavior. That is an aspect related to how a person's emotions and feelings about what he is experiencing. Meanwhile, based on the data found in the field, the feelings of the couple when deciding to divorce

Based on the findings that researchers have found in the field, and in accordance with the theory of affective dynamics where divorced couples feel sad when they decide to divorce, on the other hand a person also feels free and relieved by deciding to divorce because a person already feels no longer mentally depressed. . There is no regret felt by the couple because both parties have agreed to divorce, but there is a sense of guilt for the child that arises in a person for not being able to maintain his family, someone also knows that the divorce he is doing will have an impact on the child. and someone also feels

guilty for choosing the wrong person to be a life partner because someone hopes to remarry so that they will have friends in their old age. Then the family will feel sad when they see their children getting divorced, but the family also does not blame the decisions made by their children, instead the family always provides support for the situation experienced by their children for the family, the most important thing is for the child's family to feel happy.

The conclusion from the affective dynamics of couples in divorce cases is that there are partners who feel sad and there are also those who feel happy/happy, but with the support of the family, the couple can accept and live the situation they are experiencing.

3. Couples' conative dynamics in divorce cases at the Bukittinggi Religious Court Class IB

After a divorce, someone no longer communicates with their ex-husband/wife because they no longer want to deal with their ex-husband/wife except for communicating about child development issues and when they meet someone they also don't avoid it, it's just that when they meet someone they just keep quiet and treat them like family. Furthermore, children are able to respond to the situation they are experiencing while still strengthening their parents by not blaming their parents for the situation they are going through, because children also want the best for their parents.

Then, when meeting someone's ex-husband/wife's family, it is a bit awkward because their status is no longer husband and wife, which makes it awkward for someone to meet the ex-husband's family, but someone will still try to establish friendly relations because even if they are divorced, the name of family relationship will not ever be broken up. With the changes in the environment that occur after a divorce, such as being a widow, in the view of the environment, it is always bad, but before a divorce, when a woman who has not officially divorced her husband when she leaves with another man, it is considered not good, even though it is only a friend and becomes the talk of the environment. and someone prefers to relax not really listen to bad comments about him.

According to (Bimo, 2010) conative dynamics is a component related to the tendency to act towards objects. This component shows the size of the tendency to behave and this component also shows how human behavior towards the surrounding environment.

Based on the theory above, it is explained that the components related to a person's tendency to act towards objects. This component shows how big or small a person's tendency to behave and this component also shows how human behavior is towards the surrounding environment. Based on the data found in the field that the pair is more.

Based on the explanation of the findings that researchers have encountered in the field on the conative dynamics of couples in divorce cases, after a divorce someone no longer communicates with their ex-husband/wife because they no

longer want to deal with ex-husbands/wives but when they meet someone they also don't avoid someone just being silent and treat you like family. Furthermore, children are able to respond to the situation they are experiencing while still strengthening their parents by not blaming their parents for the situation they are going through, because children also want the best for their parents. Then, when meeting someone's ex-husband/wife's family, it is a bit awkward because their status is no longer husband and wife, which makes it awkward for someone to meet their ex-husband's family, but someone will still try to establish a friendly relationship. With the environmental changes that occur after a divorce such as being a widow in the eyes of bad people, before a divorce when someone goes out with another man is considered not good and becomes the talk of the environment and someone prefers to relax and not listen too much to bad comments about him.

Based on the theory above, it is explained that after deciding to divorce a person prefers to be relaxed in responding to environmental changes, is awkward when meeting the ex-husband/wife's family, prefers not to communicate with ex-husband/wife anymore and when meeting ex-husband/wife someone just kept silent and chose not to dodge.

CONCLUSION

Based on the results of research related to the psychological dynamics of couples in divorce cases at the Bukittinggi Religious Court Class IB based on cognitive, affective and conative aspects.

1. Judging from the cognitive aspect, it was seen that from the beginning there were problems in the household and the family had tried to reconcile, in the end the couple decided to divorce because they believed that divorce was the best way and after the divorce their life would be much better than before.
2. Judging from the affective aspect, there are couples who feel happy when they decide to divorce and there are also couples who feel sad when they decide to divorce, but it is not easy for them to decide to divorce, there is a feeling of guilt that arises within them towards their children because they have failed to maintain the integrity of his family. However, with the support of their families, they were able to go through what they were going through.
3. Then seen from the conative aspect of the couple after the divorce, the couple is more relaxed in dealing with the changes that occur in their environment.

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