

PSYCHOLOGICAL DYNAMICS IN POST DIVORCE MEN (CASE STUDY IN KRADENAN VILLAGE, PURWOHARJO DISTRICT, BANYUWANGI REGENCY)

Miftahul Arifin^{1a} Rendi Kurniawan^{2b}

¹²Department of Education and Citizenship, PGRI University Banyuwangi

miftahularifin.uniba@gmail.com

djumalirendi@gmail.com

(*) Corresponding Author

miftahularifin.uniba@gmail.com

Abstract

Divorce is a very stressful event. In addition to having a bad impact on children, divorce can also have a big impact on the lives of married couples who experience it. Married couples who have divorced experience more psychological impacts or dynamics such as feeling sad, depressed, disappointed and so on. For most people, men may be synonymous with strong and tough figures in dealing with many things than women, including in dealing with post-divorce life. However, in reality this is not the case, both women and men can also feel the negative effects of a divorce. The purpose of this study is to find out how the psychological dynamics felt by a man after a divorce and what factors can influence it. This research was conducted to prove that not only women can experience negative psychological impacts or dynamics after divorce, but men who are actually considered stronger than women can also feel these psychological impacts or dynamics. This research is a type of qualitative case study research, data collection is carried out by in-depth interviews, observation and documentation techniques. The subjects in this study were male residents of Krajan Hamlet, Kradenan Village, Purwoharjo District, Banyuwangi Regency who had experienced a divorce as a key informant and one of the closest people as a supporting informant. The subjects in this study amounted to 4 people with details of 2 key informants and 2 supporting informants. The results of this study indicate that the 2 key informants in this study experienced negative or unpleasant psychological impacts or dynamics after their divorce, such as feeling sadness, disappointment, shock, shame, mental down, regret and frustration. The emergence of the impact or psychological dynamics is caused by several factors including the failure to realize expectations in the marriage, feeling cheated by the wife/partner, the feeling of unwillingness to divorce, not getting the trust of the wife/partner and worries about the children.

Keywords: *divorce; Man; Psychological Dynamics*

INTRODUCTION

Marriage is the existence of a legal relationship between a man and a woman by involving complementary sexual relationships so that they are able to know their respective duties (Duvall & Miller, in Sari, 2020 tth). Every human being who lives together in a marriage bond must desire that the family or household he fosters can run in harmony and always be blessed by God Almighty. The same thing as emphasized by Sulistyono according to the contents of Law No. 1 of 1974, that marriage is an inner and outer bond between a man and a woman as husband and wife with the aim of forming a happy and eternal family (household) based on the One Godhead (Matondang, 2014). : 142).

Gunarsa & Gunarsa state that a family can be called harmonious if all members of the family feel happy which is marked by reduced tension, disappointment, and a sense of satisfaction with all circumstances and self-existence (existence or self-actualization) which includes physical, mental, emotional and social aspects of the whole. family members (Nancy, 2013: 32). However, in reality, not

all families or households can create a harmonious atmosphere as most people imagine. Many households are not harmonious and their marital relations are not going well. If the marital relationship does not work well, the marriage can end in frustration or even divorce (Karney & Bradbury, in Andriani et al, 2018: 156).

Dagun stated that there are many factors that cause disputes in the family or household that end in divorce, these factors include: 1) economic problems; 2) age difference; 3) desire to have children; 4) issues of different life principles, as well as other factors, namely differences in emphasis and ways of educating children and the influence of social support from outsiders (Sari et al, 2015: 17).

Divorce is a fact that occurs between husband and wife due to various differences in principles that cannot be put together again through various ways that have been done. Each party maintains its own stand, desire and will without any attempt to give up in order to achieve the integrity of a family. Although religious teachings do not require divorce, in reality divorce still occurs in married couples who have been legally married, no matter whether they previously had a long enough marriage relationship or not, harmonious or not and married in a magnificent way or not. Divorce is considered to be the best way for married couples who are unable to face and resolve the household problems they are facing.

According to Kitson et al, divorce is the termination of a legal marriage relationship under applicable law and is considered one of the most stressful and traumatic events in the lives of individuals who experience it (Muhammad et al, 2019: 195). This divorce also means that they no longer live together under one roof and the interests of each individual are no longer a shared responsibility.

Divorce is a very stressful event. In addition to having a bad impact on children, divorce can also have a big impact on the lives of married couples who experience it. Married couples who have been divorced experience more psychological impacts such as feeling anxious, depressed, feeling angry, feeling incompetent, rejection and feeling lonely (Gahler, in Khumas, 2015: 190). Such psychological impact, of course, should not be allowed to continue, because in addition to disrupting survival, it is also possible that it will cause even worse impacts such as mental disorders and the emergence of suicidal ideation, both on the part of men and women.

For most people, men may be synonymous with strong and tough figures in dealing with many things than women, including in dealing with post-divorce life. However, that's not the case, according to research

published in the *Journal of Marriage and Family*, women tend to be stronger after a divorce than men. The study also stated that men tend to be happier when married than when they are single (Octavia, 2018: tth).

Divorce cases recorded in Banyuwangi Regency are quite high. Based on the explanation of the Deputy Chairperson of the Banyuwangi Religious Court, Mubarak, explaining in 2017 the number of cases handled by the Banyuwangi Religious Court reached 8000 cases and in 2018 there were 7,200 cases (Albab, 2019: tth). In 2019 divorce cases in Banyuwangi are also still high, which is at 7000 cases and experienced a slight increase in 2020 as many as 7034 cases. This figure is calculated from divorce cases at the Banyuwangi Religious Court (PA) Office (Sodiqin, 2021: tth).

The number of divorce cases in Banyuwangi Regency, of course, there will also be many people who will experience psychological effects after divorce, such as feeling depressed, traumatized, sad, hurt, disappointed, depressed and may experience mental disorders. It will not only have an impact on women, but will also have an impact on men who experience divorce. Based on data obtained from preliminary observations, several men who live their lives after divorce in one area in Banyuwangi Regency, namely in Krajan Hamlet, Kradenan Village, Purwoharjo District, it is known that post-divorce does seem to experience psychological effects or dynamics such as feeling sad, depressed and depression, especially in the early post-divorce period. This is evidenced by changes in the nature and behavior of individuals.

For example, A is an entrepreneur who has a food stall business. He has been blessed with a child in his marriage and it can be said that his household life is harmonious. But at one point there was a problem that made him have a big fight with his wife and resulted in a divorce. After the divorce, A experienced a drastic change in character and behavior, he became a more reserved person than usual. He also locks himself in his room more often than socializing with family, neighbors and friends. A's

divorce also affected his health condition. The incident lasted long enough for him to recover and lead a normal life.

The next example, B is a farmer, he married his wife in the relatively young age category. His life with his wife looks so harmonious and happy as most people expect when married. However, because there was a problem in his household, B and his wife decided to divorce even though their marriage age was not even 1 year. The divorce experienced by B has a negative impact on him, he looks so sad and becomes a more quiet person than usual. Even after the divorce he rarely left the house and gathered with his friends as he usually did. The impact of the divorce experienced by Person B did not last long, gradually B's condition gradually improved and was able to return to being a person as before.

Based on the explanations that have been presented, the description of the psychological dynamics that occur in post-divorce men needs to be studied and investigated more deeply so that it is clearer about the causative factors and what men feel after their divorce with their wives. This psychological dynamics is important and interesting to study because it will show a picture of how a man's life after his divorce with his wife is and how the man accepts himself with his new status and life. In this study, researchers focused on examining men who had experienced divorce in Krajan Hamlet, Kradenan Village, Purwoharjo District, Banyuwangi Regency with the aim of knowing the psychological dynamics of post-divorce men and to find out the factors causing these psychological dynamics.

Psychological Dynamics Understanding

Many experts have presented their respective explanations regarding psychological dynamics related to psychological aspects and certain phenomena. Walgito (2010: 26) explains that psychological dynamics is a force that occurs in humans that affects their mental or psychic abilities to experience development and changes in their daily behavior, both in their thoughts, feelings and actions.

Saptoto (2009: 132) defines psychological dynamics as the relationship between various psychological aspects that exist within a person with other factors that can influence it. According to Holloway et al, using the term psychological dynamics to explain the interrelationships of various psychological aspects that exist within a person in relation to community conditions (Alifah et al, 2015: 11).

Based on some of the above understanding of psychological dynamics, it can be concluded that psychological dynamics is a description of a person's psychological state or condition that has a cause and effect that gives rise to a behavior.

Aspects of Psychological Dynamics

Walgito explained that there are three aspects or components that shape and influence human behavior in everyday life related to psychological dynamics, namely (Nainggolan, 2019: 102):

1. Cognitive (perceptual) aspects
Cognitive (perceptual) components is a component related to a person's knowledge, views and beliefs about a particular object.
2. Aspects of affective (emotional)
The component of affective (emotional) is a component related to feeling happy or not happy with certain objects.
3. Conative aspect (*action component*)
Conative component (*action component*) is a component related to the tendency to act on certain objects.

These three components can function in harmony. However, it is often accompanied by conflicts that are not in line or mutually reinforcing, such as conflicts between thoughts (cognitive aspects), feelings (affective aspects) and wills (conative aspects). However, all three of them always contribute in every behavior, regardless of the size of the intended contribution.

Marriage

Definition of Marriage

Marriage is an inner and outer bond between a man and a woman as husband and wife to form a forever family based on the same beliefs and beliefs (Abbas et al, 2018: 204). According to Maya, marriage is the existence of a form of social pattern that is agreed upon by both parties (male and female)

so that they are able to form a legitimate family in the eyes of religion and law (Sari, 2020: tth). Hurlock gives the understanding that marriage or marriage is a union of the soul and body of two opposite sexes in a sacred and noble bond under the protection of law and religion (Lestari, 2015: 86).

According to Syaifuddin et al (2019: 1), according to the contents of article 1 of the Marriage Law number 1 of 1974 it is formulated that marriage is an inner and outer bond between a man and a woman as husband and wife with the aim of forming a happy and eternal family (household) based on Belief in the one and only God. Saleh further explained that the purpose of the inner and outer bond is not only physically bound or only mentally bound but must be bound to both (Humbertus, 2019: 105).

Based on some of the definitions above, it can be concluded that marriage or marriage is an inner and outer bond between a man and a woman as husband and wife with the aim of forming a legal family (household) relationship according to law and religion.

The Purpose of Marriage

According to article 1 of the Marriage Law number 1 of 1974 it is stated that the purpose of marriage is to form a happy and eternal family (household) based on the One Godhead (Syaifuddin et al, 2019: 1). According to Helmy, the purpose of marriage in addition to meeting the needs of human physical and spiritual life, is also to form a family and maintain and continue offspring in the world, prevent adultery, in order to create peace and tranquility for the soul concerned, namely the peace of the family and society (Bachtiar, 2004: 14).).

Meanwhile, according to Bachtiar (2004: 15), he divides the 5 (five) most basic goals of marriage, the first is to obtain legal offspring in society, by establishing a peaceful and orderly household. Second, regulate sexual potential. Third, keep yourself from actions that are prohibited by religion. Fourth, create a sense of mutual love between husband and wife. Fifth, cleanse the offspring that can only be obtained through marriage.

Thus, the purpose of marriage is not only limited to meeting human physiological and psychological needs, but also there must be a common goal between husband and wife to build and foster a harmonious and happy family (household). If one of the parties, both husband and wife, do not have the same goal of building and fostering a family (household) together, then it is possible that in the course of the household they will experience cracks and it is not impossible that it will lead to divorce.

Divorce

Definition of Divorce

According to article 38 of Law no. 1 of 1974 divorce is the termination of a marriage. So, divorce is the breaking of the inner and outer bond between husband and wife which results in the end of the family relationship (household) between the husband and wife. This divorce can only be carried out in front of the Court Session after the Court in question has tried and failed to reconcile the two parties (Syaifuddin et al, 2019: 18).

Divorce is the severance of the relationship between husband and wife caused by the failure of the husband or wife in carrying out their respective roles (Fachrina & Putra, 2013: 102). Divorce is understood as the end of marital instability or marriage between husband and wife who then live separately and are legally recognized under applicable law.

Based on some of the definitions above, it can be concluded that divorce is the breaking of an inner and outer bond between husband and wife which results in the end of the marriage/household relationship between husband and wife caused by the failure of the husband and wife in carrying out their respective roles and is officially recognized by law. applicable.

Factors Causing Divorce

Generally, divorce occurs because of certain factors that can encourage husbands and wives to decide to divorce. The factors referred to between husband and wife of course also differ from one another. Factors causing divorce include (Maimun & Arifin, 2018: 158): 1. Economic factors.

2. There is an affair committed by one of the partners.
3. There is disharmony in the family.
4. Incompatibility in the household.
5. The existence of a third party.
6. Early marriage.

Sulistiyawati said that there are several factors that can affect divorce, including (Oktary et al., 2014: 4):

1. Lack of mental readiness from both men and women.
2. Economic problems.
3. Lack of communication between husband and wife which causes the relationship to be tenuous.
4. There is interference from the family of the couple who enter into the marriage relationship.
5. Infidelity.

Stanley & Markman mentions that the factors that influence divorce are (Oktary et al, 2014: 8):

1. Having a personality tendency that is too reactive, defensive and tends to avoid problems.
2. The factor of both parents being divorced.
3. Having failed in a previous marriage.
4. Differences in belief or religion.
5. Doing early marriage, at the age of 18 or 19 years.
6. Time to get to know your partner is short.
7. Financial problems.
8. Negative communication style.
9. Poor ability to solve problems in the household.
10. Have a different attitude.
11. Commitment in relationships is low.

Based on the various factors described above, it can be concluded that the factors that caused divorce are many and various, not only from the internal lives of married couples but also external factors from each couple's family that can affect the course of the marriage. domestic life.

Impact of Divorce

A divorce will have a very complex impact on divorced married couples as well as on their offspring for those who already have children. Although divorce on the one hand can solve a household problem that is no longer possible to be resolved properly, divorce can also cause various negative impacts, including those related to a declining economy, individual and social relations between two divorced families are becoming weaker. harmonious or even damaged and the most important is the psychological impact that will be felt from the party who did the divorce.

According to Wiran & Sudarto, the impacts that will be caused by a divorce include (Wiyaswiyanti, 2008: 37-38):

1. There is a feeling of being excluded and lonely.
2. Feelings of pressure because they have to adjust to their new status as a widow/widower.
3. The emergence of child custody issues.
4. There is an economic problem, namely a drastic economic decline. According to Dariyo (2003: 168), individuals who have divorced both consciously and unconsciously will have a negative impact on themselves. The things that are felt as a result of the divorce include: 1. Trauma to the individual

One of the individual life partners who have tried really hard in carrying out married life and it turns out that it must end in divorce, what will be felt is sadness, deep disappointment, frustration, feeling uncomfortable, feeling uneasy and a sense of worry arises within.

2. Trauma to children

Children who are abandoned by divorced parents also feel the negative impact of the divorce. They will have a negative view of a marriage, they will be afraid to find a life partner, afraid to get married, because they feel overshadowed by worries if the divorce will happen to them.

3. Unstable life in work

After a divorce, individuals will feel the psychological impact of being unstable. This psychological instability is characterized by the emergence of feelings of discomfort, insecurity, anxiety, fear, worry and feelings of anger. As a result, physiologically, individuals who experience divorce cannot sleep peacefully and cannot concentrate on work so that it interferes with their work life.

Based on the explanation above, it can be seen that the impact of divorce is very complex. These impacts can not only affect divorced couples, but also their children for those who already have children. For divorced couples, both male and female, the feared impact of divorce is not only the economic impact

and status problems, but also the psychological impact that will be caused after the divorce, because when psychologically disturbed or even sick, it will automatically occur. interfere with and hinder their lives.

Men After Divorce

According to Kyle Morrison of the *Huffington Post*, Men who are going through a divorce are forced to lose their roles during this time. When married, a man has devoted himself to marriage. Take on the roles of a husband, a father, and the head of the family. Through these roles, men gain self-esteem and self-confidence. For this reason, when a divorce occurs, the man loses his role, especially the role as husband and head of the family which he fostered along with all the confidence he had so far. Men seem to be wasted without knowing their place and role in the next life. This then results in sadness, anger, anxiety, depression and other bad effects (Ananda, 2013: tth).

According to research conducted by Sarah K. McKenzie of the University of Otago, Wellington, New Zealand, the impact of divorce may have a greater impact on men. The reason is that men tend not to be interested in seeking emotional support from those around them. In addition, men are more at risk for depression, lack of social support and abuse certain substances. Other studies have found that men are more at risk for committing suicide than women (Novita, 2019: tth).

Based on these studies, it is illustrated that a man can also feel the bad effects of divorce, both psychological and physical. Psychological effects such as deep sadness, anxiety, depression and so on. According to a study from the *Journal of Men's Health*, divorced men are more prone to heart disease, high blood pressure, and stroke (Wulan, 2018: tth).

Research Theory

This study uses 4 research theories related to divorce cases, namely:

1. Social Penetration

Theory The *Social Penetration Theory* proposed by Altman & Taylor (in Kurniati, 2015: 30) reveals that the development of a relationship is a process, namely the change in the relationship from less intimate to more intimate (physically and emotionally). This theory also reveals that relationship development does not always become more intimate, but non-intimacy can also occur in a relationship caused by profit and loss factors that are taken into account in a relationship (Kurniati, 2015: 30). If someone considers the benefits received are greater, then the relationship will continue to a more intimate stage. On the other hand, if someone thinks that there is more to lose in a relationship, then there will be no intimacy in the relationship and it is not impossible that there will be a separation in the relationship.

As in marriage, if in a marriage there is happiness and a harmonious family (household) is formed, of course it will be an advantage for both parties, namely the husband and wife. The relationship in the marriage will also be more intimate every day. However, if the marriage has many problems, be it economic problems or differences in principle between husband and wife that can cause quarrels, of course it will be a loss for both husband and wife. If the problem or loss is getting bigger and continuous, it is not impossible that there will be a separation or divorce which will result in the end of a marital relationship.

2. Social Prejudice Theory

According to Ahmadi, social prejudice is a negative attitude shown by individuals or groups towards other individuals or groups (Adelina, 2017: 2). Prejudice is a phenomenon that can only be found in social life (Juditha, 2015: 95). A person cannot be prejudiced if he has never experienced social contact with other individuals. Prejudice has a heuristic function in the form of stereotypes (shortcuts), namely directly judging something without processing it in detail in the mind (cognition). The point is not to waste too much time and energy on something whose impact has already been known (Sarwono, in Juditha, 2015: 95). The problem is, often people are overly prejudiced so that people are no longer rational and end up making wrong decisions.

Prejudice is more likely to lead to something negative than positive. However, it is not impossible that there are good or positive prejudices. Between husband and wife must have

prejudice against each other, whether it's negative or positive prejudices. If the husband or wife has good prejudice and puts trust in their partner, it is likely that the marriage relationship will run harmoniously. However, if the husband or wife often has bad thoughts about their partner, it will cause problems in the marriage, such as increasing distrust of the partner and causing fights or conflicts that can lead to a divorce.

3. Conflict

Theory Conflict theory is a theory that views that social change does not occur through a process of adjusting values that bring about change, but occurs as a result of conflicts that result in compromises that are different from the original conditions (Raho, in Tualeka, 2017: 32). The existence of conflict in marriage will determine how the continuity of the marriage relationship. If the conflict can be resolved properly with a mutually agreed solution, of course, it will make the marriage relationship intact as usual and can become more harmonious because of the awareness of each partner to change for the better than before due to the conflict that has been faced.

Different things will be experienced by husband and wife if they continue to be in conflict without any solutions or compromises to resolve the conflict. If there is continuous conflict without a solution to the conflict, the worst possibility is that the marriage or household relationship that has been built will end in divorce.

4. Theory of Family Sacred Degradation

According to the Big Indonesian Dictionary, degradation is a decline, decline, decline, and so on (about quality, morals, rank, and so on), so it can be interpreted that the degradation of the sacredness of the family (household) is a decline or loss of values. Sacred values in married or family life. At this time a marriage does not guarantee to bring happiness, it can be seen from the number of divorce cases that exist.

The number of divorce cases can be used as an indicator that shows the degradation of sacred values in the family (household), where the family should be harmonious and full of happiness, but what happens is the opposite. The existence of a degradation of sacred values in the family (household) that can lead to divorce can be caused by several factors, these factors include the lack or breakdown of communication between family members, especially husband and wife, the existence of an egocentrism attitude owned by a husband or wife, economic problems, busyness problems, education problems, infidelity problems and being away from religion (Yurnalis, 2017: 100).

RESEARCH METHODS

This study uses a case study type and qualitative research approach. Creswell (in Pascayani, 2017: 79) suggests that the type of qualitative research is a research process that understands human or social problems by creating a comprehensive and complex picture presented in words, describing the data that has been obtained from information sources, and carried out in a setting natural

According to Arikunto (in Thahir & Firdaus, 2017: 50) a case study is an intensive, detailed and in-depth approach to certain symptoms or events. This case study approach is intended to describe the results of research and seek to find a comprehensive picture of a particular situation or case. The event that will be studied is a case that requires an in-depth study, namely to find out the psychological dynamics of post-divorce men.

The use of case study qualitative research methods is considered very suitable for this research, because researchers want to examine how the condition of the subject/informant naturally corresponds to the case or problem raised by the researcher, in this case the psychological dynamics of post-divorce men who will be able to answer the problem formulation. The purpose of this study is to get a comprehensive picture of the psychological dynamics of post-divorce men by digging up information from informants based on the experiences of the informants.

Data collection techniques in this study used in-depth interviews, observation and documentation techniques. Then the subjects of this study were 2 key informants and 2 supporting informants.

Determination of informants in this study using *purposive sampling technique*. *Purposive sampling* is a sampling technique for data sources with certain considerations or criteria (Sugiyono, 2016: 85). The key informants include 2 men who have experienced divorce and 1 family member or close friend each as supporting informants to strengthen the data obtained from key informants. Then for the research location in the Krajan Hamlet, Kradenan Village, Purwoharjo District, Banyuwangi Regency.

RESULTS AND DISCUSSION

Data Analysis

of Post-Divorce Psychological Dynamics

a. Factors Causing Divorce

Divorce is the end of the relationship between husband and wife from a marriage caused by a certain factor or reason (Lindawati, 2018: 34). Factors causing divorce can be caused by the husband or wife and do not rule out the possibility of being caused by other parties such as family and friends. Basically the factors that cause divorce are very unique and complex and each family is different from one another (Matondang, 2014: 143).

Many factors can cause divorce, including economic factors, responsibility, interference from third parties and harmony (Harjianto & Jannah, 2019: 35). Then according to Nasir (2012: 34), the factors that cause the end of the husband and wife bond such as the lack of maturity of the husband and wife, causing fights or conflicts, the economy, infidelity, families who are felt to be less supportive of family needs, frequent suspicions and misunderstandings of the thoughts of husband and wife as well as other factors. other social factors.

The factors causing the divorce experienced by the two informants in this study also varied and differed between key informant 1 and key informant 2. Based on the statements made by key informant 1 Ardian Tirtana and supporting informant 1 Sugiarto during the interview, it was found that the factors causing divorce in in the household of key informant 1 and his ex-wife is the presence of a third person or an indication of infidelity committed by his ex-wife, in addition to the economic demands of the ex-wife and former mother-in-law is also one of the factors causing the divorce.

Then for the factors causing divorce in the divorce case experienced by key informant 2 Hammam Perkasa, there were also several contributing factors, based on statements said by key informant 2 Hammam Perkasa and supporting informant 2 Khisom Dafiudin Ahmad, it is known that the factors causing divorce in the household key informant 2 is the frequent occurrence of quarrels or conflicts between key informant 2 and his ex-wife. In addition, the presence of parties who interfered in his household affairs was also one of the factors causing his divorce because it added to the conflict and clouded the atmosphere in his household.

Judging from the causative factors in the case of the divorce of the two key informants, it appears that there is no intimacy in the household of the two key informants due to various problems that make the relationship between the key informant and his ex-wife not good and ends in divorce. Whereas intimacy in marriage is a synergistic condition between husband and wife, with the creation of a harmony in the household which is characterized by mutual respect, mutual acceptance, mutual respect, mutual trust and mutual love between partners, so that they can carry out their respective roles with each other. full of attitude maturity, and can go through life with full effectiveness and inner satisfaction (Dewi & Sudhana, 2013: 24).

Not only feelings of mutual acceptance and love can affect intimacy and continuity in a household, but other things such as mutual trust between partners can also affect the intimacy and sustainability of the household itself. When between husband and wife there are feelings of lack of trust in each other and tend to have negative prejudices against their partners, it can trigger a conflict in the household. If the conflict that started with negative prejudice is not immediately resolved properly, then it is not impossible that the marriage relationship will end in divorce, as stated by Naqiyah in Oktary, et al (2014: 8) that bad prejudice against a partner is one of the factors cause of the rise of divorce cases.

In the divorce case of key informant 1 Ardian Tirtana, he is prejudiced and suspicious if his wife

is indicated to have an affair. Based on statements from key informant 1 Ardian Tirtana and supporting informant 1 Sugiarto at the time of the interview, that started with prejudice or suspicion from Ardian Tirtana which indicated his wife was having an affair, then there was a conflict or argument between Ardian Tirtana and his ex-wife, which one was from Ardian Tirtana's side. indicated that his ex-wife had an affair but the wife denied doing so and in the end the problem or conflict could not be resolved which later became one of the factors causing their divorce.

Meanwhile, for the divorce case of key informant 2 Hammam Perkasa, it was he who did not get the trust and was suspected by his ex-wife who believed more in other parties who interfered in her household affairs than against himself as a husband. Based on the statements of key informant 2 Hammam Perkasa and supporting informant 2 Khisom Dafiudin Ahmad at the time of the interview, it is known that due to lack of trust and tend to have negative prejudices towards the couple shown by the ex-wife of Hammam Perkasa can cause problems and conflicts between the two and lead to domestic relations their ladder was not good and in the end ended in divorce.

Judging from what has been experienced by the 2 key informants, divorce cannot be separated from the existence of a conflict in the household, starting from a conflict triggered by various things that determine the continuity of a marriage relationship. Actually, conflict can be a potential and provide positive change if it can be managed properly, but it can become a problem if the conflict cannot be managed and resolved properly (Wahab in Rosana, 2015: 217).

As experienced by the two key informants in this study, they are not able to resolve household conflicts and make it a potential to make positive changes in their household and eventually divorce as a resolution of the conflict. The existence of various problems or conflicts and the divorce shows a degradation or shift in values in a family or household (Sholikhah, 2020: 117). Married life should be harmonious and happy, but what happened to the two key informants was just the opposite.

b. Psychological Dynamics of Key Informants

According to Dariyo in Ismiati (2018: 3) divorce is an event that was not planned and desired by both individuals who are both bound in marriage. Although divorce on the one hand can be a solution to household problems that cannot be compromised between husband and wife, divorce can also cause various negative impacts for both the husband and wife (Barus, 2017: 25).

Specifically, the impact of divorce on husband and wife is more on the psychological side (Abror, 2019: 31). Psychological impacts are related to the presence of stimuli and responses that encourage a person to behave, so the psychological impact can be seen as a result of the stimulus and response acting on a person (Wiyaswiyanti in Permatasari et al, 2020: 130). After a divorce, individuals will feel psychological impacts such as sadness, disappointment, frustration, discomfort, insecurity, unhappy, stress, depression, fear, worry within the individual and so on (Humairah, 2016: 30).

The psychological impact or psychological dynamics felt after the divorce was also experienced by 2 key informants in this study. Based on what key informant 1 Ardian Tirtana and supporting informant 1 Sugiarto said during the interview, post-divorce Ardian Tirtana experienced psychological impacts or dynamics such as feeling sad, shocked, feeling disappointed, embarrassed, regretful and frustrated. In addition to the psychological impact, Ardian Tirtana also experienced a physical impact in the form of a decrease in body condition that looked thinner than before.

Likewise with key informant 1, key informant 2 also experienced psychological impacts or dynamics after divorce. From the results of interviews with key informants 2 Hammam Perkasa and Supporting Informants 2 Khisom Dafiudin

Ahmad regarding the psychological impact or dynamics felt by Hammam Perkasa after the divorce, it is known that Hammam Perkasa experienced psychological impacts such as feeling mentally *down*, feeling sad, shocked, disappointed and regretful. In addition, he also had difficulty eating for several days.

Based on what has been experienced by key informants, it proves that divorce can have various negative impacts on the parties concerned, not only from the wife or woman who experience negative impacts due to divorce, but the husband or man can also experience it even though in general men seen as stronger than women in dealing with various things, including divorce. As Kyle Morrison said, after divorce men go through various crises that are often underestimated by society, even by

themselves. Whereas in reality, everyone who experiences loss will definitely feel the time of grieving. This applies to everyone, both men and women (Ananda, 2013: tth).

Factors Causing Post-Divorce Psychological Dynamics

Divorce will have many impacts on couples, including psychological impacts that can interfere with mental health (Novita, 2019: tth). Post-divorce, individuals will feel the impact or unstable psychological dynamics. Psychological instability is characterized by feeling uncomfortable, uneasy, restless, restless, not peaceful, unhappy, feeling failed, blaming yourself, disappointed, sad, afraid, worried, angry and so on (Basyier in Humairah, 2016: 31).

The existence of the psychological impact or dynamics felt by the individual after the divorce, of course, does not appear immediately, of course there are factors that cause the psychological dynamics to appear. As in the case of the divorce of the 2 key informants in this study, there are reasons or factors why they may experience psychological dynamics after divorce. In the case of key informant 1 Ardian Tirtana, there is a reason why he can experience psychological effects or dynamics after the divorce. At the time of the interview he said that the factor that caused the psychological dynamics of post-divorce he felt was because the marriage he hoped for once in a lifetime could not be realized and instead ended in divorce, moreover the divorce occurred only about 7 months of marriage. In addition, his ex-wife who was indicated to have an affair also made him feel the psychological impact or dynamics after the divorce, moreover he had also done everything and fought for his ex-wife, but the results were in vain.

Key informant 2 Hammam Perkasa at the time of the interview also said the reasons or factors that caused him to feel the psychological impact or dynamics after the divorce. He said that the reason or factor that caused him to experience psychological dynamics after the divorce was because he did not want a divorce, but what happened was that the marriage he had longed for ended up in divorce which made him sad and his feelings crushed. In addition, the factor of his wife who believes more in others and worries about children also causes him to experience psychological effects or dynamics after the divorce.

Based on the results of interviews with key informant 1 Ardian Tirtana and key informant 2 Hammam Perkasa, it was known that the psychological dynamics felt after the divorce did not arise by itself, but there was a reason or contributing factor, such as not realizing expectations in a marriage, being cheated on by a partner, not wanting to get divorced, not getting the partner's trust and worries about their children, triggering various psychological impacts or dynamics that they feel after the divorce.

Discussion of Research Results

Based on the analysis of data that has been obtained from the field, namely the existence of a psychological dynamic felt after the divorce by the two key informants in this study, it can be formulated as follows:

First, the psychological dynamics after the divorce felt by the key informant 1 Ardian Tirtana and the key informant 2 Hammam Perkasa is inseparable because of a divorce itself. Each of the divorces experienced by the two key informants was caused by several problems that could not be resolved amicably by the two key informants and their ex-wives. Such as the problem in the divorce case of key informant 1 Ardian Tirtana which was caused by suspicions from Ardian Tirtana which indicated an affair by his ex-wife and economic demands from his ex-wife and mother-in-law, causing conflicts or quarrels between the two. Then in the case of divorce, key informant 2 Hammam Perkasa was caused by frequent fights or conflicts between Hammam Perkasa and his ex-wife and his ex-wife who believed more in the words of outside parties who interfered in their household problems and tended to think negatively of Hammam Perkasa over what he said. -the talk.

Because of the divorce, 2 key informants in this study experienced psychological dynamics after the divorce. As felt by key informant 1 Ardian Tirtana, he felt sad, shocked, disappointed, embarrassed, regretful and frustrated after his divorce from his ex-wife, besides that he also experienced changes in his body condition which looked thinner after the divorce. Then the psychological dynamics felt by key informant 2 Hammam Perkasa, he felt mentally down, felt sad, shocked, disappointed and regretful after his divorce from his ex-wife, besides that he also had difficulty or had no appetite for several days after the divorce.

Second, the post-divorce psychological dynamics experienced by the 2 key informants in this study emerged because there was a reason or factor that caused it, it didn't just appear after the divorce. Key informant 1 Ardian Tirtana was able to experience these psychological dynamics because the marriage he hoped for once in a lifetime did not materialize and ended in divorce which occurred only about 7 months after the divorce, another factor was because his ex-wife was indicated to be having an affair with another man, moreover he had fought for and did everything for the sake of his ex-wife so that after the divorce Ardian Tirtana experienced unpleasant psychological effects or dynamics. Then the reason or factor causing the emergence of post-divorce psychological dynamics in key informant 2 Hammam Perkasa is because the marriage he wants ends in divorce, even though he does not want the divorce to happen. Another factor was because his ex-wife trusted other people more than herself as a husband at that time, plus worries about her child were also the reason she was able to experience this psychological dynamic.

Research

Findings The findings of this first study, based on the factors causing the divorce of the 2 key informants in this study, illustrate that the divorce they experienced was caused by several key factors, including the absence of intimacy in the relationship, especially in the period before the divorce which was marked by the presence of various problems between the key informant and his wife, then the existence of negative prejudice against the couple that causes husband and wife quarrels, the conflicts that occur in the household that are triggered by various things and the degradation of the sacred in the family or the household itself which is characterized by disharmony. marital relationship caused by various problems or conflicts that cannot be resolved so divorce is the solution to the conflict. After the divorce experienced by 2 key informants in this study, they experienced unpleasant psychological impacts or dynamics such as feeling sadness, disappointment, shock, shame, mental *down*, regret and frustration.

Second, there is a reason or factor that causes the 2 key informants in this study to experience psychological impacts or dynamics after divorce. The 2 key informants in this study looked so sad and experienced unpleasant psychological dynamics after divorce because there was a reason or contributing factor, such as not realizing expectations in their marriage, feeling cheated on by their wife/partner, feeling unwilling to divorce themselves, not getting the wife's/partner's trust and concern for children.

This study also proves that not only the woman or the ex-wife can feel the psychological impact or dynamics after the divorce, but the man or the ex-husband can also feel the psychological impact or dynamics after the divorce, as has been experienced by 2 key informants. in this study, Ardian Tirtana and Hammam Perkasa.

CONCLUSION

Theoretical

conclusions The theoretical conclusion that can be drawn from this research is that the result of a divorce in a marital relationship will cause various psychological impacts or dynamics such as feeling sadness, disappointment, regret and so on caused by various reasons or factors such as not realizing expectations in marriage, betrayed by a partner and so on. The psychological impact or dynamics can be felt by both parties who are divorced, namely not only the woman or the ex-wife, but the man or ex-husband will also feel the psychological impact or dynamics after the divorce. This reinforces the opinion or theory previously put forward by Kyle Morrison of the *Huffington Post* (in Ananda, 2013: th), which suggests that after a man loses his role in a marriage relationship, a man will feel the effects such as sadness, anger, anxiety, depression and the impact of depression. other bad.

Practical Conclusions

Based on the results of the research and discussion that have been put forward, the practical conclusions that can be drawn in this study are that after the divorce experienced by 2 key informants Ardian Tirtana and Hammam Perkasa, they experienced unpleasant psychological impacts or dynamics such as feeling mentally *down*, sadness, disappointment, regret, shock, shame and frustration. The psychological dynamics of post-divorce arise because of a reason or factor that causes it, such as hope in marriage that does not materialize, feeling cheated by a partner, not wanting to divorce itself, not

getting the trust of a partner and worries about the mental condition of the child due to divorce.

Seeing this, of course, divorce is not a pleasant thing for those who experience it, for families or divorced parties, of course, they must immediately rise after the divorce by doing positive things that

can calm themselves down, such as gathering with relatives and parents to avoid the impact or psychological dynamics as experienced by 2 key informants in this study. To avoid a divorce, society or especially married couples should always try to maintain harmony in domestic relations and as much as possible avoid conflicts with partners to prevent a divorce. In addition to the efforts of the community or the married couple themselves, of course the government, especially the Ministry of Religion (Ministry of Religion) must also play a role in preventing a divorce, by holding a program such as a marriage guidance program aimed at couples who will get married by providing materials which is useful for family life or household

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