



Adolescent Emotional Maturity Amidst Parental Divorce

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Abstract. Divorce is a phenomenon that is increasing every year. Divorce which is carried out on a decision that has been agreed upon by both partners will of course have an impact on the psychological condition of adolescents, namely the development of their emotional maturity will be hampered. This study aims to find out how emotional maturity is described in adolescents who experience divorce, what aspects describe emotional maturity and what factors influence the emotional maturity of adolescents who experience parental divorce in Buaran Village. researchers used qualitative research methods with phenomenological research types. Respondents in this study were three teenagers who experienced divorce from their parents. Data collection techniques were carried out using structured interviews and non-participant observation. The results showed that the three respondents had difficulty controlling their emotions, as subjects tended to express their anger explosively.

Keywords - Emotional Maturity, Teenagers, Parents' Divorce

1 Introduction

Families are formed because of the sacred bond of marriage between a man and a woman. Family is a relationship that has been agreed upon to love and care for each other between husband, wife, and their children. [1]. So, a family can be formed if there is a pair of relationships that have been agreed upon in building a harmonious household. The role of family is very important for life because a person can learn, grow, develop into a better person. In addition, the most important role of the family for children is in emotional, physical, social, and spiritual development [2].[2]. One of the factors that has the most influence on children's social development is family integrity, which means an intact family is a family whose members are still complete, consisting of husband, wife, and children [3].[3].

In a family, problems often occur that can cause the family structure to be intact. It is said to be a good thing if the family is able to address and solve every problem well. Then, it will make the family stronger and stronger. Conversely, if you are unable to deal with a conflict in the family and are unable to control your emotions, it can be said that divorce is one of the solutions.[4]. The phenomenon of divorce that occurs in society has become a common phenomenon that even experiences a very drastic increase every year. From the high divorce rate, it can be said that children who are victims of divorce are also increasing. According to PA Sidoarjo spokesperson Akramudin, in 2022 it was seen that the divorce rate in Sidoarjo City had

increased by 192 divorce cases that entered PA Sidoarjo. And the party suing is more on the female side than the male.

Divorce is a family disintegration characterized by the separation of husband and wife which is usually caused by the presence of a third person, family financial conditions, and family irresponsibility.[5] So, it can be concluded that divorce is a family that is no longer harmonious like an intact, harmonious, peaceful, and prosperous family. The factors that cause divorce such as family financial conditions, social relationships, physical health [6].[6]. According to Law Number 1 of 1974 concerning marriage which is explained in Article 38 that "Marriage can break up due to death, divorce, and by court decision". Of the many factors that cause divorce that have been mentioned, it not only has an impact on the spouse or father and mother, but also has an impact on the psychological condition of adolescent children, one of the impacts that often occurs is on the emotional condition of adolescent children [7].[7].

Adolescence is a period of change between childhood and adulthood. So at this time the emotional conditions experienced by teenagers become unstable. In early adolescence, the emotional condition is still very sensitive, reactive, easily offended, angry, sad, and moody. Whereas in late adolescence, they have the ability to control their emotions. [8]. Changes in the emotional condition of adolescents can be influenced by several factors including from within themselves and the environment such as circumstances in the family that will have an impact on the emotional development they experience.

This period requires a lot of attention from the family. Because the emotional condition of teenagers tends to be unstable and easily influenced by negative associations. Teenagers who have an intact and harmonious family are likely to get love and affection from both parents in full.[5]. Conversely, if the conditions in the family are not harmonious until the separation between the two parents, it can be said that the emotional development experienced by the teenager will experience a problem or obstacle. So the emotional development experienced by teenagers whose parents are divorced is very different from teenagers who still have an intact family.[9].

Emotional maturity is a developmental task that is notoriously difficult but must be achieved by adolescents, but in the process of achievement it can usually be influenced by conditions in the environment such as family and peers.[10]. If the conditions in the adolescent's environment can be established harmoniously, get full attention, respect and be appreciated, trust, it can be said that the teenager has the expected emotional maturity. But on the contrary, teenagers do not get comfort, security, full attention and love from their families and surroundings, it can be said that teenagers will experience fear, anxiety, discomfort, depression, stress [11].[11]. Based on the above opinion that the factor that greatly influences emotional maturity in adolescents is how the conditions around the environment whether adolescents can achieve positive emotional maturity or experience an obstacle in achieving emotional maturity.

Most teenagers who are victims of their parents' divorce tend to experience difficulties in handling the emotions that occur in themselves. Such as children who often argue with their parents, feel that they are not given parental attention so that these teenagers often violate school rules, to plunge into promiscuity.[12]. Divorce is a social factor that greatly affects the emotional condition of teenagers compared to other factors. Adolescents who lack emotional control to adjust to the divorce of their parents are prone to depression, anxiety, anger, academic difficulties, eating disorders, promiscuity, and falling into illegal drugs [13]. [13]. Based on the above opinion, it can be concluded that divorce greatly affects the emotional condition of adolescents compared to other factors.

The emotional maturity of adolescent children is still fairly unstable. So that emotional maturity can increase or decrease. Emotional maturity can increase because teenagers are able

to accept the facts that have happened to them after the divorce of their parents, have patience and sincerity in facing trials, are able to adjust to their environment, are able to understand and manage their emotions, have self-motivation, are able to channel emotions into positive activities. on the other hand, teenagers who have decreased emotional maturity tend to find it difficult to control their emotions, are impatient in dealing with the problems that are happening. [14]. So it can be concluded that the emotional maturity of adolescent children who experience parental divorce can increase if the child is able to accept the reality of his or her situation, be patient, and sincere in dealing with problems, have self-motivation, be able to manage emotions, and vice versa there is a decrease in emotional maturity if the teenager cannot overcome emotions within himself, is impatient, and so on.

A person who has emotional maturity has the ability to see the situation that is happening before responding, deciding how to react to the situation.[15]. So it can be concluded that emotional maturity in adolescents is when the individual is able to control emotions within himself, be socially acceptable, use his critical abilities before responding, and can decide how to react to the situation. Emotional maturity is a form of achievement of a person's emotional condition that is able to recognize emotions within, manage, and express emotions properly. Emotions have a very important role to interact with others. However, in reality there are still many teenagers who still have difficulty in recognizing their emotions, causing many problems with their peers. One of the factors that can improve the emotional development of adolescent children is family factors, such as the closeness of the relationship between parents and children. where adolescent children get attention, love, a sense of comfort and security. it is natural that adolescent children always expect to get full affection from their families. therefore, it is hoped that the role of the family is to provide its functions appropriately for the development of adolescent children physically and psychologically. on the other hand, if these expectations are not carried out properly, there will be disappointment and sadness experienced by the adolescent child.[16].

Divorce greatly affects the condition of adolescent emotional maturity because teenagers cannot accept the reality that has happened to them which results in low self-confidence and is very different from adolescents who still have harmonious families. Teenagers who experience parental divorce are likely to be vulnerable to experiencing low self-confidence, being closed, less able to adapt to the surrounding environment, less able to manage their emotions, difficulty in dealing with problems that occur in their lives compared to adolescents who still have intact families. As researchers who have conducted interviews with the three subjects who experienced parental divorce have difficulty controlling their emotions such as getting angry and yelling at their friends who interfere in the classroom, upset when compared to their siblings. This is evidenced by the results of interviews conducted by researchers as follows:

"Yes, I was angry once, at that time my parents always compared me to my brother and that made me dislike and get very upset, until I didn't leave the room all day but the next day I wasn't angry. My anger was only for a moment" (FS.ME.I.7).

"I was once really angry and upset, because I was often bullied by friends while studying in class. At that time my friend didn't yell at me and told me to be quiet" (YA.ME.I.5).

"Yes, I was really upset. the reason was that at that time I didn't know anything, suddenly my friends shunned me even though I didn't feel like I had a problem with them. so at that time I just didn't reprimand them. there was also something that made me angry when I was bullied by my own friends, I just didn't yell at them right away" (A.ME.I.8).

Based on the results of interviews from the three subjects above, it can be concluded that they are less able to control their emotions as seen in the behavior that appears such as impatience, acting without thinking long, easily ignited emotions.

Someone who has emotional maturity will be able to reduce emotions so that they do not encourage aggression at school, be good at reading other people's feelings, and can maintain good relationships with their environment.[17]. The aspects of emotional maturity are explained that someone who has emotional maturity if the individual is able to express his emotions appropriately, is able to adjust to any situation, and accepts various characteristics of others, has a sense of empathy for the feelings of others, is able to overcome emotional problems appropriately, has the skills to establish social relationships between individuals. Therefore, when adolescents join the community, they hope to face the problems that occur and can show themselves with behavior in accordance with the rules and norms around them.[18].

The emotional maturity of adolescent children whose parents experience divorce is very interesting to study because it aims to describe the emotional maturity experienced by adolescent children who experience parental divorce. Divorce by both parents is a transitional period that is very difficult to adjust to the situation, from this adjustment adolescents will experience emotional changes due to the divorce of their parents. In addition, teenagers are required to accept the decision of both parents. from the events experienced by the subject, it can be seen that the emotional condition is not yet stable.

Based on the background of the problems described above, the researcher focuses on the emotional maturity of adolescents who experience parental divorce. While the sub-focus in this study is how the description of emotional maturity in adolescents whose parents experience divorce and what factors affect emotional maturity in adolescents whose parents experience divorce. The purpose to be achieved in this study is to determine the description of emotional maturity in adolescents whose parents experience divorce and the factors that influence emotional maturity in adolescents whose parents experience divorce. As for the benefits of this research, including the theoretical benefits with this, it is hoped that this research can provide benefits in the form of knowledge in psychology, especially clinical psychology and developmental psychology about emotional maturity in adolescents who experience parental divorce, then there are also practical benefits, namely it is hoped that from this research adolescents can accept reality sincerely and patiently for their parents' decisions and can understand and express emotions in a more appropriate way, The benefits for parents and society are that it is hoped that parents will always give their full attention and affection to their children even though they are no longer at home because attention is very important for emotional development in adolescents and society can provide a situation of comfort and safety for teenagers who are victims of divorce of their parents.

2 Methods

Researchers use qualitative methods with phenomenological research types. The *purposive sampling* technique is a technique for selecting respondents according to the required criteria[19]. The subjects used were adolescents who experienced parental divorce in buaran village, jabon sub-district, sidoarjo district totaling three people, these three subjects were adolescents who fit the predetermined characteristics. Researchers include a unit of analysis to clarify the research, namely adolescents whose parents experience divorce and an overview of adolescent emotional maturity . Researchers used data collection techniques in the form of structured interviews and non-participant observation. At this interview stage, the researcher will make details of the guidelines that have been prepared and carried out by direct question and answer to the respondent.

This interview has the aim of obtaining information from the respondent being studied and the researcher needs to listen and record what the respondent says. So in this structured interview as a method to find out how emotional maturity in adolescents who experience parental divorce. In addition, researchers use non-participant observation because of the observations made by researchers on the problems and behavior of the people they are researching with the aim of obtaining information. Researchers are not involved with daily activities and only as independent observers. In this study, researchers will observe, record, analyze, and make conclusions about the subject's behavior. Researchers also obtained data from searching for some literature and literature relevant to the problem to be studied (theories, concepts, news, etc.).[20].

Testing the validity of the data, researchers used a type of validity test in qualitative research, namely the credibility test. Researchers used triangulation of techniques and data sources. In this study, the source of information consisted of adolescents who experienced parental divorce. Meanwhile, the triangulation technique of researchers using structured interviews and non-participant observation of the report results. this is done to be able to answer the research focus expected by researchers, namely how the emotional maturity of adolescents whose parents experience divorce. In this study, researchers used data analysis techniques from Miles and Huberman who said that analyzing qualitative data is carried out actively and takes place continuously until completion There are steps to analyze with the analysis model from Miles and Huberman, consisting of *Data Reduction* Data reduction means summarizing, focusing, looking for main points, and organizing data so that a conclusion can be drawn.

Thus the data can obtain clear data and can make it easier to collect data and can search for data when needed by researchers. Researchers will reduce data related to emotional maturity in adolescents whose parents experience divorce to be categorized into each problem until the data obtained can be drawn conclusions. Second, *Data display* (Presentation of data) Presentation of data is a process of compiling information that allows conclusions to be drawn in research. Data presentation is usually designed to describe information that is systematic and easy to see and understand. Third, *Conclusion drawing/verification* at this stage is drawing conclusions and verification. The conclusions obtained by researchers are the results of the data findings obtained. With this, the researcher obtained a conclusion to be able to answer the formulation of the problem studied in this study. [21].

3 Results

In this study, the *setting was* taken with the interview stage of the subjects, totaling three adolescents who were victims of their parents' divorce. The implementation of this research was carried out from November 2021 to August 2022 until the preparation of this report in stages. Researchers conducted research in the city of Sidoarjo with a location that had been previously determined by the respondent and the researcher. The time used is effective time, namely before conducting research, the researcher determines in advance the research time with the research subject concerned.

This research process was carried out through several stages. The first stage, namely determining the subject according to the criteria needed and has been discussed in the previous chapter. Researchers want to provide an overview of how the emotional maturity of adolescents who experience parental divorce. which consists of three adolescents who experience parental divorce, and live in the Sidoarjo area, The second stage is the search for information about the

research subject. The researcher conducted interviews with the subjects one by one with the interview guidelines that the author had previously compiled, the third stage is writing interview transcripts conducted after the interview process by coding and analyzing the data, the fourth stage is preparing a research report. This research was conducted in Sidoarjo city. The research process was carried out at the subject's residence in Buaran village. where in the neighborhood where the subject lives there are several teenagers whose parents have experienced divorce. The research subjects were in accordance with the criteria determined by the author in the previous chapter, namely four adolescents who experienced parental divorce, aged 15-18 years who lived with one of their parents.

Subject I is a teenager with the name FS who is 16 years old, the first of two children who are still in high school (SMA). Subject II is a teenager by the name of YA who is 18 years old, the second of two children who are still in senior high school (SMA). Subject III is a teenager by the name of A who is 17 years old, the first of three children who are still in senior high school (SMA).

The following can be clarified from the results of the subject interview, the data obtained is related to the description of the emotional maturity of adolescents who experience parental divorce in Buaran village:

Emotional maturity is a condition where a person can understand emotions in himself, so that he can control anger and be able to express emotions appropriately so as not to harm other individuals around him.[22]. In respondent FS, data can be obtained that the subject is less able to control emotions in himself and tends to express his emotions in an explosive manner such as scolding the people around him who bother him. This can be proven by the results of interviews that have been conducted as follows:

"Yes, if a friend bullies me, I don't scold the child". (FS.ME.I.38) .

" Yes, if I'm sad, I cry, if I'm angry with people or friends, I don't yell, if not, I'm most moody and lazy to talk to anyone". (FS.ME.I.40) .

"Spontaneously, I didn't get angry at you". (FS.ME.I.48).

In respondent YA, the data obtained shows that the emotional maturity of the subject is less able to overcome the emotional problems he experiences, such as the subject when there is a problem with the people around him tends to avoid. This can be proven by the results of interviews that have been conducted as follows:

"Yes, I don't want to be compared with my brother". (YA.ME.I.32).

" Yes, I am definitely angry, sometimes I don't reprimand him directly so that he doesn't tease me anymore." (YA.ME.I.42) .

"If I'm sad, I cry, if I'm angry, I just don't want to talk". (YA.ME.I.44).

Meanwhile, in respondent A, the data obtained shows that the subject is less able to control his emotions, such as the subject will scold his friend who is bothering him by reprimanding him loudly. This can be proven by the results of interviews that have been conducted as follows:

"When I was shunned by my friends for no reason, that's what made me upset, what did I do wrong to be shunned" (A.ME.I.30).

"If you are really upset with people, you don't just avoid them, you don't want to talk anymore". (A.ME.I.34).

"If it's my own friends who mock me, it's okay, usually it's just a joke, but if it's other people, I will definitely not reprimand them and ask them what they mean by mocking me" (A.ME.I.42).

" If I get angry with someone, I don't reprimand the person." (A.ME.I.44)

Adapting is a condition where a person who has emotional maturity can socialize with a new environment, can accept the various traits and characters of others, and can deal with situations

that will occur.[22]. In respondent FS, it can be seen that the subject is less able to respond to situations in the surrounding environment such as the subject still waiting to be invited to chat first rather than starting a chat. This can be proven by the results of interviews that have been conducted as follows:

"If I usually wait to be invited to talk anyway mbak". (FS.B.II.4).

"Yes, I like it, I just have to answer when spoken to". (FS.B.II.6).

" Yes, because I was afraid and confused about starting a conversation." (FS.B.II.8) .

In respondent YA, it can be seen that the subject tends to be less able to adjust, such as the subject still feels nervous when meeting new people. This can be proven by the results of interviews that have been conducted as follows:

" Just stay quiet and wait for other people to chat first". (YA.B.II.4) .

"I was nervous, like I was uncomfortable". (YA.B.II.6).

Whereas in respondent A, the data obtained shows that the subject is less concerned with the situation around him and has difficulty starting interactions with new people. This can be proven by the results of interviews that have been conducted as follows:

" I'm embarrassed, it's like a strange feeling to meet new people". (A.B.II.6) .

"I just avoid it rather than being uncomfortable". (A.B.II.12).

Empathy is someone who has emotional maturity who is able to feel what other people feel, see things from other people's perspectives, and be able to respond to the situations they face.[22]. In respondent FS, it is known that the subject can understand what other people feel and can respond appropriately to the situation he is facing, such as the subject wanting to try to help his friend who is in need of his help. This can be proven by the results of interviews that have been conducted as follows:

" Yes, trying to calm him down so he won't be sad anymore." (FS.E.II.30) .

"I apologize, then I try to change the topic of conversation". (FS.E.II.34).

In respondent YA, it is known that the subject is able to understand the thoughts and feelings of others and is able to respond appropriately to the situation that is happening. This can be proven by the results of interviews that have been conducted as follows:

" Yes, I can help you as much as I can." (YA.E.II.14) .

"Sometimes I feel sad too, mbak". (YA.E.II.18).

"Just apologize and say I didn't mean to offend them". (YA.E.II.24).

Meanwhile, respondent A is known that the subject is able to understand what his friends experience and feel when telling him about his grievances. This can be proven by the results of interviews that have been conducted as follows:

"I won't help you". (A.E.II.14).

"It's normal, if a friend wants to tell me, I just don't listen". (A.E.II.18).

"Trying to calm down while listening to the story mbak". (A.E.II.20).

Coping is an individual who has emotional maturity can solve his emotional problems and is sensitive to the emotions felt by others and can express emotions well.[14]. In respondent FS, it can be seen that the subject is able to overcome the emotions that are being experienced by going somewhere to overcome his emotional problems and the subject is also sensitive to the emotions experienced by others. This can be proven by the results of interviews that have been conducted as follows:

"I try to find a way out of whatever the problem is even though it's sometimes really hard mbak". (FS.K.II.40).

"Go for a walk to the mall or to the cafe until the mood gets better again, mbak". (FS.K.II.42).

"Yes, I try to find a solution so that there is no conflict anymore". (FS.K.II.46).

In respondent YA, it can be seen that the subject is able to overcome his emotional problems by writing in a diary, the subject is also sensitive to the emotions of others and tries to solve the problems he faces. This can be proven by the results of interviews that have been conducted as follows:

"If there is a problem with someone else, I try to talk to the person concerned, but if it is a personal problem, I usually solve it myself while confiding in my diary what I am currently feeling". (YA.K.II.28).

"Staying in the room, sometimes also playing outside mbak". (YA.K.II.30).

" Yes, do not reprimand and then ask what is in question." (YA.K.II.34) .

Meanwhile, respondent A is known that the subject is less able to overcome his emotional problems with the situation that occurs, such as the subject scolding his friends when they have a problem. This can be proven by the results of interviews that have been conducted as follows:

"If I meet him, I just ignore him, but if he acts up, I don't get angry". (A.K.II.34).

"I don't avoid them, because I don't like friends who are bratty". (A.K.II.36).

Social skills are individuals who have good emotional maturity can socialize and establish closeness with other individuals and can see the needs needed by others.[14]. In respondent FS, the data obtained shows that the subject has the skills to establish a very close friendship, and is sensitive to the needs of others. This can be proven by the results of interviews that have been conducted as follows:

" Yes. I am more comfortable with my friends at home because they are friends from childhood". (FS.KS.II.52) .

"Yes, you often confide in each other to share your grievances and encourage each other". (FS.KS.II.58).

"Because they are friends from childhood so I just trust them". (FS.KS.II.60).

In respondent YA, the data obtained shows that the subject is able to establish closeness with his friends and display familiar behavior, caring about the needs of his friends. This can be proven by the results of interviews that have been conducted as follows:

"Yes, you have at home and at school". (YA.KS.II.38).

"We already know each other and are familiar too". (YA.KS.II.48).

"Tak help mbak". (YA.KS.II.50).

Meanwhile, for respondent A, data were obtained that the subject was able to establish social relationships between individuals, display familiar behavior, and be sensitive to the needs of others. This can be proven by the results of interviews that have been conducted as follows:

" Yes, it's fine. It's all comfortable." (A.KS.II.40) .

" Hanging out at the warkop playing games while chatting". (A.KS.II.42) .

"Yes, sometimes, but there are more jokes than personal problems". (A.KS.II.46).

"Because I already trust my friends". (A.KS.II.48).

"I help as much as I can mbak". (A.KS.II.50).

Based on the results of the interviews of the three subjects, it can be concluded that the subjects have different ages and the level of emotional maturity is also still unable to control appropriately and chooses to express it in an explosive manner such as yelling, slamming things around him to choose to fight when there is a problem with his friends. In addition, the three subjects also showed behavior that was less able to adapt to the surrounding environment such as not wanting to start a conversation first with new people, feeling confused and nervous when communicating with new people. However, the three subjects also still have a sense of empathy for the people around them and are sensitive to the needs of others.

4 Discussion

An adolescent is a person who is in a transitional period that connects childhood to early adulthood.[23]. *Adolescence* comes from the Latin word called *adolescere* (teenager) which means "growing into adulthood". which means a person who is in a transitional period that connects childhood to early adulthood with changes from mental, emotional, social, and physical maturity. Adolescents can be said to have reached emotional maturity if they do not express their emotions in front of others.[23]. in order to achieve emotional maturity, adolescents must be able to see situations that arouse emotional reactions by being open to the feelings they experience, discussing the various problems they are facing.[14]. So it can be concluded that emotional maturity is a state of individuals who can control their emotions appropriately, not being childish, being able to bring themselves in a more positive direction by being able to consider all situations and conditions.

The factors that influence the emotional maturity of adolescents include the age of individuals who experience age increases are expected to understand, control, and channel their emotions appropriately, physical changes and glandular emotional maturity of adolescents has increased because it is in line with physical changes in adolescents, gender hormonal differences in gender. Men consider themselves very masculine so they are less able to express their emotions than women, physical changes characterized by changes in certain parts of the posture of adolescents who are unbalanced cause problems in their emotional conditions, changes in patterns of interaction with parents towards children, changes in parenting patterns affect the emotional development of adolescents such as spoiling children, authoritarian, indifferent, loving and warmth, interaction with peers so adolescents like to build social relationships with their peers by forming groups, doing activities together, establishing intimacy with friends, the outside view of society towards the inconsistent role of adolescents. sometimes view female adolescents who have many male friends as naughty. Conversely, male adolescents who have many female friends are considered less macho[22]. From the description above, it can be concluded that the influencing factors do not come from within themselves such as: age, physique, gender, but there are also external factors such as: changes in the pattern of interaction between parents and children, peers, and the surrounding environment.

There are also several aspects of emotional maturity including controlling emotions so that a person is expected to have the ability to handle all kinds of emotions that are inside him and not express his emotions in front of others, adapting means that a person can adjust to the surrounding environment, willing to accept the nature and character of others, empathy means that individuals are able to understand what other people and themselves feel and can respond according to the conditions that are happening, coping is expected that individuals can handle various emotional problems in a good and acceptable way, establishing social relationships is expected that a person is able to build relationships with peers or other people, can see what people around him need.[22]. It can be concluded that individuals are said to be emotionally mature if individuals have self-control of emotions, empathy, adjust to the environment, and can establish social relationships to deal with a problem according to the situation and conditions being faced.

Emotional maturity in adolescents whose parents experience divorce describes different forms of emotional maturity shown in the three subjects. in order to achieve emotional maturity, adolescents must be able to see situations that arouse emotional reactions by being open to the feelings they experience, discussing various problems they are facing. As with the three subjects in this study who are adolescents who experience parental divorce in Buaran village consisting of two women and one man. Based on the results of the analysis that has been carried out, the

three subjects have differences in age, gender, physique, parents' interactions with children, interactions with peers, changes in outside views (society). As growth and development go through, the three subjects have their own way of understanding emotions. Thus the emotional maturity formed in the three subjects is not the same as other teenagers.

Emotional maturity, where at the end of adolescence can control their anger well and can express emotions in an acceptable way such as controlling emotions means that adolescents who have emotional maturity do not easily vent their anger, express emotions appropriately, and do not harm others around them. Subjects I, II, and III seem less able to control their emotions and prefer to express their emotions explosively. Second, adaptability means that teenagers are able to adjust to the surrounding environment, accept the various traits and characters of others, and are able to deal with any situation. Subjects I, II, and III are less concerned with their surroundings and have difficulty initiating interactions such as not wanting to start a conversation with new people they know because they are shy and afraid. Third, empathy means that emotionally mature teenagers can feel the feelings of others and can provide the right response according to the situation that occurs. Subjects I, II, and III show empathetic behavior towards others and are able to feel the emotions experienced by people in the surrounding environment such as subjects who always help their friends in any condition. Fourth, coping means that teenagers experiencing emotional maturity can solve the emotional problems they experience. Subjects I, II, and III were able to overcome the emotional problems they felt by writing in a diary, telling their problems to friends, looking for an atmosphere to restore moody. Fifth, social skills mean that emotionally mature teenagers are able to establish social relationships between individuals, sensitive to the needs of others. The three subjects were able to establish intimacy and closeness with their peers and were able to respond to the needs needed by their friends.

Factors that affect emotional maturity in adolescents are age, physical changes, gender, interaction between parents and children, interaction with peers, and changes in external views. The factors that influence emotional maturity include: age means that as individuals get older, they are expected to be able to master, control, and channel their emotions appropriately.[24]. Subjects I, II, and III are less able to control their emotions and choose to scold their friends when they have problems with them, Physical changes mean that there is a very rapid physical growth of adolescent body posture which results in imbalance. This imbalance is not all adolescents are able to accept the condition of their bodies, which often causes problems in their emotional development.[25]. In the three subjects, they once felt insecure about their body condition but over time they could also understand the changes in themselves and be more grateful, Gender means that the masculine hormones of male adolescents will form an attitude of masculinity. Therefore, men tend not to be able to express and express their emotions like adolescent girls do. Subjects I, II, and III were able to express their emotions such as sadness, crying, irritation.

In addition, the factors that influence adolescent emotional maturity consist of: Changes in the pattern of interaction between parents and children means that changes in the pattern of interaction applied by parents to children vary, some are authoritarian, indifferent, pampering children, some are loving from these differences that affect the emotional development of adolescents. Changes in patterns of interaction with peers mean that teenagers often build closeness with their peers by gathering, doing activities together, and forming a group or gang. In the three subjects, it can be seen that their relationship with their friends is very good and they always do activities together both at home and at school, Changes in external views mean that the attitude of society towards adolescents is unstable. Society considers them like adults who are able to carry out roles and choose freedom. However, sometimes society considers them

like children who cannot carry out roles like adults, causing resentment in adolescents. In the three subjects, they have the freedom to choose to be friends with anyone, because they consider that being friends with anyone is fine.

5 Conclusion

Based on the results of a study entitled Emotional Maturity of Adolescents Experiencing Divorce of Parents in Buaran Village, it can be concluded that emotional maturity in adolescents whose parents experience divorce in Buaran village can bring up each aspect of emotional maturity including: The emotional maturity of adolescents whose parents experience divorce in Buaran village shows that the three subjects are less able to control their emotions appropriately. Subjects tend to express their emotions explosively such as scolding and yelling at their friends spontaneously.

Factors that affect emotional maturity in adolescents who experience parental divorce are age, gender, physical, parent-child interaction, interaction with peers, changes in external views (society) about adolescents. The increasing age affects emotional maturity because of physiological growth and development, gender differences also greatly affect emotional maturity due to hormonal differences between men and women, patterns of interaction between parents and children affect emotional maturity because the more parents give their full attention and love to children, the greater the influence in shaping adolescent emotional maturity will be better. then interaction with peers and changes in outside views (society) about themselves that make teenagers feel comfortable, safe, free, in establishing social relationships around them.

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