



Is Crisis Counseling Effective for Overcoming Divorce Psychological Trauma For Former Wife Couples ?

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Abstract

Divorce has the impact of psychological trauma which is felt directly by the former husband and wife, because they have failed to maintain the integrity of their marital relationship. Prolonged psychological trauma will have a negative impact on ex-husbands and wives, including depression and even suicide. Therefore, professional treatment is needed to resolve psychological trauma problems for married couples after divorce. This research is a qualitative study that seeks to understand crisis counseling to overcome post-divorce psychological trauma for former husband and wife couples. The data collection technique uses structured interviews. The research involved 2 subjects who were former husband and wife couples. The research results showed that crisis counseling was able to encourage ex-husband and wife subjects to overcome psychological trauma, face the realities of life and take on a responsible role as parents towards biological children born previously.

Keywords: crisis counseling, psychological trauma, post-divorce, former wife couples.

Introduction

Divorce has become a complicated problem in society, because the psychological impact of divorce is felt for a long time by former husband and wife, children and the surrounding community (Azizah, 2017; Barus, 2017; Gunawan, 2014; Walidah, 2014). Divorce is a problem of the failure of a husband and wife to maintain the marriage bond that was previously officially established through the Office of Religious Affairs (KUA) or the Civil Registry Office. Marriages of Muslim couples are registered through the KUA; while non-Muslim marriages (Christian, Catholic, Hindu, Buddhist or Confucian) are recorded through the Civil Registry Office (Wasian, 2010). Divorce is the end of a marriage agreement. A marriage that had been built with great difficulty

suddenly ended in divorce. All the efforts they had made in vain while they were still bound by marriage were in vain and now they have no ties whatsoever. Their status is separated and they do not have any rights or obligations in their domestic life, except being responsible for their biological children who need to be looked after until they are independent (Gunawan, 2014; Toni, 2018).

Before an official divorce occurs, a marriage is marked by various complicated household problems that need to be resolved by the husband and wife, such as economic problems, infidelity, domestic violence (Saidiyah & Yulianto, 2016; Barus, 2017; Mohamadian, Rezael, & Kordzanganeh, 2024). There are husband and wife couples who have managed to resolve household problems well and their families remain intact (Atabik, 2015). However, there are also married couples who fail to resolve any household problems, so they decide to divorce. They choose their own path in life (Azizah, 2017; Humairah, 2016; Kabalmay, 2015; Fitrah, 2017; Yuliaji, 2018; Zurohtunisa, 2018).

Likewise, children of divorce victims who were born before while they were still officially married, ultimately the children have to choose whether to follow their father or mother. They have to choose one of their parents, namely their father or mother (Gunawan, 2014). It is no longer possible for them to live together with their parents. Because both parents have agreed to end their marriage. In general, children who are victims of divorce prefer to follow their mother, rather than their father. The reason is that a father who has divorced from his wife is likely to remarry (remarried) with a new wife (Suhadi, 2012). Likewise, new wives, in general, do not have the same affection as their biological mother, so that children of divorce victims prefer their biological mother to their stepmother.

The psychological impact of divorce is felt as a crisis condition experienced by ex-husband and wife, children and both parents of ex-husband and wife (Azizah, 2017; Barus, 2017; Gunawan, 2014; Humairah, 2016; Walidah, 2014; Sarmadi & Khodakbakshi-Koolalee, 2023).). They experience psychological trauma, namely a condition of psychological imbalance which includes cognitive, affective and conative, making them unable to carry out daily activities (Aprianti, 2023). Cognitively, confused thoughts appear, unable to concentrate and can hinder one's personal life. Affectively, feelings of disappointment, hurt, frustration, sadness, confusion, stress, anxiety, worry arise in his heart (Ramadhan, Ginanjar, & Djuwita, 2024). Conatively, they are trapped in a situation of depression, uncertainty, confusion and they are helpless. Some of them even end up making the decision to commit suicide (Durkheim, 2011; National Center

for Injury Prevention and Control, 2015; Klonsky, May & Saffer, 2016; Valentina & Helmi, 2016; Wray, Colen & Pescosolido, 2011).

In this crisis condition, the former husband and wife need to be aware of their existence. They experience psychological trauma and need to receive professional treatment from a counselor to help deal with their psychological trauma problems (Dariyo, 2005; Ulfatmi, 2015; Aprianti, 2023). Next, it is necessary to formulate the problem of whether crisis counseling is effective for dealing with post-divorce psychological trauma for ex-husband and wife?

Method

This research uses a qualitative approach. The characteristics of the research respondents were former husband and wife who previously divorced in a religious court. Male and Female, age range 29-40 years. Muslim. The number of subjects in this research was 2 people. The sampling technique was purposive sampling technique, which was based on the respondent's criteria.

Tabel 1. Research Respondent Description

Subject	Age	Sex	Religion	Education	Work	The result of E and I's marriage
E	40	Male	Moslem	Secondary School	Private Employee	Boy (5 years)
I	29	Female	Moslem	Vocation School	IRT	Idem

Data collection techniques are interviews, observation and documentation. Interview activities were carried out in a structured manner in the context of crisis counseling activities. A structured interview is an interview that is conducted sequentially based on an interview guide where the questions have been prepared previously. In general, the structure of the interview includes the reasons for divorce, the psychological impact of divorce and practical steps at the age of undergoing divorce. Before undergoing counseling, they were asked to fill out an informed consent as proof of their willingness to become sources for data in this research.

They as counselees are asked to be willing to attend a minimum of 3 counseling sessions. Counseling session 1 includes opening and exploring the root of the client's problem. Counseling session 2 covers strategies, techniques and approaches to problem solving. Counseling session 3 includes knowing feedback from the counselee regarding previous and closing problem solving.

Crisis counseling activities are carried out separately. The counselor as a researcher conducts counseling with subject E. After completion, the counselor conducts counseling with subject I. Counseling activities are carried out in a comfortable room with cool air (air conditioning). The counseling room is glassed and transparent so that other people can see it, but the room is soundproof so that it is not disturbed by outside noises.

Literature Review

Psychological Trauma

Divorce is a legal event that has consequences that must be accepted by both parties, both husband and wife must be able to accept it. The psychological impact felt by a husband and/or wife is psychological trauma. A person can feel satisfied, relieved and happy because their life's burdens have been resolved well. However, it could also be that someone actually suffers so that they experience psychological trauma. Psychological trauma is a psychological imbalance that includes cognitive, affective and conative aspects felt by a former husband and wife. Cognitively, those with psychological trauma are characterized by difficulty concentrating, confused thoughts. Affectively, they feel restless, agitated, anxious, worried, uneasy, irritable, offended. Conatively, they cannot sleep well, have nightmares, have no appetite, and so on (Zurohtunisa, 2019).

Psychological trauma is felt by a husband and wife after they receive an official divorce decision issued by a religious court. Each individual has received a permanent decision letter regarding their status that they are no longer husband and wife, and now the man is a widower and the woman is a widow. Biological children have the opportunity to choose their biological father or mother. Children also decide to choose their biological mother, rather than choosing their biological father (Aprianti, 2023).

Crisis Counseling

Crisis counseling is a counseling activity carried out by a professional counselor to help clients deal with their life problems as best as possible. The counselee is facing a psychological crisis situation which is causing imbalance in his life. Counselees experience psychological trauma as severe pressure that makes them feel depressed. One indication of depression is that thoughts, ideas or thoughts of suicide appear. In certain extreme cases, those who experience depression drive them to attempt suicide, and end in death (Wahyuni et al, 2024).

Crisis counseling is needed to help the counselee so that he can rise from the downturn in his life. Crisis counseling is needed by clients so that they are able to appreciate their life problems and have the courage to face the realities of life. Therefore, crisis counseling is carried out as soon as possible to prevent the client's suicide attempt or act. A professional counselor must be friendly and humble with everyone, including the counselee he is helping. While carrying out counseling duties, counselors adhere to the professional code of ethics for counselors and maintain the confidentiality of clients' life problems (Azizah, 2017).

Table 2. Description of the Behavior of Couples E and I During the Marriage Period Before Divorce

Subject	E' Behavior	Reaction of I	Information
	Slapping, hitting, kicking (physical domestic violence)	Report to the RT head Check with a doctor (visum) Report to the police	The RT head took him to the doctor and the police
	Domestic violence-financial - No salary	Working as a Household Assistant	
	Cheating and having an unregistered marriage with another woman	File a lawsuit for divorce at the religious court.	The petition for divorce was granted and divorced.

Result

Reasons for Divorce

According to Karom (2014); Fitra (2017); Kabalmay (2015), Suhadi (2012); Radetzki, Deleurme & Rogers (2021) stated that there are several factors that trigger a husband or wife to file a divorce suit in a religious court, namely economic (financial) factors, infidelity, domestic violence. The life of a husband and wife will remain stable in a family, if the family's economic needs are well met. However, the relationship between a husband and wife in family life will be shaken, if the economic needs are not well met. Problems of infidelity and domestic violence are also problems that are often difficult for married couples to forgive. A husband does not want his wife to have an affair, or conversely a wife clearly does not want to accept that her husband is having an affair with another woman. Likewise, the problem of domestic violence (KDRT) cannot be accepted by anyone, so this is the cause of divorce. Often domestic violence is

committed by a husband against his wife. Physical domestic violence such as slapping, hitting, kicking or banging your head against a wall. Verbal domestic violence is domestic violence committed by someone by uttering dirty words, insults, curses, swearing, threats and so on.

In this research, the main reason subject I filed for divorce was because of verbal and physical domestic violence committed by E. So far, E's behavior is that of a man who is unable to control his emotions. Every time E communicates with I, E is unable to control his emotions, if I ask basic questions. For example, why is spending money decreasing, even though the husband's salary has increased (increased) by the company where he works. Apart from that, why does E rarely come home, even though E is on holiday from work. These things trigger and stimulate E's emotions. Subject E often gets angry and commits acts of physical violence by hitting, slapping or kicking his wife. Even household items were broken into pieces (such as plates, bowls, cupboard glass, window glass) thrown by E, if E was venting his anger. Apart from that, subject I argued that he was suing E for divorce because of E's extramarital affair. Subject E had a mistress outside the home. While working, E was still having an affair with another woman, even though E was already legally married and had a child. The reduction in family spending money was apparently caused by dividing E's salary between his wife and another mistress. In fact, E has had an unregistered marriage with this woman and lives with the unregistered wife.

Crisis Counseling to Accept and Face Reality

Reality counseling will be able to increase (develop) awareness to face the realities of life (Fitzgerald, 2011). Reality counseling will also be able to foster self-esteem that they are people who are able to respect their personal lives, so that they can face the realities of life well (Rahman, 2015). With this view, the concept of reality counseling can be applied in crisis counseling. Crisis counseling attempts to direct the subjects (E and I) to understand and accept the reality between them. That they have agreed to file for divorce and it has been officially decided by the religious court. They have also obtained the divorce decree.

Based on this decision, subject E and subject I are no longer husband and wife. They are no longer married. They have changed their status. Previously they were husband and wife, but now they hold the title of widower for subject E and widow for subject I. The status of widower or widow gives each individual the right to make the next choice (decision). One of them, they have the right to look for another life partner and build a new family.

During counseling, a counselor pays attention to what the client desires, both subject E and subject I. However, a counselor still pays attention to the norms, rules and professional ethics that clients E and I have become independent, free individuals and have the right to determine their fate in life in the future. . In this case, counselors continue to encourage clients to take a responsible attitude in deciding their life choices. They can live alone and not remarry, and take care of their children. However, they are also allowed to look for another life partner and remarry. It's all a personal choice.

Table 3. Description of the Psychological Condition of Subjects E and I Pre-counseling and Post-Counseling

	Aspects	Pre-Crisis Counseling.	Post-Crisis-Counseling	Information
Subject I	Cognitive	Difficulty concentrating, confused thoughts.	Peace of mind.	Effective
	Affective	Anxious, Afraid, Worried about the future.	Be calm in facing the future, be patient.	Effective
	Conative	Difficulty sleeping, nightmares, low appetite.	Sleep soundly, Normal appetite.	Effective.
Subject E	Cognitive	Confused thoughts, Difficulty Concentrating.	Calm mind, Relax.	Effective.
	Affective	Easily angry, offended.	Be patient, accept what is.	Effective
	Conative	Profanity, cursing.	Refrain, Self-control.	Effective

Crisis Counseling to Build Responsibility as a Parent

The concept of crisis counseling utilizes the concept of reality therapy proposed by William Glasser (in Fitzgerald, 2011). Reality therapy emphasizes the aspect of responsibility for clients to face the realities of life (Fitzgerald, 2011; Alfiah & Haniman, n.d.). Therefore, crisis counseling has an important goal to be realized in the client, namely building a sense of responsibility as a parent (Fitzgerald, 2011; Sarmadi & Khodakbakshi-Koolalee, 2023). Therefore, professional counselors place great emphasis on clients being able to develop a new sense of responsibility. After they are no longer husband and wife, they still have the responsibility to care for, develop and educate the children they had during their previous marriage. Children who were born during their marriage remain the joint responsibility of subject E and subject I. It is impossible for them to relinquish this responsibility. Whether they like it or not, they are consciously

or unconsciously aware that they are obliged to accept and carry out their responsibilities as parents towards children born previously.

If subject E earns a salary from the results of his work, then E is obliged to set aside part of his salary for the costs of care, maintenance and education for his child in order to create a better future. These responsibilities must be carried out while the child is still in the care of his parents, especially his biological mother. The money given by subject E was solely as a concrete form of subject E's love for his biological child. Likewise, subject I received money from subject E with the aim of using it for the care, development and education of his biological child. If the child is an adult, independent and able to take responsibility for his own life, then the parents can complete their responsibilities and the responsibility will be borne by the child himself.

Crisis Counseling for Taking on a New Role After Divorce

After the divorce has been officially decided by the religious court, the husband and wife have a new status. They are no longer a legal husband and wife couple, but now they have returned to being free individuals and have no marital ties with any party. Each individual has the right to determine their own future, without feeling worried about being prohibited, inhibited or hindered by any party, including former partners (Ihwanudin, 2016). Apart from that, those who divorce still pay attention to their duties and responsibilities as parents who pay attention to their children's lives (Akbar, 2015).

The status of subject E and subject I are no longer husband and wife, but they are widowers and widows. Apparently for subject E it was easy to carry out his role as a widower, because he immediately looked for a new wife and immediately remarried, although in a serial marriage. It was proven that before the divorce, subject E was having an affair with a widow with 3 children. In fact, subject E was already in an unregistered marriage with the widow.

Meanwhile, for subject I, being a widow at such a young age was enough to shock him, surprise him and make him unexpected. Subject I needs to accept the reality of her status as a young widow with one child. Even though subject E provides money for the care of her child, subject I is not completely dependent on her ex-husband. Subject I was aware that subject E did not routinely give money for his child's care, in fact subject E often did not send any money at all. Therefore, Subject I is obliged to adapt by looking for work to earn money to care for his child.

Subject I has a vocational school education and he has worked on the basis of that educational diploma. Now, subject I needs to use his diploma to look for a new job.

Meanwhile, subject I works, so his child can be entrusted to his grandmother. Her grandmother can care for, supervise and guide her grandchildren well. It was not difficult for subject I to return to work in order to maintain the life of his biological child so that he would have a better future. Apart from that, subject I is relatively young, namely 28 years old. She still has the opportunity and the right to remarry another responsible man. Subject I needs to convince himself that he still has the opportunity to build a married life. Subject I needs to be careful and selective in choosing a man who will be her future husband. This man is a man who is willing to accept subject I as he is. That subject I is a widow with a child. Divorcee lives. If the man is willing to accept subject I as he is, then subject I is ready to build a new household. If the man is not willing to accept condition I as it is, then subject I does not need to decide to remarry.

Table 4. Psychological Description During the Pre-counseling, Counseling and Post-counseling Process for Subjects I and E

	Aspect	Pra-Counseling	Crisis Counseling	Post-Counseling
Subject I	Cognitive	It's hard to believe the reality of life	V	A calm and self-aware mind has divorced from her husband
	Affective	The role of responsibility towards children	V	Learn to work and be responsible for the care of biological children
	Conative	It's hard to believe the reality of life	V	Accept yourself as you are as a widow
Subject E	Cognitive	My mind is confused, I can't concentrate on work	V	Calm mind, relaxed and focused on work
	Affective	Easily angered, Offended	V	Be patient, accept what is
	Conative	Profanity, cursing,	V	Be able to restrain yourself

Discussion

The results of this research show that divorce causes psychological trauma experienced by former husband and wife couples. The psychological trauma of ex-husband and wife must be dealt with as quickly as possible so that they can live a normal life as before (Aprianti, 2023). They also realize that the problem of psychological trauma needs to be resolved immediately with the help of a professional counselor. They are willing to take part in a crisis counseling program of at least 3 sessions, namely a problem identification and deepening session, a problem handling session, and a feedback session to determine the effectiveness of crisis counseling. The results experienced by counselees E and I felt relieved, satisfied and happy while they underwent crisis counseling. In line with research results which state that crisis counseling carried out professionally will be able to provide positive changes in thought patterns, attitudes and actions according to community social norms (Apaydın & Çakır-Çelebi, 2023).

Counselees E and I can carry out catharsis, namely expressing all their life experiences while undergoing counseling activities. They dare to be open to reveal the realities of life they experience (Scheff, 2007). They feel comfortable, calm and confident because their lives are paid careful attention to by the counselor. They also feel happy to get input, suggestions and practical advice from counselors. Of course, they are also expected to obey the counselor's suggestions. When they returned for follow-up counseling, they were enthusiastic about participating in every professional counseling session, because they felt the counseling was useful for overcoming their life problems.

They (subjects E and I) are aware that they were once husband and wife, but now they are divorced and have the status of ex-husband and wife. E has become a widower; while I has the status of a widow. They are no longer married. They really live separately and each is free to determine the fate of his life in the future. There are no obstacles whatsoever and from anyone, if they remarry with another life partner. However, they cannot forget the sweet and bitter memories of being husband and wife. Sweet memories are felt when they remember the period of dating until marriage and having a son. Bitter memories when they often had fights, conflicts and quarrels that were not resolved well. However, subject I felt psychological trauma due to verbal violence, physical violence and financial violence committed by subject E. Subject E committed verbal violence (using dirty words, names of animals, cursing), physical violence (slapping, hitting, kicking). , banging your head against the wall), and financial violence (not giving a salary, monthly money or spending money for household needs). Another thing that subject E did was having an affair with another woman, even though

E was already married and had a child (Table 3). This was very difficult for subject I to forget and was the trigger for filing a divorce suit in court. These various events caused psychological trauma for subject I (Table 2). Based on this traumatic experience, subject I was willing to undergo crisis counseling sessions with the aim of overcoming his trauma.

Subject I felt positive benefits during the pre-counseling and post-counseling periods. During pre-counseling, subject I felt confused, had difficulty concentrating, was restless, worried, afraid of the future, had difficulty sleeping and had nightmares. After attending counseling, subject I felt calm in his mind, able to be patient in facing life, and slept soundly (Table 2). Meanwhile, subject E during pre-counseling, felt confused and uncertain, was easily angry, offended, cursed, cursed. After the counseling period, subject E's mind became relaxed, calm, patient and able to refrain from using dirty words (swearing words) (Table 2). This shows that crisis counseling has positive benefits for overcoming psychological trauma experienced by clients. There are positive changes felt by the counselees, so that they feel relieved, happy and can face the realities of life well (Dariyo & Tumanggor, 2023).

The results of this research are in line with various studies by Lancaster (2022); D Dariyo & Tumanggor (2023); and Kusuma & Suryati (2023). Lancaster (2022) states that counseling can be used effectively to help overcome psychological trauma experienced by counselees (clients). Good cooperation is needed between the counselor and the counselee in resolving psychological trauma. Counselors exert all their competence and carry out their duties and responsibilities professionally. Counselees must be open about all the problems they face and express them as they are to the counselor; Likewise, the counselee is ready to receive input, direction and suggestions from the counselor to carry out the best in his life. Thus, counseling can function effectively in dealing with clients' psychological trauma problems well.

Meanwhile, research results from Dariyo and Tumanggor (2023) found that the application of counseling can be used to overcome depression conditions which are characterized by suicidal thoughts (attempts). This means that counseling can change the counselee's mindset to prevent suicide attempts which can harm themselves, so that the counselee prefers to live a better future life. The research results of Kusuma and Suryati (2023) confirm that counseling can be used to overcome psychological trauma in children who are victims of domestic violence. They gain information, knowledge and understanding that encourage them to be brave and confident in facing the realities of life. They feel they receive social support from professional counselors, so they have hope and enthusiasm to live a normal life. This is also supported by the research results

of Mareta and Kirana (2022) that when crisis counseling is carried out by counselors professionally, it will be felt by the counselee to be able to overcome psychological trauma due to domestic violence, so that they can face the realities of life as well as possible.

Both subject E and subject I began to develop a new mindset so that they could accept the reality of life. They have realized that they have officially divorced and they have a new status as a widower (subject E) and widow status (subject I). However, they are still required to be responsible for maintaining and financing the education of their biological children, until the children are independent. Every month, subject E is obliged to set aside his salary to finance his biological child. Subject I receives monthly remittances from subject E and manages it for the benefit of his biological children (Figure 1). In line with the research results of Nidayah, Latifah, Nafisa & Qoriyah, (2022), they have experienced the effectiveness of crisis counseling which provides changes in thought patterns, attitudes and concrete actions in their lives. They realize and accept their current situation, and how they develop a wise attitude towards the future. The findings of this research are in line with research by Kostovska, Polazarevska & Sharlamanov (2023) that correct and targeted crisis counseling is counseling that can empower the counselee to become a person who has the courage to face reality by preparing their biological children to become mentally healthy, independent and responsible individuals in their lives public.

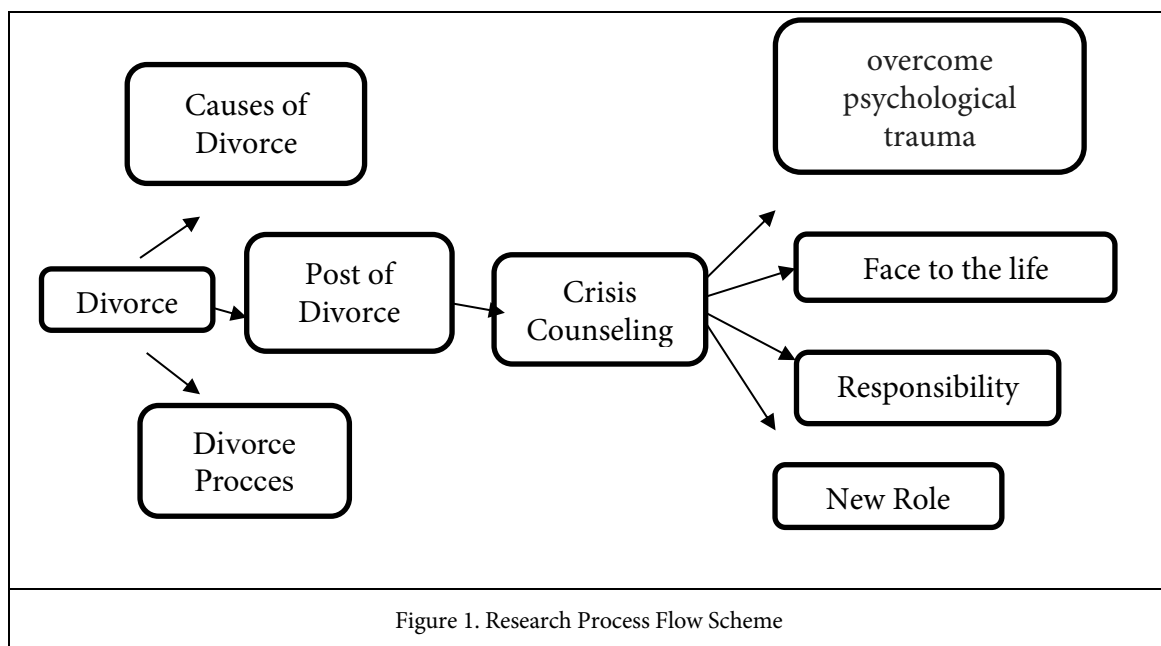


Figure 1. Research Process Flow Scheme

Conclusion

The research results show that crisis counseling is able to overcome the psychological trauma experienced by former husband and wife couples. Each felt the difference between before crisis counseling and after crisis counseling. Psychological trauma before crisis counseling can be overcome well after they attend crisis counseling. Each of them has a change in mindset to be able to carry out their roles, duties and responsibilities for raising their biological children, even though they are no longer husband and wife.

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