

IMPLEMENTATION OF ISLAMIC GUIDANCE AND COUNSELING IN THE PSYCHOLOGICAL RECOVERY OF CHILDREN FROM BROKEN HOME FAMILIES

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Abstract: *The phenomenon of broken home families often triggers negative psychological impacts on children, including anxiety, low self-esteem, and maladaptive behavior. From an Islamic perspective, the family is the first educational institution that shapes a child's spirituality and character. Therefore, Islamic Guidance and Counseling (BKI) is proposed as a holistic and strategic intervention for recovery, with a focus on the spiritual dimension as the core of healing. The implementation of BKI aims to restore the child's spiritual balance (fitrah) by establishing tauhid (monotheism) as the main foundation. This counseling seeks to change irrational thoughts such as self-blame into the conviction that every difficulty surely contains ease (based on Q.S. Al-Insyirah: 5-6). The BKI counselor's role is highly important as an educator of the soul and a spiritual guide, who uses Islamic methods such as Religious Counseling and the Modelling technique to direct positive behavior and encourage the practice of worship, dhikr (remembrance of Allah), and prayer as a source of peace. This research employs a qualitative method with a descriptive approach. Data searching was conducted through a reliable database, namely Google Scholar. The research results show that BKI intervention has a positive effectiveness. This service helps children from broken home families to regain their enthusiasm for learning, self-confidence, and better adjustment capabilities, empowering them to become independent and responsible individuals with high self-worth in the presence of their Creator.*

Keywords: *Bimbingan Konseling, Pemulihan Psikologis, Anak Broken Home*

Introduction

A child is a gift from God Almighty who must always be cared for and nurtured with love, as children possess dignity, worth, and rights that must be protected and upheld. This is essential so that in the future, they may grow into individuals who are beneficial to others and to the nation. Essentially, a child's nature at birth is often likened to a blank sheet of paper, unable to distinguish between good and bad. Therefore, a child's developmental process is crucial and must be given serious attention. A child's development is highly complex, beginning with the formation of character and personality, moral behavior, and psychosocial growth shaped through their experiences within the family. One of the most important factors influencing a child's development is the family. The family serves as a vital place for the physical, emotional, spiritual, and social development of a child. (Dewi & Lubis, 2024)

The family serves as the primary foundation for the emotional, social, and moral development of children and adolescents. The stability created within the family environment becomes the first place where individuals learn to manage emotions, build life values, and develop essential social skills. However, not all children have the opportunity to grow up in a complete and harmonious family. The phenomenon of broken-home families due to divorce, prolonged conflict, or the loss of a parent is increasingly common in modern society. Data from the Central Statistics Agency (BPS) shows that in 2024 there were 408,347 divorce cases in Indonesia, a number that remains high despite a slight decrease compared to the previous year (BPS, 2024). This condition has the potential to cause significant psychosocial impacts on adolescents, such as emotional distress, anxiety disorders, depression, and behavioral problems.(Annisa et al., 2024)

The understanding of a “broken home” situation can be viewed from two aspects. First, a family becomes disharmonious when its structure is no longer intact, whether due to the death of a parent or parental separation. Second, a family can also be considered broken when one parent is frequently absent from home, or when the emotional bond and affection between the parents are no longer visible or romantic. Another example includes frequent parental conflicts that disrupt the psychological well-being of the family. A condition known as a “broken home” refers to a family situation in which the father, mother, and their children no longer live together under the same roof. The effects of such a divorced or separated family structure are influenced by various factors. Children raised in broken-home environments tend to develop unhealthy personality traits. Furthermore, during the emotional development phase as they enter adolescence, they often experience discomfort and a reduced sense of happiness.(Tohari, 2023)

In the Islamic perspective, the family holds a central position as the first educational institution that shapes a child’s personality, character, and spirituality. A harmonious family will give rise to a generation that is healthy both physically and spiritually. Conversely, when a family fails to fulfill this function, it can negatively impact a child’s psychological condition. Islam emphasizes the essential role of parents in creating a loving, stable, and secure home environment. The Qur’an even commands parents to safeguard and guide their families so they do not fall into wrongdoing, as stated in Surah At-Tahrim, verse 6:

يَا أَيُّهَا الَّذِينَ آمَنُوا قُوا أَنْفُسَكُمْ وَأَهْلِيكُمْ نَارًا وَقُودُهَا النَّاسُ وَالْحِجَارَةُ ۖ عَلَيْهَا مَلَائِكَةٌ غِلَاطٌ شِدَادٌ لَا يَعْصُونَ اللَّهَ مَا أَمَرَهُمْ
وَيَفْعَلُونَ مَا يُؤْمَرُونَ

“O you who believe, protect yourselves and your families from a Fire whose fuel is people and stones. Over it are angels who are stern and severe; they do not disobey Allah in what He commands them, and they do whatever they are ordered.”

According to the author, in situations like this, psychological support is highly needed. Not only secular forms of support, but also spiritual support, which plays a significant role in restoring the psychological condition of children from broken home families. This is where the relevance of Islamic Guidance and Counseling becomes especially important. Islamic counseling not only helps children understand their problems but also provides inner strength through values of faith and devotion.

An Islamic counselor guides the child to realize that every trial is part of Allah’s decree, containing wisdom and purpose. It instills the value of patience, teaches emotional regulation, and fosters optimism through verses of the Qur’an and inspiring stories. Moreover, it strengthens the child’s spiritual connection with Allah SWT, helping them find peace, resilience, and a sense of meaning amid their difficulties.

Literature Review

Implementation is the process of translating a plan, policy, program, or decision into concrete actions in the field. It is not merely a set of instructions; implementation includes coordinating various actors (government, organizations, individuals), allocating resources (human, financial, and infrastructural), maintaining effective communication, and conducting monitoring to ensure that the intended goals are achieved efficiently. In the context of public policy, implementation serves as a crucial bridge; without proper implementation, even well-formulated policies may fail to produce the expected outcomes. The implementation process is dynamic and complex. Many variables interact with one another, such as policy standards and objectives, the characteristics of implementing institutions, available resources, inter-organizational communication, and local socio-political conditions. The success of implementation largely depends on how well these factors are managed.(Childhood et al., 2024)

Basic education is the main foundation in shaping students' character, personality, and intelligence. Elementary school is not only a place to acquire academic knowledge, but also an important space for children's emotional and social development. In this context, guidance and counseling (GC) services play a crucial role in helping students deal with personal, social, and learning-related issues. Guidance and counseling refers to assistance provided to students, either individually or in groups, to help them develop optimally through various services. In the era of the Merdeka Curriculum, which emphasizes the development of the Pancasila Student Profile, the role of guidance and counseling has become even more vital as it supports character formation through humanistic and contextual approaches.(Kalabahi et al., 2025)

A family is a group of individuals who have their own roles and emotional bonds while living under the same roof. A happy family is the ideal environment every child longs for. Through a harmonious and loving family, each member experiences peace, comfort, and affection. The presence of a happy family fulfills the need for love and emotional security, especially for children. However, not all families are able to meet this ideal picture. Some families experience severe internal conflicts that may lead to destructive outcomes. Such conflicts often arise from the unwillingness of family members to compromise, resulting in prolonged disputes and ultimately divorce. This situation negatively affects a child's psychological development and leads to family breakdown, commonly known as a broken home.(Dewi & Lubis, 2024)

The term "broken home" is often used to describe a family condition that is unstable and lacking harmony, where parents or guardians show little concern for what happens within the household. A broken home refers to an unhappy family situation that no longer functions as a peaceful and united unit. Frequent arguments and conflicts often occur, which may eventually lead to serious disputes and divorce, negatively affecting the children. In such situations, the relationship between parents may become strained, family communication may deteriorate, and in many cases, separation or divorce may occur. As a result, the home environment becomes unconducive to the growth and social development of children, potentially harming their overall well-being. Children who grow up in households filled with conflict and instability may experience insecurity, confusion, and difficulties in forming healthy social interactions. They may develop unique behavioral patterns or problematic tendencies due to the challenges they face that are often overwhelming and difficult to manage. These children may behave differently from their peers, and in some cases, may even deviate from common social norms. (Mu, 2024)

Based on (Tohari, 2023), her study explains that children who experience a broken-home situation can still develop wise and mature attitudes. Although their parents are divorced, values, norms, and discipline continue to be instilled in them. This indicates that not all children who experience a broken-home condition necessarily face negative outcomes.

(Yahya, 2025) also highlights that children from broken-home families are at high risk of experiencing emotional disturbances, such as deep sadness, feelings of shame, and even symptoms of depression. These conditions are often not properly identified by those around them, including the school environment, leading to delayed or even neglected interventions. Nevertheless, not all effects of a broken-home situation are destructive.

The term psychological refers to the entire range of phenomena related to the dynamics of the psyche and the mental processes occurring within an individual. Etymologically, the term originates from the Greek words *psyche*, meaning “soul,” and *logos*, meaning “knowledge” or “study,” thus positioning psychology as anything associated with human mental activity and psychic structures. In scientific studies, psychological conditions encompass the integration of cognitive, affective, and cognitive aspects that influence how a person thinks, feels, evaluates, and expresses behavior.

The cognitive aspect reflects mental processes such as perception, reasoning, thinking, and the interpretation of life experiences. The affective aspect describes emotional dynamics, including mood, motivation, feelings of comfort or distress, and how individuals respond emotionally to stimuli. Meanwhile, the cognitive or behavioral aspect appears through tendencies to act, reactions to particular situations, and behavioral patterns that manifest an individual’s internal state. Psychological conditions do not stand alone; they are shaped by the interaction of life experiences, social environments, biological factors, cultural values, and inherent personality traits. These combined aspects influence how individuals understand themselves, build relationships with others, make decisions, and adapt to various life situations. Thus, psychological conditions can be understood as the mental foundation that determines the quality of a person’s functioning in thinking, feeling, and behaving, as well as serving as a key determinant of individual well-being and mental health. thinking, feeling, and behaving, as well as serving as a key determinant of individual well-being and mental health.

Psychological development occurs at every stage of a child’s growth. The psychological development of early childhood plays a significant role in shaping the child’s personality in the future. In addition, the family also has an important role in stimulating the child’s psychological development. The psychological development of early childhood is a process in which children gradually develop the ability to take initiative and solve problems based on their existing knowledge.(Childhood et al., 2024)

Method

The research employed is a qualitative method with a descriptive approach. The search process is conducted through a reliable database, namely Google Scholar. Qualitative research refers to a type of study grounded in post-positivist philosophy, in which the researcher serves as the key instrument. Data sources are selected using purposive and snowball sampling techniques. Data collection is conducted through triangulation (a combination of methods), the data analysis is inductive in nature, and the results of qualitative research emphasize meaning rather than generalization.(Fanani et al., 2024) Through this approach, the researcher is able to analyze and explore more deeply, comprehensively, and accurately in order to gain a clearer understanding of the interpersonal communication of children from broken-home families after their parents’ divorce. In the context of analyzing the communication of children living in a broken-home situation following parental separation, this study aims to explore and thoroughly understand the communication dynamics that occur between the children and both of their parents. By referring to relevant theoretical foundations, the researcher adopts a qualitative approach with a focus on an instrumental case study. This approach is selected to obtain rich and comprehensive insights

into how children interpret, respond to, and engage in communication with both of their parents after the divorce.(Dalimunthe et al., 2023)

Result and Discussion

Individual Counseling is a one-on-one, face-to-face assistance process between a counselor and a single client (counselee). It aims to help the client understand themselves, overcome the problems they face, and develop their potential so they can function optimally. Individual counseling is also defined as 'a process of providing assistance conducted through counseling interviews by an expert (counselor) to an individual who is experiencing a problem, so that the individual can independently solve their own problem.' Furthermore, individual counseling is a form of service provided to students in order to help them solve personal, social, academic, or career problems that are individual and confidential in nature.(Tamalonggehe et al., 2025)

The condition of a broken home family often becomes a source of significant psychological stress for children and adolescents. Divorce, parental conflict, or relational disharmony within the family creates vulnerability that can hinder the individual's emotional and social development. However, not all children from broken homes grow up with severe psychological problems. Many of them are actually able to persevere, adapt, and even thrive positively. This ability is known as resilience, which is the individual's capacity to recover from adversity, manage stress, and still be able to live life adaptively.(Apriyanti & Nur, 2025)

The condition of a broken home, often caused by parental divorce, leads to significant psychological impacts on children, such as anxiety, low self-esteem, loneliness, maladjustment difficulties, and even maladaptive behavior. In the context of recovery, Islamic Guidance and Counseling (BKI) emerges as a holistic intervention, based on the teachings of the Al-Qur'an and As-Sunnah, which views humans as biopsychosociospiritual beings. The main goal of BKI is to restore the child's spiritual balance as a foundation for recovering their mental health. The application of BKI focuses not only on resolving emotional and behavioral problems but also on strengthening tauhid (monotheism) and faith-based values so that the child can accept the family situation with a sincere heart and find a new meaning in life.(Jannah, 2022)

The chosen counseling approach must be capable of transforming the child's irrational thoughts such as self-blame or feeling ashamed into more rational and positive thoughts, aligning with the Islamic teaching that every hardship is surely followed by ease (Q.S. Al-Insyirah: 5-6).

(٥) فَإِنَّ مَعَ الْعُسْرِ يُسْرًا

(٦) إِنَّ مَعَ الْعُسْرِ يُسْرًا

“Indeed, with hardship comes ease, Surely, with hardship comes ease.”

This verse emphasizes that every difficulty is always accompanied by ease. No problem exists without a way out. Allah wants humans to remain strong, optimistic, and confident that hard times will eventually change. For life and mental well-being, This verse strengthens the heart, builds hope, reduces stress, and helps a person believe that painful situations are not permanent. For the psychological recovery of children (especially children from broken homes), This verse provides a sense of safety and hope, helping children believe that family wounds are not the end of their lives, and that they can heal, rise again, and find ease behind their pain.

The role of the BKI counselor is crucial: acting as an educator, guide, and motivator who instills spirit, directs positive behavior, and helps the child develop self-understanding. The counselor will emphasize that family problems do not diminish the child's self-worth in the eyes

of Allah and encourages them to draw closer to Him through worship, dhikr (remembrance of Allah), and prayer as a source of strength and inner peace.(Rizqi & Ahsan, 2024)

Research results indicate that BKI intervention has a positive effectiveness in assisting children from broken homes. This service helps children who previously exhibited maladaptive behavior or low self-esteem to regain their learning enthusiasm, self-confidence, and better adjustment capabilities. The success of BKI depends on the counselor's ability to build an Islamic rapport, provide motivation based on faith, and consistently direct the child to integrate religious values into their daily lives. Children are encouraged not to isolate themselves but to interact, develop their potential, and take responsibility for their actions, which are characteristics of an independent mukmin (believer).

Overall, the implementation of Islamic Guidance and Counseling serves as a bridge for children from broken homes to return to their fitrah (innate nature), recover their disturbed psychological condition, and achieve optimal well-being based on spiritual values. Thus, BKI is not merely a therapeutic service but also a service of tarbiyah (education) that prepares the child to become a person of strong faith, independent in decision-making, and responsible amidst the life challenges they experience.

Conclusion

In depth, it can be concluded that Islamic Guidance and Counseling is a highly strategic and relevant intervention for restoring the psychological condition of children from broken homes. The impact of divorce, which often triggers anxiety, low self-esteem, and even deviant behavior in children, is insufficient to be addressed solely by conventional psychological approaches. BKI goes further by offering the spiritual dimension as the core of healing.(Nasution, 2021)

The essence of BKI's success lies in its ability to restore the child's balance of fitrah (innate nature) , a state of peaceful and positive inner condition by establishing tauhid (monotheism) as the main foundation. This counseling not only focuses on external events (family problems) but guides the child to find strength from within: faith in Allah SWT's destiny and a new meaning in life. Various Islamic methods, such as Religious Counseling for discovering the meaning of life and the Modelling technique for demonstrating positive behavior, have proven effective.(Ulfilatud, 2019)

The role of the BKI counselor here is as an educator of the soul and a spiritual guide. They help the child erode irrational thoughts such as feeling guilty or ashamed and replace them with the conviction that every difficulty surely contains wisdom, as promised by Allah in the Qur'an. By instilling the practice of worship, remembrance of Allah dhikr, and prayer as a source of inner peace. BKI empowers the child to become an independent, responsible individual with high self-worth in the presence of their Creator. Thus, BKI ensures that psychological recovery is not temporary but is deeply rooted in faith, preparing the child to face the future with a sound mind and a solid spiritual foundation.

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