

# Shyness in Broken Home Teenagers

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## Shyness in Broken Home Teenagers

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### Abstract

**Introduction:** Disharmony in the family ends in divorce making the child a victim, shame is an emotional experience that often affects social interactions and psychological well-being of individuals. Teenagers from broken homes face additional challenges in coping with the shame experienced. **Objective:** This research aims to analyze the self-esteem and feelings of shame among teenagers who come from broken home families. The study will involve a sample of adolescents aged 10-19 years from broken home families. **Method:** Respondents will be selected using non-probability sampling techniques. The research method in this research uses correlational studies through quantitative research methods. **Result and Discussion:** The level of shame of divorce victims is higher than that of adolescents with harmonious families. High levels of shame result in the self-esteem of broken home teenagers declining. **Conclusion:** The higher the level of shame felt by teenagers from broken homes, the lower the level of self-esteem possessed by them.

**Keywords:** Feelings of Shame; Adolescent; Broken Home;

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### **Introduction**

Family often becomes a source of conflict for some individuals. Disharmony within the family often triggers disputes among parents (Nurmawati & Karneli, 2021). Financial challenges also play a role as a cause of conflict within households that may lead to divorce or disharmony (Khoiroh et al., 2022). One of the things that greatly terrifies a child is their parents' divorce (Sinaga et al., 2022). Children become the primary victims when parents divorce, experiencing the fear of losing a father or mother figure, and worrying about not receiving the love of parents who no longer live together with them (Mone, 2019). The pressure and the environment forcing them to adapt to the situation of divorced parents make them feel isolated and experience social discrimination as well as a decline in psychological well-being (Adristi, 2021).

Children who experience their parents' divorce are at risk of experiencing disruptions in their emotional development (Ramadhani & Krisnani, 2019). Children from non-harmonious families (broken homes) experience prolonged feelings of sadness, melancholy, shame, and lack of confidence due to the fracture within their family (Mistian, 2020). Children tend to be closed off and rarely discuss their family situations because they feel ashamed (Nur, 2017). Children from broken homes often isolate themselves from the social environment due to their shame about their family situation and jealousy towards friends who consistently receive attention and affection from their parents (Massa et al., 2020). According to the report from the Indonesian Central Statistics Agency (BPS), the number of divorce cases in Indonesia was recorded as 291,677 cases in 2020, 447,743 cases in 2021, and reached 516,334 cases in 2022. This indicates a 15.31% increase compared to 2021, depicting a rising trend in divorce rates during this period (BPS, 2023).

According to a study by Ramadanti et al. (2022), parental divorce has a significant influence on the development of a child's personality. Children need the ability to accept the circumstances that have occurred during their development process. The family serves as the initial environment for a child to acquire education and guidance in their growth and development process, as well as being the primary place for a child to fulfill their need for love and warmth (Kristianti & Nurwati, 2021). The condition of a broken home neglects the obligations and responsibilities that should be provided to children, teenagers, and adults (Ardilla & Cholid, 2021).

The teenage years are a critical period in one's life, marking the transition from childhood to adolescence that will determine adult maturity (Jannah, 2016). According to the World Health Organization (WHO), the teenage years encompass the age range between 10 and 19 (WHO, 2022). Adolescence is a period full of changes, both physically and emotionally, making teenagers in need of attention and affection from their parents (Indari et al., 2023). During adolescence, children who are victims of their parents' divorce face challenges in forming their self-esteem, particularly because they still greatly depend on the support from their family environment (Andani, 2020).

Istiana (2017) stated that students who come from broken home environments tend to have low self-esteem. This is evident through rebellious behavior and easily getting

angry. They also tend to feel undervalued in their previous family and thus lose their self-confidence. Furthermore, they lack the encouragement and motivation from their family, unlike students from intact families. According to a study by Gobe et al. (2021), adolescent children from divorced couples generally experience psychological effects, such as feeling ashamed, sensitive, angry, and having low self-esteem.

Parental divorce leads to a lack of attention, affection, or involvement from one parent in the child's development, growth, and education. As a result, children feel the loss of a role model who should have set an example for moral behavior (Ariyanto, 2023). Hence, based on the described phenomenon, the compelling objective of this article is to analyze the self-esteem and feelings of shame among teenagers who come from broken home families.

### **Method**

This research adopts a quantitative research method with a correlational study approach. The research population consists of broken home adolescents aged between 10 and 19 years old. A total of 115 respondents from broken home families participated in this study by completing questionnaires. The sampling technique used is nonprobability sampling, specifically the purposive sampling technique.

To measure the level of shyness in broken home adolescents, the Shy-Q instrument is used, which comprises behavioral, physical, cognitive, and emotional aspects, based on the concept developed by Henderson & Zimbardo (2001). The measurement of self-esteem utilizes the Coopersmith Self-esteem Inventory (CSEI), involving aspects of strength, significance, virtue, and competence, based on the framework developed by (Coopersmith, 1967).

Data analysis is carried out using the Jeffreys's Amazing Statistics Program (JASP) computer application. In this study, correlation and simple regression techniques are employed. The results of the validity of the shyness scale range from 0.536 to 0.733, while the self-esteem scale ranges from 0.505 to 0.736. Reliability measurements show coefficients of 0.881 for the shyness scale and 0.771 for the self-esteem scale.

### **Result and Discussion**

#### **Result**

Based on the calculation results, there are several levels that represent the categories of shyness. The first level is the low category, the second level is the moderate category, and the highest level is the high category.

The calculation results reveal that 57% of the respondents exhibit high shyness, 41% fall within the moderate category, and 3% of the respondents belong to the low category. These findings indicate that the majority of respondents experience high shyness.

**Table 1**  
 Categorization Shyness

Category	Value Limit	Respondents	Presentase
Low	32.652 < 20.150	3	3%
Medium	20.150 < 32.652 < 29.850	47	41%
High	32.652 > 29.850	65	57%
<b>Total</b>		<b>115</b>	<b>100%</b>

The characteristics of adolescents from broken homes were analyzed using a descriptive method. The profile is depicted through two aspects: gender, age, and family separation.

**Table 2**  
 Profile of Research Respondents

	Profil	N	Presentase
<b>Gender</b>	Man	56	49%
	Women	59	51%
<b>Age</b>	10 - 15 years old	36	31%
	16 - 19 years old	79	69%
<b>Family Farewall</b>	Divorced	87	76%
	Death Divorce	28	24%
<b>Status of Residence</b>	With Dad	8	7%
	With Mom	26	23%
	With Other Families	81	70%
<b>Total</b>		<b>115</b>	<b>100%</b>

Based on the data analysis results, there were 56 male adolescents from broken homes and 59 female adolescents from broken homes. The respondents' ages were divided into 36 respondents aged 10 to 15 years and 79 respondents aged 16 to 19 years. The majority of the broken home adolescents in this study were females aged 16 to 19 years. An analysis regarding family separation indicated that 87 respondents experienced their parents' divorce while both parents were still alive, and 28 respondents experienced divorce due to the death of one parent. The majority of the respondents experienced broken homes due to their parents' divorce while both parents were still alive. Furthermore, in the analysis of their living arrangements, 8 respondents lived with their fathers, 26 respondents lived with their mothers, and 81 respondents lived with other family members. The majority of the respondents lived with other family members.

**Table 3**  
 Correlation Table

Variable		Shyness	Self-esteem
<i>Shyness</i>	Pearson's r	—	
	p-value	—	
<i>Self-esteem</i>	Pearson's r	-0.740***	—
	p-value	< .001	—

Note. All tests one-tailed, for negative correlation.

\* p < .05, \*\* p < .01, \*\*\* p < .001, one-tailed

The data analysis results indicate a coefficient of  $-0.740^{***}$  with a significance level ( $p$ ) less than 0.001. This demonstrates a significant relationship between shyness and self-esteem levels. With a significant result ( $p$ ) less than 0.05, it can be concluded that there is a negative relationship between shyness and self-esteem among broken home adolescents in Bekasi. In this context, as shyness levels increase, self-esteem levels tend to decrease.

Furthermore, this study also conducted additional analysis concerning the self-esteem levels of broken home adolescents. There are three categorized levels: low, moderate, and high.

**Tabel 4**

Categorization Self-esteem

Category	Value Limit	Respondents	Presentase
Low	15.609 < 13.526	39	34%
Medium	13.526 < 15.609 < 22.474	66	57%
High	15.609 > 22.474	10	9%
Total		115	100 %

The analysis of categories reveals that respondents with high self-esteem make up 9%, respondents with moderate self-esteem account for 57%, and 36% of the respondents have self-esteem categorized as low. These results indicate that the majority of respondents have moderate self-esteem.

### Discussion

The dissolution of parental relationships leads to a broken home family, which has an impact on the psychological well-being of adolescents. Adolescents from non-intact families tend to have lower psychological well-being (Maysitoh et al., 2020). When a child faces their parents' divorce, which lacks attention and affection, it can lead to feelings of anxiety, confusion, unease, shame, and sadness. Especially for teenage children, this can disrupt their emotional balance (Azizah, 2017). This is supported by the research of Sukmawati & Oktora (2021), stating that parental divorce negatively affects the emotional health of children, causing suffering, pressure, and inner conflicts due to feelings of shame and guilt. Children often feel anger, rebellion, and difficulty being disciplined because they see divorced parents as unfit role models.

The condition of parental divorce impacts psychological aspects, including a child's self-esteem. Children's self-esteem is often formed through parental self-esteem. However, the formation of self-esteem in children whose parents are divorced is not easy, especially for teenagers who greatly rely on support from their environment (Widyana & Astuti, 2019). For individuals from broken home families, their self-esteem is drastically influenced by the fluctuations that occur. This significantly affects their self-perception (Afrina & Hasanah, 2019). Individuals with moderate self-esteem believe in their abilities, are recognized by others, and value themselves. However, at times, it's difficult for them to evaluate themselves, display self-esteem, and feel worthwhile in their actions (Putrisari et al., 2017). A moderate level signifies a midpoint between high and low self-

esteem (Lete et al., 2019). This is supported by Fathonah et al. (2020), whose research found that the implementation of personal social guidance services in SMAN 1 Ciwidey, Bandung Regency, related to personal social guidance for students from broken home families with low self-esteem.

The negative relationship between shyness and self-esteem can be understood as high shyness being followed by low self-esteem. This is supported by the research of Hastuti & Budiarto (2014), stating that a high level of shyness in adolescents who experience their parents' divorce has a negative relationship with their self-esteem. The greater the shame felt by adolescents due to their parents' divorce, the worse their attitude becomes. This is also supported by Untari et al. (2018), as parental divorce has negative effects, such as feelings of shame, easy anger, loss of respect, and often blaming parents. In the research of Indari et al. (2023), a relationship was found between the causes of broken homes and the level of self-esteem in adolescents from broken home families in the village of Sidorahayu Wagir Malang.

### **Conclusion**

Parental divorce and the condition of a broken home have negative impacts on the psychological well-being of adolescents, including emotional balance and self-esteem. Children from shattered families tend to experience feelings of shame, anxiety, confusion, unease, and sadness. They also often feel anger, rebellion, are hard to manage, and undergo significant fluctuations in self-esteem. Their self-esteem levels can also be affected, where they might struggle to evaluate themselves and feel unworthy in their actions. When facing the situation of parental divorce and a broken home, strong support from the surrounding environment is necessary, especially for teenagers. Education and personal social guidance services can aid adolescents from broken homes in enhancing their self-esteem. Schools and the local community also need to pay attention to and acknowledge teenagers from broken homes, creating an environment conducive to their psychological development. Furthermore, it's important to assist teenagers in understanding that their parents' divorce is not their fault and help them overcome the shame associated with their family's separation.



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