



The Impact of Divorce on the Soul of Children and Concrete Solutions from an Islamic Perspective

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ABSTRACT

This study examines the impact of divorce on the psychological, social, and academic conditions of children from an Islamic perspective and offers concrete solutions to reduce its negative impacts. Using a qualitative-descriptive approach with the literature study method, this study analyzes various sources, including academic journals, statistical reports, and fiqh books related to Islamic family law. Data were collected through literature review and analyzed with the concept of maqasid al-shariah to identify post-divorce child protection strategies. The results of the study show that divorce can cause emotional disturbances, anxiety, and decreased academic achievement in children. Therefore, support from parents, extended family, schools, and the community is very necessary. Islamic values-based mediation, post-divorce counseling, and an inclusive approach to education are key solutions in helping children cope with these changes. This research emphasizes the importance of a holistic approach in dealing with the impact of divorce for the future well-being of children.

1. INTRODUCTION

Divorce is a social phenomenon that is increasing in Indonesia and has become one of the serious problems in family institutions. Data from the Central Statistics Agency (BPS) shows that in 2021 there were 447,743 cases of divorce, and this number continues to increase to 516,334 cases in 2022. [1] This surge indicates that divorce is no longer just a personal problem between married couples, but has become a social issue that has a wide impact, especially on children who are indirect victims of the separation. Children who experience parental divorce often face emotional instability, difficulties in social relationships, as well as decreased academic achievement that can impact their future. [2]

Under ideal conditions, the family functions as the first environment that provides a sense of security, affection, and support for the child's psychological and social development. Family integrity plays an important role in shaping children's personalities and building strong confidence. However, when divorce occurs, the family structure changes drastically, causing children to experience ongoing emotional distress. The absence of one parent, prolonged conflicts, and uncertainty about the future often make children feel anxious and isolated and even experience serious psychological disorders. [3]

Various studies have discussed the impact of divorce on children. Andre et al (2022) highlight that divorce often interferes with a child's psychological development and increases the risk of emotional disorders, such as anxiety and depression. [4] Meanwhile, found that early childhood whose parents divorced showed increased behavioral problems and difficulties in building healthy social relationships. [5] From the perspective of Islamic law, examines the importance of mediation in divorce to ensure that children's welfare remains a top priority. However, previous studies have not addressed concrete solutions that

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Can be implemented by various parties, including parents, extended families, schools, and communities, to minimize the negative impact of divorce on children.[6]

This research offers a new perspective by integrating an Islamic approach through the concept of maqasid al-shariah in the protection of children after divorce. By highlighting the strategic role of extended family, schools, and communities in providing support, this study seeks to fill the gaps in previous studies by emphasizing solutions based on religious values, post-divorce counseling, and inclusive educational approaches.

Therefore, this study aims to analyze the impact of divorce on children from an Islamic perspective and identify concrete solutions that can be done to help children deal with these changes. Thus, this study not only provides theoretical insights but also offers practical recommendations for stakeholders in dealing with the impact of divorce on children. The main argument of this study is that divorce is not just a legal and social event, but also a phenomenon that requires systematic and value-based intervention in maintaining child welfare.

2. LITERATURE STUDY

Divorce

Divorce is a social and legal phenomenon that marks the end of a legal marriage relationship based on the provisions of religion and applicable laws. In sociological studies, divorce is often considered a form of family disorganization that has a wide impact on all family members, especially children. According to the Marriage Law in Indonesia, divorce can only be carried out through legal procedures, either through the Religious Court for Muslim couples or the District Court for non-Muslim couples. The factors that cause divorce are very diverse, ranging from unresolved disputes, economic factors, infidelity, and domestic violence, to incompatibility of couples in living life together. [7]

From a psychological perspective, divorce is not only a legal event but also a complex emotional experience for the couple and their children. Divorce can be a source of heavy stress that requires a good adaptation strategy to avoid long-term negative impacts. In Islam, divorce is known as *talaq* and is considered a last resort in dealing with unresolved domestic conflicts. [8] Although it is allowed, divorce is very disliked by Allah SWT, as affirmed in the hadith of the Prophet PBUH: "*The halal thing that Allah hates the most is talak.*" (HR. Abu Dawud). Therefore, Islam emphasizes the importance of reconciliation before divorce occurs.

The Soul of the Child

A child's psyche is a psychological aspect that includes the emotional, personality, and mental development of a child. In Chaves's (2016) theory of psychosocial development, children are in a developmental stage that requires emotional stability and social support to form a healthy self-identity. If a child experiences a disturbance in the family, such as a parent's divorce, they may face difficulties in their psychological development. [9]

In the *attachment theory* put forward by Bowlby (1980), children who have a strong attachment to their parents tend to grow up with a sense of confidence and emotional stability. However, divorce can disrupt this attachment, especially if the child is experiencing a separation from one parent or is caught up in a prolonged conflict between both parents. This can lead to emotional instability, insecurity, and difficulties in building social relationships in the future.

From an Islamic perspective, the child's soul is considered a mandate that must be guarded by parents. Islam emphasizes the importance of educating children with love and full attention so that they grow into individuals of good character. In the Qur'an, Allah SWT says: "*And do not kill your children for fear of poverty. We are the ones who provide for them and you.*" (QS. Al-Isra: 31). This verse affirms that the welfare of children should be a top priority, even in difficult situations such as divorce.

Divorce and Its Impact on the Child's Soul

Divorce has a far-reaching impact on a child's psychological, social, and academic development. A study by Wijayanti (2021) shows that children from divorced families are more prone to experiencing anxiety, stress, and depression compared to children who grow up in intact families. [10] One of the main causes is the feelings of loss and uncertainty that arise from

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parental separation. Children who go through divorce often feel abandoned by one parent, which can negatively impact their self-esteem and self-confidence.

Socially, divorce can also affect a child's interaction with the surrounding environment. According to Bronfenbrenner (1979) in *Ecological Systems Theory*, the family, school, and community environment have an important role in children's development. When divorce causes prolonged conflict between parents, children tend to have difficulty in establishing healthy social relationships. They may withdraw from their social environment, have difficulty adapting to peers, or even exhibit aggressive behavior as a form of expression of the emotional distress they are experiencing. [11]

The impact of divorce is also seen in the academic aspect of children. Sari (2023) found that children who came from divorced families experienced a decrease in learning motivation and academic achievement. The emotional stress they experience interferes with concentration and causes difficulties in understanding the subject matter. Lack of support from parents due to divorce is also a major factor in the decline in children's academic achievement. [12]

Islamic Solutions in Overcoming the Impact of Divorce on Children's Souls

Islam offers a variety of solutions to overcome the impact of divorce on children, centered on the principles of justice, compassion, and child welfare. One of the main solutions is to ensure that the custody of the child is with the party who is most able to provide the best protection and affection. In Islam, *hadhanah* is given to the mother as long as she can take good care of the child, but if there are inhibiting factors, then custody can be transferred to another party who is more responsible, such as the extended family. [13]

In addition, Islam emphasizes the importance of mediation in resolving divorce conflicts so that it does not have a bad impact on children. QS. An-Nisa verse 35 states: *"And if you are worried that there will be a dispute between the two, then send a hakam (mediator) from the male family and a male from the female family..."* Islamic-based mediation serves to find the best solution for children and ensure that divorce does not become a source of suffering for them.

Emotional support and Islamic-based education are also important solutions in helping children through difficult times due to divorce. Faith-based family counseling can provide children with the understanding that divorce is not their fault and that they still have a bright future. Solihat's study (2023) shows that education based on Islamic values in schools can help children who are victims of divorce develop better psychological resilience. [14]

The role of extended families and communities in supporting children of divorce victims is also very important. Islam teaches that children are a shared responsibility, not just their parents. In a hadith, the Prophet PBUH said: *"It is not a Muslim who leaves a child in an orphan unless Allah will protect him."* (HR. Ahmad). This shows that extended families and communities must provide care and support to children who have experienced a divorce from their parents. With these various approaches, Islam provides a comprehensive solution to dealing with the impact of divorce on children. Not only focusing on legal aspects, but also on the emotional, social, and educational well-being of children, so that they can still grow and develop well despite the changes in their family life.

3. METHOD

This study uses a qualitative method with a descriptive-analytical approach to examine the impact of divorce on the soul of children from an Islamic perspective and offer concrete solutions to overcoming these problems. The qualitative approach was chosen because it allows researchers to understand phenomena in depth based on various literature sources and concepts in Islamic law. Through descriptive analysis, this study interprets the data obtained to illustrate the relationship between divorce and child welfare and solutions that can be applied in the context of family, education, and society. [15]

The data in this study is sourced from a literature review that includes scientific journals, academic books, statistical reports, and fiqh books that discuss family law in Islam. The main sources used include previous studies that discuss the impact of divorce on children, mediation strategies in Islam, and the role of the social environment in supporting children's well-being after divorce. In addition, this study also refers to empirical data that has been published by official institutions such as the Central Statistics Agency (BPS) to see the trend of divorce and its impact in Indonesia.

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The location and time of the study focus on the study of the phenomenon of divorce in Indonesia in the context of Islamic society and law, taking into account relevant cases and related policies applied in the Islamic family law system. This research was conducted in a certain period by reviewing various relevant literature and documents, to provide a comprehensive picture of the impact of divorce and its handling strategies.

The data collection method in this study is carried out through *library research*, where researchers collect, analyze, and group information from various credible sources. This technique is used to gain a broader understanding of the issue being researched as well as to compare various perspectives that have been put forward in previous research. [16]

The data analysis in this study was carried out qualitatively using *the content analysis approach*. This technique is used to identify patterns, themes, and relationships between divorce, children's psychological conditions, as well as Islamic solutions that can be applied in social contexts. The researcher interpreted the data by referring to the concept of *maqasid al-shariah* to assess the best solution for maintaining the welfare of children after divorce. In addition, a comparative approach is also used to compare various strategies that have been applied in dealing with the impact of divorce on children, both in Islamic perspectives and in psychology and educational research.

4. RESULTS AND DISCUSSION

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compared to children from intact and harmonious families. Divorce not only has an impact on married couples, but also brings psychological, social, and academic consequences for children. From a psychological point of view, children who experience parental divorce often face severe emotional distress, such as anxiety, feelings of insecurity, and loss of confidence. Children who are used to living with a whole family suddenly have to adapt to drastic changes, including separation from one parent, prolonged conflicts, and changes in parenting patterns. [17][18]

Socially, divorce also affects a child's ability to build interpersonal relationships. Children from divorced families tend to feel isolated, have difficulty socializing, and lack trust in the surrounding environment. This is in line with the *Attachment Theory* put forward by Bowlby (1980), where the stability of parental relationships plays a very important role in building a sense of security in children. If emotional bonds are disrupted by divorce, children may experience obstacles in building healthy social relationships in the future. [19][20]

In the academic world, parental divorce often harms children's learning achievement. The emotional instability they experience has the potential to lower their motivation to learn, cause difficulty in concentrating, and increase the risk of decreased academic achievement. A tense home environment or lack of attention from parents can also make children lose enthusiasm for pursuing education. This is reinforced by studies showing that children of divorce victims are more likely to experience academic delays. [21]

Islamic Perspectives in Responding to Divorce and Its Impact on Children

In Islam, divorce is the last resort that should only be taken after all reconciliation efforts have been made. Islam provides guidelines for divorce to be carried out in a good way and not to neglect the rights of children. The Word of Allah in QS. Al-Baqarah verse 233 states: "*Let not a mother suffer tribulation for her child, and a father (also) for his child.*" This verse affirms that both parents still have responsibility for the child even though they have divorced. [22]

The concept of *hadhanah* (custody) in Islam also places the welfare of children as a top priority. In Islamic fiqh, post-divorce custody of children is usually given to the mother, unless the mother is considered incapable of carrying out her role properly. In certain situations, extended families can act as companions and support providers for children to ensure they continue to receive enough affection and attention. [23]

Islam also teaches that conflicts arising from divorce should be resolved through mediation. QS. An-Nisa verse 35 states: "*And if you are afraid of a dispute between the two, then send a hakam (mediator) from the male family and a male from the female*

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family." Mediation based on Islamic values aims to find the best solution for children, reduce prolonged conflicts, and maintain good relations between parents for the benefit of children. [24]

The Role of the Extended Family, School, and Society in Helping Children After Divorce

Support from various parties is needed to help children overcome the impact of divorce. The extended family has a strategic role in providing a sense of security and emotional stability for children. The presence of grandparents, uncles, or aunts can replace absent parental figures and help children cope with changes in their lives. With consistent support, children can feel more valued and loved, so the negative impact of divorce can be minimized. [25]

School is also an important environment for helping children who are victims of divorce. Teachers and school counselors play a role in creating a supportive environment, where children can healthily express their emotions and still excel academically. School counseling programs based on psychological approaches and religious values can help children overcome anxiety and rebuild their confidence. [26]

In addition, the community also has a responsibility to support children who have experienced parental divorce. A positive social environment, such as religious communities, Islamic educational institutions, as well as social activities involving children, can provide meaningful moral support for them. Children who feel accepted by their surroundings tend to have better psychological resilience and can adapt to the situations they face. [27]

Islamic Solutions in Minimizing the Impact of Divorce on Children

Islam offers a variety of solutions to ensure children continue to receive attention and affection even if their parents have divorced. One of the main solutions is to strengthen religious values in the family, where parents maintain good relationships for the benefit of children. The Prophet PBUH said: *"Parents are the door of paradise for their children."* (HR. Bukhari). This shows that even if a married couple separates, the responsibility of parenthood is still inherent and must be done with affection. [28]

Islamic-based family counseling can also be a solution to help children cope with the changes in their lives. This approach not only focuses on the emotional aspect but also provides children with an understanding of the importance of being patient and taking lessons from each incident. Counseling programs conducted by Islamic educational institutions can help children adjust to their new conditions without feeling hopeless. [29]

In addition, Islam also advocates that divorce be carried out wisely. In QS. In At-Talaq verses 2-3, Allah says: *"Whoever fears Allah, He will surely provide for him a way out and give him sustenance from a direction he does not expect."* This verse teaches that if divorce is unavoidable, it must be done while maintaining good morals and paying attention to the welfare of children. [30]

5. CONCLUSION

The results of the study show that divorce has a significant impact on children, both in terms of psychological, social, and academic. Therefore, a comprehensive approach is needed in dealing with the impact of divorce so that children can continue to grow and develop properly. Islam is a religion whose rahmatan lil 'alamin offers solutions that focus on justice, compassion, and the welfare of children. Through the role of extended family, school, and community, children can gain the support they need to deal with the changes in their lives. With the application of Islamic values as well as counseling and education-based approaches, it is hoped that children.

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