



The Concept of Parenting Patterns in Broken Homes from an Islamic Psychological Perspective

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History Artikel	Abstract
Received: 21 January 2026 Revised: 26 February 2026 Accepted: 17 March 2026	Divorce and broken home family structures are often associated with negative developmental outcomes in children. However, emerging scholarship suggests that children's adjustment is influenced more significantly by post-divorce parenting quality than by family structural intactness alone. This study aims to analyze parenting patterns in broken home families through the perspective of Islamic Psychology and to synthesize them with modern developmental psychology frameworks. Using an integrative literature review methodology, this research critically examines empirical and conceptual studies on divorce, parenting styles, child adjustment, and Islamic educational thought. The findings identify three primary vulnerabilities in broken home parenting contexts: (1) inconsistency in parenting practices, (2) weakened emotional attachment, and (3) discontinuity in value transmission. Nevertheless, adaptive child development remains attainable when parenting is structured, emotionally responsive, and value-consistent. While modern developmental psychology highlights the effectiveness of authoritative parenting characterized by balanced control and warmth, Islamic Psychology expands this framework by emphasizing the concepts of fitrah, moral habituation, spiritual responsibility, and continuity of parental amanah. This study proposes an integrative value-based parenting framework consisting of four core principles: continuity of parental responsibility, balance between structure and affection, consistency of moral transmission, and reinforcement of spiritual development. Theoretically, this research contributes by bridging developmental psychology and Islamic educational thought, offering a holistic parenting paradigm applicable to broken home family contexts..
Keyword PBroken Home, Parenting Patterns, Islamic Psychology, Child Development, Family Environment	

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INTRODUCTION

Family is the primary institution in the formation of children's personality, both in the perspective of developmental psychology and education. As the first socialization agent, the family plays a role in forming emotional regulation, internalization of values, and the construction of children's identity. In the study of modern family psychology, the stability of family structure has a significant contribution to children's psychosocial development (Amato, 2010; Lansford, 2009). Changes in family structure due to divorce have the potential to cause disorganization of the family system which has an impact on interaction patterns, role distribution, and the quality of upbringing. In this study, an incomplete family is defined as a

family that experiences a divorce so that the child is no longer in the same parenting system with both parents.

The phenomenon of divorce shows an increasing tendency. Data from the Central Statistics Agency in 2023 recorded around 479,268 divorce cases in Indonesia. Empirically, children in post-divorce families are at risk of experiencing emotional problems, academic difficulties, and social relationship disorders (Amato, 2014). However, the findings of the latest research show that the impact of divorce is not deterministic. The quality of parenting, communication, and emotional support after divorce become the main mediation factors that determine the condition of child development (Kelly & Emery, 2003). This shows that children's emotional and social resilience is a dynamic construction influenced by parenting patterns applied after changes in family structure.

In the perspective of Islamic Psychology, the family is seen as a *madrasatul ula* that is responsible for the development of morals, spirituality, and psychological balance of children. Parenting is not only oriented towards behavior control, but also on the internalization of the values of *tawhid*, compassion (*rahmah*), and negligence (*uswah hasanah*). This concept is in accordance with the authoritative parenting theory that emphasizes the balance between control and responsiveness, but gives a stronger emphasis on the moral and spiritual dimensions as put forward by Abdullah Nashih Ulwan and Zakiah Daradjat. Thus, the integration between modern psychological approaches and Islamic values becomes important to understand child rearing more comprehensively.

Although studies on the impact of divorce have been carried out a lot, most of the studies still focus on the risk aspects and negative consequences. Studies that place spiritual values and religiosity as protective factors, especially in the framework of Islamic Psychology, are still relatively limited. Thus, there is a conceptual gap in integrating modern parenting theory with the perspective of Islamic Psychology in the context of post-divorce families.

Based on this, the formulation of the problem in this study is how the parenting pattern in the post-divorce family can be understood through the perspective of Islamic Psychology, as well as how the parenting pattern contributes to the emotional and social resilience of children. This research aims to examine and formulate a conceptual model of post-divorce child rearing that integrates modern psychology approaches and Islamic Psychology values.

This research is important because it provides a theoretical contribution to the development of Islamic Psychology as an integrative discipline, as well as offering a conceptual framework that can be used as a practical reference for parents, educators, and counselors in supporting the development of children in post-divorce families.

METHOD

In the methods section, it is necessary to explain how the research was conducted. This study employs an integrative literature review approach with a qualitative-conceptual paradigm to systematically and critically examine various relevant literature in constructing a conceptual synthesis of parenting patterns in post-divorce families from the perspective of Islamic Psychology. This approach was chosen because it allows for the integration of classical theories and recent empirical findings to produce a comprehensive and integrative conceptual framework.

The research procedure refers to the integrative review model developed by Whitemore and Knafl (2005), which includes the stages of problem identification, literature search, data evaluation, analysis, and systematic presentation of the synthesis. In addition, this approach is aligned with the guidelines for developing integrative reviews in theory construction as described by Torraco (2016). The study was conducted between January and March 2024.

The population of this study consists of all scientific literature related to divorce, parenting styles, and Islamic Psychology, while the sample includes academic articles and books that meet the inclusion criteria. The literature search was conducted through international academic databases, namely Scopus, Web of Science, and Google Scholar. The keywords used include: divorce and child adjustment, parenting style after divorce, Islamic parenting, Islamic psychology, and religiosity and child resilience. The initial search yielded a number of sources, which were then screened through title and abstract review, full-text evaluation, and final selection of literature for in-depth analysis.

The inclusion criteria in this study are: (1) articles discussing divorce and its impact on child development; (2) studies on parenting from psychological or Islamic Psychology perspectives; (3) publications in reputable journals or academic books; and (4) works published between 2013 and 2023,

except for classical theories that remain conceptually relevant. Articles that were not peer-reviewed or lacked direct relevance to the research focus were excluded from the analysis.

The research instrument used was a data extraction matrix designed to identify and categorize key information from each source, including main themes, theoretical approaches, key findings, and their relevance to the research focus. To ensure validity and consistency, repeated reviews of the literature were conducted, and data were grouped based on thematic similarities.

Data analysis employed a qualitative content analysis approach using thematic analysis techniques. The selected literature was classified into several main themes, including the impact of divorce on children, parenting theories in modern psychology, parenting principles in Islamic Psychology, and the construction of children's emotional and social resilience. The analysis procedure refers to the qualitative content analysis framework developed by Krippendorff (2018) and the systematic approach proposed by Mayring (2014). The synthesis was conducted through a comparative-analytical process to identify similarities, differences, and opportunities for conceptual integration across the literature.

The limitation of this study lies in its conceptual nature, as it does not empirically test the proposed model in the field. In addition, literature that explicitly integrates divorce issues with Islamic Psychology remains limited, making the synthesis highly dependent on the researcher's interpretation of available sources. Therefore, further empirical studies are needed to test the validity of the proposed model, as recommended in the development of theoretical research toward empirical validation (Torraco, 2016).

RESULT AND DISCUSSION

The results of literature research show that a broken home family due to divorce is a condition characterized by changes in the structure and function of the family system which has an impact on the reorganization of interaction patterns and the distribution of parenting roles. In the perspective of family psychology, divorce not only separates the couple, but also changes the emotional and social configuration of children in the family system (Amato, 2014; Lansford, 2009). This change implies a decrease in the intensity of parent-child interaction, the weakening of emotional attachment, and the disconnection of the continuity of the parenting role. However, the findings of the latest literature emphasize that divorce is not a single determinant of child development, but a transitional context that demands structural and emotional adaptation (Kelly & Emery, 2003).

The main findings of this study show that the most significant challenge in post-divorce children lies in the aspect of emotional and social resilience. This condition is greatly influenced by the quality of communication, stability of rules, and the sustainability of emotional support from parents. Thus, the impact of divorce is indirect and mediated by the quality of upbringing, in line with Amato (2010)'s longitudinal findings that place divorce as a process of restructuring the family system, not a single cause of developmental problems.

In the framework of the family system theory (Minuchin, 1974), divorce triggers structural disruption that demands a reorganization of boundaries (boundaries), hierarchy, and interaction patterns. When this reorganization does not run adaptively, the ambiguity of the role and the ambiguity of the parenting function can cause psychological instability in children. On the other hand, a clear role sharing and cooperative communication between parents can minimize the negative impact. This shows that the key variable does not lie in the integrity of the family structure, but in the quality of the reconstruction of the post-divorce system.

This study also found that parenting patterns in post-divorce families tend to experience inconsistencies due to parental psychological pressure, residual conflict, and parenting role imbalance. In Baumrind's parenting typology (1991), this condition often leads to authoritarian or permissive patterns when parents experience stress. In fact, democratic parenting patterns (authoritative) that balance control and responsiveness are proven to consistently correlate with social competence and emotional stability of children. Thus, the quality of parents' emotional regulation becomes a determining factor in directing parenting patterns in a protective or risky direction.

This finding is reinforced by the attachment theory perspective (Bowlby, 1988) which emphasizes that children's emotional stability does not depend on the presence of two parents simultaneously, but on the consistency of the responsiveness of the caregiver figure. It means, children can still develop secure attachment even though they are in a post-divorce family, as long as there is warmth, sensitivity, and predictability in parenting. On the other hand, open conflict between parents and parenting inconsistency is the main factor that disturbs children's sense of psychological security.

In terms of interpretation, this finding indicates that divorce does not inherently damage the child's development, but rather becomes a critical point that determines the direction of adaptation. Alternative explanations show that factors such as prolonged conflict, quality of communication, and parenting stability have a greater influence than the divorce status itself. Thus, the deterministic approach to the impact of divorce needs to be revised into a contextual and relational approach.

In the perspective of Islamic Psychology, parenting is understood as a trust that is not interrupted by changes in marital status. Al-Ghazali emphasized that children born in a state of fitrah and the nurturing environment play a role in shaping the direction of development through negligence and value habituation. This finding is in line with the concept of resilience in modern psychology which places supportive relations as the main protective factor (Amato, 2010). Thus, the integration between spiritual values and modern psychological approaches strengthens the framework of sustainable nurturing.

Furthermore, Ibnu Miskawaih emphasized the importance of consistent moral development so that moral values are permanently internalized. In the context of a post-divorce family, the inconsistency of values between parenting environments has the potential to cause cognitive conflict and moral ambiguity in children. Meanwhile, Ibnu Qayyim al-Jauziyyah emphasized the balance of the development of emotional, social, and spiritual aspects as an integral unit. An imbalance in one aspect, especially in a family condition that is experiencing disruption, can trigger long-term developmental disorders.

In addition, Abdullah Nashih Ulwan emphasized that love (rahmah) and kindness are the main foundations in children's education. This is consistent with the findings of modern psychology that show that warmth and consistency are protective factors against the negative impact of divorce (Kelly & Emery, 2003). Thus, the integration between proportional control and stable affection becomes an effective parenting framework in maintaining the stability of child development.

The implications of these findings in the field of counseling show the importance of interventions that focus on strengthening the nurturing capacity of post-divorce parents. The counseling approach is not only directed to the handling of children's behavioral problems, but also to the improvement of parental emotional regulation, cooperative communication, and consistency of values in cross-household parenting. In addition, the integration of spiritual values can be a complementary approach in strengthening children's resilience.

This research has limitations because it is conceptual and based on literature review, so it has not empirically tested the resulting model. In addition, the limitations of literature that specifically integrates divorce and Islamic Psychology cause the synthesis to be highly dependent on the researcher's interpretation. Therefore, further research is recommended to test this conceptual model through empirical studies, both with a qualitative approach and mixed methods, in order to obtain a more comprehensive validation.

Overall, this study identifies that the quality of parenting is a key factor in determining the direction of post-divorce child development. The integration between modern psychological approaches and Islamic Psychology values produces a parenting framework that emphasizes continuity of responsibility, balance between structure and warmth, consistency of values, and strengthening the spiritual dimension as the foundation of children's psychosocial resilience.

CONCLUSION

Divorce does not directly determine a child's developmental disorder, but rather creates changes in the structure and parenting practices that affect the child's emotional and social condition. The quality of post-divorce upbringing is a key factor, where the inconsistency of parenting patterns, weak emotional attachment, and the interruption of the internalization of values have the potential to be a risk of development. On the other hand, parenting that is responsive, consistent, and balanced between control and affection plays a role as a protective factor that supports the stability and resilience of children. This finding confirms the importance of value-based parenting that is not only oriented towards behavior control, but also towards the formation of moral and spiritual character. Therefore, the parenting approach in the post-divorce family needs to be directed towards the continuity of parental responsibility, consistency of values, and strengthening the emotional and religious dimensions as the foundation of child development. This research has an important meaning in enriching the study of child rearing by integrating the perspective of modern psychology and Islamic psychology. However, the resulting conceptual model still requires empirical testing, so further research is recommended to test its validity in the field context to strengthen its contribution to the development of family counseling science and practice.

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