

## Methods of Islamic Guidance and Social Counseling in Overcoming Teenagers' Psychological Matters Due to Parental Divorce

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**Abstract:** *This study aims to highlight the impacts of parent's divorce on teenagers in Garanta Village, Ujung Loe District, Bulukumba Regency. The study employed a qualitative descriptive approach to provide a broad insight into a phenomenon then was switched to data. Using this approach, the study solicited eight participants of six teenagers, the head of District Religious Affairs Office and a parent. Data were gathered through interviews and observations, and were collected through a process that follows the scientific method including choosing the topic, focusing on research questions, as well as collecting, analyzing, and interpreting the data. The results of the study showed that teenagers disregarded their environment, became depressed, hated parents, felt very irritable, or were very sad. In response to these psychological negativities, Islamic religious educators employed a persuasive approach, delivered guidance, and provided an adequate solution to deal with the profound sadness that has appeared over time since parental separation. This study implies that the Islamic religious instructors should have the professional duty to take a meaningful care. They should establish an outreach program in society for helping those who are vulnerable in the community, especially the parents and teenagers, and both take part in the instruction to accumulate more knowledge to heal the psychological impacts due to the parental separation.*

**Abstrak:** *Penelitian ini bertujuan untuk melihat dampak dari perceraian yang dirasakan oleh remaja di Desa Garanta Kecamatan Ujung Loe Kabupaten Bulukumba. Penelitian ini menggunakan pendekatan deskriptif-kualitatif yang memberikan pandangan luas dari sebuah fenomena yang dijadikan sebagai data penelitian. Dengan menggunakan pendekatan ini, penelitian ini melibatkan delapan orang yang terdiri dari: enam remaja, kepala KUA dan orang tua. Data diperoleh dengan melakukan interview dan observasi serta diperoleh lewat sebuah proses yang sesuai dengan metode ilmiah seperti: menentukan topik, membuat pertanyaan penelitian, dan juga mengumpulkan, menganalisis, serta menginterpretasi data. Hasil penelitian menunjukkan para remaja bersikap acuh terhadap lingkungan, mengalami tertekan, benci orang tua, mudah marah-marah, atau merasa sedih. Menyikapi kondisi psikologi yang negatif, Penyuluh agama Islam menggunakan tindakan persuasif, memberikan pembinaan, serta mencari solusi terbaik dari anak agar tidak berlarut-larut dalam kesedihan yang dialami setelah orang tua mereka bercerai. Penelitian ini memiliki implikasi bahwa Penyuluh Agama Islam secara profesional sebaiknya lebih aktif lagi untuk turun kelapangan, untuk melakukan pendekatan kepada masyarakat khususnya para orang tua serta remaja korban perceraian agar tugas dari para penyuluh juga terlaksana sebagaimana mestinya dan dampak psikologis dari perceraian yang mereka alami akan berkurang.*

**Keywords:** *Islamic Religious Instructors, parental divorce, psychological impact on teenagers*

## INTRODUCTION

We live in a complex and increasingly diverse society. An individual and the family reflecting other social institutions are undergoing rapid dramatic transformations in form, competition, and structure. And amidst the globalization era, they experience societal and environmental matters which are more complex as they encounter not only ones that affect their personal life but also their familial and social one (Goldenberg & Goldenberg, 2002). Basically, the matters arising from aspects of life they engage in include education, economy, career, marriage, and family. Therefore, they need help from skilled helpers included but not limited to a social worker, a psychologist, a therapist, or a counselor to ease their concerns (McLeod, 2008). More specifically, those need help of the counselor consider the surroundings triggering crises, troubles, doubts, difficulties, or disruptions (Egan, 2007). In the context of counseling, the counselor has many basic goals when working with a client; thus, the counselor is an enabler that helps an individual client to act and accept the awesome freedom of and responsibility for action, which means the counselor needs to give enough opportunity to the client to think about solutions for his or her problems independently (Egan, 1975). Counseling is rooted in the premise that humans cannot escape from freedom themselves because they are socially bound, and that freedom and responsibility must go hand in hand thereby the client or an individual group can solve their problems (Corey, 2020; Lewis & Lewis 1977).

The profession of counseling is deemed to providing assistance to a person or a group of people to solve their problems, in which the counseling process has four basic components: (1) a counselor, (2) a client, (3) a counseling system, and (4) the outcomes of the counseling system (Stewart et al., 1988). Assistance can be in the form of giving mechanism to facilitate group learning, client-based tasks, homework, services, and case management as management is part of counseling practice. In this area of practice, the counselor and the client are committed to making decisions based on the best knowledge that is based on rigorous research and evidence-based practice (Weinbach, 2008). The interaction between the counselor and the client has taken place within the counseling system used by the counselor. Any time the counselor and the client engage in the counseling process, there should be an outcome to be yielded as a product of the interaction (Stewart et al., 1988). This is to indicate that the client always needs help from the counselor because there are many problems that are difficult to be solved. Such a necessity will continue to grow along with the many problems existing in the community. As is well known, nowadays society do not only need medical treatments but also psychological treatments as the latter has existed in the history of psychiatry that deals with emotional and internal healings (Zastrow, 2000). Society need psychological treatments because the field of psychology is rapidly undergoing a quite fast following the augment of curative techniques either for physics or psychology and spirituality (Patterson et al., 1998). They also emerge from the increasing need to locate the humans in the center of the therapeutic process. As human beings, people have a unique, sophisticated sensitivity in their consciousness, and spirit that can direct the mind and cure the body (Mijares & Khalsa, 2005).

Having different backgrounds and life experiences, a family is formed from two individuals or more who come from different families. The differences often trigger misunderstandings and commotion between partners, and if not resolved immediately, this misunderstanding will continue to become a prolonged conflict (Lestari, 2012).

Family life does not always go as smoothly as we imagine. Problems will always arise as long as our lives run. The problems we encounter often lead to prolonged conflicts in the domestic life, such as unharmonious relationship between husband and wife as well as between parents and children, unequal home tasks roles, work and financial problems, and sexual problems which lead to fights and end in divorce (Lestari, 2012). Because divorce touches the lives of so many family members today, effort to understand the dynamics and impacts of divorce have flourished. Most traditional studies of divorce, for instance, have emphasized the difficulties and problems created for members of divorcing families, especially for the children in those families (Carter & McGoldrick, 1999), and this is in line with our study that focuses on the emergence of emotional divorce that teenagers deal with, and by the assistance of Islamic guidance and social counseling in overcoming hurt, anger, or guilt (Schrive, 2004).

Divorce is a separation between a husband and wife as a result of the failure of them to carry out their respective roles. In this case, divorce is seen as the end of a marital instability, where the husband and wife then live separately after divorce and are officially recognized by applicable legislation (Ihromi, 2004). Divorce as a tragedy which is very undesirable for every couple in the family because it causes many effects that are not reassuring and all parties, both partners, teenagers, and the extended families of the couple endure a terrific pain. Divorce is a common phenomenon, and the statistics of the United States has revealed facts and forecasts regarding marriage, divorce, and family life today that (1) half of all marriage made this year in the United States are projected to end in divorce, (2) divorce rates are likely to be higher when marriage is preceded by a premarital pregnancy or out-of-wedlock birth, (3) age of the spouses at the time of first marriage is a good predictor of marital stability, in which those under 20 are two to three times more likely to divorce than those who marry in their twenties, and (4) married couples are divorcing earlier than ever before; thus younger children are more likely to be affected by divorce than in the past (US Census Bureau, 2021).

The rise of divorce in Garanta Village, Ujung Loe District, Bulukumba Regency, South Sulawesi Province has the impacts on the mental development of teenagers, so that they will feel suffering in a fairly long period of time, such as stress, hurt, anger, or guilt (Schrive, 2004). As a consequence of the divorce, the teenagers' life in the family is no longer seen normally because there are many changes, both from the physical and psychological conditions of teenagers, such as being indifferent to the environment, feeling depressed, and having excessive anxiety and fear. The biggest influence of divorce here is the teenagers, where in fact they already know, feel, and see a condition that occurs to their parents but they are unable to express what they feel. Thus, they think that they are the cause of their parents' divorce and have a prejudice or negative presupposition that one of the parents is a bad, irresponsible person to the family. Also, there are constant fears and feelings that can affect their behavior and personality. Even in the future, these teenagers can become quite vindictive towards their parents, involved in cases of deviant behavior, such as promiscuity and suicide (Andriani, 2020; Schrive, 2004).

Given the complex context of divorce in Garanta Village of Ujung Loe District, 23 couples ended in divorce during 2018, then 38 divorced couple were reported in 2019, and the divorce case increased by 50 couples in 2020. These divorces

were mainly caused by factors, such as many husbands were going abroad as migrant workers for years, and some visited their family, yet some did not come home without news. Also, there were other leading factors such as domestic violence, economic issues, early marriage, and having online affairs through chatting on cellphones (Andriani, 2020).

Parental divorce forced the teenagers to become traumatized and withdrew from their social environment. They feel that after their parents' divorce, people will make fun of these teenagers as they do not have complete parents. They withdraw from the society and isolate themselves yet being alienated. Also, they experience even more stress. With the help of Islamic guidance and social counseling, the teenagers can be assisted in the process of understanding and accepting themselves, as well as in finding the best way to resolve their problem. Generally, clients of such case who improve their development skills in their lives can make right decisions and can handle their own problems without relying on others. Through this service, basically they are directed to understand themselves, society, and life in order to be able to get the full happiness of life and can achieve optimally self-development as social beings. Therefore, this study is to investigate teenagers who had psychological problems because of parental divorce and what the Islamic religious counselor to do in dealing with them.

## **RESEARCH METHOD**

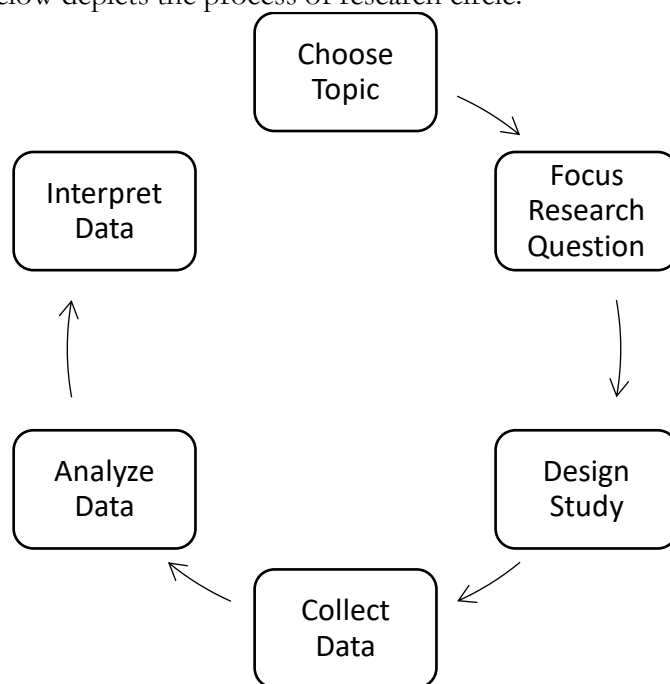
This study uses qualitative descriptive research that aims to provide an overview of the phenomena and circumstances at the research location based on natural setting. Thus, this study attempts to understand a variety of visible phenomena with a greater depth and this setting initiates some aspects such as actors, time, place, and events. The data were obtained from conditions in the field or research location (Ali, 2002). According to Neuman (1997), this qualitative research is one type of research that aims to gain an understanding of reality through inductive reasoning. Through qualitative research, we could identify subjects, feel what they experience in their daily lives, and are also expected to focus on reality or events in relating to study (Denzin & Lincoln, 1994). This study consisted of seven people as informants to obtain research data through stages: observations, interviews, documentation, data processing and analysis techniques using data reduction, data presentation, and drawing conclusions (Strauss & Corbin, 1998).

The researchers were dependent of interviews as the main tool for data collection in addition to observation. The participants were teenagers consisted of three boys and three girls aged 15-17 at the time when the research conducted in 2020. There were high school students and experienced difficulties because their parents divorced. In addition, the research focused on a religious community leader and three parents chosen because they were voluntarily participating in our research.

Using the qualitative approach, the research employed in-depth interviews with respondents to explore their views, thoughts, behaviors, and senses about the psychological concerns they felt during which times their parents separated. The interviews were held in the Religious Affairs Office and some were conducted at home depended on the agreement. Besides interviews, the research used observations towards deeds and attitudes in order to validate data gathered from interviews with the observations (Cherry, 2000). In this research, we went through the

research process that requires a sequence of steps. The process begins with selecting the topic – an issue of parental separation that affects the psychological beings of the teenagers. However, this issue is too broad given that we then narrowed down the focus into a case Garanta Village of Ujung Loe District. After specifying the research questions for the narrowed topic, the researchers applied the purposive sampling to solicit only those who have the capability to respond to the researchers’ study questions. Once the researchers collected data, their next step is to analyze the data to see any patterns that emerge. The patterns in the evidence help the researchers interpret and give meaning to the data (Neuman, 1997).

Figure 1.1 below depicts the process of research circle:



## RESULT AND DISCUSSION

### Psychological Impacts Due to Parental Divorce

The parental divorce has a significant impact on teenagers. They showed disregard for their surroundings, became depressed, hated parents, felt very irritable and sad. The following illustrations are the impact of parental divorce on children psychology:

#### 1. *Showing Disregard to Their Surrounding*

Idawati stated that the impact on teenagers who experienced a broken home could have emotional disturbance that they made a new attitude towards themselves. They actually used to be cheerful and easily mingled in their environment but now since their parents go through a divorce. Also, they have a disregard of their social environment.

As revealed by Nuraini as one of the teenagers who were victims of parental divorce, currently she lives with her mother and she feels ashamed of her family which come from a broken home. Then, it makes her indifferent to the social environment because she does not want to appear weak in front of people especially people in their

neighborhood. One of the impacts of broken home family on teens is to demonstrate a disregard. The teens may require help to deal with a heavy load. They are ashamed of his environment, as well as his peers. Basically, a teenager wants to feel and enjoy the beauty of harmony in the household. Behavioral changes are also more likely in teens whose parents are divorced.

## ***2. Becoming Depressed***

Idawati said that the effects of divorce usually lead to strong pressure. This emerge as a result of pressure from various parties. For example, the family and social environment always isolates the teenager so that they prefer to stay at home instead of interacting with their environment because they feel calm when they are alone.

As stated by Mudassir, who experienced the impact of his parents' divorce in Garanta Village, he currently only lives with his mother. He is afraid to leave the house or mingle with his peers because he says that he prefers to be alone because when he mingles in his environment, he is often teased. Even many who always ask for his family problems makes him feel depressed. Therefore, he feels more comfortable staying at home because he just gets his own pleasure.

## ***3. Being Angry***

Idawati said that after their parents get divorced, teens usually tend to show feelings of anger and resentment towards their parents, especially when a teenager often sees their parents fighting or committing domestic violence. Seeing their parental divorce, only feeling anger arises in their hearts, it can cause the child's psyche to be disturbed and become people who are quick to anger or sensitive to the surrounding environment.

In line with this view, Mudassir Said, one of the teenagers who became victims of divorce in Garanta Village, Ujung Loe District, Bulukumba Regency, said that he often saw his parents fighting and even inflicting violence against his mother. This made him sometimes difficult to control his anger so that he is more sensitive in his circle of friends because sometimes there are friends who make fun of his business or offend his family. It also makes her angry even more intensely because they don't think about her feelings and he prefer to stay at home instead of hanging out.

## ***4. Hating Parents***

Idawati revealed that a teenager who experiences the effects of divorce usually holds a grudge against his parents, especially when a teenager always watches his parents fight, watches his parents get tortured and so on. He gains a profound sense of revenge and hatred. Sometimes the teens find it difficult to forgive their parents, especially when one of their parents has left and get divorced.

As stated by Mutiara, a teenager who had impact of parents' divorce, said that he often witnessed the suffering his parents (mother) at the hands of his father. In response to this, he harbored feelings of hatred for his father, especially when his father left him without guilt, he hated so much. Their arguing in front of his eyes make him hate his parents so much. As a result, they feel uncomfortable at home so they only get a sense of comfort outside the house.

## **5. Feeling of Sadness**

Idawati said that teenagers who initially felt comfortable with the presence of their parents would certainly feel sad when their parents separated and even get divorced. The teens would also feel lost.

Mutiara felt the sadness like what others feel when their family are going through a divorce. He no longer received the warmth and love of his parents even though they were all still alive. Teenagers are the victims who sound really hurt when their parents decide to get divorced. They feel afraid because of the loss of their mother and father figures, sad and afraid of losing the love of their parents who now do not live at home. In addition, they also feel guilty and think of themselves as the cause of divorce. Children's achievement in school will decrease or they become more often alone.

## **What Islamic Religious Counselors Can Do in Dealing with Teenagers**

Parental divorce in a family relationship is very undesirable and it is really sad if the couple already has children. Divorce essentially has greatly effect to the psychology of teenagers and their husbands or wives and will also affect their actions or behavior. Therefore, there are some ways to help teens adjust to the changes brought about by divorce. One of them is to maximize the role of counselor in the community by providing Islamic guidance counseling service on psychological development for teenagers whose parents are divorced. There are also some strategies can be given to the teenagers are to advocate that marriage under age is acceptable by culture but is against laws of the state. So, the Islamic counselor can be in coordination with the social counselor to give good guide to the village teenagers that the trend being early of age can result in early divorce due to many factors (Rontisi & Lessy, 2022).

### **1. Taking a Persuasive Approach**

Idawati said that to provide assistance to teenagers with divorced parents, we need to take a persuasive approach so that they are psychologically stable and not too disturbed as a result of their parents' divorce. This persuasive approach aims to invite or influence teenagers to be more accepting of the situation wholeheartedly.

Religious counselor at this early stage can instill the values of manners and how to respect parents and explain the supreme power of Allah in which everything happens by the will of Allah and humans can only accept it bigheartedly. The counselor can take persuasive approach with lots of efforts to continuously improve the youth towards goodness by directing them to positive activities and things that are beneficial for life in the future. With the persuasive approach, the role of religious counselor is to help the teens grasp the meaning of life in which life is basically a journey that must be learned and every event that occurs in this life is the decree of Allah.

### **2. Providing Coaching**

Idawati asserted that teenagers whose parents are divorced need psychological coaching by fostering more knowledge of these teenagers in the religious instruction (*majelis ilmu*). The coaching is conducted through Religious counselor in collaboration with a religious study group (*majlis ta'lim*). This group is one of the non-formal religious education institutions that aims to increase faith and piety to Allah.

The coaching activities are carried out to increase religious knowledge, strengthen faith, and instill good character such as reciting the Qur'an, memorizing short *surahs*, transaction (*muamalah*), creed (*aqidah*), morality, and monotheism (*tawhid*). Counselors also monitor every process of activity through holding *majlis ta'lim* activities to make it easier for teenagers to open up about the problems they face.

### **3. Finding Best Solution**

Idawati noted that to provide the right solution, which is to teach teenagers to be more patient and still have a good attitude towards every problem. This hopefully can change from the sadness into smiling to boost their mood. We essentially invite them to identify and face the problem meaningfully and warmly.

Everyone experiences problems from time to time and find a solution to those problems. Likewise, the teens with divorced parent have problems in the family that make them have a feeling of sadness for a long time. To deal with this, they are taught skills and strategies for being more mature and able to take the lessons and meaning behind those problems. The religious counselor strengthens strong motivation and enthusiasm for life that parental divorce is not a barrier to achieve future goals. The only way is to do more actively and always getting closer to Allah.

## **CONCLUSION**

The impacts of parental separation on the psychological conditions of teenagers in Garanta Village, Ujung Loe District, Bulukumba Regency which in particular changed their mood, senses, emotion, and feeling. The teenagers will be more easily indifferent to their environment. They are also deeply shocked and become extremely anger due to the fact that their parent is divorced and separated. The other impacts occur among teens from divorced parents in which they will hate their parent so much and feel so sad. Islamic religious counselors make efforts in the psychological development of teenagers after their parent is divorced in Garanta Village, Ujung Loe District, Bulukumba Regency. They initiate to take a persuasive approach to teenagers from divorced parent and provide to deal with family problems soon. Also the counselors give the best solution to them in such a way that teenagers in the future are able to live independently and no longer feel traumatized and stressed with the life they are experiencing.

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