

## THE PSYCHOLOGICAL IMPACT OF PARENTAL LOSS ON ADOLESCENTS AT MADRASAH TSANAWIYAH IN PETATAL VILLAGE, BATU BARA REGENCY

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### Abstract

This study aims to determine the psychological impact of losing parents on adolescents at Madrasah Tsanawiyah Petatal Village, Datuk Tanah Datar Sub-district, Batu Bara Regency. The method used in the research is a qualitative approach with primary and secondary data as research data sources. The data analysis technique uses the Miles and Huberman model, which consists of three techniques including data reduction, data presentation, and conclusion drawing. The results stated that the loss of parents has a deep psychological impact on adolescents, which is reflected in their emotional, social, and academic changes. Adolescents who lose their parents often experience feelings of sadness, anxiety, confusion, and disorientation. These changes can interfere with their concentration in learning, as well as affect social relationships with friends and teachers in the Madrasah.

**Keywords:** Psychological Impact, Loss of Parents, Adolescents

### Abstrak

Penelitian ini bertujuan untuk mengetahui dampak psikologis kehilangan orang tua pada remaja di Madrasah Tsanawiyah Desa Petatal Kec. Datuk Tanah Datar, Kab. Batu Bara. Metode yang digunakan dalam penelitian ialah pendekatan kualitatif dengan data primer dan sekunder sebagai sumber data penelitian. Teknik analisis data menggunakan model Milles dan Huberman yang terdiri dari tiga teknik diantaranya reduksi data, penyajian data, dan penarikan kesimpulan. Hasil penelitian menyatakan bahwa kehilangan orang tua membawa dampak psikologis yang mendalam bagi remaja, yang tercermin dalam perubahan emosional, sosial, dan akademis mereka. Remaja yang kehilangan orang tua sering mengalami perasaan sedih, cemas, kebingungan, dan kadang-kadang merasa kehilangan arah. Perubahan ini dapat mengganggu konsentrasi mereka dalam belajar, serta mempengaruhi hubungan sosial dengan teman-teman dan guru di Madrasah.

**Kata kunci:** Dampak Psikologis, Kehilangan Orang Tua, Remaja

### INTRODUCTION

Losing a parent is a traumatic event that can cause various emotional and psychological pressures in adolescents. Adolescence is a complex developmental stage where individuals begin to form their own identity, understand life values, and seek emotional stability from important figures in their lives. In this context, the presence of parents has a very important role, both as a provider of affection, a cultivator of moral values, and as a source of support in facing various challenges in life. When one or both parents die, the adolescent is faced with a heavy psychological burden. They not only have to deal with

loss emotionally, but also changes in roles and dynamics in the family, which can overall hinder their developmental process.

The death of a parent for adolescents is not only a loss of a person, but also a loss of direction, a loss of a place to share, and a loss of emotional and physical protection. In many cases, teenagers abandoned by their parents will experience feelings of loneliness, alienation, and depression. According to research conducted by Vastya et al. (2021), the loss of a parent can have serious psychological impacts, including mental health disorders, difficulties in interpersonal relationships, as well as an increased risk of the appearance of emotional disorders such as anxiety and depression. Adolescents who experience this loss often feel unable to understand the meaning of the event, which impacts their relationship with spiritual and religious values. The inability to accept this reality can deepen the psychological wounds they experience.

One of the factors that greatly influences adolescents' reactions to the loss of a parent is the type of attachment they have to the deceased parent. Strong emotional attachment will magnify the sense of loss because adolescents lose the figure that has been a source of comfort and identity. On the other hand, teens who are not very close to their parents may experience feelings of guilt or regret because of a relationship that didn't have time to be repaired before the parents' departure. In both cases, the loss still has a significant emotional impact. Yasin and Diana (2024) emphasized that adolescents who have lost their parents experience developmental obstacles due to the loss of important role figures in shaping emotional and social independence.

Furthermore, Susanto and Surjaningrum (2023) explain that the meaning given by individuals to the loss event greatly determines the extent to which the grieving process will affect their psychological and social functioning. For some individuals, the grieving process can be overcome in a short time, but for others it can last for a very long time. The speed and quality of this recovery are highly dependent on the social support available, coping mechanisms in place, and an environment that allows adolescents to express their feelings safely.

In a previous review, Nurriyana (2021) noted that adolescents who lose their parents experience significant psychological and financial impacts. This condition is reinforced by research by Masi (2021), which found that children from families who are not intact—either due to divorce, death of family members, or because of living separately—experience psychological disorders by 63%. This figure shows how much influence parental absence has on adolescents' emotional well-being. Hudria (2021) also mentioned that the psychological impact of losing a parent includes a sense of loss of affection, deep sadness, the absence of a person to lean on, and the destruction of family integrity.

One of the most dominant impacts that teens feel after losing a parent is the loss of affection. The affection that is usually given by parents becomes the emotional foundation in the life of teenagers. When this is not met, adolescents tend to look for alternatives to meet these emotional needs, which can lead to deviant behavior or the risk of other psychological disorders. They see the loss of parents as a loss of role models, life direction, sense of security, and a place to share. This process makes them feel powerless, isolated, and lose hope for the future.

Especially for adolescent girls, the loss of a mother has a deep emotional impact, because mothers are figures who are often a place of refuge, sharing stories, and getting advice in daily life. When the mother dies, the adolescent girl feels the need to become more

independent, especially in the face of the future phase of marriage that usually requires the presence of the mother as an emotional companion. On the other hand, the loss of a father also leaves a deep wound, especially since the father is seen as a protector and provider of security as well as a guardian in the marriage process. The new social status as an orphan also provides its psychological burden for adolescents, adding anxiety about society's perception, as well as fears of new dynamics in the family, such as the possibility of surviving parents remarrying.

In the context of adolescent development, the loss of a parent has a significant impact on their ability to carry out developmental tasks. Teenagers who are able to understand loss as part of life will have an easier time adjusting and continue the developmental process well. They will learn to be socially responsible, achieve emotional independence, and form a healthy self-identity. But on the other hand, for adolescents who are unable to understand the positive meaning of the loss, they will experience developmental stagnation, even emotional regression. This condition has great potential to cause long-term psychological disorders.

Adolescence is a crucial phase in forming an identity. When the loss of a parent occurs, this process of searching for identity is interrupted by deep grief, pressure from the social environment, and limitations in obtaining emotional support. Many adolescents end up experiencing an existential crisis, questioning the values of life, their role in the family, and the meaning of their existence. When adequate psychological assistance is not available, adolescents will tend to have difficulty navigating complex and deep feelings of grief. They need someone who is able to guide, listen, and understand the situation they are in.

This study aims to examine in depth the psychological impact experienced by adolescents at Madrasah Tsanawiyah Petatal Village who have lost their parents, as well as understand how they interpret these experiences in the context of their psychological development. Through this study, it is hoped that a more comprehensive understanding of the psychological dynamics of bereaved adolescents will be obtained, so that it can be the basis for designing the right mentoring strategies for adolescents with similar conditions. An empathetic and contextual psychosocial approach is needed so that the grieving process can be faced in a healthy manner and does not hinder adolescents' psychological growth in a positive direction.

The term psychological impact refers to changes in mental state experienced by individuals due to the influence of internal and external factors that affect emotional well-being. According to the stress theory put forward by Lazarus and Folkman (1984), stress arises when individuals feel that the demands of the environment exceed their ability to cope with it, which ultimately leads to negative psychological impacts such as anxiety and depression. In this case, the loss of a parent is a huge stress trigger for adolescents, as it presents an emotional burden that exceeds their adaptive capacity. Nurriyana (2021) added that the psychological impact of losing a parent greatly affects the mental state of adolescents because it disrupts the emotional stability they are building in the transition to adulthood.

Loss of a parent is defined as the event of an individual's separation from something that was previously an important part of his or her life, either partially or entirely. Nurhayati et al. (2022) mentioned that loss has profound psychological impacts, such as sadness, anxiety, confusion, and even depression, depending on the extent of the role or

importance of the lost object in a person's life. In this case, parents are a very significant object in the life of adolescents, because they play a role not only in providing affection and protection, but also as a guide in the direction of life. When this role is lost, there will be an emotional void that is difficult to fill.

Adolescence is an important transitional phase between childhood and adulthood, characterized by major changes in physical, cognitive, and emotional aspects. Syalis and Nurwati (2020) explained that adolescents are beginning to release dependence from their parents and try to be independent, but still need emotional support and guidance to understand the adult world. During this time, individuals begin to form self-identity and establish more complex social relationships. Therefore, the loss of a parent during this time greatly interferes with the process of identity formation and the ability of adolescents to adjust socially. Syafruddin et al. (2023) stated that adolescents who lose their parents are at risk of experiencing obstacles in forming a positive self-image, experiencing a decrease in self-esteem, and difficulty in building healthy interpersonal relationships.

Based on this phenomenon, the researcher was interested in conducting a study entitled "The Psychological Impact of Parental Loss on Adolescents at Madrasah Tsanawiyah Petatal Village, Datuk Tanah Datar District, Batu Bara Regency". This research is expected to contribute to the development of psychological interventions and educational approaches oriented towards trauma recovery and strengthening adolescent psychological resilience. The findings of this study are also expected to be input for parents, teachers, counselors, and policy makers in providing optimal support for adolescents who experience loss, so that they can continue to grow and develop healthily, psychologically, and socially.

## **METHOD**

This type of research is qualitative research with a descriptive analysis approach. The object of this research is located at Madrasah Tsanawiyah Petatal Village, Datuk Tanah Datar Sub-District, Batu Bara Regency. The data sources used in this study consist of primary data, namely Madrasah Tsanawiyah students in grades 8A and 8B, as the source of research informants. Then, secondary data, namely data on grade 8A and 8B students of Madrasah Tsanawiyah Petatal Village, which is needed as a source of research information, as well as scientific articles related to the research title, or books. The informants of this study amounted to 6 people from classes 8A and 8B, with a span of 1-3 years, whose parents had passed away. Data collection techniques include interviews, observation, and documentation. Meanwhile, the data analysis technique used descriptive qualitative analysis with the Miles and Huberman model, which consists of three techniques, including data reduction, data presentation, and conclusion drawing (Mayestika & Hasmira, 2021).

## **RESULTS AND DISCUSSION**

### **Psychological Impact of Losing Parents**

The results showed that the loss of parents caused adolescents to experience the loss of a figure who provides attention and affection, loss of a source of security, and loss of friends to share with. Teenagers express their feelings of loss by crying, feeling sad, rejecting, and regretting. This study also found that adolescents who do not have an effective substitute figure may experience social behavioral deviations and moral disorders. The

impact of parental loss on adolescents can be in the form of physical, emotional, and social effects, such as decreased school performance, and others. Losing a parent can be very traumatic, comparable to losing a loved one. When an adolescent loses a parent, they will respond in different ways. Reactions can include shock, disbelief, loss, sadness, and even anger. In the world, there are approximately 153 million adolescents who have lost a parent, either because one parent or both parents died. The death of a parent is a deeply traumatizing event for adolescents, which can lead to a variety of problems, such as difficulties at work and poor relationships with others. In addition, the loss of a parent can also lead to significant psychological problems, health problems, and depression (mental illness) (Sari, 2019).

Losing her parents made Tasya feel her life was destroyed because there was no longer a place to complain, especially losing her mother, as she expressed: *"When I heard that my mother had died, I felt sad and Tasya didn't know what to do, what the future would be like without a mother, of course I was devastated"*. Responding to this, of course, losing a parent will be very painful, especially a mother, who is usually always there with us, a friend to tell stories and complain to every day. In addition, loss is not only felt by individuals who are teenagers; loss is also felt by teenagers from an early age. This is because their parents died when they were toddlers.

As expressed by Diki and Sasa: *"Indeed, death cannot be avoided, sis, no matter what, everything is God's secret, but as a result of all that, me (diki) and sasa certainly don't get enough affection from a mother, so I often go out with friends who still have intact parents, sometimes I want to tell stories too, I like to be sad, who do I want to tell to my family, not necessarily my family will listen or sympathize with us, so I mostly keep it to myself sis"*.

The death of a mother at a very young age made Sasa and Diki lose the figure of a mother in their lives. The love of a mother is certainly very different from the love of family, such as aunts, uncles, or cousins. Although they have a father figure in their lives, a mother figure is certainly needed by them. This, of course, has an impact on their psychological condition; they are more often pent up, as a result, they often feel emotional.

This was also felt by Ridwan, who lost his parents as a toddler and was unable to understand the true meaning of loss. However, when we reach adolescence, this is quite understandable to us. Those who feel loss when they are toddlers, seeing their friends have intact families, of course, feel different; there is a sense of envy. As expressed by Ridwan: *"When Ridwan was a child, there were things that made me sad, namely that I was often ridiculed by friends my age as an orphan. His name is also a child, yakan kak, being teased as an orphan is not good, it feels sad at times, I used to cry a lot when teased for not having a father, so I went home to complain to my mother"*. At a young age, loss always has an impact on the person left behind, both economically and psychologically. Even though death is *sunnatullah* and something that must happen, not everyone is ready



to face it. The death of a father or mother is certainly a very painful event because children who lose their parents will become orphans or orphans.

As expressed by Iqbal: *"Now my father is gone, so Iqbal is free to go anywhere, without anyone forbidding him. If there had been a father, he would have always gotten angry if Iqbal came home past midnight. It's normal, Kak, his name is also a young man."*

After the departure of his father, Iqbal was never restrained by his family, so he felt free in his life. However, Iqbal always remembered his father's message. Iqbal's freedom not only makes him careless, but he also remembers his responsibilities as a child and is fully responsible for himself. As he said, *"We can be naughty, but remember the father's message to always be good to people. We can be naughty, but remember our responsibilities as children, especially men. This is the message from his father that Iqbal always remembers"*.

Losing a parent can be a very difficult experience for teenagers. However, in many cases, it can be a turning point that helps them develop into stronger and more responsible individuals. Without their parents by their side, teens are forced to face life's challenges independently, which teaches them a lot.

Every teenager has a different way of interpreting loss, especially when it comes to losing a parent, be it a father or a mother. The experience of loss is very personal and can affect them in different ways, depending on many factors, such as their closeness to their parents, the support they receive from family or friends, and how they understand and deal with it. For some teenagers, losing a parent can be a devastating experience and cause a deep sense of loneliness. They may feel like they have lost a protector or role model in their lives, which can make them feel like they have no direction or purpose. As expressed by Rosa:

*"The distance between my father and mother died was one year apart, when my parents died I realized that I didn't have intact parents like before, rosa must be able to live independently so as not to bother the people around rosa, especially aunt and uncle"*.

In response to this, we can see that losing a parent can have a major impact on adolescent development. Adolescents who are able to view loss as something positive tend to be able to go through their developmental stages better, such as showing responsible social behavior and achieving emotional independence. Conversely, adolescents who are unable to view loss as something that can give positive meaning will face professional difficulties. Therefore, loss can have both good and bad effects on adolescent development. The positive impact is that loss can encourage adolescents to become more independent. Meanwhile, the negative impact is the disruption of adolescent development, both in terms of emotions and the surrounding environment (Ausie & Mansoer, 2020). Based on the results of the interviews above, it can be concluded that the psychological impact of losing parents includes lack of affection, deep sadness, loss of parental figures, no more place to share stories, loss of intact family, difficulty adjusting,

academic ability disorders, physical and mental disorders, lack of self-confidence, too sensitive and lack of responsibility.

The loss of one parent has a huge impact on children, affecting their emotional and psychological aspects. Therefore, it can be assumed that the loss of both parents will have an even greater impact on the child. One situation that is rarely talked about, but interesting to note, is what happens when the loss does not happen just once, but several times in a very short period of time. These repeated events can require a process of forgiveness and prolonged emotional recovery, as the child has to deal with successive losses rather than just one event. This situation requires extra attention and support. The profound changes that occur as a result of loss in a short time can give rise to a range of emotions that are more complex and of varying intensity in individuals. This encourages researchers to investigate more deeply the grief reactions felt by children when losing both parents in adolescence.

### **The Impact of Parental Loss on Student Learning Achievement**

Parental loss often causes severe emotional disturbances, such as sadness, confusion, and feelings of distress. These emotions can distract students from their studies and cause difficulties in focusing at school. They may feel restless more often, think about their deceased parents, or feel a disturbing emptiness in their minds. The student learning process is influenced by various factors, both internal and external. One external factor that is often overlooked is the emotional and psychological state of students, which can be affected by major events in their lives, such as the loss of a parent. Losing a parent not only affects students' mental state but can also have a significant impact on their learning achievement. Therefore, it is important to understand how the two main factors of emotional state and social support can affect students' learning achievement, especially in the context of the impact of parental loss. Here are two factors that affect student learning achievement (Hudria, 2021).

#### **Internal Factors**

##### ***Health***

Physical and mental health have a big influence on a person's ability to learn. When the body is unhealthy, concentration is impaired, and the energy to learn can be reduced. Likewise, with spiritual health, if someone feels stressed, anxious, or anxious, it can affect the ability to think and focus. As expressed by Sasa class 8A, *“When my parents died (father and mother), I felt a lack of appetite for work, was also lazy, sometimes I also entered the clinic because I had too many thoughts”*. This was also felt by Tasya's class 8A *“When Tasya's mother died, Tasya dropped badly, almost a week in hospitalization”*.

From these interviews, we can conclude that the balance between physical and mental health is very important so that the learning process can take place optimally.

### ***Interest and Motivation***

Interest in learning arises because of strong motivation to achieve goals, such as getting a good job or a happier life. With this motivation, a person will study with enthusiasm and earnestness to reach their goals.

As revealed by Mr. Karim as a teacher at Madrasah Tsanawiyah Petatal Village *"Interest has a big influence on the learning process of students, after losing parents, of course students feel they have lost their enthusiasm and motivation to learn, therefore special assistance is needed for students whose parents are left behind, so that their learning results do not decrease"*.

From these interviews, we can conclude that interest and motivation to learn are also very helpful in student learning achievement, of course, here, there is also full support from the teacher.

### ***How to study***

The way a person learns also affects the achievement of their learning outcomes. Learning without paying attention to physiological, psychological, and health techniques and factors will result in less than optimal results. As revealed by Mrs. Leli (counseling teacher), *"All students experience changes in their way of learning after losing their parents, starting from being late for class, assignments are rarely collected, and semester grades are lower than before. Therefore, we as the school must continue to control students who lose their enthusiasm for learning"*.

### **External Factors**

#### ***Family***

Family plays a very important role for adolescents who have lost a parent. Emotional and psychological support from close family members goes a long way in recovery. In addition, the family's role in providing financial support and ensuring access to education remains open is also very important.

This was expressed by Sasa, a student in class 8B: *"Since I was little, I have been taken care of by my mother's family, even though my father is still around, but my father has to work, so he is not around all the time. My mother's family gives full attention to Sasa in terms of economy and education, that's why I have to study hard so that I can make my family proud, even though I don't have a mother, but I'm not discouraged in studying"*.

*"Sasa is an outstanding student, as can be seen from the fact that her grades are always improving and she is active in learning in class. From grade 7 to grade 8, she has always held the first place in this class,"* said Pak Karim, a teacher at the Petatal Village Madrasah Tsanawiyah.

Based on the results of these interviews, families who pay more attention, both in terms of communication and providing basic needs, can help adolescents stay motivated in learning and overcoming life challenges after losing their parents.



## **School**

Interview from the school, one of the counseling teachers (Mrs. Leli) *"The school at Madrasah Tsanawiyah Petatal Village is very concerned about students whose parents have died, be it orphans, orphans, or orphans. Like every Friday, providing compensation to orphans and underprivileged children (economic limitations), assisting in the form of money or groceries."*

Based on the results of these interviews, of course, the school also has a big influence on teenagers who lose their parents. Teachers and school staff who are sensitive to the emotional condition of students can provide more attention, both in the form of psychological support and guidance. Schools that have counseling or mentoring programs are also very helpful for adolescents to cope with feelings of loss and stress. In addition, an inclusive environment that pays attention to students' well-being can provide opportunities for adolescents to stay focused on learning and developing their potential within themselves.

## **Neighborhood**

The neighborhood also plays an important role in the development of teenagers who have lost a parent. Peers, neighbors, and the surrounding community can provide meaningful emotional support.

As stated by Mrs. Leli (BK Teacher), *"The surrounding environment is very influential on learning achievement. A positive and supportive environment, such as motivational friends, caring neighbors, and encouraging communities, can increase enthusiasm and concentration in learning. It depends on how and with whom the teenager is friends"*.

Related to this, based on the results of interviews with teachers and students regarding the impact of parental loss on student learning performance at Madrasah Tsanawiyah Petatal Village, learning outcomes can be seen from two sides, namely from students and teachers. For students, learning outcomes are a sign that they have developed in thinking, feeling, and doing things better. Meanwhile, from the teacher's side, learning outcomes mean that the subject matter has been taught and understood by the students. When someone learns, there will be changes in them, for example, from not knowing to knowing.

*"After parents die, of course, there are changes in the student, so this will reduce student learning achievement. However, we, as the school of Madrasah Tsanawiyah Petatal Village, must also continue to control the students' learning process. Providing learning methods that can facilitate students. If students experience a decline in learning, especially for students who lose the role of parents, they can also consult with the school, namely the Counseling Guidance Teacher. This is, of course, the counseling is very instrumental in helping students who lose their parents,"* interview with the Principal of Madrasah Tsanawiyah Petatal Village.

**Figure 1.** Interview process with the principal of Madrasah Tsanawiyah Petatal Village



### **The School's Role in Providing Support to Children Who Have Lost a Parent**

Family support includes attitudes and actions that provide care, such as emotional support, information, judgment, and practical help. For worried children, this support helps them feel less alone, more resilient, and able to deal with difficulties. In addition, family support also provides a sense of security, strengthens self-confidence, and encourages children to continue living and learning despite their grief. Caring families can help children cope with trauma and stress, creating a supportive environment for them to grow (Tawa et al., 2022). The following is the role that the Madrasah Tsanawiyah school in Petatal Village can provide to children who have lost their parents:

#### **Emotional Support**

A caring school can provide the security, love, and attention that children need to cope with feelings of loss and grief. Listening to a child's feelings without judgment, as well as providing hugs and comfort, can go a long way in the emotional healing process.

#### **Psychological Support**

If needed, families can encourage children to attend counseling or therapy sessions to cope with feelings of grief and trauma. Appropriate psychological support can help children manage their emotions and improve their coping skills.

#### **Academic Support and Motivation**

A family that pays attention to your child's education, even in difficult situations, can encourage your child to stay focused on learning and achieving. Encouraging, helping with assignments, or even enrolling your child in tutoring can help them stay motivated.

#### **Provide Space to Process**

Every child progresses in different ways. Schools that can provide space for children to grieve and work through their feelings naturally, without the pressure to “get better quickly”, will support children's emotional well-being in the long run. It also provides emotional, financial, and psychological support.

## CONCLUSION

Based on the results of the explanation above regarding the psychological impact of losing parents on adolescents at Madrasah Tsanawiyah Petatal Village, Datuk Tanah Datar Sub-District, Batu Bara Regency, it can be concluded that losing parents has a profound psychological impact on adolescents, which is reflected in their emotional, social, and academic changes. Adolescents who lose their parents often experience feelings of sadness, anxiety, confusion, and sometimes feel unprotected or disoriented. These changes can interfere with their concentration in learning, as well as affect social relationships with friends and teachers in the Madrasah. In addition, these psychological impacts can also lead to decreased motivation to learn and academic achievement, as they may feel less energized or have less support in facing challenges. However, this impact can be minimized with strong support from family, friends, and the school environment. Emotional support from a caring and loving family, as well as attention from caring school personnel, such as teachers or counselors, can help adolescents manage their feelings and move on with their lives.

For children who experience the loss of parents, it is hoped that they will be able to start a new life, even though it feels heavy, live better, and learn to eliminate the grief they feel so that they can return to normal life. Families are expected to provide moral support so that children still feel protected and directed. Then, for Madrasah Tsanawiyah Petatal Village, it is hoped that it will be able to maximize all available resources to help students maximize their potential, and for Counseling Guidance teachers in particular, they are expected to be able to maximize their role at school.

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