

The Impact of Polygamous Parents on Children's Stress Level Development

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Abstract

Polygamy means multiple marriages. The etymological definition can be explained and understood that polygamy is a marriage in which one party (husband) marries more than one wife at the same time. This means that the wives are still dependent on the husband and are not divorced and are still valid as his wives. Many adults do not realize the mental importance of a child living as a "broken home child". The mentality that should be created or built from the family environment is destroyed by a family situation that is no longer intact or already feels strange with the presence of other people. By getting closer to the child, we will understand how they live a very complicated life. As parents or adults we can also understand that it is not only the mother who is hurt. The child of the polygamist's first wife also feels the same or even more. Prioritizing the happiness of parents is not wrong. But we also need to consider the happiness of the child (first wife). There are many ways we can find out about our child's mental health problems. One of them also comes from the mother's (first wife) approach to the child. We can also consult an expert. The child (from the first wife) bears more of the burden of trauma, especially for girls who will be afraid of being close or having a relationship with the opposite sex. Then, boys will experience a lot of crises of distrust of adults. They have many worries. Be it now or in the future. There will also be other problems such as sexual abnormalities in the child (from the first wife).

INTRODUCTION

Polygamy is a phenomenon of life that happens around us. The term polygamy is often heard but not many people can accept this situation. The word polygamy itself comes from the Greek "polygamie", where poly means many and gamie means man, so the meaning of polygamy is a man who has more than one woman in one marriage bond. Such as a husband may have two or more wives at the same time. (Maknunah et al., 2017). In many customs, it is acceptable for a man to marry several women, while polyandry is not allowed on the part of the woman. For example, Islam allows men to have more than one wife under certain conditions that do not neglect the rights of women. The reality in Indonesia, where the majority of the population is Muslim, coupled with a lack of religious understanding, often interprets such permission as a "loose official license" and ignores the requirements that must be met to obtain such permission. As a result, the woman's rights have not been fulfilled and the man remarries.

The scholars agree on the permissibility of polygamy as long as it is appropriate and does not get out of the corridors of religion. In principle, Islamic law and positive law (truth) in Indonesia still allow polygamy (having more than one wife) but under certain conditions. Polygamy is also an emergency door that is only allowed for people who really need it, in addition to this, polygamy is only permitted with regard to the condition that it can be trusted that the person who commits polygamy can truly uphold justice and be safe from an act that exceeds the limit. In this case, it can be said that not all men can practice polygamy. (Ahsyari, 2014; Ii & Pustaka, 2009; Nuraeni et al., 2017; Nurniawati, 2006; Setiawan, 2002; Widiastuti, 2015)..

A man marries a woman in a monogamous marriage, then after a few years of marriage the man remarries his second wife without divorcing his first wife. However, the husband has a reason or reasons why he has a decision to remarry. Because these events occur a lot in society, several opinions and understandings of polygamy emerge, both from among ordinary people and among intellectuals. In general, they argue that polygamous marriages do not show justice. Therefore, the government issued Law No.1/1974 on Marriage. The law stipulates the principle it adheres to, namely the principle of monogamy, that both men and women can only do so if they wish to do so if they meet certain requirements and are decided in court. Because the law and religion allow it, a husband can have more than one wife, even if it is desired by the parties concerned, can only be done if it meets certain requirements and is decided in court. (Puspitasari, 2019).

But as a consequence, husbands must have the ability to fulfill the conditions for polygamy. It is not enough for a man to just have a lot of money because wealth is only one of the requirements that must be possessed. More than that, men must be prepared, for example, to be able to do justice, both in the distribution of property, attitude, division of time, and others. Fairness is not synonymous with something that must be exactly the same, but is tailored to the needs of each, so that it can be ensured that one wife with another is able to deal wisely and no one feels less than what they should receive.(Adenike, 2013) The polygamy that is practiced today is not based on the conditions that are actually based on Islam. Most polygamy today occurs because it is only for satisfaction. In fact, polygamy is an honest solution from Islam for couples who have special cases, for example, women cannot carry out their duties as wives due to permanent illness, cannot provide offspring (after being examined it turns out that they cannot conceive), of course for various reasons or there are other reasons that allow polygamy. (Ahsyari, 2014).

So far, anti-polygamy people have been protesting about women's justice. There are also many articles or books written about polygamy, but they are only limited to discussing how a polygamous wife feels, gender equality, the justice given by the husband to the wife who must be shared with other wives, and so on regarding wives or women's rights.(Razak, 2020) Meanwhile, it is rare for people to talk about how children feel and respond to their polygamous parents. Being polygamous is certainly not an easy decision, whether it is from the wife, husband, or other family members. The family must also be prepared to accept any responses given by the surrounding community, which are likely to be in the form of ridicule or negative statements.(Al-Sharfi, 2017) This polygamy will also certainly greatly affect the family's situation, both in terms of material and non-material matters. The division of attention from a father to his child will certainly affect the child's emotional development, especially in children who will grow up. Fathers who initially only focus their attention on one family, but then have to pay attention to their new family will certainly create their own anxiety for children. (Widiastuti, 2015).

Women must accept this as the right solution for themselves. Independence is the main task of adolescents. Adolescents are also the foundation and hope of parents, therefore adolescents need to always be required to have responsibility. Adolescents as the successor of the nation are expected to achieve independence when entering adulthood because they will face challenges in their lives, so that by having independence it is expected that they will more easily face their problems. The development of one's independence can usually be influenced by a number of factors, both from the individual and from outside the individual. The factors that come from within are age, emotional intelligence, birth order, gender, intelligence. Factors that come from outside are parenting, place of residence, cultural environment, and social interaction (Nurniawati, 2006). (Nurniawati, 2006).

The developmental tasks of adolescence lead to major changes in children's attitudes and behavior patterns. For adolescents who crave independence, the quest for emotional independence from parents and other adults is an easy developmental task. However, emotional independence is not the same as behavioral independence. Many adolescents who want to be independent also want and need the security that comes from being emotionally dependent on their parents or other adults. (Andani, 2019). During adolescence, this demand for independence is very large, if not responded to quickly, it may have an unfavorable impact on the psychological development of adolescents in the future. For example, many aspects of adolescent life are still regulated by parents, even though many of them are more than 17 years old. Such is the case experienced by adolescents whose fathers are polygamous (Al-Sharfi, 2017). Given that independence will have many positive impacts on individual development, it is best to apply independence to children as early as possible according to their abilities. Everything that can be attempted as early as possible will be appreciated and will progress towards perfection. Independence training given to children must be in accordance with the age of the child. For example, for teenagers, give teenagers the freedom to decide what time to return home if the teenager goes out at night with his friend. By providing these exercises, it is hoped that with increasing age, the child's ability to think objectively, not easily influenced, dare to make their own decisions, grow self-confidence, not depend on parents, thus independence will develop properly. (Nuraeni et al., 2017).

The influence of the environment on child development is a fact that cannot be ignored. The family environment is the main cause of response and stimulus in the formation of a child's personality. (Shaiful Bahari et al., 2021) An expert in the book *Towards a Happy Family Volume I* explained that "Support in the family includes components including: (a) Affectionate, (b) Loving, (c) Loving each other" (Helwig et al., n.d.). Another opinion also says that "Family support consists of the following dimensions: (a) Sympathetic; mutual understanding and understanding, (b) Dependence, namely cooperation in achieving common goals. (c) Affection; harmonious relationships, mutual love and nurturing between family members " (Puspitasari, 2019).

The relationship between stimulus and response can be enjoyed by social relationships in the family related to curiosity, security and a sense of recognition. (Ahsyari, 2014). Likewise, children need maximum attention and affection from parents, so that children can grow and develop into perfect human beings. Therefore, they need help from adults, namely through education and training, in this case the family, especially parents. (Fatma, 2019).

METHODS

In this research, the approach used is a qualitative approach, because this approach is considered the most appropriate and suitable for the research. Kirk and Miller (Dr. Umar Sidiq, M.Ag Dr. Moh. Miftachul Choiri, 2019). Defining that qualitative research is a certain

tradition in social science that fundamentally relies on observations of humans both in their areas and in their terms. Meanwhile, Jane Richie (Evita & Setyanto, 2019) explains that qualitative research is an attempt to present the social world, and its perspective in the world, in terms of concepts, behavior, perceptions, and issues of the human challenges studied. From this study, it can be concluded that qualitative research is research that intends to understand the phenomenon of what is experienced by the research subject holistically and by means of descriptions in the form of words and language, in a special context that is natural and by utilizing various natural methods. This research is specifically more directed at using the case study method.

As the opinion (Jeklin et al., 2016) which states that a case study is a research that is carried out intensively, in detail and in depth on an organization, institution or certain symptoms. According to Lincoln and Guba (Amalia Yunia Rahmawati, 2020) the use of case studies as a research method case studies have several advantages, including:

1. Case studies are the primary vehicle for emic research, presenting the views of the subject under study.
2. Case studies present a thorough description that is similar to what the reader experiences in everyday life.
3. Case studies are an effective means of demonstrating the relationship between researcher and respondent.
4. Case studies allow readers to find internal consistency which is not only stylistic consistency and factual consistency but also trustworthiness.
5. Case studies provide the "thick description" necessary for assessing transferability.

Researchers can directly interact with research subjects, looking for the meaning behind the behavior carried out by the perpetrators of polygamous marriage practices and qualitative research prioritizes direct or first-hand data, because researchers act directly as research instruments (Adenike, 2013). Thus the information obtained will be more accurate and can be accounted for.

RESEARCH RESULTS

This research is qualitative research with a case study method involving two child subjects or victims of polygamous parents. In this case, there are two subjects and several interview questions related to the stress level of children of polygamous parents towards their next life. Both subjects are from Lampung. The names of the subjects in this study are intentionally disguised to maintain the psychological well-being of the subjects, which is part of the research code of ethics. Among the subject profiles, namely: (1) The first subject with the initials SP, female, 21 years old. (2) The second subject with the initials RWP, male, 18 years old. A more detailed description of the subject is as follows:

1. First Subject Profile

The first subject with the initials SP. Female gender. 21 years old. SP is a midwifery student at a private university in Pringsewu Regency. Having the nickname of an overseas child makes the first subject an independent child without more attention from parents. When he was a toddler, the first subject spent more time with his grandmother. Getting limited attention from parents makes the first subject an ignorant girl and lacks affection from her parents. Far from the figure of a father who always works, and the figure of a mother who should be at home but the mother prefers to take care of and raise children from her neighbors. Despite getting the proper attention from parents towards their children, the first subject still felt a lack of affection and felt alienated by her own parents.

Especially when the father committed polygamy, the first subject became an even more closed child than before. Became more indifferent to anything. Causing severe trauma and making himself traumatized by men. Because the first subject was afraid that he would experience what his father did. The first subject was not an easy person to get along with village neighbors or get along with family. The first subject is more likely to be alone and close himself in the crowd. Living alone with social media through a cell phone (cellphone), made the first subject a closed child and unknowingly began to experience unnatural sexual disorders. With the support of a place of study or residence with female occupants, the first subject became free to channel his unnatural desires. His biggest motivation is to make himself successful and prove to his parents that he is able to rise from a past that should only be a lesson for the future. Managing stress to think about the next life that will not continue to depend on parents and even his father. Has the motivation to make her grandmother happy who has taken care of her from childhood. His biggest motivation is to rise from the trauma that has plagued him to live more positively and reduce bad habits, which are considered odd to do that should not be done.

2. Second Subject Profile

The second subject with the initials RWP. Male gender. He is 17 years old. RWP is the fourth of four children who are high school students. Children who have busy parents and very little time to meet at home. Children who experience a lack of parental affection and lack of attention from siblings make the second subject look for happiness outside the home until he knows no time. Having a busy life and no time for family gatherings is only limited to joking. Living and growing up in a family that is ignorant and does not show real affection makes the second subject also indecisive about the proof of his parents' affection for him. Until one time the son who felt furious with the father who only focused on his cell phone (cellphone) made the second subject curious and dared to touch his father's private items. At the same time, the child knows that the father has a new wife who can even be said to be quite old and has a son who is almost the same age as him. The second subject was silent and did not tell anyone except his third brother. At the same time all the evidence had been collected and the second subject found out with great surprise. The second subject vented on himself, leaving home was one of them. Not coming home for a long time was his decision. The shock made the second subject more indifferent to his father and the sense of trust was lost like there was no more grip for the future. But over time the child tries to make peace with himself thanks to the support of his brother who knows it. Becoming a more organized life than before. Trying to establish social relationships. Although the second subject's social life is not easy, the second subject continues to try to adapt to the community environment through social activities or holiday activities. If it is for socializing in the extended family, the second subject does not close himself like his activities at home. In terms of the child's stress level, the second subject is more able to control it and wants to prove to his parents that the second subject can also be a proud child without making it difficult for his parents as his parents thought all this time. Improving academic grades and having plans for the next life to motivate and a sense of awakening from the shock of knowing the fact that the second subject's father committed polygamy. Being a male figure, the second subject thinks positively and continues to instill in himself that one day he should not imitate or do the same thing as what his father did. Although it is not easy and has a lingering trauma, the second subject continues to convince himself to be better than what he saw and felt from childhood until he grew up. Seeking and continuing to seek support from relatives and even peers or friends is one of the ways that the second subject does to live the next life.

A. Research Findings

The focus of this research is (1). The process of children's self-adjustment to their parents' polygamous marriage (2). Children's social response to their environment, both family and society (3). Children's self-management of parents' polygamous relationships.

B. Description of Research Findings

Based on the results of interviews with the subjects, several field findings were found which are included in the themes to be described. Starting the research findings, the question posed to the subject is the impact of polygamous parents on the development of children's stress levels in facing the next life, as the results of the following interview excerpt:

1. Child Trauma

The question asked to the first subject was about the Trauma of Children after knowing that their parents are polygamous, as the results of the following interview excerpt:

Afraid to start a relationship with the opposite sex and until now still not thinking about getting married when my friends are married. Because I am afraid that one day my husband will be like my own father.

The question asked to the second subject is about the Trauma of Children after knowing that their parents are polygamous, as the results of the following interview excerpt:

I was afraid that my father would love and choose the second family more than the first family and its children.

2. Social Level of the Child

The question asked to the first subject is about the level of socialization of children towards the community or family environment after knowing that their parents are polygamous, as the results of the following interview excerpt:

I see and judge from the other person, if they are pleasant I can also be pleasant. However, if my interlocutor is more silent I can also be silent. I'm rarely at home so I only greet my neighbors casually and never talk for long periods of time.

The question asked to the second subject is about the level of socialization of children towards the community or family environment after knowing that their parents are polygamous, as the results of the following interview excerpt:

I'm mostly silent and talk only about the important things.

Before and after is not much different. Because I grew up in an ignorant and closed family. Moreover, my parents and siblings were all busy. So, we didn't have precious time. As for communicating through the media, only when it's important.

3. Children's biggest fears from polygamous parents

The question asked to the first subject was about the child's greatest fear due to polygamous parents, as the following interview excerpt shows:

Afraid to start a relationship with the opposite sex and until now still not thinking about getting married when my friends are married. Because I am afraid that one day my husband will be like my own father.

The question asked to the second subject was about the child's biggest fear due to polygamous parents, as the results of the following interview excerpt:

I was afraid that my father would love and choose the second family more than the first family and his children.

4. How to handle traumatized children to face the next life

The question asked to the first subject was about how to handle traumatic children to face the next life, as the following interview excerpt results:

I'm more ignorant and don't care about anything and don't want to interfere with my parents or family. Because it's better to be ignorant of other people's activities and to care more about my own activities.

The question asked to the second subject was about how to handle traumatic children to face the next life, as the following interview excerpt results:

I told my sister and I left the house to meet other friends who were in the same situation as me.

C. Analysis of Research Findings

Based on the findings in the field related to the impact of polygamous parents on the development of children's stress levels, the following findings can be described:

1) Child Trauma

Analysis of research findings on Child Trauma is one of the impacts of parents who experience polygamy or divorce. Commonly referred to as a broken home, this case is less reviewed or noticed by many people. This is also one of the reasons that parents who commit polygamy or divorce greatly affect the trauma of children to live the next life. Be it in terms of education, socialization and so on.

2) Social Level of the Child

Analysis of the research findings on the child's social level strongly suggests that the child is introverted or prefers to be alone rather than in a crowd. Even in social relationships, the child does not stand out and prefers to keep to himself. One of the factors of the child's fear when in a crowd is when many people ask or know that the child's family is not okay. More precisely, the child is embarrassed if it is known that his parents are polygamous, especially since polygamy is only underestimated by most people.

3) Children's Greatest Fear from Polygamous Parents

Analysis of the research findings The Greatest Fear of Children Due to Polygamous Parents is when the child is afraid that in the next life the same thing will happen again. From the male side, he feels that his biggest fear is when someday he experiences what his father experienced and is afraid that he will become like his polygamous parents. Meanwhile, the woman's biggest fear is when she no longer trusts a man to complete her next life. This fear continues to haunt the child whose parents practice polygamy, which ultimately makes this a trauma that is difficult to eliminate.

4) How to deal with traumatic children to face the next life

Analysis of research findings How to Handle Traumatic Children to Face the Next Life. Children are more likely to focus on their academics to prove to their parents that they can be what their parents want them to be. Moreover, problems in the family that have an impact on the child's psychic, can also train children to be more mature in facing future problems. Even though the child harbors his own problems and becomes traumatized which is difficult to heal. Motivating themselves is their choice to continue to face the next life and to avoid the word broken home from the general public.

DISCUSSION

Based on the focus of this research, it can be conveyed about the findings in the field that the impact of polygamous parents is very influential on the psychology and development of the child. Causing trauma that lasts until they grow up and settle down. Affects the social level of the surrounding community and family. Ironically, the female subject has a very deviant sexual disorder and is supported by the environment she lives in. Deep fear also makes the subject an introverted child or closed to anyone. According to the subject, polygamy is wrong and there are still many questions about how polygamy can occur. It also creates another perspective on the subject about family and marriage. This impact also makes them afraid to experience marriage or get to know the opposite sex further. Fortunately, the children's motivation is not lost and affects their academic development. But from various perspectives, the trauma is present and makes the child an unexpected person. In the eyes of the community, the child is a good person and there is nothing strange about them. However, when understood further the child is a figure who has lost the role of a child in the eyes of his parents. Feeling neglected and lacking affection. Venting on things that are not natural in the view of society. This case also explains a little that the impact of polygamous parents is very influential on the child. Not only does it affect the wife of the polygamist. Many people do not pay attention to the psychology of the child victims of polygamy. In this study, children who are victims of their parents' polygamy and get a big enough impact try to get out of the trauma they experience. By slowly changing habits that should not be done in order to carry out a better next life.

CONCLUSIONS

Based on the results of interviews and observations during the field, and based on respondents' responses to statements made by researchers in the questionnaire sheet, regarding the impact of polygamous parents on children in later life, it can be concluded as follows:

1. Families should communicate more with other family members. Making family the main goal for our own happiness.

2. The stress level of children who are victims of polygamous parents cannot be ignored. Because it will greatly affect the child's next life and can lead to other things that we don't want.
3. It is more usual to convince the child not to be influenced by the talk of people who do not know the real facts. Teach the child to care about the outside world without judging its good and bad sides.
4. Once the child has the courage and support from those closest to them, there will be enthusiasm and motivation to face the next life. Motivation to rise up and pursue achievements in academic and non-academic matters in order to convince their parents that they can and are worthy.

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