



## Modification Fisher Rebuilding Intervention and 'Sabar' Counseling on Women after Divorced

Wilda Hasibuan<sup>1</sup>, Sri Wahyuni Adiningtiyas<sup>2</sup>, Alwan Hadiyanto<sup>3</sup>, Faramarz Asanjarani<sup>4</sup>

<sup>1,2</sup> Guidance and Counseling Department, Universitas Riau Kepulauan

<sup>3</sup> Law Department, Universitas Riau Kepulauan

<sup>4</sup> Education and Psychology Faculty, University of Isfahan, Iran

Email correspondence: [wida@fkip.unrika.ac.id](mailto:wida@fkip.unrika.ac.id)

### Article History:

Received: June 19<sup>th</sup> 2024

Revised: Sept 24<sup>th</sup> 2024

Accepted: Nov 30<sup>th</sup> 2024

**Keywords:** *fisher rebuilding intervention, konseling sabar, divorced women, parenting.*

**Abstract:** *A divorce is not something that every couple wants. No couple must desire divorce if there are still opportunities. The primary issues in many divorces, including those involving community service, are The methods utilized in the home to resolve disputes, the coping mechanisms employed in times of stress, and the personalities of each couple. Three distinct divorce situations were treated using the Fisher Rebuilding Intervention and 'Sabar' Counselling as a result of this service. The outcome of this service is that the SP case finds a way to deal with long-buried emotions, the VN case has no emotional content and allows for more behavioral interventions, and in the ST case, the angler rebuilding intervention is not only carried out on ST but also on his daughter and his daughter's adolescent.*



This work is licensed under a

[Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/).

## Introduction

Edelweis Justice (EJ) is a legal firm principled in legal justice for everyone, regardless of the community group's socioeconomic status and heritage. The corporation explicitly carries the notion of the eternity of righteousness, just like the Edelweis flower emblem, which serves as its logo. To uphold justice, EJ offers legal support in divorce and criminal cases.

Divorce cases handled by EJ typically ranged from 2-3 points per month with a processing time of 2-3 months per case, totaling 10-12 cases over the previous six months. The most common causes of divorce are financial. However, there are some clients who genuinely have other issues, including infidelity, domestic abuse, or fundamental disagreements between the two couples. Men predominate over women in cases of adultery more often than not. Divorce will be the most challenging storm in the

episode of married life, regardless of the causes.

When the judge announced that the divorce petition filed by one of the spouses had been approved, the divorce issue had not been settled. As long as there are issues, there will likely be more lawsuits, such as those involving joint assets. On the other hand, the EJ legal office wants the client to be able to reconcile once the judge rules in a lawsuit. The issue that has been discussed honestly has to be solved. Still, the reality is inversely proportional, with the post-divorce conflict not getting smaller over time but getting hotter until it is still felt as superheated steam. This disagreement is comparable to a disruption that hasn't subsided.

Prahara is a Sanskrit word that means a ship sailing when it is hit by waves and becomes unstable. Except for those who were "healing" themselves after divorce, the ironic quality of the couple's lives substantially decreased following their divorce. Recovery interprets healing, focusing on the psychological aspect rather than the physical. The fundamental issue with EJ is that the post-divorce couple quarrel did not end in court but instead persisted in the subsequent episode in real life. By working with other parties interested in contributing to divorce research, EJ hopes to find a solution to this issue.

When a married couple files for divorce, it worsens their relationship and makes it more difficult for them to communicate after the divorce is finalized. Another effect of divorce is depression, which typically affects both couples' physical health. Divorce also prevents the two from sharing their thoughts, feelings, and viewpoints to one another<sup>1</sup>.

According to prior studies, problems that arise before and after divorce substantially impact the couple's relationship. Depression follows as a result. Depression will have an impact on daily living. Depression affects divorced couples, but it can also affect kids. According to reports, children who suffered their parents' divorce had health and emotional issues like anxiety, trouble sleeping, loneliness, losing appetite, and despair<sup>234</sup>.

The inaccuracy of parenting was one of the effects of this sadness, which lasted for

---

<sup>1</sup> A. Navidian and F. Bahari, "The Impact of Mixed, Hope and Forgiveness-Focused Marital Counselling on Interpersonal Cognitive Distortions of Couples Filing for Divorce: Hope and Forgiveness-Focused Marital Counselling," *Journal of Psychiatric and Mental Health Nursing* 21, no. 7 (September 2014): 658-666.

<sup>2</sup> Kofi E. Boakye, "Correlates and Predictors of Juvenile Delinquency in Ghana," *International Journal of Comparative and Applied Criminal Justice* 37, no. 4 (November 2013): 257-278.

<sup>3</sup> Shannon K. Jacobsen and Amarat Zaatut, "Quantity or Quality?: Assessing the Role of Household Structure and Parent-Child Relationship in Juvenile Delinquency," *Deviant Behavior* 43, no. 1 (January 2, 2022): 30-43.

<sup>4</sup> Ingunn Onarheim Johnsen, Astrid Synnove Litland, and Inger Kristensson Hallström, "Living in Two Worlds – Children's Experiences After Their Parents' Divorce – A Qualitative Study," *Journal of Pediatric Nursing* 43 (November 2018): e44-e51.

a significant portion of my life after the divorce. When youngsters start to become teenagers, this error results in a variation in their behavior. One of the nations with a very high rate of young criminals is Indonesia. Children experienced 4369 instances in 2020, gradually increasing to 4734 cases in 2021. If instances involving children are tallied, KPAI has received 42,565 child complaint cases in the past ten years, and 13,071 instances included children and the law<sup>5</sup>.

The number is astounding, and it is possible to understand how 13,071 Indonesian youngsters who have lived in correctional facilities for the past ten years have not reached their full potential (penitentiary). Concerning Penitentiary, a study on a legal offender in Batuaji, Batam City, was conducted in 2018. The information that the offenders were offspring of divorce victims was discovered after a thorough investigation and close involvement with their everyday lives. The legal perpetrator moved to reside with his grandmother when he was two years old, but after seven years, his uncle took over parenting with an authoritarian approach. Since turning ten years old, no parenting has been provided. Because the only parenting style he experiences is one of authoritarianism and neglect, the long-term effects include the development of a cold personality, which, when considered more closely, can be predicted to mean that holding (which the general public perceives as wrong) becomes a natural thing for him to do.<sup>67</sup>

Further investigation has led to the conclusion that the following issues in the EJ law office cannot be resolved: (1) conflicts during and after divorce; (2) communication between couples following divorce; and (3) depression and symptoms that emerge after divorce. The Fisher Rebuilding Intervention and Patience Counseling approach helped to handle the three problems that the Edelweis Justice law firm still needed to finish.

## Method

The problem solutions are intended to be long-lasting and complementary so that the absence of one approach may be made up for with another. The solutions and mediation that will be used can be explained in the following three ways:

First, Counseling uses the patience technique to address conflicts and depression; one benefit is that there is no judging of who is right or wrong. Without feeling guilty, everything can be explained and detailed in precise detail. Because everything that occurs after divorce cannot be undone or corrected, the patience approach is adopted. The judge's ruling on the family structure must remain the same. Thus the only thing that can

---

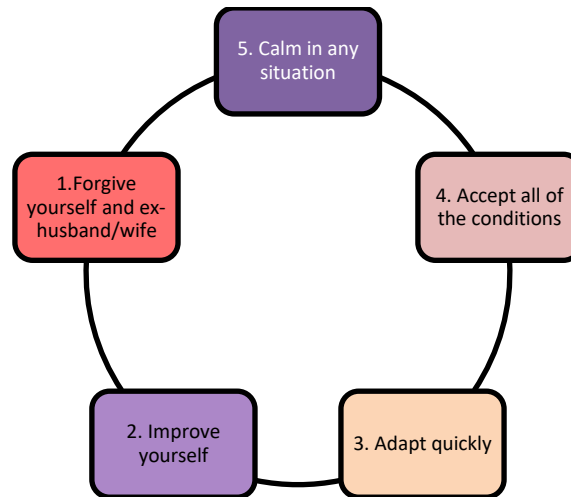
<sup>5</sup> Jayani D.H, "Kasus Pengaduan Anak Naik 8,3 % saat Corona,," *Databoks. Katadata.co.id*, 2021, <https://databoks.katadata.co.id/datapublish/2021/04/09/kasus-pengaduan-anak-naik-83-saat-pandemi-corona>.

<sup>6</sup> Ibid.

<sup>7</sup> Suwedin Moktar and Wilda Fasim Hasibuan, "PENYEBAB PERILAKU BEGAL DI BATU AJI," *KOPASTA: Jurnal Program Studi Bimbingan Konseling* 5, no. 2 (December 4, 2018), accessed January 16, 2023, <https://www.journal.unrika.ac.id/index.php/kopastajournal/article/view/1524>.

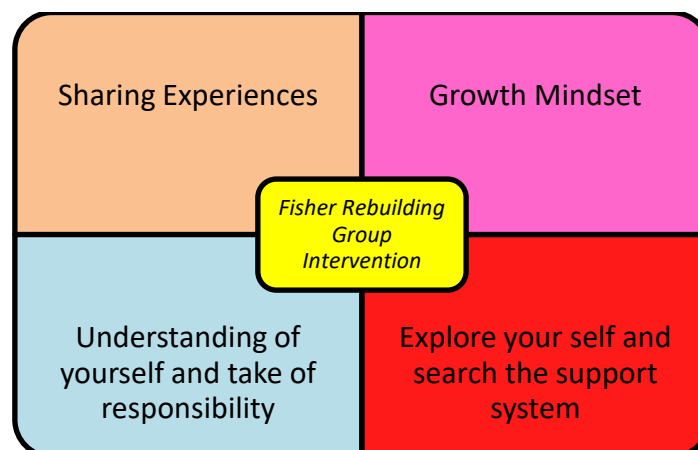
be done moving forward is maintaining emotions and self-control.

Second, Counseling The patience technique helps divorced couples in five ways: by assisting them to forgive their ex-spouse or ex-husband, by helping them get well, by assisting them in adjusting to life after divorce, by helping them accept the conditions that have transpired, and by assisting them to be calm under any circumstance<sup>8</sup>.



*Figure 1. Advantages of 'Sabar' Counselling*

Third, The Fisher Rebuilding Group Intervention is the second strategy for facilitating communication between divorced couples (FRGI). The advantage of this approach is that it is implemented as a workshop with a predetermined goal. Four goals must be met for this intervention to be successful: (1) Exchanging experiences with divorced individuals, (2) refueling the desire to grow, (3) comprehending one's existing position and responsibilities, and (4) examining oneself to become accustomed to supporting environmental aid<sup>9</sup>.



<sup>8</sup> Subandi Subandi, "Sabar: Sebuah Konsep Psikologi," *Jurnal Psikologi* 2, no. 38 (2015): 215–227.

<sup>9</sup> Faramarz Asanjarani et al., "The Effectiveness of Fisher's Rebuilding Group Intervention on Divorce Adjustment and General Health of Iranian Divorced Women," *Journal of Divorce & Remarriage* 59, no. 2 (February 17, 2018): 108–122.

*Figure 2. Advantages of Fisher Rebuilding Intervention*

## **Result**

Fisher Rebuilding Intervention will be carried out as a series of group seminars, as was initially planned. With an assumption of 10 customers from EJ and their partners, there are approximately 20 people. However, only 5 of the ten clients who the EJ Law company employees contacted responded. Only three people agreed to participate in this study all the way through when we first met. In contrast, there are two more barriers and challenging. Even when the Services of Citizenship crew was in front of one client's boarding house who had agreed to be located, he refused to leave.

Given that the client only provides the address "Kos 88, door 6 behind the Vanila Hotel," the journey to the boarding home is equally challenging. After spending around 1.5 hours looking around many locations with comparable addresses, the boarding home was located. But, the customer is unwilling to publicly state why she does not want to live in the boarding house. The client indicated his willingness to meet in messages sent three hours before departure. After initially agreeing to participate in this intervention activity, one more client still needs to respond to the news delivered.

Three clients are available to meet, two of whom are employed ladies, and the third is a housewife. SP, KT, and VN are the initials of the three clients. SP and VN are working mothers. SP earns a monthly salary of two figures from a multinational corporation. However, VN works for government organizations under a contract arrangement and is paid the local minimum wage. KT is a housewife with a single daughter.

The meeting schedule was created by adjusting the client's and the services citizenship team's free time. While meeting SP, the timetable must be set by SP's wishes, which can be difficult. Such that SP may generally be found during lunch. At the same time, meetings with VN are always scheduled for the evening or after work. After finishing its household chores at home, KT can be located.

There can be held all twelve of the planned meetings. We met SP four times: twice at the café and twice at his house. Due to VN's 5-month-old son, the entire meeting with him took place at the café nearest to his home. Also, we can locate KT twice in his house and the café. The services of citizenship performance on KT, which we did twice with KT and twice with his daughter, who had stepped on teens, is distinctive.

*Tabel. 1* Fisher rebuilding intervention and ‘Sabar’ Counseling

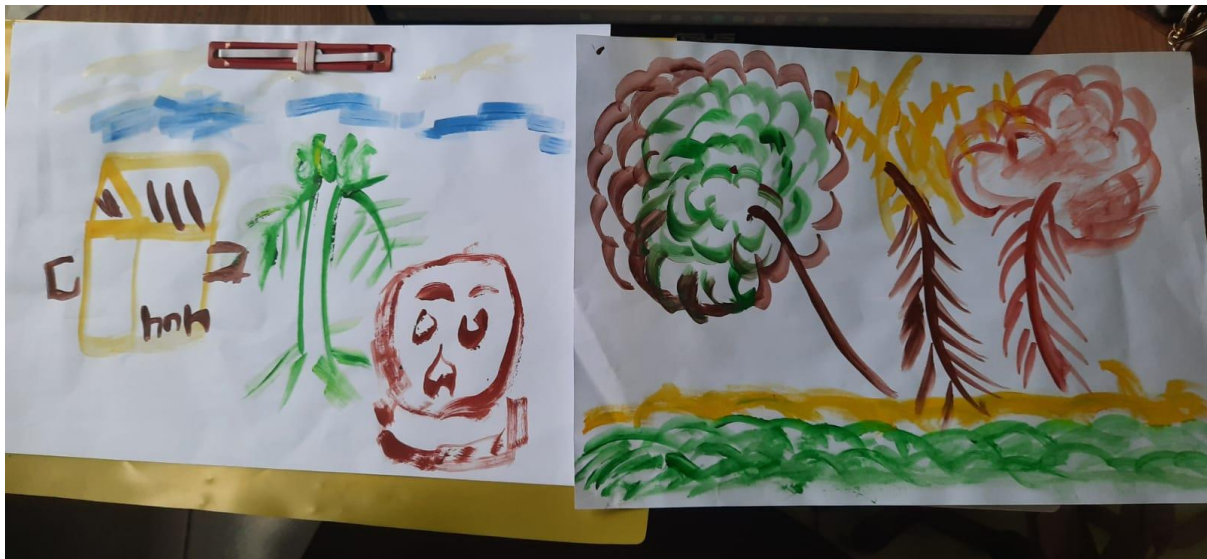
Initial	Sabar Counseling	Fisher Rebuilding Intervention	Total
SP	2	2	4
VN	1	3	4
KT		2	2
ND	1	1	2



*Figure 3.* SP’s meeting

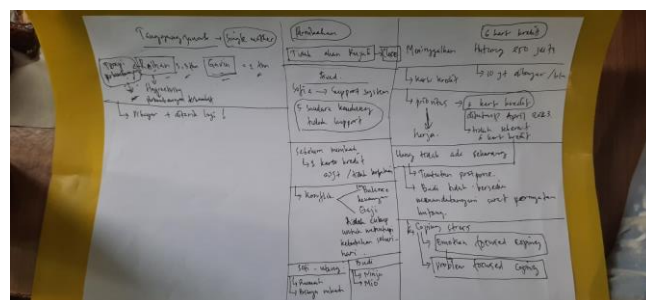
Establishing Good Rapport, Inquiry, Intervention, and Closing Sessions are the first steps in the patient counseling process for SP. A piece of white paper, a brush, three vibrantly colored paints, and three dark paints are provided as part of art therapy. The directions are straightforward. "Design something that SP says positive emotions are represented by bright colors and negative emotions are represented by dark hues in order to capture the current emotional conditions." At the first meeting, SP depicts humans using dark hues while showing brightly colored houses, trees, and other objects. The window and entrance in the house's photo are unclear, which is an exciting detail. SP drew three trees on the second meeting, primarily using dark colors. Initially, the first tree was painted with a bright hue but was covered in a dark color.





*Figure 4. Services for SP*

Furthermore, the problem of SP has been difficult because the second son of is emotionally worse off as a result of SP's stress. For their second child, all requests must be complied with; otherwise, tantrums would result. SP works from home for three days during Covid and has no idea how to stop his son from throwing tantrums. In his opinion, the essential thing to do is SP if the time comes for a "meeting" and her son is having a "tantrum." Her second son's emotional state appeared unstable, and he seemed unable to react to compliments adequately. Screams and rage were heard in response to the accolades offered by the services of citizenship crew. Her son was brought to the doctor's growth and development specialist after several investigations, and the findings of a preliminary diagnosis revealed that the boy had emotional issues. Due to a lack of funding, SP has not yet implemented the specialized doctors advice.



*Figure 5. SWOT analysis of SP*

In additional, her Ex-husband SP manages stress as same as his son, they should be no conflict. Since SP and her husband argue, he frequently left for the bar or the disco. Former husband SP's diversion was being drunk. He typically spends one night with a sex

worker for pleasure. The point raised by this SP was accurate since SP was aware of this reality but did not consider it because he worries about what would happen to her child if he kept complaining about her husband's attitudes and behavior.

On the other hand, VN is a very youthful woman. By 29, the person already held the label of a widow. VN has two kids, but the first one passed away at the age of just two weeks. The second child is five months old at this time. The three years of marriage between VN and her ex-husband. Her husband stated from the start that he did not want to wed, but it wasn't easy to turn down an arranged marriage with VN because his mother requested it immediately.



*Figure 7. VN meeting*

Although VN first started dating, approximately three months, she was unaware that her ex-husband was dating also a commercial sex worker (CSW). The primary reason for his mother's arrangement with VN that she should not agree with CSW. After around one month of marriage, the affair was made public. With a raid at the CSW boarding house that his mother conducted. When the scenario happened, the ex-husband's mother would contact the prostitute. Still, because of the VN person's particular characteristics and his complex situation, he chose a problem-focused coping strategy. VN prohibited his former mother-in-law because he was concerned about the long-term consequences.

Art therapy was not provided in the instance of VN. VN solves problems by focusing on the issue rather than feelings. VN didn't exhibit strong feelings. Thus, a SWOT (strong, weakness, opportunity, and threat) analysis and long-term support, short-term planning, and planning should be done at the start of any project.



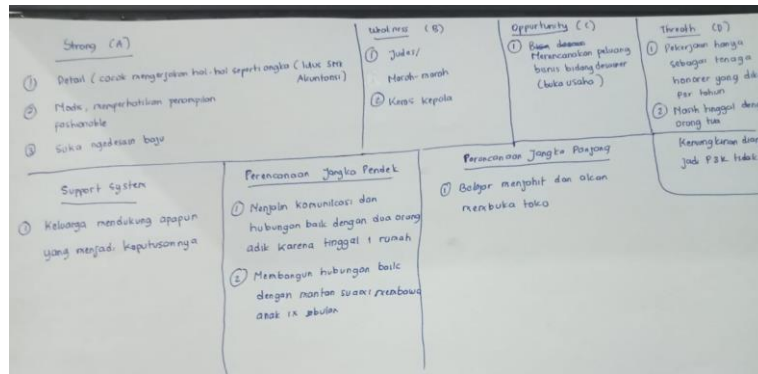


Figure 7. SWOT Analysis of VN

Counseling on patience took up most of the second meeting. VN recounts every occurrence from the beginning of the marriage to the divorce. Because trust is not at all owned, the role of the wife did not want to be kept. Because of the size of the mother-in-law and the husband's inability to decide for the family, VN already felt unable to retain its stance. Yet, VN also assessed that she didn't often speak softly to DB (her ex-husband). VN and DB share a home with their mother-in-law, worsening the issue.

However, in the third meeting VN was proposed to discuss about combining parenting style between her and her mother as her baby has been left to his grandmother while she is going to the office. In prediction, grandmother's parenting style will be permissive pattern although her biological mother would be authoritarian parenting. According to result of observation, VN will suggest to talk about different of parenting model because it would affect to her son's development. Beginning from the first feeding after intensive milk formula feeding.

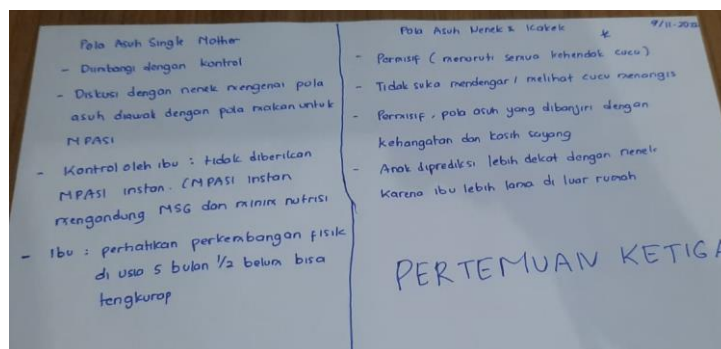


Figure 8. Planning to combine VN's parenting style and her mother

It was intended to meet with VN and DB at the fourth meeting. The distinction in VN's instance was that she and her ex-husband started talking again so they could make travel arrangements for their son. Coaching for synchronization between the VN and DB parenting styles was provided at the fourth meeting. Occasionally, DB was never come in the fourth meeting until VN asked through messenger and unpredictable answered has been gotten and DB canceled the invitation because he was at football station.

Otherwise, fresh communication was resumed, VN and DB traveled with their son numerous times. But from the two times he traveled with his kid, according to VN, he frequently dozed off in the backseat and avoided interacting with DB. VN is advised to buy a board book for infants under one year old in preparation for the following month's meeting in January 2023. DB and his child will communicate using this book as a conduit. Because male tend to place more value on objects than on people or feelings, books are utilized to foster ties between fathers and children.

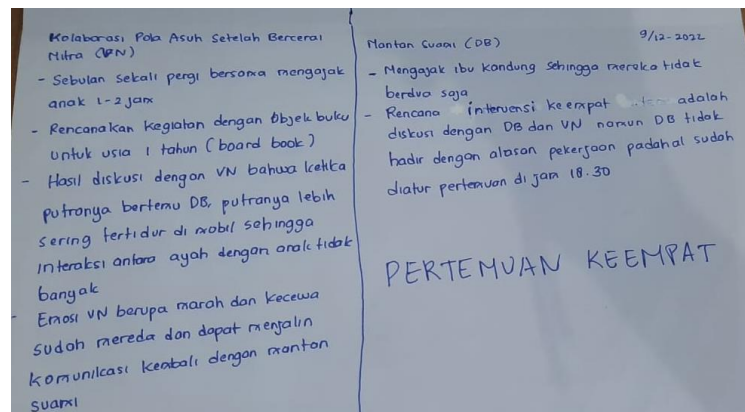


Figure 9. The fourth Meeting of VN

Additionally, we will now discuss the third divorce case. The nearly 14-year-old marriage ended abruptly in the middle of the street, and the husband, ST. ST is a city girl who has been a city resident since she was a young child. Their gorgeous daughter with the initials ND was born shortly after their marriage. The reasons why the two were split apart are complicated. ND is already a teenager and can get this intervention directly, which makes this instance particularly fascinating.

Like SP and VN, counseling was started in the meeting with a patient attitude. ST is the kind of individual who was reluctant to trust strangers. For ST to be able to tell a lot, it takes two to three meetings. ST provided only succinct responses at the start of the meeting. ST essentially holds her spouse responsible for the divorce. Nonetheless, the following findings were attained via a SWOT analysis at the Fisher intervention stage:



Figure 10. Art Therapy of ST

When sending them to SP, instructions for drawing are given in the same editor. If ST was in a good mood, he was instructed to select bright colors; nevertheless, if ST was

not in a pleasant mood, he was asked to choose dark colors. After drawing, ST remarked on how much he had changed due to the divorce. ST acknowledged that she liked to view green flora to structures. For this reason, there is a lot of paddy in the image above.

Considering ST's openness, it is true that she was a little reticent at first. From the first to the last meeting, ST brought up one topic repeatedly: the maintenance payment that the ex-husband was required to make to his daughter per the terms of the divorce certificate, which was 3 million rupiahs. Yet ST always reminds her daughter to communicate with her ex-husband to make sure he remembers to pay electricity, BPJS contributions, water, and insurance each month. ST's ex-husband has been systematically paying it all each month till December 2022, which has been for over a year. The challenge of requesting a monthly living allowance for their child is something ST laments. ND - ST's daughter must repeatedly message her father before he could transfer the living expenses assessed by the Religious Court.

In addition, ND also verified which her father felt hardly to supply her money every month. Various conclusions are reached, ND claimed that his father would send him money every month between the first month her parent got divorced up to now. But, her mother kept in consistently remind her to communicate with her father. If her mother reminded her of this, ND nodded in agreement and was not quite obedient. Before this, her ex-husband disabled all ST numbers and social media, leaving only their ND-cellphone daughter's number as a means of contact with her father. Yet, ND needs help phoning his father directly and can only text him. Her father also disabled the phone capability on WhatsApp and landlines, which ND could demonstrate once by dialing his father's number during the fourth meeting. The notification "your call is being diverted" appears as a result.

Emotion of all participant have changed gradually. Feeling Changed on SP was not bigger than VN and ST, because SP have many problems before they got divorced, such as: affair her ex-husband, the loans approximately 250 million rupiah and she might to earn the money for two kids. After four months, we would send open questionnaire to participants and results of it, SP felt better after patience counselling. Furthermore, SP directly suggest motivational intervention for divorced couple. On the other hand, ST recommended new skill for housewife widow. And lastly, VN did not participate in the questionnaire.

## Discussion

Focus coping strategy would be mean controlling external and internal pressures and collaborating as Worts, both action-organized and imagistic. The act of coping involves either adjusting to or changing the situation. The idea that coping is, in some sense and to some extent, an ordered activity and that one may rationally talk about

"coping methods" is implicit in most discussions of coping<sup>1011</sup>. Between two strategies of focus coping, SP rather done emotional focused coping as resilience toward stress as blaming and regrated her selves. On the other hand, ST was more criticized her-ex-husband attitudes rather than evaluated her selves. Additionally, VN acted both of two focused coping. She could judge her ex-husband however she has appraised her selves and evaluated her behavior. Furthermore, once emotional concentrating coping is used as a remedy, the SP condition worsens. SP frequently went to the home of her husband's aunt, knocked on the door, and yelled angrily while she was there. Naturally, neighbors and others in the area show up as she kept fighting her, and SP successfully yanks her aunt's hair and aids her husband in fabricating divorce information. This gives SP delight. By using emotions to manage stress, SP encourages behaviors such as yelling, inflicting harm on oneself, placing blame on oneself, becoming irrationally furious, and inflicting damage on others<sup>12</sup>. It was concluded which emotional focused coping continually correlated with inconvenient control on many aspects of their life<sup>13</sup>.

The other factor was affected to the divorced is affair as highly occurred on the man rather than on women. According to previous research, it would be predicted that 50-60 % men engage extramarital sexual at the same time during their marriage and about half of them came to the therapist because of it<sup>14</sup>. Thus, of the affair reason, three cases in this study would be divorce. Furthermore, it would be cited the other article which infidelity is the major causes for the many divorced cases. And become the most trending in many countries<sup>15</sup>. In many studies, factors that have affected infidelity were family of origin and permissive sexual attitudes in the long-time romantic sessions<sup>16</sup>. On the other hand, there was a consistent correlated between fathers' infidelity to adult children declaring less trust and justice less loyalty and enhanced attitude of destructive privilege in their romantic relationship<sup>17</sup>.

<sup>10</sup> Denise N. A. Bacchus and Lynn C. Holley, "Spirituality as a Coping Resource: The Experiences of Professional Black Women," *Journal of Ethnic & Cultural Diversity in Social Work* 13, no. 4 (January 1, 2004): 65-84.

<sup>11</sup> Tom Cox, "Stress, Coping and Problem Solving," *Work & Stress* 1, no. 1 (January 1987): 5-14.

<sup>12</sup> Shweta Singh et al., "Stress, Internet Use, Substance Use and Coping among Adolescents, Young-Adults and Middle-Age Adults amid the 'New Normal' Pandemic Era," *Clinical Epidemiology and Global Health* 12 (October 2021): 100885.

<sup>13</sup> Gulnara Slanbekova et al., "The Impact of Coping and Emotional Intelligence on the Relationship between Posttraumatic Stress Disorder from Past Trauma, Adjustment Difficulty, and Psychological Distress Following Divorce," *Journal of Mental Health* 26, no. 4 (July 4, 2017): 334-341.

<sup>14</sup> Joan D. Atwood and Limor Schwartz, "Cyber-Sex: The New Affair Treatment Considerations," *Journal of Couple & Relationship Therapy* 1, no. 3 (February 20, 2002): 37-56.

<sup>15</sup> Tanveer Ahmad Khan and Wasia Hamid, "Lived Experiences of Divorced Women in Kashmir: A Phenomenological Study," *Journal of Gender Studies* 30, no. 4 (May 19, 2021): 379-394.

<sup>16</sup> Stephen T. Fife, Christian M. Stewart, and Lindsey G. Hawkins, "Family-of-Origin, Sexual Attitudes, and Perceptions of Infidelity: A Mediation Analysis," *The American Journal of Family Therapy* 48, no. 2 (March 14, 2020): 142-159.

<sup>17</sup> Alexandra E. Schmidt et al., "Effects of Parental Infidelity on Adult Children's Relational Ethics With Their Partners: A Contextual Perspective," *Journal of Couple & Relationship Therapy* 15, no. 3 (July 2, 2016): 193-212.

The infidelity took place repeatedly. Every time VN and her ex-husband argue, she meets the prostitute she had been seeing since they were dating before VN, and she marries him to distract their attention. VN's trust started to erode as a result of her ex-adultery. Husband's Emotional intimacy, conduct, and mutual devotion are the foundation of marriage. Marriage is based on love and faith, much like friendship is. According to one of the research, trust is a crucial element in marriage-based partnerships. The belief that needs and desires will be shared and met is what is meant when someone says they trust their spouse. Having trust will make marriage more comfortable. It is demonstrated in numerous studies that faith is the primary requirement for marriage<sup>1819</sup>. According to a man's brain anatomy, infidelity is expected in the two scenarios mentioned above. Most men distinguish between romantic love and sexual love. Although it can be challenging to separate them<sup>20</sup>, women can run both as a single unit, thus that it difficult for them to engage in sexual activity if there is a mistrust of women.

Even if we go back to the Edelweis Justice, they had three challenges following their divorce in a religious court, there have been many issues with the citizenship services. The first issue was disagreement during and following divorce. Fisher's rebuilding interventions, which included growth mindset, taking responsibility, looking for new support networks, exploring oneself, and appreciating oneself, had an impact on the two responders, but only one of them was able to develop new communication techniques with her ex-husband. But, due to frequent disputes, two responders were unable to construct.

Two respondents did not start communication, but VN was willing to send her ex-husband a message in advance. She claimed that if she simply considered herself, she would find it difficult to get along with him. She specifically thought about how she could start a new relationship after getting divorced as a result of the disagreement. The post-questionnaire revealed that SP had stopped crying after discussing her divorce and was able to stop blaming herself. Plans for the SP's future after the citizenship service have been developed in great detail. On the other side, SP and VN have moved past their husband, admitted all circumstances, fitted in any position, and remained cool in any situation. ST, however, has not changed at all; she still blames her husband without analyzing herself.

---

<sup>18</sup> V. William Harris, Linda Skogrand, and Daniel Hatch, "Role of Friendship, Trust, and Love in Strong Latino Marriages," *Marriage & Family Review* 44, no. 4 (November 14, 2008): 455–488.

<sup>19</sup> Victor W. Harris et al., "The Role of Friendship, Trust, and Love in Happy German Marriages," *Marriage & Family Review* 52, no. 3 (April 2, 2016): 262–304.

<sup>20</sup> Geanina Cucu Ciuhan, "Relationship between Permissive Parenting Style and Atypical Behaviour in Preschool Children, with Generalized Anxiety as Mediator," *Early Child Development and Care* (December 28, 2021): 1–9.



According to the outline fisher rebuilding intervention<sup>21</sup>, Fisher rebuilding intervention exactly is seminar for divorced woman and man group which emphasize to ten seminars instead of: Rebuilding blocks, adaptation, grief, anger, self-worth, transition, openness, love, relatedness, sexuality. However, considered situations and conditions about participants in Edeweis Justice Batam could definitely not think that they might improve their personality and emotion post divorced, thus concerning on grief and anger have been inserted by sabar counseling about forgive yourself and ex-husband. Hereafter, rebuilding blocks, self-worth and adaption have directly been included in fisher modification rebuilding intervention on the section take of responsibility, explore your self and search the new support system. Meanwhile, regarding of transition, openness and relatedness have been put in adapt quickly and accept all of the condition which part of 'sabar' counseling. Extraordinary, sexuality was not part of the discussion on modification fisher rebuilding intervention. The other explanation why we could change the framework genuine fisher rebuilding intervention cause our service could not be given as a group though very personal and private.

## Conclusion

This dedication leads to the realization that everything can happen exactly as planned. The disadvantage is that researchers have scheduled 12 meetings with three instances but need more time. Due to time limits, modification fisher's intervention and counseling cannot be completed with time efficiently.

In reality, getting to the point of behavior adjustment takes more time. Ex-spouses must work together to overcome their post-divorce disputes, but this is impossible. For this devotion, only ladies who have recently divorced may be gathered. Since women at this point need someone to listen to them and support them in anything they do, they are more approachable. As all of EJ's clients were women, they could not approach their ex-husbands because there was no access. Future premarital counseling should be repeatedly developed with specific interventions, as was done in several earlier trials.<sup>22</sup>, before getting married, the couple takes classes and engages in interventions to better understand one another.<sup>23</sup>.

<sup>21</sup> Bruce Fisher and Jere Bierhaus, *Workbook for Rebuilding: When Your Relationship Ends*, Second. (California: Impact Publisher, 2009); Asanjarani et al., "The Effectiveness of Fisher's Rebuilding Group Intervention on Divorce Adjustment and General Health of Iranian Divorced Women."

<sup>22</sup> Triana Rosalina Noor and Wenika Agustitia, "Pendampingan Persiapan Psikologis Pada Calon Pasangan Pengantin Muslim Melalui Kursus Calon Pengantin (Suscatin) Berbasis Komunitas Di Kelurahan Jambangan Kota Surabaya," *ENGAGEMENT* 2, no. 1 (2018): 9–25.

<sup>23</sup> Mitra Moodi, Mohammad-Reza Miri, and GholamReza Sharifirad, "The Effect of Instruction on Knowledge and Attitude of Couples Attending Pre-Marriage Counseling Classes," *Journal of Education and Health Promotion* 2, no. 1 (2013): 52.

## Acknowledgements

Thanks to internal funding, the Universitas Riau Kepulauan will completely fund this community service in 2022. We appreciate Edelweis Justice's willingness to join us as a partner in providing this service. Thank you to the three mighty women who agreed to participate as research responders.

## References

- Asanjarani, Faramarz, Rezvanossadat Jazayeri, Maryam Fatehizade, Ozra Etemadi, and Jan De Mol. "The Effectiveness of Fisher's Rebuilding Group Intervention on Divorce Adjustment and General Health of Iranian Divorced Women." *Journal of Divorce & Remarriage* 59, no. 2 (February 17, 2018): 108–122.
- Atwood, Joan D., and Limor Schwartz. "Cyber-Sex: The New Affair Treatment Considerations." *Journal of Couple & Relationship Therapy* 1, no. 3 (February 20, 2002): 37–56.
- Bacchus, Denise N. A., and Lynn C. Holley. "Spirituality as a Coping Resource: The Experiences of Professional Black Women." *Journal of Ethnic & Cultural Diversity in Social Work* 13, no. 4 (January 1, 2004): 65–84.
- Boakye, Kofi E. "Correlates and Predictors of Juvenile Delinquency in Ghana." *International Journal of Comparative and Applied Criminal Justice* 37, no. 4 (November 2013): 257–278.
- Cox, Tom. "Stress, Coping and Problem Solving." *Work & Stress* 1, no. 1 (January 1987): 5–14.
- Cucu Ciuhan, Geanina. "Relationship between Permissive Parenting Style and Atypical Behaviour in Preschool Children, with Generalized Anxiety as Mediator." *Early Child Development and Care* (December 28, 2021): 1–9.
- D.H, Jayani. "Kasus Pengaduan Anak Naik 8,3 % saat Corona." *Databoks. Katadata.co.id*, 2021. <https://databoks.katadata.co.id/datapublish/2021/04/09/kasus-pengaduan-anak-naik-83-saat-pandemi-corona>.
- Fife, Stephen T., Christian M. Stewart, and Lindsey G. Hawkins. "Family-of-Origin, Sexual Attitudes, and Perceptions of Infidelity: A Mediation Analysis." *The American Journal of Family Therapy* 48, no. 2 (March 14, 2020): 142–159.
- Fisher, Bruce, and Jere Bierhaus. *Workbook for Rebuilding: When Your Relationship Ends*. Second. California: Impact Publisher, 2009.
- Harris, V. William, Linda Skogrand, and Daniel Hatch. "Role of Friendship, Trust, and Love in Strong Latino Marriages." *Marriage & Family Review* 44, no. 4 (November 14, 2008): 455–488.

- Harris, Victor W., Kasey Bedard, Daniel Moen, and Pablo Álvarez-Pérez. "The Role of Friendship, Trust, and Love in Happy German Marriages." *Marriage & Family Review* 52, no. 3 (April 2, 2016): 262–304.
- Jacobsen, Shannon K., and Amarat Zaatut. "Quantity or Quality?: Assessing the Role of Household Structure and Parent-Child Relationship in Juvenile Delinquency." *Deviant Behavior* 43, no. 1 (January 2, 2022): 30–43.
- Johnsen, Ingunn Onarheim, Astrid Synnove Litland, and Inger Kristensson Hallström. "Living in Two Worlds – Children's Experiences After Their Parents' Divorce – A Qualitative Study." *Journal of Pediatric Nursing* 43 (November 2018): e44–e51.
- Khan, Tanveer Ahmad, and Wasia Hamid. "Lived Experiences of Divorced Women in Kashmir: A Phenomenological Study." *Journal of Gender Studies* 30, no. 4 (May 19, 2021): 379–394.
- Moktar, Suwedini, and Wilda Fasim Hasibuan. "PENYEBAB PERILAKU BEGAL DI BATU AJI." *KOPASTA: Jurnal Program Studi Bimbingan Konseling* 5, no. 2 (December 4, 2018). Accessed January 16, 2023. <https://www.journal.unrika.ac.id/index.php/kopastajournal/article/view/1524>.
- Moodi, Mitra, Mohammad-Reza Miri, and GholamReza Sharifirad. "The Effect of Instruction on Knowledge and Attitude of Couples Attending Pre-Marriage Counseling Classes." *Journal of Education and Health Promotion* 2, no. 1 (2013): 52.
- Navidian, A., and F. Bahari. "The Impact of Mixed, Hope and Forgiveness-Focused Marital Counselling on Interpersonal Cognitive Distortions of Couples Filing for Divorce: Hope and Forgiveness-Focused Marital Counselling." *Journal of Psychiatric and Mental Health Nursing* 21, no. 7 (September 2014): 658–666.
- Noor, Triana Rosalina, and Wenika Agustitia. "Pendampingan Persiapan Psikologis Pada Calon Pasangan Pengantin Muslim Melalui Kursus Calon Pengantin (Suscatin) Berbasis Komunitas Di Kelurahan Jambangan Kota Surabaya." *ENGAGEMENT* 2, no. 1 (2018): 9–25.
- Schmidt, Alexandra E., Mary S. Green, D. Scott Sibley, and Anne M. Prouty. "Effects of Parental Infidelity on Adult Children's Relational Ethics With Their Partners: A Contextual Perspective." *Journal of Couple & Relationship Therapy* 15, no. 3 (July 2, 2016): 193–212.
- Singh, Shweta, Nisha Mani Pandey, Manjistha Datta, and Saakshi Batra. "Stress, Internet Use, Substance Use and Coping among Adolescents, Young-Adults and Middle-Age Adults amid the 'New Normal' Pandemic Era." *Clinical Epidemiology and Global Health* 12 (October 2021): 100885.
- Slanbekova, Gulnara, Man Cheung Chung, Saltanat Abildina, Raikhan Sabirova, Gulzada Kapbasova, and Baizhol Karipbaev. "The Impact of Coping and Emotional

Intelligence on the Relationship between Posttraumatic Stress Disorder from Past Trauma, Adjustment Difficulty, and Psychological Distress Following Divorce.” *Journal of Mental Health* 26, no. 4 (July 4, 2017): 334–341.

Subandi, Subandi. “Sabar: Sebuah Konsep Psikologi.” *Jurnal Psikologi* 2, no. 38 (2015): 215–227.