



Analysis of Generation Z's Emotional Development in Broken *Home Families*

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Background. The phenomenon of increasing divorce cases in households is increasing from year to year. There are many factors that cause divorce. From these conditions, it is not uncommon for children to experience the impact of their parents' divorce.

Purpose. This analysis examines the development of Generation Z in broken home families, thus providing a deeper understanding of the importance of the role of the family in shaping the emotional development of the younger generation.

Method. Using a qualitative approach, this study examines how the dynamics of a divided family are related to the development of the emotional dimension of individuals in the context.

Results. By utilizing Johari's window theory to explore the self-aspects and emotional evolution of participants, this study shows that the experience of broken home families is related to Generation Z's patterns of interaction with themselves and others.

Conclusion. Thus, it can be concluded that the four areas in the Johari Window model, namely open, blind, hidden, and unknown areas, have the same contribution to the emotional development of individuals.

Keywords: *broken home*, generation z, johari window, _keluarga communication, emotional development



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INTRODUCTION

The family environment plays a role in the early stages of child development and maturation. In the process of continuous child development, development reaches certain stages, with the expectation that this progress will increase over time. The relationship between parents and children plays an important role in shaping an individual's trust in others and themselves.

Further, these interactions contribute to the social, emotional, and cognitive development of the child (Acres Wartana, 2012; Morissan, n.d., 2019) (Hanifah & Farida, 2023). In fact, not all children are arranged in an ideal family. Unharmonious family conditions such as divorce or domestic strife often damage a child's development. This phenomenon is known as a *broken home*, which refers to families experiencing separation or internal conflicts, which can negatively impact the children growing up in the environment.

Based on information obtained from the Central Statistics Agency (BPS) in 2024, the current divorce rate in Indonesia shows a state of family resilience that is quite worrying. Divorce cases that occurred reached 399,921 people throughout 2024. The main results were more related to internal disputes in 251,125 cases, economic burden in 100,198 cases, and leaving parties in 31,265 cases. The single unit of analysis in this situation is internal striving and economic burdens, which, according to the results of the investigation, lead to the destruction of the positive functioning of the family. As a result, the family's function as a shelter for children began to shift into a *broken home* phenomenon, which ultimately poses a high risk of disrupting their mental and emotional growth. *Broken home* is defined as a condition of loss of family harmony and lack of affection from parents caused by several things, for example divorce. A *broken home* can be seen from two aspects, namely (1) a family that is not intact because one of the parents has died or divorced, (2) a family that is intact but loses its role because the father or mother no longer shows an affectionate relationship. (Willis, 2015)

A broken home family has a great impact on the psychological development of children. According to (Mitchil, 2014), quoted in (Sri Hartanti et al., 2020), often children who witness disharmony in the family feel insecure because of the atmosphere at home. Conflicts in the household also reduce the time together and affection they receive, so that after the occurrence of conflicts, children can experience emotional and psychological disturbances (Sri Hartanti et al., 2020). Studies have also shown that an irregular household causes children to lose affection from their parents, have difficulty socializing, as well as experience a lack of confidence and high levels of anxiety and fear (Indrawati & Dewi, 2022)(Mistiani, 2020). *Broken home families* have consequences in early childhood on their psychosocial development.

Generation Z is a record group of people born from the mid-1990s to the early 2010s, and as such, they face a very, very difficult challenge in today's modern digital era as they are

relegated to the technology that is increasing into especially social media platforms that have never been in doubt. with technological changes and rapid developments and increasingly demanding and regulated global expectations, Generation Z is under psychological pressure as an effort to maintain changing standards and adapt to a complex social environment In this context, they are a group that is vulnerable to emotional disturbances and psychological problems, especially those who come from broken households. Furthermore, experts explain that Generation Z children need greater attention and love from their parents. The moral and psychological values instilled in Generation Z are significantly inherited from the older generation. Therefore, disharmonious household conditions, such as a messy household, can hinder the mental development of Generation Z. This condition is related to reduced expressions of joy and children's involvement in various activities, which arise in the context of disharmony in the family environment. On the one hand, the lack of affection or bullying that parents have caused can also damage the mental health and behavior of generation Z. (Mahmud, 2025). (Sigirot et al., 2022)

The following are the dynamics experienced by Generation Z with *broken home* families: First, it is related to the ability of feelings that a person has and can learn, express, or control, especially in establishing relationships with others. Second, it is related to the incorporation of the level of exposure hazard that is not too large. Therefore, the following statement raises issues related to the experience of individuals in *broken home families* related to the development of self-concept, as well as how this is understood and interpreted in the awareness of emotional aspects that are conscious and unconscious based on Jendela Johari's theory. Further, it is necessary to analyze how the shift between open, blind, hidden, and unknown areas in Generation Z of *broken home* families contributes to their interpersonal communication patterns, confidence, and emotional stability.

Several previous studies have identified in depth issues related to the impact and adaptation mechanisms of children from *broken homes*. reveals that conflict in the context of broken (Humairah et al., 2024) *home families* triggers depression in Generation Z, which hinders academic and social achievement, although these conditions can be reduced through adaptation strategies and external support. In the same context, it reinforces the significance of this support by explaining that the characteristics of family communication pattern support, namely openness and collegiality, also involve children in decision-making which is very

helpful in preventing the quality of parent-child relationships from being disturbed. On the other hand, when family intimacy is inadequate, with the window theory, Johari got his findings that children of (Yoanita, 2022) (AMALIYAH, 2024) *broken home* families tend to use social media as a threat of indifference from the platform of excessive behavior as a place of self-expression to get attention because to express the emotions they feel when they experience trauma.

Research on the impact of *broken homes* has a high urgency in providing better insight into how *broken homes* are related to the emotional development of Generation Z. Although research on the impact of *broken homes* has long been a popular topic, research specifically using the Johari Window theory is still relatively limited. The limitations underscore the importance of further research on this topic that has not been fully explored. Notably, some aspects of the dynamics of self-awareness and interpersonal communication between individuals from *broken homes* remain specific. This is necessary because Generation Z is in their developmental age who are vulnerable to emotional and social stress. Meanwhile, many agencies have stepped up their efforts to stop the problem and provide assistance. However, the impact often remains related to existing research, but not in much depth.

To analyze and understand the dynamics of *broken home* families in relation to the emotional development of Generation Z, this study uses the Jendela Johari theory as an analytical framework. This theory describes four areas in communication and self-awareness: open areas (information known to oneself and others), blind areas (information known to others, but not aware of by the individual himself), Hidden areas (information known by individuals, but not known by others), and Unknown areas (information unknown to both the individual and others). In the context of children from *broken homes*, this theory can be used to explore how they recognize and manage their own feelings (e.g. feelings of anxiety or anger), as well as how those feelings relate to the way others, particularly parents or caregivers, perceive them. By understanding the interaction between self and others through the Johari Window, we can more deeply analyze how the condition of *broken home families* shapes the self-awareness, social skills, and emotional management of children from Generation Z.

This study aims to fill the gaps in this study by providing a clearer picture of the emotional and interpersonal challenges faced by Generation Z of *broken home* families. Using the theoretical framework of Johari Window and a qualitative approach, this study aims to elucidate

the emotional dynamics, self-awareness, and interpersonal relationships formed as a result of experiences with broken *home* families. In academic studies, this study is expected to be able to offer a new perspective through a more in-depth study of individual experiences in broken *home* families and its relationship with the emotional development of Generation Z. This connection can be reflected in the way individuals manage emotions, build social relationships, and develop positive self-identity. From a public or speculative point of view, if an intervention model is successfully developed, this study may be able to increase the liquidity capacity of Generation Z. They are expected to be able to build better emotional stability, so that they can channel more creativity and energy to develop and contribute to the country.

LITERATURE REVIEW

Family, based on KBBI (2021), is understood as a father and mother with their children; people in the house who are responsible. In addition, family can also be meant as relatives; relatives, both born and adopted, who have a common goal in shaping and maintaining family values and culture. Friedmen (1998) states that the family not only functions as a place to live together, but also as a means to develop the mental, emotional, social, and physical aspects of each member through mutual interaction and interdependence between individuals. In line with this, it is stated that the existence of marriage, birth, and adoption is a condition for the formation of a family, in which it is expected that individuals can develop optimally, both from physical, mental, emotional, and social aspects. In this context, the family is understood as an environment based on affection and responsibility, as well as being the main place of childcare in order to be able to grow into individuals with social sensitivity and healthy emotional development. (Tenri Awaru, 2021)

In reality, not all families can perform these functions optimally. One of the family conditions that is often found in society is a broken *home family*. According to , a broken home family (Stuart et al., 2018) is a condition of family integrity caused by divorce, the death of one parent, or a marital relationship that no longer shows affection. He added that (Dudun Najmudin, 2021) *Broken Home* describes the family situation that is not harmonious and does not run like a harmonious, peaceful, and prosperous family. This condition has the potential to cause emotional instability in the family environment, which ultimately has a direct impact on the child as an individual who is still in the developmental stage and urgently needs a consistent parenting figure.

The impact of a broken home family becomes increasingly complex when it is associated with the social-emotional development of children. Social and emotional development are two elements that are closely related and cannot be separated. Children who can control their emotions well tend to be more successful in establishing good social relationships, while children who are less able to manage their emotions will have difficulty adapting to their social environment. Santrock (2011) explained that emotional growth is an ever-evolving process of self-recognition. This starts with the ability to understand the emotional reactions of others, then recognize their own feelings, and ultimately be able to control those emotions. In broken home family situations, this process is often hampered because the child does not see good examples of emotional control from parents.

Emotional growth in childhood is a crucial foundation that shapes a person's way of thinking, values, and actions later in life. Riana Mashar (2011) stated that emotional development is the ability of children to control, process, and control emotions so that they can respond to various situations in a positive way. Santrock also emphasized that children's social competence is closely related to their parents' emotional lives. Research from Fitnes and Duffield reveals that parents who can show emotions in a good way tend to have children who are more socially proficient. Through interaction with mom and dad, kids learn the right way to express their feelings. On the other hand, in broken (Sari et al., 2020) *homes*, children often encounter conflicts, lack of communication about feelings, or negative ways of expressing emotions, which can lead to less effective ways of managing emotions.

This issue is even more relevant when it is associated with the characteristics of generation Z. According to Gazali's explanation, generation Z consists of individuals born from 1996 to 2010 and grew up in a social and historical environment that is full of technological developments. This generation is known to value diversity, want social change, are target-oriented, and have a high dependence on technology and digital devices. Quick and random access to information, as well as a preference for visual content over lengthy narratives, also affect the way Generation Z processes emotions and interacts socially. In a broken home family situation, technology is often an emotional escape for Generation Z children, who while helpful in seeking entertainment and information, cannot always replace the role of direct emotional support from the family. Without adequate guidance and mentoring, this can exacerbate these emotional problems. (Kristyowati & Indonesian Theological College Manado, 2021) .

To understand the dynamics more deeply, researchers are trying to prove a specific phenomenon using the Johari Window Theory created by Joseph Luft and Harry Ingham in 1955. This theory serves to explain how individuals can recognize and express feelings and information about themselves in the context of interpersonal relationships through four quadrants, namely *open area*, *blind area*, *hidden area*, and *unknown area* (Hendro et al., 2024). Using the Johari Window approach, this study can examine how Generation Z children who grow up in broken *homes* understand and manage their emotions, as well as how these experiences are reflected in the social interactions and interpersonal relationships they build.

Based on previous research, researchers found that the discussion subjects that were assessed were related to the research to be carried out, namely:

1. Previous research by Humairah and Komalasari S in 2024 with the title "The Impact of Depression on Generation Z Due to *Broken Home*" used qualitative research methods with a focus on phenomenological studies. Based on the research conducted, it can be concluded that depressive situations among generation Z can arise as a result of pressure and disputes in broken *home* families. The absence of emotional support from parents and the instability of the family's emotional state become mental obstacles in the development of children. These factors contribute to a heavy emotional load, which ultimately affects their social relationships and academic achievement. Depression also affects their ability to build healthy relationships and reduce motivation and concentration in learning. However, Generation Z shows mental resilience by using various coping strategies, such as seeking support from close friends, developing new interests and hobbies, or following psychological advice to deal with these emotional challenges. (Humairah et al., 2024)
2. The research by Yoanita which discusses "How to Communicate in the Family According to Generation Z" conducted in 2022, uses a qualitative approach with case study methods and thematic analysis techniques. The results of the study are that communication patterns in the family have a very important role in shaping the twists and turns of parent-child relationships, especially Generation Z. Some things that can be applied to create good family relationships include efforts to increase togetherness in the family, openness in communication even though there are restrictions in talking about personal matters, Because even though I like it or not, there are still limits that should not narrow down a person's degree (for example, parents' finances and personal problems). Even when parents are dominant in the decision-making

- process, there is an effort to involve children in the process, which signifies that children also always want to be recognized as adults. This research emphasizes the importance of communication and openness, warmth in the family, order, and recognition of children's desires.
3. The research titled "*Self Disclosure of Broken Home Family Members on Tiktok Social Media*" was written by Amaliyah in 2024". The method used is a qualitative research method with data collection techniques through interviews. The researcher also used and applied the Jendela Johari theory and found two models, namely the first quadrant (Open self) and the third quadrant (Hidden self). The conclusion of this study is that Instagram is one of the media that becomes the "self disclosure" of broken *home* children, one of which is the purpose of self-disclosure on Instagram so that broken *home children* can be more attentive and provide a way for these children to shed their emotions that occur as a result of *the broken home* they experience. (Amaliyah , 2024)

RESEARCH METHODS

This type of research applies a qualitative descriptive approach, which means that the researcher provides an in-depth explanation of the object being studied. Qualitative descriptive research does not aim to produce broad conclusions, but rather focuses on understanding the circumstances in a particular context by providing a clear and detailed explanation of the actual conditions, or according to what is really happening at the research site. . (Morissan, 2019) (Fadli, 2021) Therefore, the findings of this study, which are based on the experiences and thoughts of informants, are expected to provide a deeper understanding of the relationship between the experience of a *broken home* family and the emotional development of Generation Z.

The researcher used data collection techniques in the form of interviews, field observations, and literature studies as data sources. The researcher conducted direct interviews with three informants from Generation Z who grew up in *broken homes*. Through these interviews, researchers obtained more in-depth data on the life experiences, perspectives, and thoughts of the informants regarding the impact of family conditions on themselves and the surrounding social environment. Deeper conversations also provide an opportunity for research to uncover hidden things as well as elements that are difficult to see with just ordinary observations. With this method, it is hoped that this study can provide a clearer understanding of how informants overcome emotional problems and build emotional bonds when dealing with difficult situations in the family.

In this study, the accuracy of qualitative data was tested by triangulating data, which is a method that collects information from various sources to ensure the results obtained are as accurate as possible. Combining three different data sources, namely in-depth interviews, field observations, and literature studies, ensures that the data collected is not solely dependent on a single source. This was tested when the results of interviews taken with three children from Generation Z who came from broken *family backgrounds* were compared with observational findings as various aspects of their daily lives such as how they express their emotions, interact with the environment, and respond to social situations. In addition, the field data is supported by a literature review from relevant scientific books and journals, including the concept of emotional development and the Johari Window theory, to analyze the suitability between the informant's experience and theoretical studies. Using triangulation, the researcher sought to ensure that the understanding of the interview results regarding the impact of broken home families on the emotional development of Generation Z was based on several different but complementary sources. This method makes the results of the research not only more precise, but also easier to understand and accountable.

RESULTS AND DISCUSSION

Based on field observations and interviews with three children from Generation Z who grew up in broken homes, this study found a relationship between family conditions and personal emotional development. The researcher will explain the results of the interview by linking it to the theory proposed by Johari, which divides the diagram into four windows to describe and understand the self-concept between individuals. The windows consist of four parts, which are the open area, which includes the things that a person knows about himself and that others also know. Between the individual and other people there is a conformity of views, so that his perception is in harmony with the perception of others. *Hidden areas*, known only to the individual and unknown to others, that contain personal secrets. Blind Areas, which are parts that a person is not aware of about themselves, but is aware of by others. *Unknown area*, which includes aspects that a person does not know about himself or herself and also does not know to others with the following results:

The first quadrant (open area), based on the results of the interview, is known that the degree of openness in expressing feelings depends a lot on the closeness of the relationship with Aisyiarya Maharani Almadina
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the person. Data obtained from the interviewees showed that they felt very free to express their feelings to the people closest to them, such as a partner or close friend who had known and trusted each other for a long time.

"It's very common for people close to you, such as special people who have known each other for a long time and trust each other, but to ordinary friends they are not very open because they always feel that there are limits in themselves to tell stories." (FA, March 11, 2025)

The second interviewee (DRA), only felt comfortable talking about his feelings in a special relationship or with his mother, indicating that the interviewee was only open with people who had a strong emotional closeness. *"I'm not the typical person who talks about feelings unless it's in a special relationship or with my mom." (DRA, March 11, 2025)*

The third interviewee (RF) felt only a little comfortable talking about their feelings to friends and close people, which reflected that despite the closeness, the interviewee still found it difficult to fully open up to others. *"I rarely talk about my feelings to my friends or closest people (about 20% only). Because I still find it difficult to open up and share my feelings with others." (RF, March 13, 2025)*

Based on the researcher's analysis, the findings of the above interview show that the openness of informants is in Quadrant I Johari Window (*open area*), but with limited and selective coverage. In the Johari Window theory, the first quadrant describes the aspect of self that is known by the individual as well as known by others through open communication. The results of the interviews show that this openness only appears when there is emotional closeness, security, and trust, such as in special relationships or nuclear family (mothers). This is in line with the Johari Window theory which states that the area of *open space* is greatly influenced by the quality of interpersonal relationships and the intensity of interactions. However, in the context of field observation and case studies, *the open area* of informants has not developed widely because openness is not carried out in a more general social environment (ordinary friends). Thus, although the informant's behavior is consistent with the Johari Window theory, these findings suggest that the application of the first quadrant is conditional and situational, rather than completely open. That is, this first quadrant supports the theory conceptually, but also confirms that in practice, psychological factors and personal experience severely limit the expansion of *open areas* in each individual.

The second quadrant (hidden areas) in the Johari Window describes emotional feelings or experiences that individuals tend to hide, including feelings of sadness, fear, and distrust that may arise as a result of the family experience of a broken *home*. From interviews with the interviewees, it can be seen that even though they have deep feelings, they tend to cover them up and try to keep their facial expressions or attitudes looking ordinary. FA, for example, revealed that he tries not to show pent-up feelings through his facial expressions, even though others can see that he is having trouble. This statement suggests an attempt to maintain emotional distance from others, perhaps as a way to protect oneself from deeper emotional exposure. *"Sometimes they realize that I have a problem if I have a lot of diem or daydreaming, but I realize that facial expressions can show feelings that are hidden, so I try to just make it normal. I also want to involve others in my problems."* (FA, March 11, 2025).

In addition, RF's expression stated that *"I keep a lot of emotions and problems to myself. However, I feel that if there is a problem, I have to face my own problems, because I don't want to burden others, and not everyone should know about my problems. Sometimes I feel like not everyone really cares either,"* (RF, March 13, 2025) provides evidence of how individuals tend to hide their feelings and problems. In addition to emphasizing the worry of weighing on others, this statement suggests that many people often feel hesitant to share for fear that not everyone really cares or is able to understand their feelings. It also shows that they feel more comfortable facing their own problems, rather than opening up and sharing their emotional burden with others, for fear that their problems will not get attention. This feeling makes loneliness and emotional discomfort worse, as they feel like they have to face everything alone. It also shows that staying away from others is a method of protecting oneself and avoiding judgments or behaviors that can lead to shame and humiliation. This explanation emphasizes that the collection of thoughts and feelings about oneself is part of a protection strategy to not show emotional states to others and to maintain a firm and strong self-identity.

DRA's statement that says, *"Interaction with other people has an impact, as simple as if I tell them to keep encouraging me, I will rise up,"* (DRA, March 11, 2025) provides important insights into the positive impact of social support on a person's emotional development, especially in the context of broken *home* families. This confirms that although the individual tends to keep their own feelings and problems, interactions with others, especially when they receive support or encouragement, can bring about positive changes in their emotional state. This statement shows

that when a person feels accepted and cared for by others, it can provide strength to face and overcome the pain experienced. However, when they have the opportunity to feel and understand the pain, as well as get an empathetic response, it can help alleviate feelings of loneliness and isolation when coping with it. They feel more respected and not "isolated" when they feel this social support.

Based on the researcher's analysis, the above interview shows the dominance of the second quadrant of the Johari Window (hidden area) in the emotional communication patterns of the interviewees. In the Johari Window theory, hidden areas describe aspects of the self that are known to the individual but are deliberately hidden from others, usually for reasons of self-protection, fear of judgment, or distrust of responses from the environment. Findings in the field show a strong fit for this concept, where the speakers consciously choose to hold back their feelings of sadness, personal problems, and emotional burdens, even though internally these feelings feel very deep. The attitude of restraining facial expressions, avoiding the involvement of others, and the belief that problems must be faced on their own are real forms of hidden *area* mechanisms. In the context of a case study of broken *home* families, this tendency is further reinforced by past emotional experiences that shape vulnerability and caution towards self-openness. Therefore, the position and actions of the interviewees are identified as the second quadrant in the Johari Window theory, while showing that the hidden area is not a passive state; rather, it is an individual's secondary strategy to maintain emotional balance and self-image in the context of limited social support. The actions of the resource person from the third quadrant, or blind area, refer to the aspect of himself that understands others, but he himself is not aware of it.

The third quadrant (blind area), this area refers to the part of a person's self that is known to others, but not known to himself. In other words, it is a part of an individual's personality or behavior that others can see, but the individual himself is not aware of it or fully understands it. Blind Areas are usually related to attitudes, habits, or reactions that the individual is not aware of, but can affect their interpersonal relationships and emotional development. Individuals from broken *home* families may not be fully aware of how their experiences, such as parental divorce or family conflict, relate to their emotions and behaviors. For example, they may not be aware that the emotional instability they feel, such as anxiety, insecurity, or difficulty building healthy relationships, is rooted in their childhood experiences. Others may be able to see the pattern in their behavior, but the individual may not attribute that reaction to their family background.

In the results of the interview, RF was not fully aware that his emotional sensitivity and intensity stemmed from the emotional instability that may have occurred in his family (e.g., conflict between parents or divorce). *"My childhood experiences affected me a bit in a way that made me a bit more sensitive and emotional. But I tend to respond to feelings or emotional situations more intensely"* (RF, March 13, 2025). This statement reflects an unawareness of the emotional impact that RF has experienced. For example, people around him may be able to see that RF tends to respond to situations more emotionally or sensitively, but RF itself may not associate it with childhood experiences or *broken home family* dynamics. This is an example of the Blind Area, which is a condition when RF is not aware of the connection between his family background and the emotional reactions he displays, even though it can be observed by others.

The DRA resource person said, *"Because I don't feel close, I usually become more introverted, and when the person is also a typical person who is reluctant to show feelings, usually I am also reluctant to show feelings. But I could discern from the man's behavior and deeds that it was his way of showing his feelings to me."* (DRA, March 11, 2025). This suggests that DRA may have difficulty expressing its own emotions because it feels not close enough to others. This statement indicates the difficulty in building deeper emotional connections, which are often experienced by individuals who have experienced a *broken home*. DRA tends to shut himself off and find it difficult to show feelings due to distrust, even though those around him can see that he actually has the capacity to read and respond to the feelings of others.

Based on the results of the interviews, the research analysis shows that the experience of RF and DRA is in line with the concept of the third quadrant (blind area) in the Johari Window theory, which is the part of a person's self that is visible to others, but not yet fully realized by the individual himself. In theory, blind spots often appear in the form of emotional patterns, defensive attitudes, or ways of responding to interpersonal relationships formed from past experiences, including broken home family dynamics. In RF's case, although he admits to be more sensitive and emotional, he is not yet fully aware of the root of the emotional response, while his social environment may see his emotional intensity as a consistent pattern. These findings are in line with field observations in the study of communication and family psychology, which show that individuals from *broken home* backgrounds often normalize certain emotional reactions so that they are no longer aware of the impact of childhood experiences on them. The same is seen in DRA, where the introverted attitude and caution in expressing feelings can be regretted by others

as having difficulty building emotional closeness, although for DRA itself, it is a natural situational response. These findings are consistent with previous case studies that confirm that Blind Areas are often revealed through social interactions, when others are better able to identify patterns of emotional behavior compared to the individual themselves. Thus, the data of this interview shows the compatibility between the Johari Window theory on the blind area quadrant and the real conditions experienced by the study subjects, as described in the previous findings. Meanwhile, the fourth quadrant, or unknown area, includes aspects of the individual's self that remain unrevealed, both to himself or to others.

The fourth quadrant (unknown area) includes the part of the individual that remains unrevealed, both to the individual himself and to others. In the context of this study, the fourth quadrant relates to things that individuals from *broken homes* are unaware of, but can have an impact on their emotional development. Children from *broken homes* tend to exhibit different behaviors compared to children from intact families. These differences include being quiet, stubborn, withdrawn, and even rebellious. This is generally due to a lack of parental attention and affection. Individuals in Generation Z may not be fully aware of these impacts, especially if they have not been able to reflect on and cope with the experience. They may not realize that their behaviors, such as a tendency to avoid close relationships or a fear of commitment, are the result of past experiences. (Massa et al., 2020)

The FA source said, *"I feel that there are feelings or emotional potentials that I have not expressed due to childhood experiences or family trauma. For one thing, I was afraid of being like my father who was temperate and light-hearted, and not so responsible to the family, who was more concerned with his ego."* (FA, March 11, 2025). FA is aware of the emotional potential that he has not yet expressed, especially related to his fear of repeating his father's temperate and irresponsible behavior. This fear is an example of trauma or emotional discomfort that the individual has not fully understood. This fear can be hidden within the Unknown Area, as the FA may not yet be fully aware that his fear is rooted in his childhood observations and experiences of his father's behavior. These feelings may play a role in shaping the way FA interacts with others, especially in personal relationships, thus avoiding or even countering patterns that he considers bad (as his father did).

DRA revealed that there was a lot of trauma that could not be expressed, and this was related to the sense of closure she experienced. This *"unspeakable trauma"* is often stuck in unknown

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areas, where DRA may not fully understand the reasons behind her feelings of being closed and reluctant to talk about her past. This family *trauma of a broken home* can create uncertainty and fear of opening up to others, resulting in DRA being trapped in avoidant behavior and becoming introverted in interpersonal relationships.

Children who grow up in broken *homes* tend to become introverted and unable to discuss the problems they are experiencing. This happens to DRA who doesn't realize that their secrecy stems from trauma that hasn't been processed or undisclosed, leading to difficulty building healthier relationships. This suggests that in the Unknown Area, there is potential to understand self-defense mechanisms (such as self-closure) that may stem from experiences that have not yet been fully realized. (Mistiani, 2020)

Broken home *children* have a quiet nature, also tend to withdraw from social environments (Massa et al., 2020) This is in line with findings in the field, where RF acknowledges that his childhood experiences have to do with character formation that makes him more sensitive and more emotional. This sensitivity condition is present along with unpleasant experiences in childhood, such as the dynamics of emotional instability in broken *homes*. These sensitive feelings may not be fully realized by RF, and in the Unknown Area, RF may not fully understand that the increase in emotionality stems from undisclosed or well-processed childhood uncertainty and trauma.

The psychological impact on a broken home child can shape the development of an unhealthy and emotional personality, which can be the way their body responds to (Mamuly & Paunno, 2021) . insecurities RF has not fully realized the connection between the feelings he or she experiences and the challenging childhood experiences. This condition can be seen in the dynamics of their emotional development, especially in the process of managing feelings and establishing healthy relationships with others.

Based on interviews, the results of the analysis of this study indicate that a person's experience reflects the characteristics of the fourth quadrant in the Johari Window theory, which is the part that is still unknown. This section contains aspects of personality that are not yet understood by the individual himself or others, but have a great deal to do with the development of emotions and behaviors. In Johari's window theory, this segment is often associated with unconscious trauma, latent fears, and unclearly acknowledged ways of survival. Research in the field shows that FA's fear of repeating his father's behavior, RA's closed attitude related to trauma

that has not yet been talked about, and RF's emotional sensitivity whose origin is not yet fully understood, are examples of emotional reactions that are still within the Unknown Area. This is in line with previous empirical studies and case studies that state that individuals from broken *home family* backgrounds often experience long-term psychological impacts that have not been processed reflectively. Thus, the data of this interview shows the compatibility between the concept of Unknown Areas in the Johari Window theory and the empirical conditions in the field, where childhood experiences and family trauma form hidden aspects of the self that have not been fully realized by the research subjects.

CONCLUSION

Based on the results of interviews, field observations, and studies that refer to the Jendela Johari theory, this study shows that the dynamics of *broken home families* are related to the emotional development of Generation Z. This can be seen in increased emotional sensitivity, the tendency to arise anxiety, and more intense emotional expressions in daily life. Emotional openness tends to be selective, where individuals are more comfortable sharing their feelings with trusted parties, while other social interactions are carried out with certain restrictions as a form of self-protection. In Jendela Johari's perspective, this condition is related to the existence of blind areas and hidden areas that are present in the process of interpreting past experiences, the formation of self-identity, and interpersonal relationships. These findings confirm the importance of proper understanding and mentoring so that individuals are able to recognize and manage their emotional experiences more adaptively. In dealing with feelings that arise due to the family *broken home situation*.

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