

## FACING DIVORCE WITH FAMILY RESILIENCE: Challenges and Post- Mediation Solutions in the Panyabungan Religious Court

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**Abstract:** Divorce is a growing social phenomenon in Indonesia and has a negative impact not only on the couple concerned, but also on children and society. One of the efforts to prevent divorce is through mediation, where couples are facilitated to resolve conflicts without having to go through a lengthy process. However, despite the success of mediation, challenges in maintaining family resilience after mediation remain. This study aims to identify the factors that affect family resilience after mediation and strategies that can be applied to strengthen the couple's relationship after mediation. This research is an empirical legal research, using a legal sociology approach. Data were collected through in-depth interviews with couples who had gone through the mediation process in divorce cases, participatory observation, and document analysis. The analysis was carried out by thematic coding to identify factors that affect family resilience. The results show that family resilience after mediation is influenced by factors such as effective communication, restoration of trust, loyalty and commitment, as well as support from extended family. In addition, some strategies that can be applied to strengthen family resilience are post-mediation counseling, communication skills development, mentoring from third parties, and social support. Although mediation has succeeded in stopping divorce, couples still need to work hard to maintain their family's resilience by implementing the right strategies. Support from external parties and strong commitment from the spouse are essential to maintain harmony in the future household.

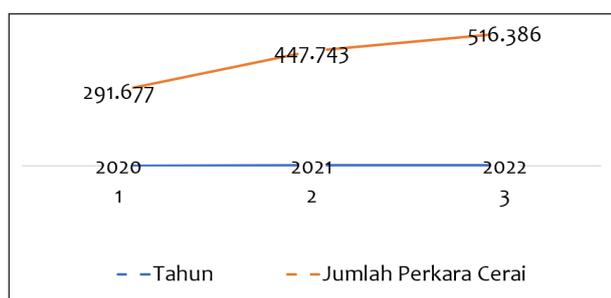
**Keywords:** mediation; divorce: family resilience; post-mediation challenges and solutions

**Abstrak:** Perceraian adalah fenomena sosial yang semakin meningkat di Indonesia dan berdampak negatif tidak hanya pada pasangan yang bersangkutan, tetapi juga pada anak-anak dan masyarakat. Salah satu upaya untuk mencegah perceraian adalah melalui mediasi, di mana pasangan difasilitasi untuk menyelesaikan konflik tanpa harus melalui proses yang panjang. Namun, meskipun mediasi berhasil, tantangan dalam mempertahankan ketahanan keluarga pasca mediasi tetap ada. Penelitian ini bertujuan untuk mengidentifikasi faktor-faktor yang mempengaruhi ketahanan keluarga pasca mediasi dan strategi yang dapat diterapkan untuk memperkuat hubungan pasangan setelah mediasi. Penelitian ini merupakan penelitian hukum empiris, dengan menggunakan pendekatan sosiologi hukum. Data dikumpulkan melalui wawancara mendalam dengan pasangan yang telah melalui proses mediasi dalam kasus perceraian, observasi partisipatif, serta analisis dokumen. Analisis dilakukan dengan pengkodean tematik untuk mengidentifikasi faktor-faktor yang mempengaruhi ketahanan keluarga. Hasil penelitian menunjukkan bahwa ketahanan keluarga pasca mediasi dipengaruhi oleh faktor-faktor seperti komunikasi efektif, pemulihan kepercayaan, kesetiaan dan komitmen, serta dukungan dari keluarga besar. Selain itu, beberapa strategi yang dapat diterapkan untuk menguatkan ketahanan keluarga adalah konseling pasca mediasi, pengembangan keterampilan komunikasi, pendampingan dari pihak ketiga, dan dukungan sosial. Meskipun mediasi berhasil menghentikan perceraian, pasangan masih perlu bekerja keras untuk mempertahankan ketahanan keluarga mereka dengan menerapkan strategi-strategi yang tepat. Dukungan dari pihak eksternal dan komitmen yang kuat dari pasangan sangat penting untuk menjaga harmoni rumah tangga di masa depan.

**Kata kunci:** mediasi; perceraian; ketahanan keluarga; tantangan dan solusi pasca mediasi

## Introduction

Divorce is one of the social issues that is increasingly occurring in Indonesia. According to data compiled by the Central Statistics Agency (BPS)<sup>1</sup> and the Data Center of the Directorate General of the Religious Justice Agency<sup>2</sup>, The number of divorces in Indonesia has increased significantly in recent years. This shows that more and more married couples are facing problems in their households and choosing to end their marriages. The following is data on the increase in divorce in Indonesia.



Source: BPS dan Pusdata Dirjen Badilag

This divorce is not only a problem for the couples involved, but also for the children who are victims, as well as the social environment around them. According to Schaan and Vögele's research, children from divorced families tend to experience more psychological and physical symptoms compared to children from intact families. They are also more susceptible to childhood trauma, rejection sensitivity, and lower levels of resilience, which significantly affect their long-term mental health.<sup>3</sup>

The divorce process is often accompanied by prolonged conflicts. However, in some cases, mediation has become a solution to reduce conflicts

and prevent divorce.<sup>4</sup> Mediation is a process in which a neutral third party, known as a mediator, helps a married couple to find a solution to their problem by consensus deliberation, without having to decide.<sup>5</sup> Mediation offers a more humane and satisfying alternative to litigation in resolving divorce conflicts. It is at this stage that couples are invited to talk openly about the conflict that occurred and their hopes for the future.<sup>6</sup>

Success in mediation relies heavily on the mediator's ability to create an atmosphere that supports good communication between both parties.<sup>7</sup> Effective mediation can lead to better compliance with the agreed agreement, as well as reduce the possibility of re-litigation in the future.<sup>8</sup>

Although mediation has succeeded in stopping divorce, challenges remain for families to maintain resilience after the mediation process is complete. The success of an agreement in mediation does not guarantee that all issues are resolved, as adaptation after divorce still requires strong social and family support.<sup>9</sup>

<sup>4</sup> Aswin Junaedi Siregar, "PERTAMA DI TAHUN 2023 MEDIATOR NON HAKIM BERHASIL MEDIASI," *Www.Pa-Panyabungan.Go.Id*, last modified 2023, <https://www.pa-panyabungan.go.id/id/publikasi/arsip-berita/896-pertama-di-tahun-2023-mediator-non-hakim-berhasil-mediiasi>. Afivah Indah Putri, "EFEKTIVITAS MEDIASI DALAM MENGURANGI PERKARA PERCERAIAN PADA PENGADILAN AGAMA MAKASSAR KELAS 1A" (Universitas Muslim Indonesia, 2023).

<sup>5</sup> Bisri Mustofa and Muhamad Hasan Sebyar, "Efisiensi Penyelesaian Sengketa Hukum Melalui Mediasi: Analisis PERMA No. 1 Tahun 2016 Tentang Prosedur Mediasi Di Pengadilan," *Majmu' Journal of Humanities and Social Sciences* 1, no. 2 (2023): 1–25.

<sup>6</sup> William A Donohue, *Communication, Marital Dispute, and Divorce Mediation* (Routledge, 2023). Howard M Rebach, "Mediation and Alternative Dispute Resolution," in *Handbook of Clinical Sociology* (Springer, 2001), 197–224.

<sup>7</sup> M Benjamin and H Irving, "Research in Family Mediation: Review and Implications," *Conflict Resolution Quarterly* 13 (1995): 53–82.

<sup>8</sup> J B Kelly, "Family Mediation Research: Is There Empirical Support for the Field?," *Conflict Resolution Quarterly* 22 (2004): 3–35. Daniel G Brown, "Divorce and Family Mediation: History, Review, Future Directions," *Concil. Cts. Rev.* 20 (1982): 1.

<sup>9</sup> A P Greeff, A Vansteenwegen, and Liesbeth Demot, "Resiliency in Divorced Families," *Social Work in Mental Health* 4 (2006): 67–81. Marian Roberts, *Mediation in Family Disputes: Principles of Practice* (Routledge, 2016).

<sup>1</sup> Badan Pusat Statistik, "Jumlah Perceraian Menurut Provinsi Dan Faktor, 2023," BPS, last modified 2023, <https://www.bps.go.id/id/statistics-table/3/YVdoU1lwVmlTMzh4YzFoV1psWkViRXhqTlZwRFVUMDkjMw==/number-of-divorces-by-province-and-factors--2022.html?year=2023>.

<sup>2</sup> Pusat Data Direktorat Jenderal Badan Peradilan Agama, "Kumpulan Dataset Perkara Peradilan Agama," *Mahkamah Agung*.

<sup>3</sup> V Schaan and Cgele, "Resilience and Rejection Sensitivity Mediate Long-Term Outcomes of Parental Divorce," *European Child & Adolescent Psychiatry* 25 (2016): 1267–1269.

After mediation, families often still face various kinds of problems, both in terms of emotional, financial, and relationships between family members. Therefore, it is very important to discuss and understand how family resilience can be maintained after mediation takes place and how solutions can be applied to overcome various challenges that arise. This study will examine the challenges faced by families after mediation and solutions that can be applied to strengthen family resilience.

**Method**

This study uses a type of empirical (non-doctrinal) legal research, which is prescriptive and applied. The approach used in this study is a sociological approach. The primary data source used consisted of 10 respondents who were successfully mediated in 2022 at the Panyabungan Religious Court by Non-Judge Mediator Dr. Muhamad Hasan Sebyar, MH. The data of 10 respondents (names are only initials) are as follows, namely:

No	Case Number	Initials of the Parties to the Case
1	24/Pdt.G/2022/PA.Pyb	No. 24
2	138/Pdt.G/2023/PA.Pyb	No. 138

Secondary data sources consist of PERMA No. 1 of 2016 concerning Mediation Procedures in Court and PERMA No. 3 of 2022 concerning Mediation in Court Electronically.

Data collection was carried out through in-depth interviews with couples who had gone through the mediation process and analysis of related documents. In-depth interviews were conducted to get an overview of emotional experiences, communication, and family dynamics after mediation. Document analysis is carried out by examining court files and other relevant documents to obtain additional information regarding divorce and mediation cases.

The analytical approach used is a qualitative approach,<sup>10</sup> because it allows researchers to gain a

<sup>10</sup> Muhaimin, *Metode Penelitian Hukum*, Mataram University Press, vol. 1 (Mataram University Press, 2020), 107.

deep understanding of the experiences of individuals who have experienced divorce and mediation. Data analysis was carried out using thematic coding techniques. In this technique, data from interviews are encoded into specific themes that are relevant to the focus of the research. These themes were then analyzed to look for patterns related to family resilience after mediation.

**Results and Discussion**

**Challenges Faced by Families After Mediation**

Family resilience after mediation refers to the ability of a couple to continue their married life more harmoniously and strongly after experiencing a conflict that almost leads to divorce. Although mediation succeeds in stopping the divorce process, the challenges faced by couples after mediation are often no less severe than the conflicts that occurred before mediation. Family resilience in this phase is determined not only by the results of mediation, but also by the continuous efforts made by the couple in overcoming problems and restoring relationships. There was a positive relationship between the family’s ability to redefine stressful situations and the social support received with the family’s ability to adapt after divorce.<sup>11</sup> Social support, open communication between family members, and support from extended family play an important role in realizing family resilience after divorce.<sup>12</sup> Some of the challenges faced by married couples after mediation are as follows;

**1. Effective Communication**

After mediation, communication between husband and wife is better than before. Be more careful and choose your words wisely so as not to offend them. “We also learned to speak patiently, especially when one of us was upset.”<sup>13</sup> Husbands

<sup>11</sup> Greeff, Vansteenwegen, and Demot, “Resiliency in Divorced Families.”

<sup>12</sup> A P Greeff and S van der Merwe, “Variables Associated with Resilience in Divorced Families,” *Social Indicators Research* 68 (2004): 59–75.

<sup>13</sup> Article 138, “Interview of the Parties to Case 138/Pdt.G/2022/PA. Pyb,” n.d.

and wives try to be more honest, especially in terms of finances and daily activities. It is more comfortable to be honest than to feel that something is hidden. Couples who manage to maintain open and honest communication have a greater chance of maintaining harmony in their marriage. There is a sense of responsibility to maintain trust in each other. If the situation heats up, usually the husband and wife give time to calm down first, then come back to talk in a better way. With this pause time, they are better able to hold their emotions and think clearly. "As suggested by the mediator regarding more effective communication, such as listening without judgment and using calm body language when discussing, as well as focusing on solutions. Even though we did not participate in formal training, we tried to put the advice into practice."<sup>14</sup> "We apply the method of listening and understanding each other before responding. If my wife is talking, I try to listen attentively, and vice versa. This helps us avoid misinterpretation".<sup>15</sup>

After the mediation process, husband and wife become more open in expressing feelings or concerns. All topics were discussed, including sensitive topics, but still tried to discuss them with a cool head. Spouse identities such as education and experience can affect the communication skills of the parties, but effective communication can help overcome these challenges.<sup>16</sup> Good communication allows couples to communicate their feelings, hopes, and needs in a constructive way without creating conflict or misunderstandings. After mediation, open communication is very important because there are often still pent-up feelings or problems that have not been fully resolved. Couples must learn to speak without blame and listen without judgment.

Effective communication skills also include the ability to resolve differences of opinion in a

healthy manner. Howieson and Priddis emphasized the importance of mentalization strategies and constructive communication in improving a couple's resilience after divorce. Communication training or post-mediation counseling can be very beneficial to help couples develop these skills.<sup>17</sup>

## 2. Belief

After the mediation process, husband and wife will build trust by being more open to each other, for example in terms of daily activities and finances. Honesty is a priority in building trust again. Husband and wife began to share about financial use and joint spending plans. Every big decision is also always discussed together. This transparency makes couples trust each other more. "I know that my wife's trust has been disrupted, especially because of problems in the past. Because of this, I am more transparent about what I do every day, especially about my work and social environment. I did this to convince him that I was serious about changing."<sup>18</sup>

The process of rebuilding trust is indeed difficult. Especially at the beginning because there is still a feeling of apprehension. But with the addition of time, this started to improve because we could see each other's efforts. The main challenge faced is the doubt that resurfaces when there is a small misunderstanding. Sometimes a trivial thing can trigger distrust. Especially if the conflict that causes the divorce is due to infidelity or emotional betrayal. Therefore, the process of restoring trust is often a big challenge. This restoration of trust requires time, effort, and consistency from both parties.

Trust can be rebuilt through concrete actions that demonstrate commitment and loyalty. The more consistent the couple is in fulfilling these

<sup>14</sup> Parties No. 24, "Interview of Parties 24/Pdt.G/2022/PA. Pyb," n.d.

<sup>15</sup> 138, "Interview of the Parties to Case 138/Pdt.G/2022/PA. Pyb."

<sup>16</sup> Brandi N Frisby et al., "Face and Resilience in Divorce," *Journal of Social and Personal Relationships* 29 (2012): 715-735.

<sup>17</sup> Jill Howieson and Lynn E Priddis, "Building Resilience for Separating Parents Through Mentalizing and Constructive Lawyering Techniques," *Psychiatry, Psychology and Law* 18 (2011): 202-211.

<sup>18</sup> 138, "Interview of the Parties to Case 138/Pdt.G/2022/PA. Pyb."

commitments, the more likely it is that trust can be restored. Oldham points out that honesty and openness are important elements in building trust after mediation.<sup>19</sup>

### 3. Loyalty and Commitment

Couples try to show loyalty and commitment to each other after mediation, by being present with each other in every situation, both joys and sorrows. The parties tried to appreciate each other's roles and presence. One of them is by taking time to be together in the midst of busyness, for example by eating meatballs together or drinking coffee while talking before bed. In addition, to avoid actions that make the couple feel suspicious or uncomfortable, one of the conversations is carried out transparently in all matters, including finances.<sup>20</sup> Commitment is also seen in how to solve problems together, not blame each other. Couples are more supportive of each other in terms of work, finances, and household affairs. We help each other more so that we don't feel burdened alone.<sup>21</sup> Loyalty and commitment are the basis that keeps couples afloat in a relationship. Without both, it would be difficult to maintain harmony. One of the specific actions taken to show commitment to the relationship is to always try to spend time together and make long-term plans, such as saving for a future together. This shows that the couple is serious about this relationship.

Prevatt highlighted that the commitment of couples after a major conflict is essential to maintain the resilience of the relationship. Loyalty in this context not only means being faithful in terms of physical or emotional relationships, but also being faithful to the commitments that have been made during the mediation process.<sup>22</sup> Loyalty

and commitment are shown through concrete actions that are consistent with the promises and agreements that have been made together. For example, couples who agree to spend more time together must carry out these commitments consistently. Couples must also support each other in realizing common goals and goals, both in terms of work, childcare, and other aspects of life.

### 4. Support from the extended family

Another factor that is no less important in family resilience after mediation is the support of extended families. The extended family of the parties strongly supports the decision to stay together. They suggested to be more patient and try to understand each other. Although they are not directly involved, they provide moral support that makes them feel cared for and appreciated.<sup>23</sup> A extended family that supports the couple's decision to stay together and not interfere directly, but provides constructive and impartial advice will go a long way in maintaining the relationship after mediation.<sup>24</sup> If there are some family members who initially disagree, it's best to keep your distance from them, but still respect them without letting their views interfere with your partner's decision. Veltkamp and Miller noted that extended family support can help couples maintain good contact with their children after divorce.<sup>25</sup> In many cases, extended family plays a significant role in maintaining emotional stability and providing practical assistance to couples who have recently faced a marital crisis.

The extended family can also act as an informal mediator who helps the couple to see a broader perspective and provide wise advice. However, it is important to note that extended family involvement should also be supportive,

<sup>19</sup> M Oldham, "Family Mediation: Theory and Practice of Dispute Resolution. By Howard H. Irving and Michael Benjamin. [Toronto: Carswell. 1987. Xv + 316 Pp.]," *International and Comparative Law Quarterly* 37 (1988): 759–760.

<sup>20</sup> 24, "Interview of the Parties 24/Pdt.G/2022/PA. Pyb."

<sup>21</sup> 138, "Interview of the Parties to Case 138/Pdt.G/2022/PA. Pyb."

<sup>22</sup> F Prevatt, "Coping with Divorce, Single Parenting, and

Remarriage: A Risk and Resiliency Perspective," *Journal of Marriage and Family* 62 (2000): 278.

<sup>23</sup> 24, "Interview of the Parties 24/Pdt.G/2022/PA. Pyb."

<sup>24</sup> 138, "Interview of the Parties to Case 138/Pdt.G/2022/PA. Pyb."

<sup>25</sup> Veltkamp Lj and Miller Tw, "Family Mediation: Clinical Strategies in Mediating Child Custody," *Family medicine* 18 5 (1986): 301–305.

not intervene or exacerbate the situation. Chen et al. mentioned that social support received from extended families can increase individual resilience in the face of crises such as divorce.<sup>26</sup>

## 5. Other Factors Affecting Family Resilience

In addition to the above factors, there are several other elements that also affect family resilience after mediation. Financial well-being, for example, is often a determining factor in family resilience. Good financial management includes a fair division of financial responsibilities and wise budget management.

In addition, the emotional well-being of individuals also greatly affects family resilience. Couples who are individually satisfied and emotionally stable are more likely to contribute positively to their relationship. Therefore, efforts to maintain an individual's emotional well-being can be very helpful in maintaining family resilience. Greeff and Vansteenwegen stated that social support from the family and environment plays an important role in helping families adapt after divorce.<sup>27</sup>

Family resilience after mediation is a complex challenge, but it is not impossible to achieve. By developing effective communication, rebuilding trust, demonstrating strong loyalty and commitment, and gaining support from extended family and social environments, couples have a greater chance of maintaining the resilience of their marriage.

## Strategies to Strengthen Family Resilience After Mediation

Family resilience post-mediation is not something that happens instantly, but it requires ongoing efforts from couples to improve their relationship. In many cases, the success of

mediation does not mean that all problems are completely resolved. The remaining problems, whether emotional, psychological, or practical, often require further treatment to prevent conflicts from reappearing in the future. Therefore, it is important for couples who have just gone through mediation to implement strategies that can strengthen their family's resilience. Some strategies that can be applied include post-mediation counseling, communication skills development, and mentoring from third parties. Greeff and Vansteenwegen emphasized that family resilience after divorce is highly dependent on social support and the family's ability to cope with stress.

### 1. Post-Mediation Counseling

Many couples do not engage in formal supplemental counseling, but they are open to seeking professional help if needed. They have not undergone additional counseling after mediation, but feel that the mediator's advice is quite helpful. The first strategy that is very effective in strengthening family resilience after mediation is through post-mediation counseling. Although mediation has resolved most conflicts, counseling is often needed to address emotionally unresolved issues. With the help of a marriage counselor or therapist, couples can learn new ways to communicate more effectively, manage any emotions that may still remain, and rebuild trust that was damaged during conflict. Veltkamp and Miller point out that counseling plays an important role in helping couples maintain a healthy relationship post-mediation, particularly by ensuring that the child's emotional needs are also met.<sup>28</sup>

Post-mediation counseling not only focuses on healing emotional wounds, but also helps couples to strengthen the foundations of their relationship. In counseling, couples can learn how to identify and address negative patterns that may still exist in their relationship. For example, if one partner tends to avoid conflict, while the other is

<sup>26</sup> Juan-Juan Chen et al., "Family Resilience, Perceived Social Support, and Individual Resilience in Cancer Couples: Analysis Using the Actor-Partner Interdependence Mediation Model," *European journal of oncology nursing : the official journal of European Oncology Nursing Society* 52 (2021): 101932.

<sup>27</sup> Greeff, Vansteenwegen, and Demot, "Resiliency in Divorced Families."

<sup>28</sup> Lj and Tw, "Family Mediation: Clinical Strategies in Mediating Child Custody."

more vocal, counseling can help them find ways to deal with those differences without causing further tension. The importance of mediation and counseling techniques that emphasize openness in communicating to maintain long-term relationships.

## 2. Developing Communication Skills

The strategy that couples apply to maintain family harmony and resilience after mediation is to try to have more quality time, and also try to maintain open communication in any case. Couples have morning and evening routines together, such as breakfast together and time to talk in the evening.

Poor communication is often at the root of many conflicts in marriages, therefore developing communication skills is the next important step in strengthening family resilience post-mediation. After going through a conflict that almost led to divorce, couples need to learn new ways to communicate, both in conveying their feelings and listening to their partner better. A couple's background during divorce affects their communication, so the development of these skills is essential.<sup>29</sup>

There are many ways to improve your communication skills, including attending training or communication workshops specifically designed for couples. In this training, couples can learn techniques such as active listening, conveying criticism in a constructive way, and managing negative feelings such as anger or frustration without hurting their partner's feelings. Schaan and Vögele emphasize the importance of effective communication in preventing psychological trauma after divorce.<sup>30</sup>

By improving communication skills, couples will be better able to solve small problems before they escalate into major conflicts. Effective communication also helps couples in planning for the future together, such as financial management and childcare. Howieson and Priddis suggest that

constructive communication is key in helping couples find long-term solutions to maintain a healthy relationship.<sup>31</sup>

## 3. Assistance from Third Parties

More open communication and support from extended family make couples feel safer. Change because ordinary mediation does not last long, therefore couples need to always remind each other or visit a consultant to get periodic direction. The obstacle that may arise is misunderstandings, so couples should try to keep communicating. In addition to counseling and communication skill development, assistance from third parties can also be an effective strategy in maintaining family resilience after mediation. This third party can be a marriage counselor, marriage mentor, or a social institution that focuses on family issues. Their role is to provide ongoing support to their partner, provide guidance, and offer solutions to problems that may arise in the future. Strong social support from a third party can help families cope with post-divorce stress.

This mentoring can be in the form of periodic consultation sessions, where couples can ask questions or discuss problems they face in their daily lives. For example, after mediation, couples may still have difficulties in terms of finances or the division of household chores. A counselor or mentor can help couples to find the right solution by providing advice based on their professional experience or knowledge. The importance of social support from third parties in helping couples build resilience and emotional well-being.<sup>32</sup>

## 4. Building a Social Support System

Another strategy that can also help strengthen family resilience after mediation is to build a social

<sup>29</sup> Frisby et al., "Face and Resilience in Divorce."

<sup>30</sup> Schaan and Vögele, "Resilience and Rejection Sensitivity Mediate Long-Term Outcomes of Parental Divorce."

<sup>31</sup> Howieson and Priddis, "Building Resilience for Separating Parents Through Mentalizing and Constructive Lawyering Techniques."

<sup>32</sup> Chen et al., "Family Resilience, Perceived Social Support, and Individual Resilience in Cancer Couples: Analysis Using the Actor-Partner Interdependence Mediation Model."

support system. Support from extended family, friends, and community can serve as a safety net for couples, providing moral and emotional support as they face challenges.<sup>33</sup> Healthy social relationships can help reduce the stress that arises after conflict and give couples a broader perspective on resolving their problems.

Couples who are surrounded by positive social support are more likely to feel that they are not alone in facing challenges, so they are better able to survive in their marital relationships. This support can also come in practical forms, such as help in taking care of children or overcoming financial problems. Strong social support can provide emotional stability and reduce the negative impact of divorce.<sup>34</sup>

Building a social support system is an essential strategy for fostering family resilience, particularly after mediation or during times of marital strain. When couples experience challenges, such as after conflict or divorce, having access to a network of supportive individuals—whether extended family, friends, or community members—can play a crucial role in their ability to cope. These support systems offer both emotional and practical assistance, which can be vital during periods of uncertainty and stress.

Emotional support from trusted individuals can help alleviate feelings of isolation and provide reassurance. Knowing that they are not alone can reduce the emotional burden of marital difficulties, helping couples to better manage stress and anxiety. Additionally, positive social relationships encourage a sense of belonging and stability, which can enhance coping mechanisms and promote mental well-being.

Furthermore, social support often extends beyond emotional encouragement. It may involve

tangible help, such as assistance with childcare, financial aid, or guidance in navigating complex legal or practical matters. This kind of support can be particularly important in minimizing the negative effects of divorce or separation, allowing individuals to rebuild their lives and recover from trauma more effectively. Ultimately, a strong social support system serves as a protective buffer, helping families regain their equilibrium after conflict.

## 5. Establishing a Clear Routine and Structure

After mediation, couples may feel that they should start rebuilding their lives from scratch, especially if the conflict is very intense. Couples can overcome these challenges by reminding each other. Prevatt points out that a clear daily routine provides a much-needed sense of stability after a major conflict, helping couples maintain balance in their daily lives.<sup>35</sup>

Routine also provides a much-needed sense of stability and predictability in post-conflict marriages. When couples have an organized structure in their lives, they are more likely to avoid excessive stress and focus more on rebuilding healthy relationships. This structure can also include a fair division of household duties, time planning for quality time, and setting short- and long-term goals that will help couples stay on track in managing their lives together. Strengthening family resilience after mediation is a process that requires time and sustained effort from both parties.

## Conclusion

Family resilience after mediation is influenced by several key factors, including effective communication, restoration of trust, loyalty, and support from extended family. Couples who are able to communicate well, show strong loyalty and commitment, and receive emotional and moral support from extended families, are more likely to maintain the integrity of their household. In

<sup>33</sup> Muhamad Hasan Sebyar, "Marlojong Custom Contribution in Marriage Dispensation Case at Panyabungan Religious Court" 21, no. 01 (2022): 307–325.

<sup>34</sup> Howieson and Priddis, "Building Resilience for Separating Parents Through Mentalizing and Constructive Lawyering Techniques."

<sup>35</sup> Prevatt, "Coping with Divorce, Single Parenting, and Remarriage: A Risk and Resiliency Perspective."

addition, there are various strategies that can be implemented to strengthen family resilience after mediation. Post-mediation counseling can help couples overcome remaining emotional issues and improve their communication. The development of communication skills is also important to prevent misunderstandings in the future. Assistance from a third party, such as a counselor or social agency, can provide ongoing guidance and practical solutions for couples. Social support from the surrounding environment, as well as the establishment of clear routines and structures, can also provide much-needed stability in post-conflict households.

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