

Divorce Mediation and Psychological Recovery of Spouses: An Islamic Family Analysis and the Importance of Emotional Education in Family Life

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ABSTRACT

This study aims to analyze the psychological conditions of spouses following divorce mediation at the Religious Court of Temanggung and to examine the urgency of emotional education within the family from the perspective of Islamic family law. The study employed a qualitative empirical approach, with data collected through interviews, observations, and documentation and analyzed descriptively. The findings indicate that divorce mediation has been implemented in accordance with applicable legal procedures but has not fully achieved reconciliation due to the high emotional conflict experienced by the parties. Post-mediation psychological impacts include stress, anxiety, and feelings of loss, while social support contributes significantly to psychological adjustment and recovery. From the perspective of Islamic family law, mediation serves not only as a dispute-resolution mechanism but also as an instrument for preserving family welfare. Therefore, emotional education within the family is essential for strengthening communication skills, emotional management, and constructive conflict resolution. This study recommends the development of a psychology-based mediation model integrated with family emotional education.



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Introduction

Divorce results in the dissolution of a marital bond established through the sacred covenant of mitsaqan ghalizhan (Sumarjoko, 2019), a legal and moral commitment between husband and wife. Behind every judicial decree recorded in court documents lies a long journey of aspirations once nurtured, promises once made, and a shared life that gradually changed direction. Consequently, divorce has the potential to disrupt the structure and stability of the family system (Hill, 1958). What was initially conceived as a partnership for building a common future ultimately comes to an end when recurring conflicts remain unresolved. The future once envisioned with hope may transform into a reality marked by tension, disappointment, and emotional suffering. In response to this condition, the Religious Courts require mediation as a mandatory mechanism to

facilitate reconciliation between the parties (Imron et al., 2023). In the mediation rooms of the Religious Court of Temanggung, such stories unfold almost every day. The couples who appear before the mediator bring far more than legal petitions and responses. They carry psychological burdens that are often invisible yet profoundly influential. This condition demonstrates that mediation extends beyond its legal function and generates significant psychological implications for the parties involved (Takdir et al., 2023). Many enter the mediation process carrying years of suppressed anger, unexpressed disappointment, and emotional exhaustion caused by prolonged marital conflict. In numerous cases, mediation represents the final opportunity for dialogue before a marriage is legally terminated.

Normatively, mediation is designed as a bridge toward reconciliation. It provides a structured forum in which the parties can communicate, listen, and understand one another under the guidance of a neutral mediator. Its primary objective is both simple and noble: restoring broken communication and creating the possibility of reconciliation. However, empirical realities often reveal a far more complex picture. When conflict has become deeply entrenched, mediation is not always capable of restoring the relationship. Even when divorce remains inevitable, the emotional consequences generated throughout the process frequently continue to shape the lives of the parties long after the legal proceedings have concluded. Importantly, the failure of mediation to preserve a marriage does not necessarily signify the failure of the conflict-resolution process as a whole. For some individuals, mediation becomes a space in which long-suppressed emotions can finally be expressed. For others, it provides an opportunity to recognize that a relationship sustained through persistent emotional pain has reached its natural conclusion. In such circumstances, mediation ceases to function merely as a mechanism for preserving marriage and instead serves as a psychological transition toward a new phase of life, one that carries profound significance for the individuals involved (Takdir et al., 2023). This is precisely where the psychological dimension of mediation becomes critically important. The success of mediation has traditionally been measured through statistical indicators, namely the number of cases resolved through reconciliation versus those ending in divorce. While such measurements are relevant from the perspective of judicial administration, they fail to capture the internal experiences of the parties. An individual may leave the mediation room without reaching a settlement yet experience psychological relief after finally expressing deeply held emotions. Conversely, another individual may agree to a settlement while continuing to carry unresolved emotional wounds. This study is grounded in the recognition that behind every divorce case are individuals with unique psychological experiences. They are not merely plaintiffs or defendants as categorized in legal documents, but human beings confronting one of the most significant transitions in their lives. Therefore, examining the psychological condition of parties following mediation is essential not only for evaluating the effectiveness of mediation but also for assessing the extent to which the judicial system is capable of delivering a form of justice that acknowledges and responds to the human dimension of legal disputes.

The Theory and Literature

Divorce is not merely a legal event that terminates a marital relationship; it is also a psychological and social crisis with far-reaching consequences for individuals and families. From the perspective of the Family Stress and Crisis Theory, Reuben Hill (1958) argues that the family functions as a system that continuously seeks to maintain its equilibrium. When events occur that disrupt this stability, such as divorce, the family enters a crisis phase characterized by emotional distress, changes in social roles, and the need to adapt to new circumstances. Consequently, divorce is regarded as a major life stressor capable of significantly disrupting the structure and functioning of family life.

This perspective is reinforced by Holmes and Rahe (1967), who identified divorce as one of the most stressful life events in their Social Readjustment Rating Scale. Divorce not only alters an individual's legal status but also requires substantial psychological, social, and economic reorganization. In this regard, numerous studies have demonstrated that divorced individuals are

more likely to experience depression, anxiety, loneliness, sleep disturbances, and reduced life satisfaction than those who remain in stable marriages (Amato, 2010). Furthermore, Erikson (1968) argues that the dissolution of a marital relationship may trigger an identity crisis, as individuals lose a significant social role that has long contributed to their self-concept as husbands or wives. The psychological dynamics of post-divorce adjustment can also be understood through Kübler-Ross's (1969) grief theory. Divorce fundamentally represents a form of loss that often leads individuals through a series of emotional stages, including denial, anger, bargaining, depression, and acceptance. These stages illustrate that the consequences of divorce do not end with the court's decision; rather, they continue to shape the psychological well-being of the parties long after the marital relationship has formally ended. Within this context, mediation occupies a strategic position as a mechanism for resolving family disputes. Normatively, mediation is designed to foster reconciliation through dialogue and deliberation facilitated by a neutral third party. However, contemporary mediation theories suggest that its function extends beyond the achievement of legal agreements. Through Transformative Mediation Theory, Bush and Folger (2005) contend that mediation can generate both empowerment and recognition, enabling individuals to better understand themselves while simultaneously appreciating the perspectives of others. Accordingly, the success of mediation should not be assessed solely by its ability to preserve a marriage, but also by its capacity to assist parties in achieving psychological readiness to cope with major life transitions. This perspective is highly relevant to Islamic family law. In Islam, the resolution of family disputes is not limited to legal and procedural considerations but is also directed toward the realization of family welfare and social harmony. The concept of *iṣlāḥ* (reconciliation), as emphasized in Qur'an 4:35, demonstrates that peace and reconciliation constitute the primary objectives of resolving marital disputes. Within the framework of *maqāṣid al-syarī'ah*, mediation is closely associated with the protection of life (*ḥifẓ al-nafs*) and the protection of lineage (*ḥifẓ al-nasl*). Consequently, attention to the psychological well-being of the parties involved forms an integral component of the broader objectives of Islamic family law.

Moreover, the prevalence of marital conflicts leading to divorce is often associated with inadequate emotional regulation and poor interpersonal communication. Goleman (1995) explains that emotional intelligence encompasses the ability to recognize, regulate, and manage emotions constructively, while also fostering healthy social relationships. Within the family context, these competencies can be cultivated through emotional education, which promotes empathy, effective communication, self-control, and peaceful conflict resolution. Therefore, emotional education serves not only a preventive function in reducing the likelihood of divorce but also a restorative function by supporting individuals' psychological recovery when divorce becomes unavoidable.

Method

This study employed a qualitative approach using a case study design. A qualitative approach was selected because the study seeks to explore and understand the subjective experiences, meanings, and psychological dynamics experienced by individuals following participation in divorce mediation proceedings. According to Denzin and Lincoln (2018), qualitative research enables researchers to investigate phenomena within their natural settings and to interpret the meanings individuals assign to their lived experiences. This approach is particularly appropriate because post-mediation psychological conditions constitute a complex and contextual reality that cannot be adequately explained through statistical measurement alone. A case study design was adopted because the research focuses on a specific phenomenon occurring within a real-life context, namely the psychological condition of parties following divorce mediation at the Religious Court of Temanggung. Yin (2018) argues that case studies are especially suitable for addressing "how" and "why" questions concerning contemporary phenomena whose boundaries cannot be clearly separated from their social context. In this study, the psychological condition of the parties is understood as the result of a complex interaction among marital conflict, the mediation process, social support, and the legal environment in which the dispute resolution process takes place.

Research data were collected through in-depth interviews with parties who had participated in divorce mediation proceedings and with mediators serving at the Religious Court of Temanggung. In-depth interviewing was employed because it allows for a comprehensive exploration of participants' experiences, perceptions, and emotional responses (Creswell & Poth, 2018). To enhance the richness and validity of the data, observations and document analysis were also conducted, including the examination of case files and mediation records relevant to the research objectives. Informants were selected through purposive sampling, whereby participants were chosen based on their direct experience and their capacity to provide information relevant to the focus of the study (Patton, 2015). Data were analyzed using the interactive model developed by Miles, Huberman, and Saldaña (2014), which consists of three interrelated stages: data condensation, data display, and conclusion drawing and verification. Through this analytical process, the data were not only described but also interpreted to identify patterns, themes, and meanings associated with the psychological experiences of the parties following mediation. To ensure the trustworthiness of the findings, the study employed source triangulation, methodological triangulation, and member checking. Triangulation was used to compare information obtained from different participants and data collection techniques, while member checking was conducted by returning interview findings to participants for confirmation to ensure that the researcher's interpretations accurately reflected their intended meanings (Lincoln & Guba, 1985). Through these procedures, the study sought to establish credibility, dependability, and confirmability in explaining the psychological dimensions of divorce mediation.

Result

One of the most significant findings of this study is the emergence of strong emotional distress among the parties following the divorce mediation process. This emotional burden did not arise suddenly when the case entered the mediation room; rather, it represented the cumulative effect of prolonged marital conflicts that had developed over an extended period. This finding is consistent with Hill's (1958) *Family Stress and Crisis Theory*, which argues that persistent family conflict can disrupt family equilibrium and generate psychological crises affecting all family members. For most informants, mediation became a space that reopened painful experiences they had long attempted to suppress or avoid.

During the interviews, participants described emotional exhaustion resulting from recurrent arguments, deteriorating communication, loss of trust in their spouses, and feelings of being undervalued within the marital relationship. These conditions contributed to sleep disturbances, reduced concentration, heightened emotional sensitivity, and prolonged sadness. This finding supports Amato's (2010) research, which demonstrates that divorce and chronic marital conflict are frequently associated with increased risks of depression, anxiety, loneliness, and diminished psychological well-being. Several informants even acknowledged that the mediation process became a turning point that clarified the reality that their marriages had reached a stage of deterioration that was difficult to repair.

Interestingly, the emotional distress experienced by the participants was not always related to the outcome of mediation. Both unsuccessful mediations and mediations that resulted in certain agreements were capable of generating psychological stress. This finding suggests that the primary source of emotional distress lies not in the mediation outcome itself but in the underlying marital conflicts that preceded the mediation process. From the perspective of Transformative Mediation Theory, Bush and Folger (2005) argue that mediation often serves as a space in which individuals confront conflict realities that they have previously avoided. Consequently, mediation may reactivate suppressed emotions while simultaneously providing an opportunity for reflection on relationships that are already in crisis.

These findings reinforce the view that divorce is not merely a legal event that terminates a marital relationship; it is also an emotionally demanding experience that drains an individual's psychological resources. In this regard, post-mediation emotional distress can be understood as part of the adaptation process to major life changes requiring simultaneous psychological, social,

and economic adjustments (Holmes & Rahe, 1967). In addition to emotional distress, this study found that anxiety about the future was a psychological experience shared by nearly all participants. Such anxiety appeared in different forms and levels of intensity, depending on each individual's social, economic, and familial circumstances. This finding confirms the argument of Lazarus and Folkman (1984) that individuals tend to experience anxiety when confronted with situations perceived as highly uncertain and beyond their available coping resources.

For participants with children, the greatest source of anxiety concerned their children's future after divorce. They expressed concerns regarding their children's psychological well-being, future parenting arrangements, educational continuity, and potential changes in the emotional relationships between children and parents. This finding indicates that divorce is not perceived merely as the dissolution of a marital relationship but also as an event capable of affecting the well-being of the entire family. This result is consistent with Amato's (2000) findings, which demonstrate that the consequences of divorce frequently extend to parenting dynamics and child development. Economic concerns also emerged as a dominant source of anxiety. Several participants expressed worries about their ability to meet basic living expenses following divorce, particularly those who had previously been financially dependent on their spouses. Uncertainty regarding employment, housing, and financial responsibilities intensified feelings of insecurity about the future. These findings suggest that divorce produces not only emotional loss but also structural consequences that affect individual life stability.

Another prominent theme identified in this study was the feeling of loss. The losses experienced by the participants extended beyond the termination of the marital relationship and included the loss of routines, social roles, expectations, and identities that had long been embedded in married life. This finding is consistent with Kübler-Ross's (1969) grief theory, which posits that significant losses generate emotional responses that individuals must navigate before reaching a stage of acceptance.

For some participants, divorce was perceived as the loss of a person who had been an integral part of daily life for many years. Although the relationship had been marked by conflict, the spouse remained a central component of the individual's established life structure. When the relationship ended, participants were forced to confront an emotional void that required substantial psychological adjustment. Divorce also generated a sense of social identity loss. This finding supports Erikson's (1968) psychosocial development theory, which emphasizes that personal identity is constructed through social relationships. When the status of husband or wife is lost, individuals often face the challenge of reconstructing their identities in accordance with new social roles. Feelings of loss were also reflected in the disappearance of shared hopes, aspirations, and future plans. Many participants reported that divorce did not merely end a relationship with another person; it also brought an end to the future they had envisioned together. Consequently, post-mediation loss encompasses complex emotional, social, and existential dimensions.

Although most findings revealed significant psychological distress, the study also identified an important and somewhat unexpected phenomenon: psychological relief following mediation and divorce. For some participants, divorce was viewed as the end of a prolonged period of conflict. After years of tension, arguments, and uncertainty, the decision to separate brought a sense of peace that had previously been unattainable. This finding is consistent with the work of Hetherington and Kelly (2002), who found that some individuals experience improved psychological well-being after leaving highly conflictual marriages. This sense of relief emerged because the parties finally gained certainty regarding the direction of their lives. When marital conflict continues without a clear resolution, individuals often remain trapped in a state of ambivalence between preserving the marriage and ending it. Mediation and divorce ultimately brought an end to this uncertainty, allowing individuals to begin reconstructing their lives with greater clarity and purpose. Therefore, the findings of this study demonstrate that the psychological consequences of divorce are not exclusively negative. Under certain circumstances, divorce may become the starting point of psychological recovery, particularly when the marriage itself has become a prolonged source of emotional distress.

Discussion

The findings of this study reveal that the psychological condition of parties following divorce mediation constitutes a complex, dynamic, and multidimensional phenomenon. The psychological consequences of divorce do not begin when a court judgment is issued; rather, they develop throughout the course of marital conflict and continue long after the legal process has ended. This finding reinforces the view that divorce should not be understood merely as a legal event terminating a marital relationship, but also as a process of psychological transition that affects individuals' identities, emotional well-being, social relationships, and future orientations. A similar perspective is advanced by Amato (2010), who argues that the consequences of divorce often persist over the long term and affect multiple dimensions of individual life. Likewise, Hetherington and Kelly (2002) demonstrate that the impact of divorce is not uniform but instead produces a spectrum of psychological experiences that vary according to individuals' social circumstances and adaptive resources.

The findings concerning emotional stress, anxiety, and feelings of loss confirm the Stress and Coping Theory developed by Lazarus and Folkman (1984). According to this theory, stress emerges when individuals perceive that the demands of a given situation exceed the resources available to cope with it. Prolonged marital conflict, the mediation process, uncertainty about the future, changing family roles, and post-divorce economic consequences represent significant life stressors that require substantial psychological adaptation. The findings are also consistent with Bonanno's (2004) research, which demonstrates that psychological responses to loss and crisis are not homogeneous; while some individuals experience significant psychological vulnerability, others are able to develop resilience and adapt relatively quickly. Consequently, the variation in psychological conditions observed in this study reflects differences in coping mechanisms, resilience levels, and the availability of social support among individuals.

This study also reinforces the Family Crisis Theory proposed by Hill (1958) and subsequently refined through the ABC-X Model developed by McCubbin and Patterson (1983). Divorce was found to constitute a crisis event that disrupts family equilibrium and compels family members to reorganize their roles, relationships, and established patterns of life. Within this context, social support emerged as a crucial factor in psychological adaptation. The findings indicate that participants who received support from family members, friends, and their broader social environment were generally more capable of managing emotional distress than those who experienced divorce in conditions of social isolation. These findings support the social buffering theory advanced by Cohen and Wills (1985), which suggests that social support functions as a protective buffer against the adverse effects of stress and life crises.

Another important finding is the emergence of psychological relief among several participants. This phenomenon suggests that divorce is not always synonymous with psychological suffering, as frequently assumed in traditional divorce studies. Under certain circumstances, the termination of a highly conflictual relationship may become the starting point for emotional recovery, improved psychological well-being, and the reconstruction of a healthier life. These findings are consistent with the work of Booth and Amato (1991) and Hetherington and Kelly (2002), who found that individuals leaving high-conflict marriages often experience improvements in both quality of life and mental health following divorce. Therefore, post-divorce psychological well-being is determined not merely by marital status itself, but by the quality of the marital relationship preceding the divorce.

On the other hand, this study reveals a significant gap between the normative function of mediation and the psychological needs of the parties involved. From a regulatory perspective, mediation is primarily designed to achieve reconciliation and dispute resolution through mutual agreement. Empirically, however, participants indicated that their primary needs did not necessarily involve reconciliation. Rather, they sought opportunities to be heard, understood, emotionally validated, and provided with a safe space to express long-suppressed experiences of conflict. This finding aligns with the Transformative Mediation Theory developed by Bush and Folger (2005), which conceptualizes mediation not merely as a mechanism of dispute settlement but as a

process of psychological transformation through empowerment and recognition. From this perspective, the success of mediation should not be evaluated solely on the basis of whether a settlement is reached, but also on its capacity to help individuals better understand themselves, understand others, and manage the emotional consequences of conflict. Based on these findings, this study proposes a conceptual framework referred to as the Psychological Outcome of Divorce Mediation. This concept emerges from the empirical observation that mediation outcomes cannot always be adequately assessed through legal-formal indicators such as the success or failure of reconciliation. The findings demonstrate that mediation also generates important psychological outcomes, including emotional acceptance, psychological conflict reduction, future certainty, and post-divorce readiness. Accordingly, the theoretical contribution of this study lies in expanding the paradigm for evaluating mediation effectiveness from a purely settlement-oriented approach toward a psychological well-being-oriented approach that takes into account the broader emotional and psychological needs of the parties involved. Within the framework of Islamic family law, these findings carry important implications because the objectives of family dispute resolution extend beyond legal compliance and encompass the realization of *maṣlahah* (human welfare and benefit). Therefore, the integration of socio-legal and psycho-legal approaches into mediation practices within the Religious Courts becomes increasingly relevant. Mediation should no longer be viewed merely as an administrative instrument for reducing divorce rates, but rather as a conflict-resolution mechanism oriented toward restoring human dignity, promoting psychological well-being, and enhancing the overall welfare of the parties in a more holistic manner.

Conclusion

Penelitian ini menunjukkan bahwa kondisi psikologis para pihak pasca mediasi perceraian merupakan fenomena yang kompleks dan multidimensional. Dampak perceraian tidak hanya berupa berakhirnya hubungan hukum antara suami dan istri, tetapi juga memunculkan stres emosional, kecemasan, perasaan kehilangan, dan ketidakpastian masa depan yang memengaruhi kesejahteraan psikologis para pihak. Namun demikian, sebagian informan juga mengalami *psychological relief*, yaitu perasaan lega setelah berakhirnya hubungan yang sarat konflik, sehingga perceraian dalam kondisi tertentu dapat menjadi awal proses pemulihan psikologis. Temuan penelitian menunjukkan bahwa kondisi psikologis pasca perceraian dipengaruhi oleh intensitas konflik perkawinan, keberadaan anak, kondisi ekonomi, dukungan sosial, dan kemampuan regulasi emosi. Selain itu, terdapat kesenjangan antara fungsi normatif mediasi yang berorientasi pada penyelesaian sengketa dan kebutuhan psikologis para pihak yang memerlukan ruang untuk didengar, dipahami, dan memperoleh dukungan emosional. Berdasarkan temuan tersebut, penelitian ini menawarkan konsep *Psychological Outcome of Divorce Mediation*, yaitu pendekatan yang menilai keberhasilan mediasi tidak hanya dari tercapai atau tidaknya perdamaian, tetapi juga dari kemampuannya menghasilkan penerimaan emosional, mengurangi konflik psikologis, serta mempersiapkan para pihak menghadapi kehidupan pasca perceraian. Dalam perspektif hukum keluarga Islam, temuan ini menegaskan pentingnya integrasi pendekatan hukum dan psikologis dalam praktik mediasi guna mewujudkan kemaslahatan dan kesejahteraan para pihak secara lebih holistik.

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