

The Role of Parental Emotional Intelligence in Enhancing Children's Resilience After Divorce: An Analysis Based on *Maqāṣid al-Sharī'ah*

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Abstract: Divorce has become a significant social phenomenon, impacting not only the couple but also the children involved in the process. This research aims to explore the role of parental emotional intelligence in enhancing children's resilience post-divorce, using the *Maqāṣid al-Sharī'ah* framework for analysis. Previous studies have primarily focused on external factors such as social support, co-parenting, and intervention programs in fostering children's resilience. However, this study shifts the focus toward parents' internal abilities, particularly their emotional intelligence in managing emotions and its direct impact on children. Utilizing a literature review and qualitative research with a descriptive-analytical approach, this study examines data from academic literature, journals, books, and related reports. The findings show that parental emotional intelligence plays a crucial role in maintaining children's emotional stability, thereby reducing the negative effects of divorce on their psychological, social, academic, and financial well-being. Additionally, the application of *Maqāṣid al-Sharī'ah* introduces a religious and spiritual dimension to emotional intelligence, emphasizing the protection of life, intellect, and lineage. Parents with high emotional intelligence are not only able to manage conflicts healthily but also create an environment that supports the emotional and social development of their children. This research contributes to the academic discourse by integrating psychological and spiritual aspects into post-divorce parenting and offers practical implications for parents to enhance their emotional intelligence for the future well-being of their children.

Keywords: Divorce, Emotional Intelligence, Child Resilience, *Maqāṣid al-Sharī'ah*.

Introduction

Divorce is a social phenomenon that continues to rise in various parts of the world, including Indonesia. According to a report from the Central Bureau of Statistics (BPS) published on February 28, 2024, there were 463,654 divorce cases in Indonesia in 2023. This figure represents a decrease of 10.2 percent compared to the number of divorces in 2022, which reached 516,344 cases. One of the main factors contributing to these divorces is ongoing disputes and conflicts.¹ This phenomenon not only affects the divorcing spouses but also has a significant impact on the children involved.

Therefore, scholars have highlighted the importance of parental efforts in enhancing children's resilience post-divorce to support their emotional and social development. Research has shown that factors such as family environment, social support, and parenting styles can influence children's resilience. For instance, studies reveal that spiritual education programs can improve the resilience of children from divorced parents, especially in families with single-parent or cooperative co-parenting arrangements, which yield better results compared to conflicted parenting.² Other research also highlights that divorce-related stress can negatively affect children's emotional functioning, but social support and cohesive family environments can serve as protective factors.³ Furthermore, programs like the New Beginnings Program, which focus on parent-child relationship quality and effective discipline, have been shown to improve children's resilience post-divorce.⁴ Consistent parenting and a supportive environment play a key role in preventing behavioral problems and enhancing children's well-being after divorce.

¹ Muhamad Syahrial, "Jumlah Perceraian di Indonesia Tahun 2023 Capai 463.654 Kasus," *kompas.com*, Mei 2024, <https://bandung.kompas.com/read/2024/05/16/110741878/jumlah-perceraian-di-indonesia-tahun-2023-capai-463654-kasus>.

² Samta P. Pandya, "Spirituality for Building Resilience in Children of Divorced Parents: A Cross-Country Experimental Study," *Journal of Divorce & Remarriage* 58, no. 6 (18 Agustus 2017): 447-68, <https://doi.org/10.1080/10502556.2017.1343554>.

³ Aaron Brownlee, "The effects of divorce and its associated stressors on children and adolescents," *Journal of Undergraduate Research at Minnesota State University, Mankato* 7, no. 1 (2007): 1-30, <https://doi.org/10.56816/2378-6949.1088>.

⁴ Kathleen N Hipke dkk., "Predictors of children's intervention-induced resilience in a parenting program for divorced mothers," *Family Relations* 51, no. 2 (2002): 121-29, <https://doi.org/10.1111/j.1741-3729.2002.00121.x>.

Based on the explanation above, there is a significant difference between previous research and the current study. Previous studies have emphasized external factors such as spiritual programs, co-parenting, social support, and parenting interventions, all of which focus on the environmental and caregiving influences in enhancing children's resilience. In contrast, the current research shifts the focus to the urgency of parental emotional intelligence, highlighting the internal abilities of parents in managing their emotions and the direct impact on children.⁵ This analysis is then examined through the lens of the *Maqāṣid al-Sharī'ah* theory, introducing a religious and spiritual dimension in assessing emotional intelligence, which differs from previous studies that utilized psychosocial or educational approaches. This study not only emphasizes the emotional aspects but also the relevance of spirituality and well-being in the context of Islamic law, offering a more integrative perspective between psychological and religious aspects.

The research on the urgency of parental emotional intelligence and the review of emotional intelligence within the *Maqāṣid al-Sharī'ah* framework is crucial in expanding the understanding of children's resilience post-divorce. These two focuses enrich the academic discourse on post-divorce parenting from both psychological and spiritual dimensions, which have not been extensively integrated into previous studies.

Methods

This study employs a qualitative research approach with a descriptive-analytical nature to explore the importance of parental emotional intelligence in enhancing children's resilience post-divorce. The data sources for this research come from a literature review, including scientific journals, books, and relevant reports, with a primary focus on the *Maqāṣid al-Sharī'ah* theory. This theory serves as an analytical framework to assess how parental emotional intelligence can help protect critical aspects of children's lives post-divorce, such as their well-being, intellect, and lineage.

The research methodology was implemented through the collection of secondary data from literature discussing the relationship between emotional intelligence and children's resilience, as well as the spiritual

⁵ Agus Hermanto, Ihda Shofiyatun Nisa'. " Ekologi Rumah Tangga Harmonis: Konsep Mubadalah sebagai Kunci Utama," *The Indonesian Journal of Islamic Law and Civil Law*, Vol. 5, No. 1 (April 2024).

<https://www.ejournal.iainutuban.ac.id/index.php/jaksya/article/view/734>

relevance within the context of *Maqāṣid al-Sharī'ah*. The data were analyzed descriptively, emphasizing how parental emotional intelligence, through a spiritual approach, plays a role in maintaining the emotional and social stability of children after divorce. This method includes assessing the emotional, social, and financial impacts of divorce on children, as well as the application of emotional intelligence in supporting children's well-being in line with the principles of *Maqāṣid al-Sharī'ah*.

Results and Discussion

Unraveling the Impact of Divorce on Children

Children often become indirect victims of their parents' decision to separate, and the impact can be extensive, encompassing psychological, social, and academic aspects. Therefore, the effects of divorce on children need to be thoroughly understood so that parents, society, and educational institutions can provide appropriate support. Psychologically, divorce often becomes a deep trauma for children, especially when they are in critical stages of mental development.⁶ At a young age, children tend to have a high emotional dependency on both parents.⁷ When a divorce occurs, children may feel a loss of security and stability that they have previously relied on.⁸ This can lead to feelings of anxiety, depression, and guilt. Some children may believe they are the cause of their parents' divorce, even though they had no direct involvement. This sense of guilt can carry into adulthood, affecting future interpersonal relationships. Research data show that children from divorced families exhibit higher levels of anxiety and depression compared to children from intact families.⁹

The social impact is equally significant. Children from divorced families often face difficulties in forming healthy social relationships. They may feel awkward when interacting with their peers, especially if they see their

⁶ Ahmad Sholeh Hasibuan dan Aminah Lubis, "Pandangan Islam Terhadap Psikologis Anak Pasca Perceraian Orang Tua," *HUKUMAH: Jurnal Hukum Islam* 6, no. 2 (2024): 52–63, <https://doi.org/10.55403/hukumah.v6i2.599>.

⁷ Feronica Talibandang dan Fienny M Langi, "Pengaruh pola asuh orang tua terhadap pembentukan kepribadian anak," *Journal of Psychology Humanlight* 2, no. 1 (2021): 48–68, <https://doi.org/10.51667/jph.v2i1.558>.

⁸ Joshua Coleman, Philip A Cowan, dan Carolyn Pape Cowan, "Attachment security, divorce, parental estrangement, and reconciliation," *Journal of Social and Personal Relationships* 39, no. 3 (2022): 778–95, <https://doi.org/10.1177/02654075211046305>.

⁹ Asyasyfa Putri Humairah dan Shanty Komalasari, "Dampak Depresi Pada Generasi Z Akibat Broken Home," *Character Jurnal Penelitian Psikologi* 11, no. 2 (2024): 1275–94, <https://doi.org/10.26740/cjpp.v11n2.p1275-1294>.

friends having intact and happy families.¹⁰ This sense of inferiority can trigger social isolation, where children withdraw from their social circles because they feel different or unaccepted. Research also indicates that children from divorced families exhibit aggressive or problematic behaviors as a way of expressing their disappointment or anger. They may rebel at school or home, seeking attention through negative behaviors.¹¹ Additionally, divorce often brings significant changes to children's daily lives, such as moving homes or schools. These sudden environmental changes can exacerbate the stress they experience. Children may lose social support from friends or familiar communities that previously provided comfort.¹² As a result, they have to adjust to new environments, which can be challenging, especially when they are still coping with the emotional impact of the divorce itself.

Academically, research has shown that divorce can disrupt a child's academic performance. Children from divorced families tend to experience a decline in motivation and concentration at school. They often find it more difficult to focus on their studies, as their minds are preoccupied with family issues.¹³ Research data indicate that children from divorced families have lower academic achievement compared to children from intact families. They may also exhibit behavioral problems at school, such as frequent tardiness, absenteeism, or even expulsion.¹⁴ One reason for this is that parental attention to their children's education can decrease during or after the divorce process. Parents going through a divorce may be more focused on their legal and emotional problems, resulting in the neglect of their children's educational needs.

¹⁰ Nurul Afifah Tanjung, "Membentuk Karakter dan Mempengaruhi Psikologis Pada Anak Akibat Perceraian Orang Tua," *Liberosis: Jurnal Psikologi dan Bimbingan Konseling* 3, no. 2 (2024): 31-40, <https://doi.org/10.3287/liberosis.v3i2.3809>.

¹¹ Shinta Kumala Dewi dan Lisnawati Lisnawati, "Analisis Hubungan Broken Home dengan Tingkah Laku Tantrum Anak di Usia Dini di Kota Palangkaraya, Kalimantan Tengah," *Retorika: Jurnal Komunikasi, Sosial dan Ilmu Politik* 1, no. 4 (2024): 98-119, <https://jurnal.kolibi.org/index.php/retorika/article/view/2506>.

¹² Wiwin Mistiani, "Dampak keluarga broken home terhadap psikologis anak," *Musawa: Journal for Gender Studies* 10, no. 2 (2018): 322-54, <https://jayapanguspress.penerbit.org/index.php/metta/article/download/2380/1029>.

¹³ Nurdiana Nurdiana, "Dampak perceraian orang tua terhadap prestasi belajar anak pada mata pelajaran agama islam," *Jurnal Ushuluddin: Media Dialog Pemikiran Islam* 24, no. 2 (2022): 212-32, <https://doi.org/10.24252/jumdpi.v24i2.27465>.

¹⁴ Harry Ferdinand Mone, "Dampak perceraian orang tua terhadap perkembangan psikososial dan prestasi belajar," *Harmoni Sosial: Jurnal Pendidikan IPS* 6, no. 2 (2019): 155-63, <https://doi.org/10.21831/hsjpi.v6i2.20873>.

Divorce also affects children financially. Research data show that children from divorced families are more likely to live in poverty compared to those from intact families. This reduction in economic resources can impact many aspects of a child's life, including access to quality education, healthcare, and extracurricular activities. Worse financial conditions can also cause children to feel unequal to their peers, which in turn can exacerbate feelings of inferiority and affect their mental health.¹⁵

Thus, divorce has a significant impact on children, psychologically, socially, academically, and financially. Children involved often have to face various emotional challenges, a loss of stability, and major changes in their daily lives that can affect their development. Socially, they may feel isolated and struggle to interact with their peers. Academically, their performance tends to decline due to family issues that disrupt their focus on learning. Additionally, a decline in financial circumstances often worsens their quality of life. Therefore, it is crucial for parents and those around them to provide special attention and adequate support to help these children navigate difficult times and maintain a hopeful future.

Table. 1. Comprehensive Impact of Divorce on Children: Psychological, Social, Academic, and Financial Dimensions

Aspect	Main Impact	Explanation
Psychological	Emotional Trauma	Children experience feelings of anxiety, depression, and guilt. They may feel responsible for the divorce, even though they had no direct involvement. These feelings can persist into adulthood, affecting future interpersonal

¹⁵ Kartika Sari Dewi dan Adriana Soekandar, "Kesejahteraan anak dan remaja pada keluarga bercerai di Indonesia: Reviu naratif," *Wacana* 11, no. 1 (2019): 42-78, <https://doi.org/10.13057/wacana.v11i1.135>.

		relationships.
Social	Social Difficulties	Children from divorced families often struggle to form healthy social relationships. They may feel inferior or different from peers with intact families, leading to social isolation and, in some cases, aggressive behavior as an expression of anger or disappointment.
Academic	Decline in Performance	Children from divorced families tend to lose motivation and concentration in school. They are often tardy, absent, or face disciplinary issues. Lack of parental attention to their education during and after the divorce process also affects their academic performance.
Financial	Economic Decline	Children from divorced families are more likely to experience poverty, which limits access to quality education, healthcare, and extracurricular

		activities. This financial disparity can intensify feelings of inferiority and negatively impact their mental health.
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The Urgency of Parental Emotional Intelligence in Enhancing Children's Resilience After Divorce

Divorce is a significant event in a child's life that can have long-term effects on their emotional, psychological, and social development.¹⁶ Children experiencing parental divorce often face various challenges that can impact their emotional stability, such as sudden changes in lifestyle, shifting family dynamics, and uncertainty regarding their relationship with their parents.¹⁷ In these circumstances, the role of parents becomes crucial in building the child's resilience, which is the ability to recover from adversity and adapt well, even under stressful conditions. One of the key factors influencing a parent's effectiveness in helping children cope with divorce is their emotional intelligence.¹⁸ Emotional intelligence refers to the ability to recognize, understand, manage, and effectively use emotions in interpersonal relationships.¹⁹ In the context of post-divorce, parents with a

¹⁶ Paloma Miralles, Carmen Godoy, dan María D. Hidalgo, "Long-term emotional consequences of parental alienation exposure in children of divorced parents: A systematic review," *Current Psychology* 42, no. 14 (1 Mei 2023): 12055-69, <https://doi.org/10.1007/s12144-021-02537-2>; Tuba Demir-Dagdas, "Parental Divorce, Parent-Child Ties, and Health: Explaining Long-Term Age Differences in Vulnerability," *Marriage & Family Review* 57, no. 1 (2 Januari 2021): 24-42, <https://doi.org/10.1080/01494929.2020.1754318>; David Shumaker dan Charlotte Kelsey, "The existential impact of high-conflict divorce on children," *Person-Centered & Experiential Psychotherapies* 19, no. 1 (2 Januari 2020): 22-37, <https://doi.org/10.1080/14779757.2020.1717985>; D Oren dan E Hadomi, "Let's Talk Divorce - An Innovative Way of Dealing with the Long-Term Effects of Divorce through Parent-Child Relationships," *Journal of Divorce & Remarriage* 61, no. 2 (17 Februari 2020): 148-67, <https://doi.org/10.1080/10502556.2019.1679593>.

¹⁷ Muhammad Hamdi, Arif Sugitanata, dan Hamroni Hamroni, "MEMBANGUN KETAHANAN MENTAL ANAK DARI KELUARGA BROKEN HOME: Integrasi Maqashid Syariah dan Teori Ekologi Sistem Bronfenbrenner," *AL-BALAD: Jurnal Hukum Tata Negara dan Politik Islam* 3, no. 1 (2023): 73-82, <https://doi.org/10.59259/ab.v3i1.94>.

¹⁸ Ruth S.A. Raja Guk-Guk, "Kesehatan Mental Anak-Anak Mengatasi Tantangan di Masa Pertumbuhan," *Circle Archive* 1, no. 4 (2024): 1-13, <https://circle-archive.com/index.php/carc/article/view/68>.

¹⁹ Sarah Aqila dan Arif Sugitanata, "HARMONY OF EMOTIONAL INTELLIGENCE AND

high level of emotional intelligence are better equipped to handle the emotional strain of divorce while providing stable emotional support to their children.²⁰ They are not only more adept at managing the negative emotions arising from the conflict of divorce but also serve as role models for their children in handling their own feelings.²¹ In this way, children who observe their parents managing emotions in a healthy and constructive manner are more likely to develop similar skills in addressing their emotional challenges.²²

An essential aspect of emotional intelligence is a parent's ability to show empathy towards their children.²³ Divorce often leaves children feeling neglected or misunderstood, especially when they witness their parents preoccupied with conflicts or legal proceedings related to the divorce.²⁴ Parents with good emotional intelligence are able to recognize their children's feelings, understand their perspectives, and provide the emotional support they need. This includes creating a safe space for children to express their emotions, such as sadness, anger, or confusion, without fear of being judged or abandoned.²⁵

Research shows that children who feel emotionally supported by their parents tend to have higher levels of resilience.²⁶ They are better able to cope

SPIRITUAL MATURITY IN THE JOURNEY OF MARRIED LIFE: A Synthesis of Mihaly Csikszentmihalyi's Life Balance Theory and Maqashid Shariah," *An-Nubuwwah: Journal of Islamic Studies* 3, no. 1 (2024): 1-14, <https://journal.iaimkotamobagu.ac.id/index.php/annubuwwah/article/view/17>.

²⁰ Sheila Diah Pratiwi, "Hubungan Antara Kecerdasan Emosi dengan Forgiveness pada Mahasiswa Broken Home di Fakultas Psikologi Universitas Medan Area" (Skripsi, Medan, Universitas Medan Area, 2022), <http://repository.uma.ac.id/handle/123456789/18124>.

²¹ Chusnul Muali dan Sulis Fatmawati, "Peran Orang Tua Meningkatkan Kecerdasan Emosional Anak; Analisis Faktor dan Strategi dalam Perspektif Islam," *Fitrah: Journal of Islamic Education* 3, no. 2 (2022): 85-100, <https://doi.org/10.53802/fitrah.v3i2.135>.

²² Sholikhul Hadi dan Firman Priyo Suhasto, *Tumbuh Kembang Optimal: Panduan Pola Asuh Orang Tua Bijak untuk Memahami dan Merangsang Perkembangan* (Tangerang: PT Human Persona Indonesia, 2024).

²³ Qomariyyah Yolanda Horin Sukatin, Alda Afrilianti Alivia, dan Rosa Bella, "Analisis psikologi perkembangan sosial emosional anak usia dini," *Bunayya: Jurnal Pendidikan Anak* 6, no. 2 (2020): 156-71, <https://doi.org/10.22373/bunayya.v6i2.7311>.

²⁴ Eka Wulandari dkk., "Komunikasi Antarpribadi Pada Anak dan Orangtua Dalam Menghadapi Peristiwa Perceraian," *Innovative: Journal Of Social Science Research* 4, no. 1 (2024): 8702-10, <https://doi.org/10.31004/innovative.v4i1.8681>.

²⁵ Hamdi, Sugitanata, dan Hamroni, "MEMBANGUN KETAHANAN MENTAL ANAK DARI KELUARGA BROKEN HOME: Integrasi Maqashid Syariah dan Teori Ekologi Sistem Bronfenbrenner."

²⁶ Ria Novianti, "Orang tua sebagai pemeran utama dalam menumbuhkan resiliensi anak," *Jurnal Educhild: Pendidikan Dan Sosial* 7, no. 1 (2018): 26-33,

with the emotional and social challenges caused by divorce and can build healthy relationships with both parents.²⁷ Conversely, when parents fail to provide sufficient emotional support, children are more vulnerable to psychological problems such as anxiety, depression, or behavioral issues.²⁸ Therefore, parental emotional intelligence becomes a critical factor in preventing the negative impact of divorce on their children.

Emotional intelligence is also related to parents' ability to manage conflict in a healthy manner.²⁹ After divorce, the relationship between the two parents may remain tense, especially if there are unresolved issues related to child custody or the division of responsibilities.³⁰ In such situations, parents with high emotional intelligence are better equipped to handle conflicts in ways that do not harm their children. They can avoid behaviors such as arguing over minor issues in front of the children or involving the children in conflicts between the parents. Instead, they strive to create a calm and secure environment where the children can feel comfortable and not be drawn into the ongoing emotional tension between the parents.³¹

It is important to note that parental emotional intelligence benefits children not only in the short term but also has significant long-term effects on their development. Children who grow up in emotionally stable environments tend to have better stress management skills, develop healthy relationships with others, and build strong self-confidence. They are also more capable of handling unexpected life changes and are better able to

<https://educhild.ejournal.unri.ac.id/index.php/JPSBE/article/view/5101>.

²⁷ Carmelita Cristy dan Naomi Soetikno, "Resiliensi dan Kesepian pada Remaja Berstatus Anak Tunggal yang Mengalami Fatherless Akibat Perceraian," *Jurnal Pendidikan Tambusai* 7, no. 3 (2023): 31322-31, <https://doi.org/10.31004/jptam.v7i3.12108>.

²⁸ Fatimah Ibda, "Dukungan Sosial: Sebagai Bantuan Menghadapi Stres Dalam Kalangan Remaja Yatim di Panti Asuhan," *Intelektualita* 12, no. 2 (2023): 153-72, <https://doi.org/10.22373/ji.v12i2.21652>.

²⁹ Arif Sugitanata dan Muannif Ridwan, "Menuju Keluarga yang Harmonis: Manajemen Konflik Politik dalam Keluarga di Tengah Perbedaan Pilihan Politik," *Jurnal Indragiri Penelitian Multidisiplin* 4, no. 1 (2024): 67-74, <https://ejournal.indrainstitute.id/index.php/jipm/article/view/706>.

³⁰ Dedy Siswanto, *Anak di Persimpangan Perceraian: Menilik Pola Asuh Anak Korban Perceraian* (Surabaya: Airlangga University Press, 2020).

³¹ *Jurnal Pendidikan Anak Usia Dini*, "Pengaruh Pelatihan Keterampilan Koping Orang Tua terhadap Kecerdasan Emosi & Keterampilan Sosial Anak," *Jurnal Obsesi: Jurnal Pendidikan Anak Usia Dini* 7, no. 5 (2023): 5506-22, <https://doi.org/10.31004/obsesi.v7i5.5100>.

adapt to future challenges.³² This resilience is important not only in the context of divorce but also in facing various other life challenges.

Research data supports the importance of parental emotional intelligence in building children's resilience post-divorce. Studies have found that children who maintain positive relationships with both parents after a divorce tend to have higher levels of well-being compared to those who experience poor relationships with one or both parents. This research highlights that good communication and emotional support from both parents play a crucial role in helping children adapt to post-divorce situations.³³ Other studies have found that children exposed to high parental conflict are more likely to experience emotional and behavioral problems, whereas children whose parents manage conflicts constructively exhibit better well-being.³⁴ In a broader context, divorce often carries a social stigma, which can exacerbate the emotional impact on children.³⁵ Parents with strong emotional intelligence can not only protect their children from the negative effects of divorce but also help them feel safe and loved, despite changes in the family structure.³⁶ This is essential to ensure that children do not feel isolated or neglected by society due to their family status.

It is important to note that emotional intelligence is not a static skill. Parents can develop their emotional intelligence in various ways, such as through training, counseling, or personal reflection. By increasing their awareness of emotions and how to manage them, parents can become more effective supporters for their children. They can also learn to recognize signs that their children are struggling emotionally and take appropriate steps to provide assistance.³⁷ In the long term, this will help strengthen the bond

³² Hadi dan Suhasto, *Tumbuh Kembang Optimal: Panduan Pola Asuh Orang Tua Bijak untuk Memahami dan Merangsang Perkembangan*.

³³ Hamdi, Sugitanata, dan Hamroni, "MEMBANGUN KETAHANAN MENTAL ANAK DARI KELUARGA BROKEN HOME: Integrasi Maqashid Syariah dan Teori Ekologi Sistem Bronfenbrenner."

³⁴ Aurelie M. C. Lange dkk., "Parental Conflicts and Posttraumatic Stress of Children in High-Conflict Divorce Families," *Journal of Child & Adolescent Trauma* 15, no. 3 (1 September 2022): 615–25, <https://doi.org/10.1007/s40653-021-00410-9>.

³⁵ Humairah dan Komalasari, "Dampak Depresi Pada Generasi Z Akibat Broken Home."

³⁶ "Cara Mengurangi Dampak Psikologis Anak Pascaperceraian Orang Tua," *kompas.com*, 25 April 2021, <https://www.kompas.com/parapuan/read/532666863/cara-mengurangi-dampak-psikologis-anak-pascaperceraian-orang-tua>.

³⁷ Saiful Akhyar Lubis dkk., "Upaya Orang Tua Mengembangkan Kecerdasan Emosional Anak Dalam Keluarga Muslim Di Perkampungan Kodam I/Bb Medan Sunggal," *Edukasi*

between parent and child and ensure that children receive the support they need to thrive emotionally and socially.³⁸

Thus, parental emotional intelligence in enhancing children's resilience post-divorce cannot be overlooked. Divorce is a challenging process, not only for parents but also for children, who often experience feelings of loss, uncertainty, and anxiety. In these situations, parents with high emotional intelligence can play a critical role in helping their children adapt and recover from the effects of divorce. By showing empathy, managing conflict wisely, and providing stable emotional support, parents can help their children develop resilience skills that will benefit them throughout their lives. Existing research shows that children who receive strong emotional support from their parents can flourish both emotionally and socially, even after experiencing parental divorce. Therefore, it is essential for parents to continuously develop their emotional intelligence and strive to create a safe and supportive environment for their children as they navigate life's challenges.

Parental Emotional Intelligence in Enhancing Children's Resilience After Divorce: A *Maqāṣid al-Sharī'ah* Perspective

In this in-depth analysis, it is crucial to relate the urgency of parents' emotional intelligence in enhancing children's resilience after divorce to the theory of *Maqāṣid al-Sharī'ah*. This theory focuses on protecting five essential aspects of human life: religion (*ad-din*), life (*an-nafs*), intellect (*al-'aql*), lineage (*an-nasl*), and property (*al-mal*).³⁹ When parents develop emotional intelligence after divorce, they indirectly contribute to safeguarding the well-being of their children's life and intellect. Emotional intelligence enables parents to create a stable and supportive environment, which is essential in mitigating the negative impact of divorce on a child's development.⁴⁰

In the context of *Maqāṣid al-Sharī'ah*, the protection of life (*hifz an-nafs*) becomes relevant in ensuring that children involved in divorce situations

Islami: Jurnal Pendidikan Islam 9, no. 02 (2020): 573–82, <https://doi.org/10.30868/ei.v9i02.966>.

³⁸ Hamdi, Sugitanata, dan Hamroni, "MEMBANGUN KETAHANAN MENTAL ANAK DARI KELUARGA BROKEN HOME: Integrasi Maqashid Syariah dan Teori Ekologi Sistem Bronfenbrenner."

³⁹ Al-Imam Abu Ishaq Asy-Syatibi, *al-Muwafaqat fi Ushul as-Syari'ah*, II (Beirut: Dar al-kutub al-Islamiyyah, 2003).

⁴⁰ Pratiwi, "Hubungan Antara Kecerdasan Emosi dengan Forgiveness pada Mahasiswa Broken Home di Fakultas Psikologi Universitas Medan Area."

do not experience emotional trauma that could harm their psychological balance. Parents with high emotional intelligence are better equipped to manage negative emotions and avoid excessive conflict in front of their children. They are also more sensitive to their children's emotional needs, providing stable and consistent support.⁴¹ This aligns with the principle of preserving life (*hifz an-nafs*) in *Maqāṣid al-Sharī'ah*, which encompasses the protection of an individual's mental and emotional well-being.⁴²

Moreover, *Maqāṣid al-Sharī'ah* emphasizes the importance of preserving intellect (*hifz al-'aql*). In this regard, parents' emotional intelligence contributes to guiding children in developing the emotional and cognitive skills necessary to face life's challenges, including divorce.⁴³ Children who grow up with strong emotional support from their parents are better able to handle difficult situations rationally and calmly.⁴⁴ These skills are crucial in helping children develop a deeper understanding of the world around them, which will contribute to the formation of their sound intellect in the future.

Another relevant aspect of *Maqāṣid al-Sharī'ah* in this context is the protection of lineage (*hifz an-nasl*). Divorce often leads to tension in family relationships,⁴⁵ but emotional intelligence can serve as a powerful tool to ensure that the relationship between parents and children remains harmonious and unbroken.⁴⁶ When parents are able to manage their conflicts healthily and prevent their children from becoming entangled in emotional tensions, they indirectly protect the structure and quality of family relationships.⁴⁷ Protecting lineage, in this case, includes efforts to

⁴¹ Hamdi, Sugitanata, dan Hamroni, "MEMBANGUN KETAHANAN MENTAL ANAK DARI KELUARGA BROKEN HOME: Integrasi Maqashid Syariah dan Teori Ekologi Sistem Bronfenbrenner."

⁴² Haniyah, "Implementasi Perlindungan Hak Anak terhadap Fenomena Pekerja Anak di Indonesia," *The Indonesian Journal of Islamic Law and Civil Law*, Vol. 4, No. 2, (Oktober 2023). <https://www.ejournal.iainutuban.ac.id/index.php/jaksya/article/view/537>

⁴³ Hamdi, Sugitanata, dan Hamroni.

⁴⁴ Hadi dan Suhasto, *Tumbuh Kembang Optimal: Panduan Pola Asuh Orang Tua Bijak untuk Memahami dan Merangsang Perkembangan*.

⁴⁵ Nia Januari, "Menggali Akar Masalah: Analisis Kasus Perceraian di Indonesia," *AKADEMIK: Jurnal Mahasiswa Humanis* 3, no. 3 (2023): 120-30, <https://doi.org/10.37481/jmh.v3i3.613>.

⁴⁶ Hamdi, Sugitanata, dan Hamroni, "MEMBANGUN KETAHANAN MENTAL ANAK DARI KELUARGA BROKEN HOME: Integrasi Maqashid Syariah dan Teori Ekologi Sistem Bronfenbrenner."

⁴⁷ Dini, "Pengaruh Pelatihan Keterampilan Koping Orang Tua terhadap Kecerdasan Emosi & Keterampilan Sosial Anak."

maintain the emotional and psychological stability of children despite the fragmentation of the family unit.

Research data shows that children who maintain positive relationships with both parents after divorce tend to have higher levels of well-being, strongly supporting the principles of *Maqāṣid al-Sharī'ah*. Good communication and emotional support from both parents not only prevent psychological issues such as anxiety and depression but also strengthen the sense of security and love that children need to thrive.⁴⁸ This reinforces the importance of emotional intelligence in safeguarding children's well-being, particularly their life and intellect, two vital elements in *Maqāṣid al-Sharī'ah*.

From a long-term perspective, the development of emotional intelligence by parents also has a significant impact on the future of their children. Children raised in emotionally stable environments are better equipped to handle future life challenges, including unexpected changes and life stresses.⁴⁹ This demonstrates that emotional intelligence is not only crucial for the current well-being of children but also for their future success. From the viewpoint of *Maqāṣid al-Sharī'ah*, safeguarding the future of the next generation is an essential part of preserving lineage (*hifz an-nasl*) and ensuring that they are able to inherit good values and adapt to a changing world.

Therefore, parents' emotional intelligence plays a crucial role in ensuring the well-being of children post-divorce. The *Maqāṣid al-Sharī'ah* theory provides a comprehensive framework for understanding how this emotional intelligence contributes to the protection of children's life, intellect, and lineage. Parents with high emotional intelligence can shield their children from the negative effects of divorce, guide them in developing strong emotional skills, and maintain harmonious family relationships even in the face of emotional challenges. Thus, emotional intelligence becomes a critical element in protecting children's psychological and social well-being, in accordance with the principles of *Maqāṣid al-Sharī'ah*.

⁴⁸ Hamdi, Sugitanata, dan Hamroni, "MEMBANGUN KETAHANAN MENTAL ANAK DARI KELUARGA BROKEN HOME: Integrasi Maqashid Syariah dan Teori Ekologi Sistem Bronfenbrenner."

⁴⁹ Arif Sugitanata, "Membumikan Fikih Flexi-Parenting Sebagai Suatu Pendekatan dalam Pengasuhan Anak di Era Modern," *At-Ta'awun: Jurnal Mu'amalah dan Hukum Islam* 3, no. 1 (2024): 20–49, <https://doi.org/10.59579/atw.v3i1.6847>.

Conclusion

Research reveals that divorce has a significant impact on children, encompassing psychological, social, academic, and financial aspects. The psychological impact is demonstrated by increased anxiety, depression, and profound feelings of guilt in children whose parents have divorced. Socially, children often experience isolation and struggle to form healthy relationships. In this regard, the study highlights the importance of parents' emotional intelligence in enhancing children's resilience after divorce. Parents who are able to manage their emotions effectively can provide stable emotional support to their children, which plays a crucial role in mitigating the negative effects of divorce. Children who receive emotional support from their parents tend to be more adaptable in facing the challenges arising from divorce, including in their emotional and social development.

Emotional intelligence not only affects the parent-child relationship but is also relevant within the context of *Maqāṣid al-Sharī'ah* theory. This research demonstrates that emotional intelligence contributes to the protection of life, intellect, and lineage, which are essential elements in the theory. Parents with high emotional intelligence are better able to protect their children from emotional trauma, teach positive emotional skills, and maintain healthy and harmonious relationships despite family fragmentation. Thus, this study provides a valuable contribution to the academic discourse on children's resilience after divorce. The findings of this research expand the understanding of the role of parents' emotional intelligence in post-divorce parenting, both from a psychological and spiritual perspective, and offer practical implications for parents to continually develop their emotional intelligence for the well-being of their children in the future.

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