



**ANALYSIS OF THE VARIATIONS IN FACTORS CAUSING DOMESTIC
DISPUTES
(A CASE STUDY OF A COMMUNITY IN JEMBER, EAST JAVA)**

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Abstract

This study aims to examine the factors causing domestic disputes within a community in Jember, East Java. A qualitative approach with a descriptive design was utilized in this research, with data collected through questionnaires from married individuals. Data analysis was performed qualitatively to identify key themes from the respondents' answers. The results indicate that misunderstandings (75%), moral issues (25%), temperamental attitudes (25%), and neglect of emotional needs (12,5%) are the primary factors contributing to domestic disputes. Misunderstandings or miscommunications often serve as the root of conflicts, while dishonest and disrespectful behavior triggers dissatisfaction and tension. Temperamental attitudes and the inability to control emotions also lead to intense arguments, and neglect of emotional needs further exacerbates relationship tensions. This study provides practical recommendations for addressing these factors, such as the importance of effective communication, emotional management, and a better understanding of partners' needs. The findings are expected to assist couples in managing conflicts and enhancing harmony in domestic relationships.

Keywords: *conflict factors, domestic issues, conflict.*

Abstrak

Penelitian ini bertujuan untuk mengkaji faktor-faktor penyebab perselisihan rumah tangga di sebuah komunitas di Jember, Jawa Timur. Pendekatan kualitatif dengan desain deskriptif digunakan dalam penelitian ini, dengan data yang dikumpulkan melalui kuesioner dari individu yang telah menikah. Analisis data dilakukan secara kualitatif untuk mengidentifikasi tema-tema utama dari jawaban responden. Hasil penelitian menunjukkan bahwa salah paham (75%), permasalahan akhlak (25%), sikap temperamental (25%), dan pengabaian nafkah batin (12,5%) merupakan faktor utama yang menyebabkan perselisihan rumah tangga. Salah paham atau miskomunikasi sering kali menjadi akar konflik, sementara perilaku tidak jujur dan tidak hormat memicu ketidakpuasan dan ketegangan. Sikap temperamental dan ketidakmampuan mengendalikan emosi juga memicu pertengkaran intens, serta pengabaian nafkah batin menambah ketegangan dalam hubungan. Penelitian ini memberikan rekomendasi praktis untuk mengatasi faktor-faktor tersebut, seperti pentingnya komunikasi yang efektif, pengelolaan emosi, dan pemahaman yang lebih baik tentang kebutuhan pasangan. Temuan ini diharapkan dapat membantu pasangan dalam mengelola konflik dan meningkatkan keharmonisan dalam hubungan rumah tangga.

Kata kunci: Faktor Perselisihan, Rumah Tangga, Konflik.

INTRODUCTION

Domestic harmony is a crucial aspect of an individual's emotional and social well-being. In various parts of the world, including Jember and East Java, the phenomenon of divorce has increasingly become a significant concern. Divorce rates in Jember remain high, with the Jember Religious Court (PA Jember) facing a surge in divorce cases each year, including both talak (divorce initiated by the husband) and gugat (divorce initiated by the wife). In 2022, PA Jember handled a total of 9,160 cases, 8,882 of which had been resolved. Out of these cases, approximately 70 percent, or 6,057 cases, were related to divorce.¹

Throughout 2023, Jember recorded 5,348 divorce cases, indicating that divorce rates remain high in the region.² Generally, individuals hope for their marriages to last a lifetime, aiming to build a family that embodies *sakinah* (tranquility), *mawaddah* (love), and *warahmah* (compassion). However, in reality, achieving a happy marriage is not easy, and many marriages often fail along the way.³

Furthermore, East Java has recorded the highest number of divorce cases due to gambling in Indonesia, totaling 1,572 cases. This highlights a serious issue within families in this province, which requires special attention to address the factors causing instability in family relationships.⁴ The data reflects an increase in divorce rates, indicating underlying issues in domestic relationships. This rise in divorce rates suggests that many families face significant challenges affecting the stability of their relationships.

Divorce is not just a legal separation between partners; it also represents deeper emotional and social instability within a family. The divorce process is often followed by significant changes in family dynamics, affecting all family members, including children. Children from divorced families frequently experience profound emotional impacts, such as stress and problems in interpersonal relationships. The effects of divorce on children are generally negative, with many children enduring psychological and social issues that persist for years due to ongoing family stress.⁵

¹ Arifianto, H. (2023, January 9). Kasus Cerai di Jember Capai 9.160 pada 2022, Didominasi Faktor Ekonomi. *liputan6.com*. <https://www.liputan6.com/surabaya/read/5174987/kasus-cerai-di-jember-capai-9160-pada-2022-didominasi-faktor-ekonomi>

² Radar Jember. (2024, February 23). Angka Cerai di Jember Tinggi, Ada Apa? Radar Jember. <https://radarjember.jawapos.com/jember/794277647/angka-cerai-di-jember-tinggi-ada-apa>

³ Ismiati, I. (2018). PERCERAIAN ORANGTUA DAN PROBLEM PSIKOLOGIS ANAK. *At-Taujih Bimbingan Dan Konseling Islam*, 1(1). <https://doi.org/10.22373/taujih.v1i1.7188>

⁴ Yonatan, A. Z. (2024, August 1). Kasus Cerai Akibat Judi Naik di 2023, Jawa Timur Tertinggi. *GoodStats*. <https://goodstats.id/article/kasus-cerai-akibat-judi-naik-di-2023-jawa-timur-tertinggi-uga52>

⁵ Khalidziah, K., & Yuliana, N. (2023). Pengaruh Kurangnya Komunikasi Antara Anak dan Orang Tua yang di Sebabkan Oleh Perceraian. *Khalidziah | Socius: Jurnal Penelitian Ilmu-Ilmu Sosial*. <https://doi.org/10.5281/zenodo.10284928>

The increasing divorce rates indicate difficulties faced by couples in managing their relationships effectively. Factors such as dissatisfaction in relationships, prolonged conflicts, and difficulties in communication often serve as the primary causes behind divorce. These issues not only affect the partners but also impact the overall emotional and social well-being of the family.

In this context, understanding the factors contributing to disputes and divorce is crucial. This study aims to delve into the factors causing domestic disputes, focusing on a local community in Jember. The analysis of these factors will be conducted through a qualitative approach involving questionnaires. This method allows researchers to gain deeper insights into respondents' experiences and the dynamics of conflict within households. By doing so, it is hoped that key themes contributing to domestic conflicts can be identified.

The results of this study are expected to provide a better understanding of the causes of domestic disputes and offer practical recommendations for reducing divorce rates. These findings aim to help couples manage conflicts in a more constructive manner and enhance harmony in their relationships. This research also holds significant implications for professionals involved in supporting family well-being. With data-driven and real-life-based guidelines and recommendations, it is hoped that more effective strategies can be developed to address divorce issues and domestic conflicts.

Ultimately, it is hoped that the findings of this study will make a significant contribution to efforts to improve domestic stability and harmony, as well as reduce the negative impacts of prolonged divorce. By gaining a deeper understanding of the causes of disputes, better approaches can be developed to maintain family well-being and support healthy and harmonious relationships.

A. METHOD

This study employs a qualitative approach with a descriptive design to analyze the factors contributing to domestic disputes among the Jamaah Masjid Al-Mursyid community in Jember, East Java. The sample consists of married individuals. Data were collected through questionnaires designed to identify factors causing domestic conflicts.

Data analysis was conducted qualitatively by identifying key themes from respondents' answers. Data from the questionnaires and interviews were analyzed to determine the main patterns emerging from respondents' perspectives on the factors causing domestic disputes. The research procedures include instrument design, data collection, and analysis, with a focus on research ethics and respondent data confidentiality.

B. RESULTS AND DISCUSSION

Based on the analysis of questionnaires conducted with respondents from a community in Jember, East Java, several key factors contributing to domestic disputes have been identified. The following is an in-depth analysis of each factor:

Misunderstandings

Family communication is crucial for maintaining harmony within a family. Good communication fosters a harmonious family environment, allowing familial relationships to endure. When problems arise within a family, the solution often lies in maintaining effective communication to keep the atmosphere positive and harmonious.⁶ Misunderstandings or miscommunications between partners are dominant factors causing marital disputes. Many respondents reported that unclear communication often serves as the root of many conflicts. Misunderstandings can occur for various reasons, including unclear language, incorrect assumptions, or a lack of active listening. For instance, if one partner conveys something in an ambiguous or indirect manner, the other partner might interpret it differently, leading to confusion and tension.

Miscommunication often arises from differences in communication styles between partners. For example, some people prefer to speak directly and to the point, while others may prefer a more subtle and indirect approach. Each individual has a different communication style, and these differences can lead to misunderstandings if there is no effort to understand each other's communication preferences.⁷ Additionally, non-verbal communication, such as body language and facial expressions, can add to the complexity of communication as it may be misinterpreted.

Miscommunication can also result from incorrect assumptions. Assuming or presuming someone's intentions or thoughts without confirmation can lead to misunderstandings. This often happens when one partner assumes that the other "must know" or "must understand" something without clearly stating it.⁸ For example, one partner might assume that their partner knows what they are thinking or feeling without expressing it. Such assumptions can be detrimental, as they may lead to

⁶ Yulianti, Y., Astuti, M. T., & Riayunda, L. T. (2023). Komunikasi Keluarga Sebagai Sarana Keharmonisan Keluarga. *Innovative: Journal of Social Science Research*, 3(2). <https://doi.org/10.31004/innovative.v3i2.860>

⁷ Anggraini, A. M., & Mikom, Q. N. W. S. (2024). ANALISIS PENGARUH MISKOMUNIKASI DALAM SUATU HUBUNGAN. *jurnal.mediaakademik.com*. <https://doi.org/10.62281/v2i1.104>

⁸ Anggraini, A. M., & Mikom, Q. N. W. S. (2024). ANALISIS PENGARUH MISKOMUNIKASI DALAM SUATU HUBUNGAN. *jurnal.mediaakademik.com*. <https://doi.org/10.62281/v2i1.104>

misinterpretations and unnecessary tension. Therefore, it is essential to clarify and ensure that messages are clearly understood by both partners.

To reduce misunderstandings, partners need to learn to communicate clearly and effectively. Each problem has a unique solution, but regardless of the issue, it should be addressed through communication to maintain family harmony.⁹ Techniques such as active listening, where one truly focuses on what the partner is saying without interrupting, can be very helpful. Additionally, avoiding assumptions and always seeking clarification in cases of uncertainty can improve communication, reduce conflicts, and strengthen relationships.

Moral Issues

Moral issues encompass behaviors that are inconsistent with the values upheld by the family. Respondents indicated that dishonesty, disrespect, and irresponsibility are common sources of conflict within households. When one partner exhibits behavior that does not align with the family's norms or values, it can lead to dissatisfaction and tension. For instance, dishonesty or deceit related to finances or daily activities can erode trust and worsen the relationship. The loss of trust leads to feelings of betrayal by one party and causes marital conflict.¹⁰

In addition to dishonesty, disrespectful behavior often triggers disputes. Failing to value a partner's opinions or feelings can result in hurt and marginalization. This may manifest as harsh words, disrespectful actions, or even demeaning treatment. Repeated occurrences of disrespect can accumulate into significant disappointment and anger, potentially escalating into major conflicts or even divorce. This aligns with the findings of Sari et al. (2016), which showed that the causes of divorce among the Javanese community in Kisaran included 85.71% citing a lack of respect and 62.85% mentioning harsh communication.¹¹

Irresponsibility also forms part of the moral issues frequently highlighted by respondents. Actions such as failing to fulfill promises, neglecting household duties, or not demonstrating commitment to the

⁹ Prabaswara, G. E., & Supratman, L. P. (2022). Komunikasi Keluarga Dalam Mempertahankan Keharmonisan Pada Masa Covid-19 (9th ed., Vol. 6). *eProceedings of Management*. <https://openlibrarypublications.telkomuniversity.ac.id/index.php/management/article/view/19018?btwaf=35855886>

¹⁰ Aulia, L. R., Setiadarma, A., & Supratman, S. (2022). Fenomenologi pola komunikasi interpersonal pada pasangan menikah (Studi Love Language dalam usia pernikahan 0-5 tahun). *IKRA-ITH HUMANIORA Jurnal Sosial Dan Humaniora*, 7(2), 103–121. <https://doi.org/10.37817/ikraith-humaniora.v7i2.2297>

¹¹ Sari, A., Taufik, T., & Sano, A. (2016). Kondisi Kehidupan Rumah Tangga Pasangan Sebelum Bercerai dan Faktor-Faktor Penyebab Terjadinya Perceraian. *Jurnal Konseling Dan Pendidikan*, 4(3). <https://jurnal.konselingindonesia.com/index.php/jkp/article/view/134/121>

family can trigger disputes. This is not a new issue; a 2012 study noted that the fundamental cause of divorce was the lack of commitment between partners to achieving marital goals.¹² When one partner feels that the other is unreliable or neglectful of family responsibilities, it can lead to ongoing frustration and dissatisfaction. Marriage demands a commitment from both individuals to maintain a lasting relationship and share responsibilities, as it is not feasible for one partner to sustain the marriage alone, no matter how hard they try.¹³

To address moral issues, it is crucial for partners to instill strong moral values within the family. Education and understanding of the importance of honesty, mutual respect, and responsibility should be prioritized. Additionally, partners need to commit to consistently upholding these values in daily life. By doing so, conflicts arising from moral issues can be minimized, and family harmony can be maintained.

Temperamental Attitudes

Temperamental traits, or quick-to-ignite emotions, are also significant causes of disputes. Respondents revealed that the inability to control emotions often triggers intense arguments and conflicts. For example, respondents mentioned that excessive anger or uncontrolled emotional outbursts frequently lead to unpleasant situations and exacerbate existing problems. The inability to manage emotions can turn minor conflicts into major issues, as excessive reactions may cause emotional wounds and feelings of being offended. The better the ability of a couple to regulate their emotions, the higher the marital satisfaction they experience; conversely, if couples cannot manage their emotions, their satisfaction with the marriage also decreases.¹⁴

Uncontrolled temperament can also lead to a cycle of recurring conflicts. Anger is a normal and healthy emotion. However, it is crucial to distinguish between anger, aggression, and violence, which are often conflated. Anger is a potential behavior or an emotion felt within a person. Aggression or violence, on the other hand, is behavior that arises from certain emotions, especially anger. Anger does not necessarily have to result in aggressive behavior.¹⁵ When one partner frequently becomes angry without clear reasons or reacts excessively to specific situations, it can create a damaging behavioral

¹² Prianto, B., Wulandari, N. W., & Rahmawati, A. (2013). RENDAHNYA KOMITMEN DALAM PERKAWINAN SEBAGAI SEBAB PERCERAIAN. KOMUNITAS INTERNATIONAL JOURNAL OF INDONESIAN SOCIETY AND CULTURE, 5(2). <https://doi.org/10.15294/komunitas.v5i2.2739>

¹³ Budiyanto, T. (2018). MEMBANGUN KOMITMEN DALAM PERNIKAHAN DAN KELUARGA | Tsamratul Fikri | Jurnal Studi Islam. Tsamratul Fikri Jurnal Studi Islam, 12(2). <https://riset-iaid.net/index.php/TF/article/view/250>

¹⁴ Fauzia, N., Septiani, N. A., & Addzakiroh, N. D. (2023). Efektivitas Pelatihan Regulasi Emosi terhadap Kepuasan Pernikahan Dewasa: Literature Review. Psycho Aksara Jurnal Psikologi, 1(2), 113–121. <https://doi.org/10.28926/pyschoaksara.v1i2.876>

¹⁵ Baqi, S. A. (2015). Ekspresi emosi marah. Buletin Psikologi, 23(1), 22. <https://doi.org/10.22146/bpsi.10574>

pattern. Partners might begin to feel fearful or anxious about each other's reactions, leading to constant tension in the relationship. This can also result in decreased effective communication, as partners might avoid important discussions to prevent conflicts.

Additionally, temperamental traits can cause a loss of mutual trust and respect. When one partner frequently has outbursts or reacts disproportionately, it can damage the emotional connection and create distance between partners. A partner with an uncontrolled temperament may find it challenging to express their feelings in a healthy way, ultimately worsening the situation.

To address temperamental issues, couples need to learn emotional management techniques such as mindfulness, meditation, or counseling. These techniques can help individuals control their temperament and express emotions in a healthy and constructive manner. Moreover, couples should create an environment that supports open communication about their feelings, thereby reducing the likelihood of uncontrolled emotional outbursts. With effective emotional management, it is hoped that conflicts in the household can be minimized and family harmony maintained.

Pengabaian Nafkah Batin

Neglect of emotional needs, often associated with sexual relationships, is also a cause of domestic disputes. Some respondents reported that dissatisfaction in sexual relationships can lead to tension and dissatisfaction within the relationship. This dissatisfaction can stem from various factors, including infrequent sexual activity, mismatched sexual preferences, or health issues affecting the ability to engage in sex. Neglect of emotional needs can even be a factor leading to divorce, as unmet biological needs can contribute to high divorce rates, either due to dissatisfaction with a partner or other reasons.¹⁶

A lack of open communication regarding sexual needs and expectations can exacerbate the situation. Some couples may feel embarrassed or reluctant to discuss these issues openly, leading to frustration and tension. The inability to understand and meet a partner's needs in this area can result in feelings of being undervalued and unwanted, which in turn can trigger conflicts. Sexual communication is crucial in a marital relationship, especially concerning sexual activity. The perceptions and messages conveyed during sexual communication impact satisfaction, harmony, and happiness in marriage.¹⁷

¹⁶ Faruq, U. (2023). Kebutuhan Seksual Menjadi Penyebab Utama Tingginya Angka Perceraian. *Doktrin: Jurnal Dunia Ilmu Hukum Dan Politik*, 1(2). <https://doi.org/10.59581/doktrin.v1i2.2969>

¹⁷ Melu, F. S., & Darwis, R. (2021). Seksualitas dan Implikasinya dalam Kehidupan Rumah Tangga Perspektif Sosiologi Hukum Islam. *Al-Mizan*, 17(2), 319–338. <https://doi.org/10.30603/am.v17i2.2448>

Additionally, external pressures such as work stress, financial problems, or family responsibilities can also affect a couple's sexual life. When one or both partners feel stressed or overly fatigued, they may lack the energy or desire for sexual activity, which can create tension in the relationship. Moreover, family dynamics, such as the presence of children, can present their own challenges to a couple's sexual life. The presence of children often reduces the time and opportunities for couples to enjoy intimate moments together. It is important for couples to find ways to prioritize their relationship amid family responsibilities.¹⁸ Therefore, it is essential to understand that this aspect is influenced not only by physical factors but also by the emotional and mental conditions of the partners.

To address issues related to emotional needs, couples need to establish open and honest communication regarding their sexual needs and expectations. Additionally, seeking professional help, such as a counselor or sexual therapist, can assist couples in addressing deeper issues and finding appropriate solutions. By doing so, it is hoped that a healthy and satisfying sexual life can strengthen the relationship and reduce domestic conflicts.

C. CONCLUSION

Based on the analysis of the factors causing domestic disputes from the questionnaire conducted with Jamaah Masjid Al-Mursyid, Jember, East Java, it was found that miscommunication, moral issues, temperamental traits, and neglect of emotional needs are the primary causes of conflict in households. Miscommunication or misunderstanding emerged as the most dominant factor.

The implications of these findings highlight the need for increased focus on improving communication skills, understanding moral values, and managing emotions to maintain domestic harmony. Clear communication and effective emotion management techniques can help reduce conflicts. Additionally, open communication regarding sexual needs is crucial for addressing issues related to the neglect of emotional needs.

Further research could delve deeper into the causes of domestic disputes by expanding the sample to include various communities and regions. Such research could also explore practical interventions to improve couple communication and emotion management, as well as deepen the understanding of the impact of external factors such as work stress or financial issues on domestic disputes.

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