

"STUDY OF FAMILY CASE PHENOMENA FROM THE PERSPECTIVE OF FAMILY COUNSELING AT PT MERDEKA BAHARI INDONESIA TEGAL"

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Abstract

The purpose of this study is to determine: 1. The factors causing husbands at PT Merdeka Bahari Indonesia to engage in intense relationships with women who are not their wives. 2. The state of the husbands' household after the occurrence of infidelity at PT Merdeka Bahari Indonesia. 3. The impact of the husbands' infidelity at PT Merdeka Bahari Indonesia. Data collection uses semi-structured interviews with the aim that the discussion is in accordance with the theme taken. The analytical technique used in this study uses Nvivo analysis and triangulation used to test the validity of the data. The research results state that the factors that cause a husband at PT Merdeka Bahari Indonesia are not much different from the theory that has been discussed in the initial chapter, even though it is not seen from each individual but if concluded will have the same meaning, including differences of opinion, lack of control from partners, lack of attention, miscommunication, difficult to manage partners, no welcome when partners return from work, not satisfied in terms of sexual relations, the existence of opportunities and a bad environment. Of the four respondents, they chose to still maintain their family because they argued that they just wanted to find a comfortable sharing friend and had no intention to proceed further. The impact of infidelity can cause disturbed child psychology for his future and make the child feel abandoned by the emotional relationship possessed by both his parents, even though both parents decide to maintain their marriage. The child's psychology will be disturbed when finding out that one of their parents is cheating, making the child experience shock, anger, restlessness, and will find it difficult to trust others.

Keywords: Phenomena Study, Infidelity, Family Counseling.

INTRODUCTION

Guidance and counseling is a process that aims to help individuals solve their personal, social, emotional, and academic problems. Generally, guidance and counseling is often associated with a school environment, where counseling teachers work with students to assist them in personal development and academic achievement. However, it is important to remember that guidance and counseling are not limited to the school environment. Guidance and counseling practices can be carried out in various contexts and involve various groups of society.

Further discussion on this topic will explore how guidance and counseling can be applied outside of the school environment. Guidance and counseling has broad potential to assist individuals in various areas of their lives. Guidance and counseling practices outside of school

may involve collaboration with other institutions such as mental health centers, community organizations, or even workplaces. This provides opportunities for individuals to get help in dealing with the issues they face, not just in the context of formal education. In a community context, guidance and counseling can be conducted through mental health centers for mental health issues or emotional difficulties. Guidance and counseling can also be implemented in community organizations to help individuals in dealing with social problems. Moreover, in the workplace, guidance and counseling can be an effective tool to help employees manage stress, improve communication skills, or address conflicts in the work environment. Counselors can work with individuals or groups to develop leadership skills, enhance work-life balance or design a career plan.

Overall, guidance and counseling is a broad field and has diverse applications beyond the school environment. By extending the reach of guidance and counseling, we can provide broader assistance to individuals in various aspects of their lives. In further discussion, we will explore various contexts where guidance and counseling can be applied outside of school, as well as the benefits and challenges associated with this practice.

Nowadays, the media is being stirred by events that easily spread and become the talk of the netizens. The news is not only known on internet social media but also through several applications that we usually use, such as Twitter, Instagram, TikTok, and even posts that often appear on Whatsapp. The event or incident that is currently trending is the Korean drama (K-Drama) fever that is happening to millennials all over Indonesia. K-Dramas, Chinese Dramas, and several other foreign drama series are very well received and favored by the public. From this, many Indonesians are interested in adapting or imitating these drama series in an Indonesian version.

Some drama series, including the Night Butterfly series, Mendua, and Layangan Putus, which are based on the true story of a figure, tell the story of how to live a married life full of temptations outside, until finally one of the husband and wife pair has a relationship with someone other than their partner, which is commonly known as cheating. The drama series is aired on one of the platforms that are currently being used a lot. Looking at the official Idntime Entertainment website, the above series is included in the most-watched weTV series category of 2022. In one day, the Layangan Putus series has been watched more than 15 million times, making it a trend for several weeks. The series titled Night Butterfly was watched as many as four million times after three days of airing.

Based on the observations made by the author in a private company in the Tegal area, specifically at PT Merdeka Bahari Indonesia, there are several husbands within the company who are engaged in relationships with the opposite sex despite already being married and having children who need sufficient attention and affection from a father. One of these husbands is AS, 38 years old, who works as a General Manager at PT Merdeka Bahari Indonesia. According to AS, the relationship formed with another woman outside of marriage is only for enjoyment and a distraction from work. The relationship started merely as a service in a night entertainment place, then it extended beyond the woman's work, and the relationship increasingly became intimate until they both had sexual relations. The supporting reason for AS to have an extramarital relationship is a sense of dissatisfaction in marriage, and the negative consequences increase the tendency for partners to seek positive emotions from non-relationship individuals.

A relationship between two opposite-sex individuals who are not yet lawful according to religion can already be called cheating, as stated in the statement, "Defines cheating as the discourse and behaviors that occur as an inevitable result of infidelity and that are beyond the limits of honesty. Infidelity, with a simple definition, is the violation of the expectations or standards of the current union as a result of an emotional and/or physical relationship with a third person(s) other than the current union" (Gündüz & Çelik, 2018). Based on the quote above, there are categories of couples cheating emotionally, such as giving different attention to others who are not partners, feeling excited when meeting him/her, feeling different when meeting him/her, and feeling more comfortable when communicating with that other person. Sexual infidelity can be seen from the decline in the level of sexual relations between legitimate husbands and wives, because the husband has already fulfilled his desires with another woman so that to have intimate relations with his lawful wife, he feels reluctant and even feels unsatisfied. Infidelity is not a trivial matter in a household, but rather the beginning of the loss of trust between partners, which eventually causes many problems that will occur in the household.

The phenomenon of infidelity is a fairly complex social issue and affects many aspects of community life. In this context, the role of guidance and counseling teachers is very important in overcoming and preventing the development of infidelity cases. Here are some roles that teachers can play in handling infidelity issues: (1) Education and Information, teachers can provide education and information to students about the importance of commitment in relationships, the negative consequences of infidelity, and moral values in maintaining fidelity. They can conduct learning sessions focusing on family values and the importance of healthy relationships. (2) Premarital Counseling, teachers can provide premarital counseling to couples planning to get married. In this counseling, they can help couples understand the importance of effective communication, mutual understanding, and building trust in each other. The aim of premarital counseling is to help couples understand the consequences of infidelity and develop strategies to maintain the integrity of their relationship. (3) Outreach and Seminars, teachers can organize outreach and seminars for students, parents, and the school community. Through these activities, they can provide information about the negative impacts of infidelity and how to avoid it. These outreaches and seminars can also provide a space for individuals to share experiences, seek solutions, and build awareness of the importance of commitment in relationships. (4) Individual Counseling, teachers can provide individual counseling services for students who have conflicts in relationships or have a tendency to cheat. In these counseling sessions, they can help students identify the root of the problem, develop strategies to overcome the temptation of infidelity, and strengthen ethical and moral values in their relationships. (5) Collaboration with Parents, teachers can collaborate with parents to build a shared understanding of the importance of moral education and values in the family. They can involve parents in school activities that prioritize loyalty and good communication in relationships.

In addition to the role of counseling teachers, it is also important to involve various parties in the efforts to prevent and handle infidelity, including family, community, and social institutions. Strong and comprehensive collaboration can help in changing societal attitudes and behaviors regarding infidelity. However, it should be noted that handling infidelity cases is not only the responsibility of counseling teachers. This issue requires a holistic approach involving various aspects of community life. The forms of infidelity, according to Subotnik & Harris, are ".....describe that the forms of infidelity include serial affairs, flings, romantic love affairs, and

long-term affairs". (Rizky & Shaleha, 2021). From this quote, it can be understood that there are four forms of infidelity, the first one being serial infidelity where this form does not involve deep emotional involvement with the affair partner, then the second form of infidelity is cheating, the infidelity that lasts for months but is still only one time and only involves low emotion, next the third form of infidelity which is romantic infidelity, this infidelity already involves a deep emotional relationship that affects the life of the individual committing infidelity, and the last form of infidelity is long-term infidelity, this infidelity usually involves the deepest emotional involvement over a long period of time and usually sexual intercourse occurs in this last form of infidelity.

There are unique challenges for everyone in a marriage to avoid unwanted things like infidelity and even ending in divorce. Therefore, a husband or wife must study and understand clearly about marriage and deeply study religious knowledge so as not to easily fall into sinful acts, thus avoiding infidelity. In addition, a husband and wife must also understand the character and attitude of each other so that there is no miscommunication in the marriage. Cultivating trust and strong commitment before marriage is also necessary to anticipate uncontrollable events when experiencing a problem.

Infidelity in a household causes impacts on the family of the perpetrator of the infidelity itself. These impacts include a lack of trust from family members towards the infidelity perpetrator and the loss of harmony in the household. This lack of harmony can lead to divorce. The impact of infidelity varies from one individual to another. Moreover, infidelity can result in the loss of tranquility in the household, including loss of harmony, lack of attention, and disturbed psychological development of the child.

From all the explanations above, we can observe that the impact of infidelity is indeed more dangerous than other problems that arise in the family. As stated in the statement, "Infidelity always causes negative impacts because it will affect all aspects of a woman's life as a wife" (Adam, 2020). In connection with this statement, the subject I interviewed also explained that even though he knew the impact of infidelity would change his relationship with his wife, AS still had an affair with another woman. Considering the significant impact of infidelity and the high rate of infidelity, methods are needed to reduce the occurrence of infidelity, one of which is by providing counseling to the perpetrator, namely with family counseling services to reduce the level of infidelity committed by the husband.

Based on the phenomenon that occurs in the field, and the results of research relevant to the research theme, the service that is predicted to be appropriate is using family counseling with a phenomenological study approach because it is considered suitable for exploring complex problems and also an effective tool for producing an understanding of life experiences and human existence. In addition, according to the statement "Family counseling aims to help family members learn and understand that family dynamics are the result of the influence of family relationships." (Noffiyanti, 2020). Family counseling can play a role in helping family members achieve harmony in the family. In the counseling process, the counselee will try to understand, recognize, pay attention to, and accept other family members, and strive to maintain the integrity of their family. Through family counseling, problems within the family can be prevented and resolved, so that counselees can maintain harmony in their family. Through these discussions, the writer, as a student of the counseling and guidance study program, is interested in conducting

research with the title "Study of Family Case Phenomena From the Perspective of Family Counseling at PT Merdeka Bahari Indonesia Tegal".

METHOD

This study uses a phenomenological method to specifically emphasize the way individuals perceive things. In this phenomenological approach, the researcher attempts to explore and understand the significance of the participants' experiences, perspectives, or points of view.

The study focuses on: (1) the factors that cause husbands at PT Merdeka Bahari Indonesia to engage in intense relationships with women who are not their wives; (2) the state of the husbands' households after the affair at PT Merdeka Bahari Indonesia; and (3) the impact of the husbands' affair at PT Merdeka Bahari Indonesia.

The respondents in this study are employees of PT Merdeka Bahari Indonesia, a total of 7 people. The selection of subjects is based on the purposive principle, where the researcher deliberately selects them at the initial stage because they have experience related to the research topic and meet the previously established criteria. In this case, the researcher takes 4 primary subjects, namely several husbands with important positions in the company who are having affairs, and 3 secondary subjects with staff positions in the company to support the validity of the obtained data.

Data is obtained through a semi-structured interview approach with a duration of about half an hour for each respondent. The interview process is recorded using a voice recorder application on a smartphone.

The data analysis process begins by arranging the data and converting it into transcripts. Transcripts are read repeatedly to get an overall picture of the data and to identify parts of the data that have the potential to reveal aspects of the studied phenomenon. After that, the data is processed through the stages of conceptualization, classification, categorization, and theme identification, which are then linked to the theoretical framework. To give meaning to the data, the text data is restructured, examined, and discussed to depict the original understanding derived from the participants. The data analysis process uses NVivo 12 software. Then the data is reinforced by using triangulation data analysis.

DISCUSS AND RESULT

In this study, interviews were conducted with four husbands holding important positions in the company who had committed infidelity as the primary respondents. They come from different positions but are equally important in the company. The names of the four respondents in this article are written using initials for confidentiality reasons. The initials are P, AJ, PW, W.

The respondents' background are as follows: (1) P is an employee in one of the companies. P has been married to his wife since 2007 until now, around 16 years of marriage. In this marriage, P has three children; the first is 15 years old, the second is 8 years old, and the last is 3 years old. P currently holds the position of head of production in the food security sector in several divisions. (2) AJ is a leader in one of the company's subsidiaries involved in agricultural partnerships. AJ is an employee who hasn't been working in the company for a long time but is already trusted in the position of Director of one of the subsidiaries, due to his excellent

infidelity, which is seeking comfort with others by intensively communicating with work partners. However, all four respondents interviewed still chose their family.

The NVivo Hierarchy Chart Diagram is a visual form containing an overall discussion, depicting the elements of a system or concept from the highest to the lowest position. In this case, the discussion is about the conclusions from the interview process that went through the data coding process related to cases of infidelity in families at PT Merdeka Bahari Indonesia.

The NVivo Hierarchy Chart Diagram initially explains more detailed points from the fragments of the above NVivo Hierarchy Chart Diagram. These include initial problems that arise which factor into the husband choosing to commit infidelity. These issues include differences of opinion between partners, difficulty in setting rules, lack of a welcoming atmosphere when returning from work, lack of attention, insufficient control, and miscommunication, all of which also affect the intimate relationship between them.

Following the initial problem and the occurrence of infidelity, it also has an impact on all family members, including the extended family of both the husband and wife. Some of these impacts include social sanctions that the extended family will also receive, tarnishing their good family name. Furthermore, the extended family also feels disappointed with the event that happened to one of their family members. In the end, they can only give the best advice to both parties involved.

In addition to impacting their extended family, infidelity also has a significant impact on the legal spouse, that is, the wife. From the data of the four respondents above, most mentioned that their wives felt deeply disappointed, even experiencing trauma, and eventually felt disgusted and no longer willing to see their partners or husbands.

The last and most fatal impact will be felt by their children, as mentioned above, that the impact on the children will lead them to rebel and distance themselves from both of their parents because they feel uncomfortable being in a home with a tense atmosphere and constant conflicts between their parents. This will result in disruptions to the psychological development of the children; they will feel traumatized and have difficulty trusting others, especially in social interactions and education. Ultimately, these impacts will hinder their future prospects.

The Project Map contains the overall conclusions from the interview discussions conducted with four primary informants regarding cases of infidelity at PT Merdeka Bahari Indonesia, which are elaborated as follows:

1) During the interview process with the first informant, P explained that the factors leading to infidelity were initial problems such as feeling uncontrolled, lack of welcome when returning from work, and feeling neglected. As a result, P sought solace with another woman. This statement is supported by information from a secondary source, Z, who is an employee at the company, and when asked, mentioned:

"It's not surprising anymore, here it's quite common to have such situations. Some people here are involved in extramarital affairs on average, while some others are not. I happen to be close to the subjects, and I know the dynamics of their relationships and their family backgrounds quite well. I am also emotionally close to them."

Furthermore, this issue also impacts their families; the wives feel extremely disappointed and disgusted by their partners. As for the impact on their children, they become uncomfortable and daring to rebel against their parents. Hartinah (2009:155) states that the dangers that may arise due to parental issues are threefold: (1) constant conflicts between children and parents, (2) strained relationships between children and parents, leading the children to feel uncomfortable living at home, and (3) continuous feelings of being pressured.

2) In the case of the next informant, AJ engaged in infidelity due to several reasons, including the change in the behavior of his wife. AJ tried to communicate and work on the issues together, but according to AJ, it did not have any impact on their family. Because of this, AJ decided to seek pleasure by spending time outside with friends and eventually started a relationship with one of his colleagues. AJ's statement

corresponds to the information from a secondary source, D, a woman who is now a close friend of AJ, who said:

"Yes, I am a friend of one of the individuals involved in that relationship. We chat, share our problems, and support each other. I feel comfortable in this position, being able to chat, sharing our stories and offering solutions."

AJ believes that his decisions regarding various family issues, both moral and material, have led him to feel less respected by his wife. This negatively affects the harmony in their marriage, and the unresolved problems result in AJ feeling less attended to by his partner, ultimately disrupting their sexual satisfaction. Hartinah (2020) argues that family members may not be aware of the problems faced by other family members. The individual facing the issues will try to find their own solutions. However, in this case, AJ's solution was not appropriate, leading to various consequences for his family, such as deep disappointment felt by his wife as an act of betrayal to loyalty and trust in their marriage. Moreover, AJ's infidelity also impacts their child, as evidenced by the child distancing themselves and avoiding interactions with their parents.

3) In the analysis, it was found that PW engaged in an extramarital affair due to initial problems with his spouse related to constant miscommunication or misunderstandings and a lack of attention from the partner. PW expressed that the desire to find someone who would understand him was supported by a negative work environment and an unsuitable living environment. Although PW did not feel the direct impact of the infidelity, he stated that the impact was more on the social aspect.

4) The results from the interview with the last informant, W, were not significantly different from AJ's account. W began experiencing problems after being married for ten years. W felt that every discussion with his wife about anything never led to a resolution because his wife always had a different opinion. In addition to that factor, W also shared that it significantly affected the harmony in their marriage and the intimacy within their family. The impact of a husband's infidelity is more evident from the wife's perspective, characterized by deep pain and loss of trust given to her husband. The wife may also feel burdened with guilt, leading to changes in her behavior and personality.

CONCLUSION

The factors that cause a husband at PT Merdeka Bahari Indonesia are not much different from the theories discussed in the earlier chapter, even though not observed individually, but if summarized, they will have the same meaning. These factors include differences in opinions, lack of control from the partner, lack of attention, miscommunication, difficult-to-manage partners, lack of welcoming when the partner returns from work, sexual dissatisfaction, opportunities, and unfavorable environments. From the four informants, they chose to stay and maintain their families, as they reasoned that they were just seeking a comfortable sharing companion and had no intention to take it further.

Based on the research results during the fieldwork, the researcher concludes that the impact of infidelity can disturb the psychological well-being of children and affect their future. Children may feel emotionally abandoned by their parents' relationship, even if their parents decide to maintain the marriage. The psychological impact on children can be severe when they discover one of their parents is involved in infidelity, causing them to experience shock, anger, restlessness, and difficulty trusting others. Children may develop the belief that even their loved ones can lie.

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