

# Single Parents and Communication Patterns in Post-Migrant Families: Insights from Resapombo Village

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## Abstract

*This research investigates the communication patterns of single parents in post-migrant families in Resapombo Village, Doko District, Blitar Regency. By employing a qualitative method, this research utilized in-depth interview techniques for data collection. Three informants participated in this research, consisting of one single father and two single mothers from post-migrant families. The findings reveal that the communication patterns of single parents in these families exhibit high levels of conversation and conformity dimensions, indicating a consensual family type with an authoritative parenting style. These parents engage in open dialogues with their children, encouraging discussions while also emphasizing the importance of family values and norms. The authoritative parenting style observed reflects a balance between responsiveness and demandingness, where single parents maintain control while nurturing their children's independence. The results of this study contribute to the broader discourse on family communication, especially in the context of migration and its impact on family structures. Future research should explore the long-term effects of these communication patterns on children's development and well-being in post-migrant settings, as well as the role of community support in enhancing family resilience.*

Keywords: Communication Patterns, Single Parents, Post-Migrant Families

## INTRODUCTION

Migration, the movement of people from one location to another, becomes a common phenomenon worldwide. The International Labour Organization (ILO) defines migrant workers as individuals who have relocated or are in the process of relocating for employment with another person or organization (Utami, 2021). Human migration impacts not only the individuals who migrate but also plays a crucial role in both the communities of origin and destination, opening new opportunities while creating new challenges. In Indonesia, migration is a significant aspect of social and demographic change (Allo, 2016).

A deep understanding of complex phenomena like migration becomes essential due to its widespread implications on societal aspects. Several complex factors, such as

economic imbalances, natural disasters, and political upheavals, drive people to leave their home regions (Hamdi, 2021). The primary motivator for migrant workers is dissatisfaction with their home region's economic situation and the desire to improve their family's standard of living. On the other hand, overseas job opportunities promise higher incomes and better access to resources (Hamdi, 2021). Welianto (2020) identifies key drivers of migration, with the first being dissatisfaction with the local economic situation, such as a lack of job opportunities, which prompts individuals to seek better prospects. Additionally, population density in certain areas creates discomfort and increases competition. Migration also becomes an internal need for efficiency and improvement, such as increased productivity and living standards.

Migration can be categorized into two types: internal and international (Iriawan et al., 2021). Internal migration involves the movement of individuals or groups within a country, from one region to another. According to data from Indonesia's Central Bureau of Statistics in 2020, 4.5 million people migrated between provinces, with West Java, Central Java, and East Java experiencing the largest internal migrant flows (Iriawan et al., 2021). In contrast, international migration involves crossing national borders to reside in another country for at least a year. The data from Indonesia's Central Bureau of Statistics also shows over 147,500 people emigrating from Indonesia between 2017 and 2022 (Nurhalimah & Firdaus, 2023).

In recent years, the flow of Indonesian labor migration overseas has increased significantly, with approximately 4.5 million Indonesian migrant workers abroad. They are spread across various countries such as Malaysia, Singapore, Taiwan, South Korea, Brunei, and the Middle East (Asriani, 2014). The majority of migrant workers are women employed in the domestic sector as household helpers, while a smaller portion work in manufacturing. Meanwhile, male workers are engaged in sectors like agriculture, construction, transportation, and services (Maksum & Surwadono, 2017).

The migration experience not only reshapes the economic and social landscape but also has profound implications on family communication patterns. This phenomenon leads to transformations in family dynamics, particularly in communication (Palindangan, 2018). Various factors, such as physical distance, cultural differences, and changing life dynamics due to interaction, create challenges in maintaining family closeness and understanding. The departure of a family member for work can create geographical separation, limiting face-to-face meetings and direct communication between parents and children at home. Communication often becomes confined to digital channels, such as phone calls or messaging apps like WhatsApp. This situation presents challenges in building

closeness and understanding among family members.

A common challenge faced by migrant families is the changing roles within the family. Parents play a crucial role in educating and nurturing their children (Palindangan, 2018). They become central to shaping their children's physical, emotional, and cognitive development from an early age. Additionally, interactions between parents and children contribute significantly to the formation of children's values and attitudes. In the context of migrant parents, Afriliani et al. (2021) explain that parental roles may become ambiguous or overly focused on income generation, leading to insufficient supervision of their children. Therefore, it is essential for migrant families to actively communicate and collaborate in adjusting their roles and responsibilities for the family's well-being. In this context, family collaboration is key to overcoming the challenges faced by migrant families and providing a stable and supportive environment for their children's development.

Resapombo Village in Doko District is known for its high number of migrant workers. Data from the Blitar Regency Manpower Office indicates that between 2021 and 2022, 145 migrant workers came from Doko District, with Resapombo Village being one of the largest contributors (Harmanik, 2023). The high number of migrants is driven by factors such as limited job opportunities, low education levels, and minimal skills (Welianto, 2020). This situation underscores the need for increased attention to economic development in rural areas like Resapombo, aiming to reduce reliance on migration as the primary means of earning a livelihood. Additionally, policymakers should take strategic steps to enhance access to job training and education relevant to the labor market's needs, enabling residents to compete effectively.

Many village residents seek job opportunities abroad, especially in Asian countries. The Blitar Regency Manpower Office revealed that the main destinations for migrant workers from Blitar in 2022 were Taiwan, Hong Kong, Malaysia, and Singapore (Harmanik, 2023). This indicates a strong demand for labor from the region in the international job market, with specific countries being the primary choices for prospective migrants. This phenomenon highlights important economic and labor dynamics concerning migration flows. The data also underscores the need for further analysis of the factors driving labor migration from rural areas to specific destination countries.

During the preliminary research, it reveals that Resapombo Village exemplifies a community where religious pluralism and social harmony are maintained through inclusive cultural practices and active local institutions. Moreover, the preference of Resapombo villagers to work abroad is closely linked to the village's limited

capacity to empower its residents through local employment opportunities. While agriculture remains a cornerstone of the village's economy, it does not provide sufficient jobs or financial stability for many villagers. This situation is exacerbated by the fact that most residents only graduate from junior or senior high school, limiting their access to higher-paying or skilled jobs within the village.

Findings of the preliminary research also indicate that migration can negatively impact family conditions. The absence of one or both parents due to overseas work reshapes family dynamics. Children may grow up under the care of extended family members, which affects parenting styles, emotional attachment, and socialization processes. Another negative impact is increasing divorce rates. This statement is corroborated by Mr. M. Sokeh (Head of Resapombo Village), who noted that most migrant workers who go abroad are women (Interview with Mr. M. Sokeh, Head of Resapombo Village, February 5, 2024). He also revealed that many female migrant workers file for divorce during or after working abroad. This situation illustrates the various tensions and stress levels experienced by migrant families due to socio-economic challenges. This scenario presents new dynamics in family communication, especially for single parents. Limited time and opportunities for communication make it challenging for families to understand each other's feelings and needs (Palindangan, 2018). A lack of knowledge about effective communication methods further hinders building healthy family communication. The impact extends beyond physical dimensions, affecting family members' emotional and psychological aspects, such as children who may feel a loss of emotional support and parental presence.

The rising divorce rates in Blitar reflect the complex social issues faced by society. Hafid stated that most divorce cases involve the wife as the petitioner, often women working as migrant workers abroad (Harsani & Hartik, 2020). This claim is supported by Ahmad Syaukani (Acting Public Relations Officer of the Blitar Religious Court), who reported that 1,122 couples divorced in Blitar, with 858 cases or 76.42% initiated by the wives (Harsani & Kurniati, 2024). Family dynamics become complex when individuals must assume dual roles as single parents, especially after divorce. They must balance meeting material and emotional family needs, often leading to significant psychological and social pressure for single parents. They face challenges in managing their roles as breadwinners and emotionally present parents for their children.

The situation of single parents in post-migrant families after divorce triggers significant changes, especially in communication patterns between parents and children. This aligns with the theory proposed by Mary Anne Fitzpatrick and Frank Koerner, which suggests that understanding communication patterns impacts

family relationship dynamics (Miller et al., 2021). The various dynamics and challenges experienced by single-parent post-migrant families form the basis for selecting them as research subjects. By understanding their perspectives, we can identify the communication challenges faced and formulate effective strategies to address them. Understanding communication patterns in post-migrant families will also help improve family relationships and children's emotional development.

A deeper understanding of communication patterns in post-migrant families will provide a foundation for formulating concrete steps to enhance parent-child interactions. This research fills a gap in studies on communication dynamics in single-parent post-migrant families, which have primarily focused on economic and entrepreneurial aspects. Zid et al. (2020) explored the relationship between post-migrant experiences and entrepreneurship in Kenanga Village, Indramayu Regency, West Java. Their research focused on how international migration experiences influence post-migrants' engagement in entrepreneurial initiatives. Zid et al. (2020) also discussed topics primarily centered on economic empowerment and evaluated the use of remittances sent by female post-migrants to their families.

The family communication pattern theory by Mary Anne Fitzpatrick and Frank Koerner provides deep insights into how communication shapes family relationship dynamics. Fitzpatrick and Koerner identified two dimensions: conformity orientation and conversation orientation (in Miller et al., 2021). The conformity orientation dimension refers to how open and expressive family members are in communication, while the conversation orientation assesses how much families control personal lives through established rules and norms.

Fitzpatrick and Koerner (in Miller et al., 2021) describe conversation orientation as forming key communication patterns such as high and low conversation. Families with high conversation orientation tend to encourage open communication and value diverse viewpoints. Families with low conversation orientation tend to be authoritarian, with limited open discussion. Conversely, conformity orientation presents communication patterns like high and low conformity. Families with high conformity emphasize norms and limit individual freedom, while low conformity families support individual freedom.

Combining conversation orientation and conformity orientation results in four communication patterns: consensual, pluralistic, protective, and laissez-faire (Miller et al., 2021). Consensual communication is characterized by open discussions but still adheres to prevailing norms. Pluralistic communication encourages open communication and individual freedom, protective communication emphasizes norms and authority, while laissez-faire

communication focuses on individual freedom with limited open discussion. Understanding these communication patterns aids in comprehending family relationship dynamics and contributes to effective communication strategies.

## **METHODOLOGY**

This research employed a qualitative descriptive approach to gain a deep and contextual understanding of the phenomenon under study. This approach contrasts with quantitative methods, which focus on measurement and statistical analysis (Murdijanto, 2020). Qualitative research emphasizes understanding the meaning and interpretation of data obtained from various sources such as observations, interviews, and documentation (Lim, 2025). In this study, the researchers act as key instruments by being directly involved in data collection and interpretation.

The study utilized a case study method. A case study is a method requiring multiple data sources to describe an event, group, organization, or program systematically (Kriyantono, 2020). Mulyana describes case studies as a way to study, explain, and interpret a case by examining several variables to comprehensively and deeply describe the research subject (in Kriyantono, 2020). The case examined in this study focuses on the lives of single parents in post-migrant families in Resapombo Village, Doko District, Blitar Regency. M. Sokeh, the head of Resapombo Village, stated that most post-migrant family parents are divorced, resulting in them being single parents (Interview with Mr. M. Sokeh, Head of Resapombo Village, February 5, 2024). Consistent with this observation, the study aims to describe in detail the communication patterns among single parents in post-migrant families in this location.

The research subjects are individuals with in-depth knowledge of the research topic or those who provide important information about the context and background of the study (Murdijanto, 2000). The subjects in this study are single parents from post-migrant families, as shown below:

**Table 1.** Profiles of Informants

No	Initials	Place of Work	Duration of Work	Motivation for Work
1	ED (Father)	Kalimantan	More than 5 years	Economic difficulties and fulfilling children's needs
2	LN (Mother)	Hongkong	2 years	Gaining additional capital
3	JM (Mother)	Hongkong	5 years	Feeling difficulties to live in the village and develop her career

(Source: Interviews, 2024)

In this context, single parents from post-migrant families refer to individuals who care for and raise their children independently without a partner's involvement. These individuals have worked either abroad or domestically and have returned to Resapombo Village, hence being referred to as post-migrant families.

The study employed an in-depth interview technique for data collection. Berger explains that an interview is a conversation between a researcher and someone assumed to have important information (in Kriyantono, 2020). In this technique, Kriyantono (2020) explains that the researcher conducts interviews frequently or intensively.

Before starting the interviews, the researchers created a comfortable and supportive environment for the informants. This is important to ensure that informants feel safe and open to sharing information. The researchers also obtained written consent (informed consent) from respondents to ensure they understood the research objectives and agreed to participate. Selecting appropriate respondents and using relevant open-ended questions were crucial in obtaining sufficient and relevant information for the research objectives. With the in-depth interview technique, the researchers provided a detailed background of single parents in post-migrant families. This information was then be analyzed to identify the informants' experiences and feelings.

The research used a descriptive analysis technique. The data for this study was obtained through in-depth interviews. Spradley explains that data analysis aims to systematically examine an entity to identify parts, relationships between parts, and their relationship to the whole (in Usman & Akbar, 2009). Miles, Huberman, and Saldana state that data analysis involves stages such as data collection, data condensation, data presentation, and conclusion drawing (in Kriyantono, 2020).

The collected data underwent data condensation, which involved selecting, simplifying, and transforming field data into coherent paragraphs through interview transcripts, documentation, and other empirical materials (Kriyantono, 2020). During data condensation, the researchers wrote summaries, code data, develop themes, and generate categories from informants' transcripts. Enhancing trustworthiness in this research was obtained through informant checking ensuring that findings accurately reflect informants' perspectives. Connecting among those informants' perspectives resulted a subtle and profound understanding (Ahmed, 2024). The next stage of data analysis was data presentation, which systematically described something to simplify information so that conclusions can be drawn. After data presentation, the final stage was drawing conclusions or verification, which emphasized the researchers' ability to generate final conclusions once the processed data is considered sufficient (Kriyantono, 2020).

## RESULTS AND DISCUSSION

### *Dynamics of Interaction and Changes in Communication Patterns of Post-Migrant Single Parents*

The findings of this research reveal the complexity of adapting to new family structures as a post-migrant single parent. The changes in communication patterns among single parents after returning from migrant work trigger new family dynamics. These dynamics are significantly influenced by the parents' experiences during their time as migrants. This is evident in the case of the informant ED, who worked as a migrant in Kalimantan for an extended period.

"I was in Kalimantan for over 20 years, and now I'm finally able to rest." (Interview with ED, February 5, 2024).

The long-term experience of working as a migrant in Kalimantan has left a profound impact on how ED communicates with family members after returning home. His absence can lead to emotional distance and reduce face-to-face interactions. He struggled during each return to a more fluid and ongoing interactional rhythm.

"Perhaps because I spent so long in Kalimantan without being able to come home for two years, there have been changes. Now that I come home more often, it feels normal to live there and here. The short time back home doesn't affect much." (Interview with ED, February 5, 2024).

This adaptation process naturally affects interaction dynamics and communication within the family. Another informant, LN, also shared her experiences as a migrant

worker in Indonesia and Hong Kong. Unlike ED and LN, who have been back home for a while, informant JM only recently returned from her migrant work in 2023. Their narrations describe a long-term physical separation from families which inevitably transforms how interaction and caregiving are managed.

"I was in Hong Kong for about two years. I spent more than ten years in Bali working in a garment factory and then went to Kalimantan for a year with my brother." (Interview with LN, February 5, 2024).

"I was there from 2017 and just came back last March. From 2017 to 2023." (Interview with JM, February 6, 2024).

Despite the challenges, post-migrant single parents must adapt socially and rebuild family bonds. According to the findings, ED had difficulty adjusting to the new family structure, negotiating roles, expectations, and emotional boundaries. This reflects the lived tension between love and conflict and connection and miscommunication.

"I realized after it happened that being together is still nice even though there are shortcomings. However, with all the advantages, there are many problems there too." (Interview with ED, February 5, 2024).

### *Communication Patterns of Single Parents in Balancing Dual Roles*

The research indicates that single parents strive to develop flexible and adaptive communication strategies to balance their dual roles. These parents often face family dynamics that they must navigate and adjust to. Post-migrant single parents actively work to strengthen emotional bonds with their children by setting aside dedicated time to listen to their stories and concerns. Technology plays a significant role in enabling single parents to stay connected with their children in real time. Technological innovations have become essential tools for maintaining effective communication and balancing dual roles within post-migrant families.

Informant ED, for example, balances his dual role as a father by engaging in dialogues to understand his children's needs. ED employs communication strategies that involve dialogue and setting clear expectations, aiming to balance family needs with the demands of his dual roles. He establishes an open and supportive communication style to re-establish closeness and create a safe space for emotional sharing.

"As parents, we always want the best for our children. When I come home, I ask what my child wants. Sometimes we go out together, and if my wife wants

something, I don't give it right away. If my child wants a laptop or something, I make sure they have to achieve something or show commitment first, even if I end up giving it to them anyway. The key is having a goal." (Interview with ED, February 5, 2024).

"We just joke around. My child often shares stories, like about problems with friends or work issues." (Interview with ED, February 5, 2024).

ED often engages in casual conversations with his daughter, creating a comfortable environment for sharing. This open communication helps foster a supportive atmosphere for discussion and problem-solving. Similarly, informant LN prioritizes creating a comfortable communication environment with her child through honesty and consistency helping reduce her child's anxiety and maintain relational stability. Meanwhile, LN actively provides space for discussion and understanding her child's aspirations for the future. By openly discussing her children's futures, LN offers emotional support and motivation, crucial for achieving their goals. Emotional support and motivation are vital in the context of post-migrant single parents who fulfil dual roles encompassing both nurturing and providing.

"They always ask when I'm coming home. I tell them I'll come home once I finish my work." (Interview with LN, February 5, 2024).

"I ask how they envision their future, what they want to achieve." (Interview with LN, February 5, 2024).

Like ED, LN also creates an open space for discussing anything, including life issues and relationships. LN's relaxed interaction with her children promotes a harmonious family atmosphere by building continuity of emotional intimacy. Building on mutual openness makes parents stay involved in children's lives. She also emphasizes understanding the family's condition and motivation, fostering empathy, resilience, and gratitude.

"They share stories about their partner and other friends." (Interview with LN, February 5, 2024).

"I try to instil understanding that as a single parent, I can't provide everything their friends have, so we need to be grateful for what we have." (Interview with LN, February 5, 2024).

In contrast, informant JM, who lives apart from her children, relies heavily on technology to facilitate communication. JM utilizes technology to maintain

communication and family cohesion despite the distance. Similarly, ED uses WhatsApp to support communication with his child since this platform can be a lifeline to intimacy. Seeing each other's faces allows for non-verbal emotional cues to be exchanged. This narration reflects on how parents and children struggle to feel seen, heard, and emotionally held through technology. Parents try to be present in children's lives even though physically they are away.

"Even though we're far apart, we can use video calls to see each other's faces." (Interview with JM, February 6, 2024).

Beyond technology, ED makes an effort to visit his child's home directly to maintain connections. This narration emphasizes on relational consistency and emotional closeness in building the bond. JM adopts a similar approach to maintain consistent communication with her children, reflecting a deep commitment to family cohesion. Maintaining frequent communication is a key strategy for post-migrant single parents, providing a source of strength in facing challenges.

"My child comes over with my grandchild almost every day. If I don't visit often, my child comes here." (Interview with ED, February 5, 2024).

"I make sure to call my mother and siblings frequently." (Interview with JM, February 6, 2024).

### *Values, Beliefs, and Rules in Parenting Practices of Post-Migrant Single Parents*

The research findings indicate that values, beliefs, and rules play significant roles in shaping the parenting practices of post-migrant single parents. Strict yet flexible rules enforced by these parents impact family communication and parenting styles. In post-migrant families, rules are implemented to guide children's behavior. Informant ED enforces strict rules regarding curfews and playtime for his children. These rules reflect the values and cultural norms influencing the parenting practices of post-migrant single parents. Discipline and responsibility are essential components of managing children's time and activities.

"Living in a village, girls shouldn't stay out too late or play for too long. I've always been strict about it, even when they're grown up, giving them free time on Sundays but being strict the rest of the week." (Interview with ED, February 5, 2024).

LN agrees with ED on implementing strict rules to protect her children. As a single parent, the sense of responsibility to guide and shield the child from the risks such as drinking and smoking is intensified.

"I worry about peer pressure, like drinking and smoking. I'm concerned about them becoming involved in negative behaviors." (Interview with LN, February 5, 2024).

LN's approach underscores the strong values and norms she upholds as a mother in establishing parenting practices. ED also enforces other strict rules to protect family values from negative influences. ED's decision to impose these rules has had a notable impact on his child's behaviour. This narration demonstrates a clear intention to guide behaviour through strict boundaries and social filtering.

"In our village, girls shouldn't come home too late, and I'm selective about their friends and community involvement. I apply many norms like these." (Interview with ED, February 5, 2024).

"Coming home on time and avoiding aimless gatherings has become second nature for my child." (Interview with ED, February 5, 2024).

ED's strict enforcement of rules has been successfully implemented. To ensure adherence to these rules, ED frequently provides guidance and advice. In addition to rules, ED maintains close supervision of his child's development. This narration emphasizes that parenting practice is grounded in dialogue, repetition, and moral instruction showing a belief that behavioural change can be achieved through the consistency of parenting practices.

"There are no sanctions, just reminders and advice." (Interview with ED, February 5, 2024).

"My child improved, often coming home during high school, so I can supervise more intensively. I stayed home for three years to ensure better control." (Interview with ED, February 5, 2024).

This intensive supervision reflects ED's attention and involvement in his child's upbringing. It ensures that the child receives appropriate guidance aligned with the family's values. LN similarly provides guidance and direction to her child. Providing guidance helps educate and support children's growth within the post-migrant family environment. Parents play a crucial role as active supervisors and role models, helping children navigate life's challenges effectively.

"I advise them based on our circumstances, emphasizing gratitude and understanding that we can't always have what others do." (Interview with LN, February 5, 2024).

### *Communication Barriers in Post-Migrant Families*

The findings reveal complex communication barriers in post-migrant families, which can lead to misunderstandings among family members. Such misunderstandings can strain family relationships and, in severe cases, result in divorce. Family tensions pose emotional challenges and alter family dynamics.

"We worked in Kalimantan to build a future, but things didn't go as planned, leading to disagreements. There were rumors that I remarried in Kalimantan." (Interview with ED, February 5, 2024).

The misunderstandings ED faced before becoming a single parent stemmed from a lack of clear and effective communication with his partner. This highlights the importance of open communication to address potential issues within post-migrant families. Misunderstandings can lead to arguments and create barriers in family relationships. To avoid such situations, post-migrant single parents must develop effective communication strategies. JM faced similar barriers upon returning from overseas work.

"We had frequent arguments, as if our happiness and struggles were intertwined." (Interview with ED, February 5, 2024).

"I received calls from my children, and there were communication issues because I had limited contact with them due to work commitments." (Interview with JM, February 6, 2024).

Such communication barriers are common in post-migrant families, leading to emotional tensions and interpersonal relationship challenges. JM experienced communication challenges when her children contacted her with complaints.

"When I was in Taiwan, my child called, claiming my mother didn't cook properly and my sibling hit her. I told her to be patient and try to communicate calmly." (Interview with JM, February 6, 2024).

Communication challenges often arise from misunderstandings or differing perspectives. These issues can have a negative impact on family relationships and children's development. Therefore, post-migrant single parents must actively build effective communication and maintain a conducive family environment. In this context, values and beliefs are crucial in overcoming communication barriers. Communication obstacles also arise when parents face challenges in balancing dual roles:

"In Taiwan, we had limited time, and my child used to complain that I couldn't attend school events." (Interview with JM, February 6, 2024).

JM experienced difficulties when work commitments conflicted with her children's needs. This challenge affected the emotional bond between parent and child. JM's experience underscores the importance of open and understanding communication in overcoming these barriers and maintaining healthy family dynamics. Similarly, ED used open dialogue to address communication challenges with his children.

"I called my family often, but when I couldn't attend school events, my child felt neglected." (Interview with JM, February 6, 2024).

"I've never been close to my children; there's always a gap." (Interview with ED, February 5, 2024).

By engaging in open dialogue, ED seeks to strengthen emotional bonds and improve understanding within the family. LN also emphasizes the importance of clear communication with her children. Through open communication, post-migrant single parents can overcome barriers and create a harmonious family environment. This requires commitment and active participation from all family members.

"I've discussed with my children the differences in our situation compared to others." (Interview with LN, February 5, 2024).

The findings emphasize that communication patterns within families serve as a primary means to maintain relationships amid the dynamic challenges faced by post-migrant families. Yulianti et al. (2023) highlight that communication is a crucial element in preserving family harmony and stability, particularly in families undergoing changes due to migration.

The increase in migrant workers in recent years has also impacted family dynamics in Indonesia, especially in Resapombo Village. According to Edi Marsis, the spokesperson for the Class 1A Religious Court in Blitar, divorce cases in 2022 doubled compared to 2021, with 37 cases reported (Riady, 2023). This phenomenon suggests a correlation between migrant worker mobility and family stability, particularly when a family member works abroad, creating psychological and social pressures that affect family relationships.

In this context, the rise in divorce cases can be seen as a result of communication challenges and the loss of parental roles for those working overseas. When one

parent is away due to migration, families often struggle to maintain emotional bonds and healthy interpersonal interactions. Family communication theories, such as those proposed by Mary Fitzpatrick, emphasize the importance of consistent and open communication in maintaining family stability (in Miller, 2021). Migrant families often experience shifts in communication dynamics, impacting role balance and relationships among family members.

Efforts to maintain communication patterns preserve role balance of post-migrant single parents. In practice, single parents engaged in interpersonal communication with other family members to balance the family's needs with the dual roles they faced. Through an open approach, they were able to maintain family harmony by providing firm yet understanding guidance to the children. Effective communication in the family is crucial for overcoming various challenges and dynamics, especially in post-migrant family contexts. By providing firm yet understanding guidance, post-migrant single parents not only establish structure and boundaries for children but also create an environment where they feel supported and understood.

Moreover, the open communication pattern not only created a comfortable environment for children to speak but also strengthened family bonds and improved interpersonal communication quality within the family. Consistent with the consensual family type, post-migrant single parents enhanced interpersonal communication quality, reduced conflicts, and strengthened family solidarity in facing various challenges. Thus, this communication pattern serves not only as a means to solve problems but also as a platform to deepen understanding and mutual comprehension among family members.

Post-migrant single parents regularly communicated with the children by inquiring about their well-being and aspirations. They also took the initiative to create an open discussion space about the children's future aspirations. By asking questions and listening attentively, they provided emotional support and motivation, crucial for the children to develop their visions and life goals. This aligns with the principles of a consensual family that encourages high conversation levels and values each family member's views and hopes. In the context of post-migrant single parents, this creates a stable family environment that supports children to develop optimally.

The open and inclusive communication pattern applied to discuss the children's future indicates a moderate level of conformity orientation. Post-migrant single parents asked about the children's future aspirations and provided space for them to express themselves freely. By adopting an open and supportive communication

approach, post-migrant single parents not only strengthened emotional bonds and improved interpersonal communication within the family but also integrated the conformity orientation dimension in supporting the children's needs to express themselves and grow.

Post-migrant single parents also faced different communication dynamics because the children were adults and lived separately. The communication pattern of post-migrant single parents employed, utilizing video calls to communicate with the children, reflects adaptation to technological advancements. The use of technology to maintain communication with family members not living in the same house can be seen as an adaptation to overcome communication barriers. This aligns with research by Palindangan (2018), which states that limited communication time and opportunities due to geographic separation can be significant barriers to understanding each other's feelings and needs within a family.

Technology facilitates more flexible modern communication patterns, allowing family members to stay connected despite being in different locations. This communication pattern, which relies on video calls and instant messaging, enables families to maintain interpersonal communication. Additionally, technology plays a role in sharing important moments in daily life without being hindered by geographic distance, reflecting adaptation to changing times and the need for dynamic communication. When time together is limited due to high work mobility or geographic distance, it is crucial for family members to take advantage of every opportunity to communicate intensively.

Facing the challenges of being a single parent in post-migrant families, the application of values, beliefs, and rules becomes a crucial strategy for building a foundation of stability and security for children. Implementing rules and open discussions with the children reflect the incorporation of discipline and responsibility values, which are essential parts of their culture and beliefs. Baumrind's parenting style theory (in Santrock, 2011) offers a relevant perspective on post-migrant single parents' approach to parenting the children. Specifically, this approach can be identified as an authoritative parenting style. By combining Baumrind's authoritative approach (in Santrock, 2011) and Fitzpatrick's clear communication principles (2004), post-migrant single parents can manage family dynamics and maintain a balance between the discipline and emotional warmth needed for healthy child development.

Post-migrant single parents also engaged in discussions and guidance with the children about the negative influences of the surrounding environment, such as potentially harmful peer interactions, like drinking alcohol or other negative

behaviors. The findings emphasized the importance of strict rules regarding curfew and selectiveness in the children's social environment. Post-migrant single parents' approach to establishing strict rules can also be seen as an effort to build quality communication and mutual understanding within the family. Although these rules are strict, open and clear communication has been conducted so that children can understand the reasons behind the enforced rules. This not only builds the necessary discipline for child development but also creates a safe and structured environment where family values can be well-preserved. This is consistent with the research of Khasanah and Busthomi (2022), which suggests that rules are necessary as a strategy for educating children to have good morals and values.

The intensive supervision carried, especially during high school, demonstrates a high commitment to monitoring and guiding the child's development. This approach not only ensures adherence to the rules but also strengthens the parent-child bond and facilitates positive growth in a structured and safe family environment. Baumrind suggests that this intensive supervision can increase parental control over the child's behavior, which is essential in promoting independence and responsibility (in Santrock, 2011). Meanwhile, post-migrant single parents also demonstrated a similar approach in educating the children, providing supportive advice and guidance and fostering an understanding of positive values such as gratitude and appreciation for what they have.

Furthermore, maintaining family communication patterns often encounters communication barriers, as experienced by the informants. Misunderstandings frequently arise, as experienced by the informants, which can lead to fractured relationships and even divorce. Post-migrant single parents faced communication challenges before becoming single parents, stemming from a lack of clear and open communication with their previous partners. The impact of these complex communication barriers extends beyond the emotional level and can alter the overall family dynamics.

Post-migrant single parents also experienced communication barriers that impacted the tense family relationship before divorce. An authoritarian approach and lack of two-way dialogue with her partner led to fear and tension within the family. Baumrind's parenting style theory (in Santrock, 2011) describes that authoritarian parenting tends to lead to strict control and a lack of room for children's expression. This can lead to conflict and disharmony within the family.

Meanwhile, communication barriers can also be caused by inadequate communication technology. Post-migrant single parents experienced difficulties accessing adequate communication technology due to high costs at the time.

Chuang explains that achieving family well-being and harmony requires quality communication, particularly adequate access to communication facilities (in Septiana et al., 2014). Inability to access telephone or internet signals well can reduce the frequency and quality of family interactions, exacerbating tension and misunderstandings among family members. This underscores the importance of adequate communication infrastructure in supporting healthy and harmonious family dynamics.

To strengthen family communication patterns, post-migrant single parents have also strived to engage in quality family communication and adaptive parenting in facing changing family dynamics. They demonstrate that despite divorce, they continue to maintain open communication and avoid speaking ill of each other in front of the children. This reflects an inclusive approach in dealing with changing family dynamics, as post-migrant single parent's family communication pattern emphasizes the importance of honest and open communication to achieve emotional closeness and family stability. This agreement helps reduce potential conflicts and sets a positive example for children in understanding healthy ways to resolve differences.

Post-migrant single parents demonstrate differences in parenting styles with their ex-partner where they tend to be more authoritarian. They also adopt a two-way dialogue approach with the children, reflecting Baumrind's democratic parenting style (in Santrock, 2011). Through discussions and advice, they aim to build their children's awareness of the importance of discipline and responsibility. This approach facilitates more open communication, strengthens the emotional bond between mother and child, and builds trust within the family. Additionally, the findings highlight the importance of agreement in providing financial support to the children, even while residing in different locations. This shows a commitment to meeting children's needs from afar, consistent with the principles of democratic parenting, which emphasizes parental responsibility in supporting children's development and needs.

Post-migrant single parents' implementation of family communication and parenting theories provides a foundation for understanding the dynamics of family relationships and developing appropriate strategies to enhance positive interactions and fulfil children's needs in a dynamic context. Mary Fitzpatrick's family communication theory emphasizes that communication within families is influenced by social, cultural, and individual factors (Permana & Suzan, 2023). Post-migrant single parents' long experience as migrants affects how they communicate with family members after returning. This adaptation reflects a role shift from a migrant worker to a more active parent in the children's daily lives. The changing

communication dynamics illustrate their efforts to adapt to the new family environment after intense life experiences outside their hometown.

## **CONCLUSION**

The findings underscore the critical role of communication in maintaining family relationships and stability, particularly in the context of post-migrant families. As highlighted, communication serves as both a bridge and a buffer, facilitating emotional connections and understanding among family members who are often separated by geographic and emotional distances due to migration. This research demonstrates that effective communication patterns are not merely a means of exchanging information but a fundamental mechanism for coping with the changes and pressures that migration imposes on family structures. Adaptive communication strategies and parenting styles help mitigate the disruptions caused by migration, fostering resilience and cohesion within the family unit.

The implications of this study extend beyond individual family dynamics, suggesting broader societal and policy considerations. As migrant workers continue to play a significant role in the economic landscape, there is an urgent need for supportive policies and programs that address the unique challenges faced by post-migrant families. This includes providing resources for improving communication technologies to bridge physical distances, offering counselling services to support emotional and psychological well-being, and fostering community support networks that reinforce family solidarity. Moreover, the research highlights the importance of tailoring parenting approaches to meet the evolving needs of children in post-migrant contexts, emphasizing the balance between discipline and emotional warmth. By integrating communication and parenting theories with practical interventions, there is potential to enhance family resilience and promote positive outcomes for children and parents alike in post-migrant settings.

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