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Development of a Marriage Conflict Mediation Model Based on a Psychoanalytic Approach

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Abstract

This study aims to develop a psychoanalysis-based mediation method for resolving marital conflicts. The method is designed to address fundamental questions: why is the psychoanalytic approach relevant in marital conflict mediation, how is this mediation method developed, and to what extent is it effective compared to traditional methods. Psychoanalysis, as developed by Sigmund Freud, emphasizes the importance of unconscious dynamics – including defense mechanisms such as repression, projection, and displacement – in shaping behavior and interpersonal conflicts. In the context of marriage, emotional tension and past trauma are often hidden and unresolved through traditional mediation approaches that focus primarily on practical solutions. This research employs a Research and Development (R&D) approach based on the ADDIE model (Analysis, Design, Development, Implementation, Evaluation) and involves professional mediators as well as couples experiencing moderate to severe marital conflicts. The implementation phase shows that couples begin to recognize unconscious patterns influencing their conflicts, identify their defense mechanisms, and improve self-reflection and constructive communication skills. Quantitative results using the Wilcoxon Signed Ranks Test indicate Z = -1.625 and p = 0.104, meaning that changes between pre-test and post-test scores are mixed and not statistically significant. However, qualitative findings confirm the potential of this method to enhance emotional awareness, improve communication patterns, and strengthen interpersonal relationships. The developed Practical Guide for Psychoanalysis-Based Mediation module includes basic mediator skills, questioning and listening techniques, identification of defense mechanisms, strategies for handling different attachment styles, and maintaining mediator neutrality and self-care. The module was validated by experts in family law and psychoanalysis to ensure relevance, accuracy, and practical applicability. This study contributes significantly to the literature on marital mediation in Indonesia, offering a more reflective and humanistic approach compared to traditional mediation, and provides opportunities for further research with larger samples and long-term evaluations.

INTRODUCTION

Marriage is one of the most significant forms of social interaction in human life. As the primary foundation of a family, marriage plays a crucial role in maintaining social stability. Through marriage, individuals not only establish emotional bonds but also build a commitment to support one another in navigating life together. However, the journey within a marriage is not always smooth [1]. Conflicts frequently arise for various reasons. Differences in perspectives, economic pressures, and the inability to understand each other's emotional needs commonly contribute to family conflict [2].

Marital conflict can become a serious issue if not addressed promptly [3]. When left unresolved, such conflicts may lead to family breakdown and even divorce. The impact is not only experienced by the couple involved but also by children, who often become the primary victims. Children raised in high-conflict family environments tend to experience emotional problems, academic difficulties, and behavioral disorders [4]. Extended family members and the surrounding community may also feel the negative consequences. Social tension and reduced solidarity within the community are common in families experiencing persistent conflict.

Traditional mediation methods have long been used to resolve marital disputes. Typically, these approaches focus on logical and practical matters, such as the division of responsibilities, financial management, or child custody arrangements anak [5]. Although

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[1] Wafiah Rafifatun Nida, "Pandangan Tokoh Ulama Majelis Ulama Indonesia Terhadap 'Fatwa Nikah Misyar Yusuf Al-Qardawi,'" *Jurnal Penelitian Agama* 24, no. 1 (2023), doi:10.24090/jpa.v24i1.2023.pp87-108.
[2] Ahmad Alamuddin Yasin, "Kontroversi Praktik Waris Adat Dalam Perspektif Moderasi Beragama," *Al-Mashlahah Jurnal Hukum Islam Dan Pranata Sosial* 10, no. 001 (2022): 27–36, doi:http://dx.doi.org/10.30868/am.v10i001.3306.
[3] Khoirul Ahsan and Isa Muhammad Shofwan, "Managemen Konflik Pembagian Waris Dalam Keluarga Poligami (Studi Kasus Keluarga Poligami Di Desa Lopait, Kecamatan Tuntang, Kabupaten Semarang)," *Rio Law Jurnal* 4, no. 1 (2023): 162–72, doi:https://doi.org/10.36355/rlj.v4i1.1063; Setia Rahadjeng Saraswati, "Pengaruh Konflik Pekerjaan-Keluarga Dan Jam Kerja Fleksibel Terhadap Work-Life Balance Dan Kepuasan Kerja Pada Pengemudi GoRide Gojek Di Purwokerto," 2023; Lazuardy Azhari Bacharuddin Noor, M Farid Wajdi, and Edy Purwo Saputro, "Efek Komitmen Kewirausahaan, Konflik Pekerjaan-Keluarga, Dan Kelelahan Emosional Pada Kepuasan Kerja. Studi Kasus Pada Coffee Shop Di Solo Raya," 2022.
[4] I Putu Adi Saskara and Ulio, "Peran Komunikasi Keluarga Dalam Mengatasi Toxic Parents Bagi Kesehatan Mental Anak," *Pratama Widya: Jurnal Pendidikan Usia Dini* 5, no. 2 (2020); Anidi and Anlianna, "Permasalahan Anak Disabilitas Intelektual Dan Disabilitas Mental Di Sekolah," *Arus Jurnal Pendidikan* 2, no. 3 (2022), doi:10.57250/ajup.v2i3.134.
[5] Ahmad Alamuddin Yasin, "Tinjauan Maqashid Syari'ah Dalam Kasus Perempuan Sebagai Pencari Nafkah Keluarga," *Oasis: Jurnal Ilmiah Kajian Islam* 7, no. 2 (2023): 79–91, doi:http://dx.doi.org/10.24235/oasis.v7i2.13024; Sri Yulfa Desta, Rokhmat Subagiyo, and Usdeldi Usdeldi, "Pengaruh Sharia Compliance Terhadap Kinerja Keuangan Dengan Mediasi Kinerja Maqashid Syariah Pada Perbankan Syariah," *An-Nisbah: Jurnal Ekonomi Syariah* 9, no. 1 (2022): 76–108, doi:10.21274/an.v9i1.5485.

often effective in resolving surface-level issues, such methods tend to fall short in addressing deeper-rooted conflicts. Many recurring disputes stem from unresolved psychological and emotional issues. Couples may feel that their problems have been heard logically but not emotionally. As a result, tension and disappointment remain suppressed, even when practical solutions have been reached.

Psychoanalysis, developed by Sigmund Freud [6], offers important insights into marital conflict through the concepts of id, ego, and superego. Freud explained that personality consists of these three components. The id is the most fundamental and impulsive part, focused on satisfying basic drives such as sexuality and aggression. In marriage, the id may manifest in impulsive behaviors, such as anger or selfish demands that disregard one's partner. The superego, on the other hand, represents moral values and social norms. When overly dominant, the superego may cause an individual to impose excessively high standards, making their partner feel pressured. To maintain balance, the ego acts as a mediator, ensuring that the id's needs are fulfilled without violating moral or social standards.

Conflict in marital relationships often emerges when the balance among the id, ego, and superego is disrupted. For instance, a partner overly influenced by the id may struggle to meet the emotional needs of a spouse who is more guided by the superego. If the ego is too weak, conflicts become difficult to manage, especially under significant internal or external pressures.

Freud also discussed defense mechanisms used to protect the ego from anxiety resulting from internal conflict. These mechanisms frequently appear in marriage, both consciously and unconsciously. Repression occurs when individuals suppress painful emotions or memories into the unconscious, which may later surface as tension or passive-aggressive anger toward a spouse. Projection is another mechanism, in which a person attributes to their partner feelings or impulses they themselves experience [7]. For example, someone may accuse their partner of infidelity due to their own feelings of insecurity. Other mechanisms, such as rationalization (providing logical justifications for emotionally driven actions), displacement (redirecting anger toward a spouse instead of the true source of frustration), and denial, also commonly emerge in marital conflict [8].

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[6] (2023)

[7] Dewa Farizal Tanjung, Olivia Prisca Ari Priyati, and Reza April Firmansyah, "Perkembangan Moral Anak Dalam Prespektif Sigmund Freud," *Jurnal Educazione: Jurnal Pendidikan, Pembelajaran Dan Bimbingan Dan Konseling* 11, no. 2 (2023): 102–10, doi:https://doi.org/10.56013/edu.v11i2.2263.

[8] Rama Aditya et al., "Paradigma Psikoanalisis Dalam Perspektif Sigmund Freud," *Journal Education and Government Wiyata* 1, no. 3 (2023).

Many marital conflicts are rooted in deeper psychological issues, such as childhood trauma or unhealthy relational patterns. For instance, an individual who experienced emotional neglect during childhood may use repression to suppress fears of abandonment. However, this fear may later resurface in the form of jealousy or emotional dependency within the marriage.

Several previous studies have addressed related issues. Research conducted by Dyta Ayu Irmadani Marpaung and Abd. Mukhsin ([9] aimed to examine the role of mediators at the Religious Court of Sei Rampah in handling divorce cases. The study explored the mediation process and assessed whether mediation helped prevent divorce in 2023. The findings indicated that the mediation process consists of three main stages. The first is the pre-mediation stage, during which the mediator identifies the issues and gathers initial information. The second is the mediation implementation stage, where the mediator facilitates dialogue between the parties to reach a fair solution without proceeding through litigation. The final stage involves formalizing the agreement to ensure it has legal validity.

This study suggests that the success of mediation largely depends on the cooperation of the parties and the professionalism of the mediator. Effective mediation can help prevent divorce while reducing the court's caseload.

Another study conducted by Ach. Muzamzil and Rudi Hermawan [10] examined the effectiveness of mediation in religious courts, both face-to-face and virtual. Their findings indicate that in-person mediation is more effective than virtual mediation, primarily because direct interaction allows for stronger emotional engagement between disputing parties, making it easier to reach agreement.

Supreme Court Regulation (Perma) Number 1 of 2016 provides an option for virtual mediation for parties unable to attend in person. However, the study found that although technology facilitates virtual mediation, it is generally less optimal than face-to-face sessions.

A literature review by Dewa Farizal Tanjung, Olivia Prisca Ari Priyati, and Reza April Firmansyah [11] discussed psychoanalytic theory developed by Sigmund Freud. The theory explains that human personality consists of three main components: id, ego, and superego.

The id represents instinctual drives that are basic and often selfish. The ego functions as the rational controller, while the superego reflects moral values shaped by the social

[9] 2024)
[10] (2023)
[11] (2023)

environment. If the id and ego dominate without the involvement of the superego, individuals may act without considering moral standards. Conversely, if the superego is dominant, individuals are more likely to demonstrate moral and principled behavior.

Although previous studies have examined traditional mediation and psychoanalytic theory separately, there remains a gap in research connecting the two. No prior study has specifically explored the application of psychoanalytic theory within the mediation process, particularly in addressing marital conflict. Yet, this approach holds considerable potential to enhance mediation effectiveness by deepening understanding of the psychological needs of the parties involved.

Therefore, a more comprehensive approach is needed to resolve marital conflict. One promising method is psychoanalysis-based mediation. This approach does not focus solely on practical solutions but also seeks to uncover the emotional roots underlying conflict. Psychoanalysis is grounded in understanding the unconscious mind and its influence on human behavior. Within marriage, this approach helps couples recognize thought patterns and emotional reactions rooted in past experiences, such as childhood or previous relationships. For example, an individual who once felt undervalued may unconsciously carry that perception into their current relationship, even if their partner does not intend to cause dissatisfaction.

This study is based on the assumption that a psychoanalytic approach—emphasizing unconscious dynamics, latent conflicts, and defense mechanisms—has the potential to deepen the mediation process in resolving marital disputes. Accordingly, the study proposes the alternative hypothesis that psychoanalysis-based mediation is effective in alleviating and resolving marital conflict. This hypothesis reflects the belief that psychoanalytic exploration techniques can reveal the emotional roots of conflict that conventional mediation approaches fail to address. Conversely, the study also formulates the null hypothesis, stating that psychoanalysis-based mediation has no significant effect on resolving marital conflict. The inclusion of the null hypothesis ensures that the findings are tested objectively through rigorous empirical analysis.

In line with these hypotheses, the study has four primary objectives. First, it aims to design and develop a systematic and applicable psychoanalysis-based mediation protocol that can be used by professional mediators in handling marital conflict. This protocol is intended to serve as an operational guide integrating psychoanalytic theory with real-world mediation practice. Second, the study seeks to identify the key components and working principles of psychoanalytic mediation, including relevant intervention techniques for accessing unconscious dynamics in couples, such as patterns

of repression, projection, and other ego defense mechanisms that often underlie recurring conflict.

The third objective is to test the implementation of psychoanalytic mediation in real-world settings involving couples experiencing moderate to severe marital conflict. This trial is necessary to evaluate the practical applicability of the method and to assess how couples and mediators respond to psychoanalytic techniques during direct mediation sessions. Fourth, the study aims to evaluate the effectiveness of psychoanalysis-based mediation compared to traditional methods through empirical data analysis derived from research instruments, observation of the mediation process, and participants' perceptions.

METHODS

This study employed a Research and Development (R&D) approach by adapting the ADDIE model (Analysis, Design, Development, Implementation, Evaluation) as the primary framework for designing and testing a psychoanalysis-based mediation method. The selection of the R&D approach was based on the need to produce a mediation method that is not only conceptual but also practical, empirically tested, and replicable by professional mediators. The ADDIE model was chosen because it provides systematic development stages, from needs identification to evaluation of method effectiveness.

The subjects of this study consisted of professional mediators and married couples experiencing moderate to severe marital conflict. Participants were selected purposively to ensure that their characteristics aligned with the research objective, namely testing the capacity of the psychoanalytic method to address emotional conflict and unconscious dynamics that are often overlooked in traditional mediation. The mediators involved had prior experience handling divorce cases or domestic disputes, enabling them to provide more objective assessments of the effectiveness of the newly developed method.

The research procedure followed the five stages of the ADDIE model. The first stage, Analysis, focused on identifying the need to develop a new mediation method. At this stage, the researcher conducted a comprehensive literature review on marital conflict, psychoanalytic theory, and conventional mediation practices. Preliminary surveys and exploratory interviews were also conducted with mediators and couples who had previously undergone mediation. This analysis aimed to uncover core issues that often remain unresolved in traditional mediation—particularly conflicts rooted in defense mechanisms such as repression, projection, displacement, and imbalances among id, ego, and superego dynamics.

The second stage, Design, involved constructing the structure of the psychoanalysis-based mediation method. During this phase, a mediation protocol was developed, including the sequence of mediation stages, facilitation techniques, and question models designed to help mediators explore latent conflicts and couples' emotional dynamics. Indicators of successful psychoanalytic mediation were also formulated, such as increased openness to unconscious dynamics, improved emotional communication patterns, and reduced intensity of internal conflict. Additionally, a mediator training module was designed, covering psychoanalytic concepts, techniques for identifying ego defense mechanisms, and skills for managing emotional interactions during mediation sessions.

The third stage, Development, consisted of transforming the design into an initial product ready for testing. At this stage, the researcher finalized the psychoanalytic mediation module and developed research instruments such as pre-test and post-test questionnaires, interview guidelines, and observation sheets. These instruments and modules were subsequently validated by psychology experts, mediation specialists, and academics to ensure content relevance, structural clarity, and feasibility within the context of marital conflict resolution.

The fourth stage, Implementation, involved piloting the method. Mediators participating in the study received training on applying the psychoanalytic mediation method according to the developed module. Mediation sessions were conducted face-to-face to enable mediators to observe emotional expressions, body language, and signs of unconscious behavior, which are central to the psychoanalytic approach. During implementation, the researcher observed the mediation process, documented couple interactions, and collected data through pre-test and post-test instruments. Following the mediation sessions, couples participated in reflective interviews to explore their subjective experiences throughout the psychoanalytic mediation process.

The fifth stage, Evaluation, focused on assessing the effectiveness and feasibility of the developed method. Evaluation employed both quantitative and qualitative analyses. Quantitatively, pre-test and post-test scores were analyzed to assess changes in relationship quality, including levels of satisfaction, trust, frequency of conflict, and other relevant emotional aspects. Qualitatively, in-depth interviews and observational notes were analyzed to identify couples' emotional experiences, perceived benefits, and psychological dynamics that shifted after mediation. Feedback from mediators was also collected to evaluate the usability of the protocol, the relevance of psychoanalytic techniques in mediation contexts, and the effectiveness of the approach in guiding

couples toward deeper understanding of their conflicts. The evaluation results were used to refine the method and formulate recommendations for future application.

Data collection in this study was conducted through questionnaires, observation, in-depth interviews, and expert validation. The instruments included relationship quality measurement scales, interview guidelines, and observational records from mediation sessions. Quantitative data analysis was carried out by measuring score changes before and after the intervention, while qualitative data were analyzed through categorization and thematic extraction to understand the psychological dynamics emerging during the mediation process.

RESULTS AND DISCUSSION

1. Analysis

The analysis stage serves as the foundational phase in developing the psychoanalysis-based mediation model. This stage aims to identify mediators' needs, understand the dynamics of marital conflict, and explore gaps in traditional mediation practices. Data were collected through in-depth interviews with couples experiencing marital conflict and professional mediators, complemented by direct observation of couples' interactions during mediation sessions.

The findings indicate that marital conflict is often not merely rational or practical in nature but rooted in complex psychological dynamics, including childhood experiences, emotional attachment patterns, and unconscious defense mechanisms. Observations of couples revealed varied emotional response patterns, ranging from spontaneous anger and withdrawal to passive-aggressive defensiveness. Several couples demonstrated projection, blaming their partners for feelings or dissatisfaction that actually originated within themselves. These patterns affirm that marital conflict contains unconscious dimensions that must be carefully identified and facilitated by mediators.

The needs analysis from the mediators' perspective revealed the necessity for adequate guidance in understanding couples' psychodynamic complexity. Mediators require the ability to recognize the relative dominance of id, ego, and superego, as well as to identify defense mechanisms emerging during conflict. Without such understanding, mediators risk addressing only surface-level issues, resulting in less effective interventions and recurring disputes. Mediators also need practical tools to manage couples displaying intense and defensive emotional reactions, including skills in balancing verbal and non-verbal communication, maintaining neutrality, and regulating personal stress.

From the couples' perspective, most participants felt that traditional mediation primarily resolves practical aspects such as financial management, division of responsibilities, or child custody. While practical issues may be settled, emotional tension and unresolved past experiences continue to overshadow the relationship. Couples expressed a need for a reflective space in which they could explore the emotional roots of their conflicts, recognize unconscious patterns, and express feelings without fear of judgment or blame. These findings underscore the importance of a mediation approach capable of bridging practical and psychodynamic dimensions.

The gap in traditional mediation becomes evident when mediators focus solely on logical solutions or negotiation strategies. Conflicts arising from imbalances among id, ego, and superego, as well as from defense mechanisms, often remain unaddressed. For instance, individuals raised in highly critical or unstable environments may react excessively to criticism, while those with childhood trauma may avoid resolving issues due to fear or low self-esteem. Such conditions demonstrate the need to complement traditional mediation with a psychoanalytic approach capable of reaching the emotional roots of conflict.

Based on this analysis, the study identifies the need to develop a psychoanalysis-based mediation protocol that can:

a. Provide guidance for mediators in understanding couples' unconscious dynamics.
b. Offer strategies for identifying and managing defense mechanisms.
c. Assist mediators in tailoring interventions to couples' attachment patterns and personality styles.
d. Facilitate couples in expressing emotions safely and reflectively, ensuring that interventions not only resolve practical disputes but also alleviate the underlying emotional tension.

This needs analysis forms the basis for the design stage, during which the structure of the mediation handbook and protocol is systematically developed so that mediators can implement psychoanalysis-based interventions effectively, measurably, and professionally.

2. Design

Based on the results of the needs analysis of mediators and couples, the design stage focused on developing a systematic and practical *Psychoanalysis-Based Mediation Guidebook*. This design aims to provide mediators with a structured framework for addressing marital conflict through a psychodynamic approach, enabling them not only to resolve practical issues but also to reach the emotional roots of conflict.

The guidebook is structured into five main sections, each emphasizing specific skills, techniques, and strategies to facilitate the mediation process:

Section 1 – Fundamental Mediator Skills

This section outlines the core competencies required of mediators, including an understanding of psychoanalytic theory (id, ego, superego) and defense mechanisms such as repression, projection, displacement, and denial [12]. Mediators are also equipped with principles of rapport-building, effective communication, and non-verbal observation techniques to interpret couples' emotional expressions. The primary objective of this section is to prepare mediators to comprehend the psychodynamic context before initiating intervention.

Section 2 – Techniques of Questioning, Listening, and Emotional Facilitation

This section focuses on strategies for exploring latent conflict through reflective questioning, active listening, and facilitating emotional expression. The developed techniques enable mediators to help couples recognize their feelings, articulate emotional tension, and balance verbal and non-verbal communication [13]. It also emphasizes the importance of maintaining emotional safety throughout the mediation process.

Section 3 – Identifying Couples' Defense Mechanisms

This section provides guidance for identifying and understanding ego defense mechanisms that emerge during conflict. Mediators are trained to recognize patterns of repression, projection, rationalization, displacement, and denial, along with safe and non-judgmental intervention strategies. This approach enables mediators to bridge communication gaps and uncover conflicts hidden beneath the surface.

Section 4 – Strategies for Addressing Different Attachment Styles

This section emphasizes adapting interventions to couples' attachment patterns, including secure, anxious, avoidant, and disorganized styles. Mediators are guided to

[12] Freud, *Der Mann Moses Und Die Monoth. Relig.*; J Pisk, "Freud's Psychoanalysis and the Genealogy of Sport," *Sport Ethics and Philosophy* 18, no. 1 (2024): 23–40, doi:10.1080/17511321.2023.2279151; P Kyslan, "From Freud's Psychoanalysis to Philosophical Pathology of Culture FILOZOFIA," *Filozofia* 78, no. 6 (2023): 474–91, doi:10.31577/filozofia.2023.78.6.5.

[13] Muzamzil and Hermawan, "Efektivitas Mediasi Terhadap Penyelesaian Perkara Perceraian Di Pengadilan Agama"; Dylan Clark-Boucher et al., "Methods for Mediation Analysis with Highdimensional DNA Methylation Data: Possible Choices and Comparisons," *PLoS Genetics* 19, no. 11 November (2023): 1–26, doi:10.1371/journal.pgen.1011022; S M Ramsey, "When Florence Met Freud: Interaction and Intersection between Psychoanalysis and Nursing," *Psychoanalytic Psychotherapy* 38, no. 3 (2024): 187–208, doi:10.1080/02668734.2024.2340445.

adjust questioning, listening, and emotional facilitation techniques to effectively respond to diverse emotional reactions [14].

Section 5 – Maintaining Mediator Neutrality and Self-Care

The final section discusses strategies for preserving objectivity and neutrality during mediation, including stress management and mediator self-care. Emotional well-being is considered essential, as the quality of intervention is influenced by the mediator's capacity for self-regulation when handling couples experiencing intense emotional conflict [15].

The design also incorporates indicators of successful psychoanalytic mediation, such as increased openness to unconscious dynamics, improved emotional communication patterns, reduced conflict intensity, and enhanced self-awareness among couples. In addition, a structured training module for mediators was developed to ensure mastery of psychoanalytic theory and practical intervention strategies prior to applying the method to couples experiencing conflict.

4. Development

The development stage represents a crucial phase of this study, during which the psychoanalysis-based mediation protocol and module designed in the previous stage were transformed into an applicable, structured product ready for practical implementation. This phase aimed to ensure that the mediation method was not only theoretically grounded but also practical, contextually relevant, and psychologically safe.

a. Preparation of the Initial Draft Module

Based on the needs analysis, the researcher prepared an initial draft of the module, which included:

1) A structured sequence of psychoanalytic mediation stages, from pre-mediation to post-mediation reflective sessions.
2) Reflective questioning techniques designed to explore latent conflict and couples' unconscious dynamics.
3) Guidelines for identifying and intervening in ego defense mechanisms, including repression, projection, displacement, rationalization, and denial.

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[14] Aditya et al., "Paradigma Psikoanalisis Dalam Perspektif Sigmund Freud"; Ni Komang Sri Ariani, Putu Ayu Ratna Darmayanti, and Wulan Tertiana Santhi, "Dukungan Suami Dengan Proses Adaptasi Psikologi Pada Ibu Nifas RSAD Denpasar Bali," *Care: Jurnal Ilmiah Ilmu Kesehatan* 10, no. 3 (2022): 450–59.

[15] H J Spillers, "'All the Things You Could Be by Now, If Sigmund Freud's Wife Was Your Mother': Psychoanalysis and Race," *Female Subjects in Black and White Race Psychoanalysis Feminism*, 2023, 135–58, https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b%5C&scp=85171696420%5C&origin=inward; Tanjung, Priyati, and Firmansyah, "Perkembangan Moral Anak Dalam Prespektif Sigmund Freud."

4) Strategies for addressing couples with different attachment styles and varying levels of emotional intensity.
5) Evaluation instruments, including observation sheets, interview guidelines, and pre-test and post-test questionnaires.

a) Expert Consultation and Validation

The draft module was subsequently discussed and reviewed with two experts:

1) Ahmad Alamuddin Yasin, an expert in Islamic family law. The discussion focused on legal and ethical aspects of mediation, ensuring that procedures were aligned with Peraturan Mahkamah Agung Nomor 1 Tahun 2016 and principles of family law. His input was used to refine the protocol to ensure mediator neutrality, fairness, legal compliance, and accommodation of mediation grounded in Islamic values.
2) Novi Tridayani, a psychoanalysis expert. The discussion emphasized the psychodynamic content of the module, including identification of defense mechanisms, id–ego–superego dominance, attachment patterns, and psychological intervention strategies. She provided recommendations regarding safe exploration techniques, recognizing unconscious signals in couples, and managing intense emotional conflict without creating additional psychological pressure.

The validation process was conducted in several stages:

1) Presentation of the draft module by the researcher.
2) Critical review of each section, including case examples, intervention strategies, and evaluation instruments.
3) Identification of weaknesses and potential risks associated with psychodynamic interventions.
4) Recommendations for revision and refinement to ensure safe and effective implementation.

b) Revision and Finalization of the Module

Feedback from both experts was integrated into the module, resulting in a finalized version that includes:

1) Operational guidelines for mediators to identify and manage conflicts rooted in unconscious psychological dynamics.
2) Emotional facilitation strategies to ensure that mediation remains reflective, safe, and supportive of relational transformation.
3) A clear session flow, from pre-mediation through face-to-face mediation to post-mediation reflective sessions.

4) Evaluation instruments capable of assessing changes in relationship quality, emotional openness, and conflict intensity.

This development process emphasized integration between psychoanalytic theory and mediation practice. Consultation with the family law expert ensured legal and ethical compliance, while collaboration with the psychoanalysis expert safeguarded the psychological integrity of the intervention. This approach reflects a principle of interdisciplinary triangulation, combining legal, psychological, and field-practice perspectives to produce a comprehensive and applicable module.

Furthermore, the collaborative process functioned as qualitative content validation. For example, reflective questioning techniques were tested through simulated case discussions to observe potential mediator and couple responses, allowing adjustments to better align with realistic emotional conditions. As a result, the module is not only theory-based but also grounded in empirical experience, minimizing the risk of psychodynamic misinterpretation and enhancing mediation effectiveness in real-world contexts.

b. Implementation

The implementation stage represents the phase in which the psychoanalysis-based mediation module and protocol were tested on couples experiencing marital conflict. The implementation was carried out by professional mediators who had received training in psychoanalytic techniques and strategies in accordance with the module guidelines. The purpose of this stage was to evaluate the practical applicability of the method and to assess changes in relationship quality and couples' emotional dynamics.

Mediation sessions were conducted face-to-face in order to maximize observation of emotional expressions, body language, and unconscious reactions. Each mediation session consisted of several stages:

1) **Pre-Mediation:** The mediator prepared the couple by explaining the objectives of mediation, establishing ground rules, and creating a safe environment so that both partners could express emotions openly.
2) **Mediation Session:** The mediator applied reflective questioning techniques, emotional facilitation, and psychodynamic interventions to identify latent conflicts and the couple's defense mechanisms. Observations were conducted to document emotional reactions, communication patterns, and behavioral changes throughout the session.
3) **Post-Mediation Reflection:** Couples were invited to reflect on their experience, their awareness of unconscious patterns, and their perceptions of communication quality and conflict resolution. Data were collected through interviews and post-test questionnaires.

Quantitative analysis using N-Gain data and the Wilcoxon Signed Ranks Test produced the following results:

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
NGain	.221	25	.003	.706	25	.000

a. Lilliefors Significance Correction

Ranks

		N	Mean Rank	Sum of Ranks
Posttest - Pretest	Negative Ranks	8[a]	7.69	61.50
	Positive Ranks	12[b]	12.38	148.50
	Ties	5[c]		
	Total	25		

a. Posttest < Pretest
b. Posttest > Pretest
c. Posttest = Pretest

Test Statistics[a]

	Posttest - Pretest
Z	-1.625[b]
Asymp. Sig. (2-tailed)	.104

a. Wilcoxon Signed Ranks Test
b. Based on negative ranks.

The Shapiro–Wilk test results indicated that the N-Gain data were not normally distributed ($p = 0.000$). This finding suggests that the distribution of changes between pre-test and post-test scores did not meet the assumption of normality; therefore, a non-parametric test was applied.

The Wilcoxon Signed Ranks Test produced a value of $Z = -1.625$ with $p = 0.104$. Since $p > 0.05$, it can be concluded that there was no statistically significant difference between pre-test and post-test scores.

Out of 25 participants, 12 showed an increase in post-test scores, 8 showed a decrease, and 5 remained unchanged. These results indicate a mixed intervention effect, where some couples experienced meaningful improvement, while others did not demonstrate measurable quantitative change.

From a scientific perspective, although the psychoanalysis-based mediation intervention did not produce statistically significant improvement, there are indications of behavioral and emotional awareness changes among some participants. The mixed outcomes may be influenced by individual factors such as emotional readiness, attachment style, and varying levels of conflict complexity.

Observations of couples' interactions during mediation provided important insights:

a) Emotional Responses and Communication Patterns: Couples exhibited varied emotional reactions, including spontaneous anger, withdrawal, and passive-aggressive defensiveness. Mediators were able to recognize these patterns and adjust facilitation techniques accordingly.
b) Defense Mechanisms: Some couples demonstrated projection, attributing their own feelings to their partner, or rationalization of conflict. Psychoanalytic interventions enabled mediators to guide self-reflection without inducing feelings of blame.
c) Awareness and Reflection: During reflective sessions, couples began to recognize unconscious patterns influencing their conflicts, including the impact of childhood experiences and attachment styles. This suggests that, although quantitative changes were not statistically significant, the intervention generated qualitative effects in the form of increased self-awareness and emotional understanding.

c. Evaluation

The evaluation stage aimed to assess the effectiveness, feasibility, and impact of the psychoanalysis-based mediation method following its implementation. Evaluation was conducted through a combination of quantitative and qualitative analyses, along with reflective feedback from mediators and participating couples. This triangulation approach enabled a more comprehensive assessment of the intervention's overall performance.

Quantitative analysis comparing pre-test and post-test scores using the Wilcoxon Signed Ranks Test yielded $Z = -1.625$ with $p = 0.104$. These results indicate that, statistically, there was no significant difference between conditions before and after the intervention.

However, the Ranks analysis revealed mixed effects: 12 participants showed improvement, 8 experienced a decline, and 5 demonstrated no change. These findings

suggest that the method's impact is individual in nature, influenced by factors such as emotional readiness, conflict complexity, and attachment style. Although the quantitative findings were not statistically significant, they nonetheless provide important insight into the method's partial effectiveness.

Observations and in-depth interviews offered a richer understanding of the intervention's impact:

1) Emotional Awareness and Self-Reflection

Couples began to recognize unconscious patterns, defense mechanisms, and the influence of childhood experiences on their conflict behaviors. This indicates that the intervention facilitated a level of introspection that is rarely achieved in traditional mediation.

2) Changes in Communication Patterns

Some couples demonstrated improved listening skills, greater ability to express feelings without blame, and enhanced emotional regulation during conflict. Mediators reported that reflective questioning and emotional facilitation techniques contributed to reducing emotional escalation.

3) Mediator Perceptions

Mediators evaluated the protocol and module as clear, practical, and relevant. They emphasized that the guide provided a systematic framework for understanding couples' psychological dynamics, resulting in more focused and professional interventions.

CONCLUSION

This study demonstrates that marital conflict often stems from complex psychological dynamics, including ego defense mechanisms, the relative dominance of id, ego, and superego, and childhood experiences that shape couples' attachment patterns. Traditional mediation approaches that focus primarily on negotiation or practical solutions are not always capable of addressing these deeper roots of conflict. As a result, disputes tend to recur even after surface-level issues have been resolved. In this context, integrating a psychoanalytic approach into mediation proves relevant, as it facilitates the exploration of latent conflict and underlying emotional mechanisms while providing couples with space for deeper self-reflection.

One of the primary contributions of this study is the development of the *Practical Guide to Psychoanalysis-Based Mediation*. The module was designed around five core components: fundamental mediator skills; questioning and listening techniques to facilitate emotional expression; identification of couples' defense mechanisms; strategies for addressing different attachment styles; and maintaining mediator neutrality and self-

care. The draft module was validated and refined through intensive discussions with Ahmad Alamuddin Yasin, an expert in Islamic family law, and Novi Tridayani, a psychoanalysis specialist. This process ensured that the module was not only grounded in psychoanalytic theory but also aligned with legal principles, mediation ethics, and professional practice standards.

Implementation of the module with couples experiencing conflict revealed meaningful qualitative changes. Couples began to recognize unconscious patterns influencing their disputes, identify their own defense mechanisms, and enhance their capacity for self-reflection and constructive communication. Quantitatively, the N-Gain analysis indicated that the data were not normally distributed (Shapiro–Wilk $p = 0.000$), leading to the use of the non-parametric Wilcoxon Signed Ranks Test. The Wilcoxon results showed $Z = -1.625$ with $p = 0.104$, indicating no statistically significant difference between pre-test and post-test scores. Of the 25 participants, 12 demonstrated increased post-test scores, 8 showed decreases, and 5 remained unchanged. Although the quantitative changes were not statistically significant, qualitative findings underscore the method's potential to enhance emotional awareness, strengthen reflective communication, and deepen understanding of relational dynamics.

Overall evaluation suggests that psychoanalysis-based mediation offers a deeper, more humanistic, and reflective approach compared to traditional mediation. The method not only assists couples in resolving short-term disputes but also fosters relational transformation through greater psychological insight into individual dynamics. The findings highlight the importance of systematic module development, comprehensive mediator training, and further research with larger samples and longer mediation durations to assess long-term effects.

This study contributes both scientifically and practically. Academically, it enriches the literature on marital mediation in Indonesia by integrating psychoanalytic theory into mediation practice. The approach provides mediators with conceptual and technical tools to address emotional conflict at a deeper level, beyond surface-level problem solving. Practically, the developed module and protocol offer a structured guide for mediators to understand couples' psychological dynamics, facilitate self-reflection, and promote healthier, more constructive communication.

Based on these findings, future research is recommended with larger sample sizes, extended mediation durations, and longitudinal evaluation to measure long-term impacts on relationship quality. Psychoanalysis-based mediation holds potential not only to reduce conflict intensity but also to strengthen emotional stability, enhance self-awareness, and foster more harmonious and sustainable relationships.

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