Post-Breakup Adjustment in Indonesian Emerging Adults: A Phenomenological Study of Communication, Social Behavior, and Emotion Regulation

Miranti. Rasyid[1] iD , Agnes. Sandra[1] iD , Ridha. Wahyuni[1] iD , Helena. Octavianne[2] iD , Meilani. Sandjaja[3]* iD

ABSTRACT

Objective: This study explored how emerging adults adjust emotionally and socially after a romantic breakup, with an emphasis on post-breakup communication, social behavior, and emotion regulation in an Indonesian context.

Methods and Materials: A qualitative phenomenological design was employed. Participants were recruited purposively via social media and personal networks. The study included three emerging adults (19–25 years) with at least six months' experience in a toxic relationship, complemented by three informants to enrich contextual understanding. Data were collected through semi-structured interviews (60–90 minutes), naturalistic observations, and relevant documents. Interviews were conducted in Bahasa Indonesia, transcribed verbatim, translated into English, and checked via back-translation. Data were analyzed inductively following phenomenological procedures (e.g., Colaizzi/Van Manen) with iterative coding and theme development. Credibility was supported through triangulation, reflexive memoing, peer discussion, and member checking.

Findings: Four interrelated themes characterized post-breakup adjustment: (1) Communication shifts toward limited or indirect contact (often via social media) and boundary-setting; (2) Social behavior changes, including reduced organizational participation and more cautious social engagement; (3) Emotional balance, marked by self-reflection, emotional maturity, and avoidance of repeating past relationship patterns; and (4) Self-adjustment, including letting go of pride, redefining the ex-partner relationship as neutral friendship (when adaptive), and rebuilding supportive networks.

Conclusion: Post-breakup adjustment involves a coordinated shift in communication practices, social participation, and emotion regulation. Social media functions as a double-edged context—maintaining low-intensity support while potentially sustaining ambiguity. Culturally sensitive counseling and psychoeducation that strengthen self-reflection, boundary skills, and supportive relationships may facilitate healthier recovery trajectories.

Keywords: post-breakup adjustment, phenomenology, emotion regulation, social media, Indonesia.

Introduction

Building relationships is an integral part of early adulthood, which is known as a period of psychosocial development, where individuals seek to establish meaningful long-term relationships (Baxter & Wilmot, 2021). At this stage, individuals strive to build deep relationships, but they often experience emotional stress that can threaten the quality of those relationships (Rifayanti et al., 2025). This emotional stress is often caused by tensions that arise in relationships, such as anxiety over loss, conflict, or changes in roles within the relationship (Rollie & Duck, 2013). Conflicts, anxiety, and demands from both the partner and the environment can lead to relationship breakdowns (Barzeva et al., 2021). Additionally, women are more vulnerable to stronger feelings of loss, which can slow down their emotional recovery after parting ways with their partner. This process highlights the need to explore how more intense emotional processing among women affects their social and emotional adjustment after a breakup (Norona & Olmstead, 2017).

Attachment theory, as explained by Bowlby (1969), provides important insights into how individuals build relationships and how a breakup can affect their emotional attachment. In this context, individuals with more secure attachment styles may recover more quickly from a breakup, while those with anxious or avoidant attachment styles may experience greater difficulty in adjusting to the loss (Rifayanti et al., 2025). This theory helps explain the different emotional responses to breakups. Early adulthood is characterized by significant changes in an individual's social world. Relationships with friends and romantic partners become more dominant than relationships with family members. While entering a romantic relationship for the first time can reduce the tendency to withdraw, the quality of romantic relationships can still vary among individuals (Barzeva et al., 2021). Individuals in this period begin to seek more permanent, committed, supportive, and exclusive relationships compared to early adolescence.

Emotion regulation models explain how individuals manage their feelings to achieve more adaptive outcomes in stressful situations, including after a breakup. In this context, individuals who are better able to regulate their emotions will be more successful in navigating post-breakup adjustments (Baxter & Wilmot, 2021).

Frameworks such as the Dual Process Model from Huta & Waterman (2014) are also relevant, as they describe two pathways in the grieving process: one focusing on loss and the other focusing on recovery and adaptation. This model suggests that individuals should not only focus on feelings of loss but also engage in activities that support recovery and self-adjustment, such as social reconnection or the search for a stronger identity after the relationship ends (Mahmudah et al., 2025). By utilizing attachment theory, emotion regulation models, and frameworks like the Dual Process Model, as well as stages of relationship dissolution, this study aims to further explain social and emotional adjustment after a breakup, particularly in the context of women in early adulthood (Fourqoniah et al., 2025). This research will also address gaps in the existing literature, providing a more comprehensive understanding of the factors that influence the success of post-breakup adjustment in rebuilding social and emotional relationships.

Additionally, there is a gap between the expectation of emotional and social support after a breakup and the reality of inadequate support. Complex emotional challenges often require support from family, friends, or mental health professionals (Gehl et al., 2024). However, not all social circles are able to provide the necessary support, so individuals must seek other sources of support (Kansky & Allen, 2018).

Based on interviews with MH subjects, it was found that being friends with an ex-lover can have many positive impacts if done with clear awareness and goals (Kansky & Allen, 2018). The subjects mentioned that the main reason for making friends was the convenience and need for a story-sharing friend (Norona & Olmstead, 2017). However, they were also aware of emotional risks, such as the emergence of hope for a romantic relationship. A significant difference perceived by the subjects when befriending an ex-lover is the freedom of expression without fear of offending. They feel they can share stories, opinions, and experiences more freely (Barzeva et al., 2021). Subjects feel they can share their stories, opinions, and experiences more freely. However, negative impacts such as returning to comfort and the desire to re-establish a romantic relationship are still felt in some cases (Cai, 2025).

Based on previous research, Post-Dissolution Relationships have their own benefits and challenges. This study aims to explore this phenomenon further, including the reasons for its occurrence, its positive and negative impacts, and how individuals deal with these situations. With a deeper understanding, this research is expected to provide new insights into relationship dynamics in early adulthood. This study aims to explore post-breakup relationships in the context of early adulthood, focusing on the influence of communication, social behavior, and emotional balance in the post-breakup adjustment process.

Methods and Materials

This study uses a small sample size, comprising three participants and three informants, which aligns with the phenomenological approach that prioritizes in-depth exploration of individual experiences rather than broad generalizations. Phenomenological research often involves a smaller sample to allow for a detailed understanding of lived experiences. The inclusion criteria for participants were individuals aged 19-25 who had experienced a toxic relationship lasting at least six months before the study. Exclusion criteria included individuals who were unwilling to give written consent or were currently undergoing active therapy related to toxic relationships. Participants were recruited using purposive sampling techniques, with outreach conducted through social media and personal network recommendations, ensuring demographic diversity such as gender and socioeconomic status (Sari et al., 2025).

Data collection consisted of semi-structured interviews, observations, and documentation. Interviews, lasting 60-90 minutes, were guided by open-ended questions designed to deeply explore the participants' experiences. These interviews were conducted in Bahasa Indonesia, and the transcripts were translated into English by the researcher to maintain linguistic accuracy. The translation process involved verbatim translation and verification through back-translation with a bilingual colleague. Observations were conducted in naturalistic settings to capture participants' behavior and emotional responses without manipulation. Documentation from relevant personal experiences was used to supplement data collected through interviews and observations.

Data analysis was conducted using an inductive approach, following Colaizzi (1978) and Van Manen's (2016) thematic analysis method. The process to analyze lived experiences in a more structured manner. The integration of thematic analysis with phenomenology raises some epistemological concerns, as thematic analysis is more common in reflective or constructivist qualitative traditions. The rationale for combining these methodologies is not clearly discussed, leading to potential confusion in the methodological approach.

Despite these methodological inconsistencies, the analysis process included initial coding, categorization of themes, and interpretation to identify key patterns. Memoing and regular discussions with fellow researchers helped mitigate personal biases and enhance reflexivity in the analysis process. To strengthen the validity of the findings, data triangulation was employed by integrating information from interviews, observations, and documentation. Member checks were conducted by discussing the interpretations with participants to ensure the findings were consistent with their lived experiences.

Ethical procedures were rigorously followed, including obtaining informed written consent from participants, ensuring data confidentiality, and providing emotional support to participants when discussing sensitive topics. The researcher's role as an active observer was clearly defined, and reflective practices were employed to minimize bias in the interpretive process. These steps contributed to the credibility, dependability, confirmability, and transferability of the study, ensuring that the research findings offer a meaningful contribution to understanding post-breakup relationships in early adulthood.

Findings and Results

It is important to understand the context behind research regarding toxic relationships and the coping strategies used by individuals experiencing them. This study departs from the high number of reports of cases of emotionally detrimental interpersonal relationships, which have a significant impact on the mental health and quality of life of individuals. Through data collection, in-depth analysis, and theory-based approaches, this research aims to provide a comprehensive understanding of the dynamics of toxic relationships, their impacts, and strategies that can support individuals

in dealing with them. Demographic characteristics of the subjects are presented in Table 1.

Table 1

Demography of Subject

Characteristic	AIZS	RA	MH
Age	22 years	24 years	25 years
Gender	Female	Male	Female
Social Background	College student, middle class	Freelancer, upper middle class	College student, lower-middle class
Education	Undergraduate	Diploma	Bachelor's degree
Experience in Toxic Relationship	In a toxic relationship for 1 year	In a toxic relationship for 2 years	In a toxic relationship for 6 months
Current Relationship Status	Not in a relationship (single)	Not in a relationship (single)	In a new relationship
Occupation/Status	Active student	Freelancer	Active student
Therapy Experience	Never attended therapy	Attended therapy after a toxic relationship	Never attended therapy
Recruitment Source	Referred by a friend	Found through social media	Referred by a friend

The subjects exhibit varied social backgrounds, ages, educational levels, and relationship experiences. While AIZS and MH are currently not in a relationship, RA is also single but has attended therapy post-relationship. AIZS and MH are active students, while RA works as a freelancer. Each subject was recruited through different sources, either via personal referrals or social media.

Communication Relationships

The post-breakup communication dynamics observed in this study show clear changes in how participants interacted with their ex-partners. Communication, in this case, is heavily influenced by physical distance, with participants reporting a shift toward more frequent interactions via social media, while face-to-face communication happens only when there is a specific reason to meet and talk. This reflects flexibility in choosing communication channels based on the situation. Below are direct quotes from participants that illustrate these dynamics:

"If it were with the same X, communication went smoothly. However, some people chose to distance themselves, while others intended to be friends but felt comfortable with the existing distance. With X, the relationship." (Interview, 02-03-23, B93-100).

Participant 1 (P1) explains that communication initially went smoothly with their partner, but after the breakup, some people chose to distance themselves, while others preferred to maintain a friendship but were comfortable with the emotional distance that remained.

This statement indicates that while there may have been an intention to stay friends, the emotional distance after the breakup varied between individuals. This could be influenced by personal emotional needs, the readiness to reconnect, or the comfort level with the space between them, showing that post-breakup relationships are often nuanced and situational.

"After breaking up, communication remained good. However, at present, I no longer talk to them. Even so, if we met, I still greeted them …" (W1, AIZS, 29-03-2023, B77-103).

Participant 2 (P2) shares that communication remained positive immediately after the breakup. However, they no longer communicate with their ex-partner, although they still greet them politely if they happen to meet.

This statement reflects an individual's decision to limit further interaction after the breakup, while still maintaining politeness during incidental encounters. It suggests an emotional adjustment, where the person avoids deeper emotional engagement but adheres to social norms by greeting the ex-partner, signaling emotional boundaries despite the residual familiarity.

" If contact was lost for a year, but we still followed each other on social media, the relationship could be considered over without further communication. Although we remained virtually connected, there was no direct interaction. However, if they suddenly followed again, it could be a sign of a desire to reconnect" (W1, RA, B56-63).

Participant 3 (P3) describes how the relationship could be considered over if there is a year of no contact, even if both parties continue to follow each other on social media. The lack of direct interaction indicates that

the relationship has ended. However, if the ex-partner suddenly follows them again, it could signal a desire to reconnect.

This statement underscores the role of social media as a form of virtual interaction after a breakup. While the relationship may seem concluded due to the absence of direct contact, a renewed social media connection could signify an emotional desire to reconnect or re-establish communication, even though it doesn't always result in direct interaction. This suggests that digital signals, like following each other again, are subtle cues for emotional intentions.

The above quotes show how each participant experienced changes in communication patterns after their breakup. Each statement reflects the influence of factors such as physical distance, emotional comfort, and decisions to stay connected, either directly or through social media. The use of direct quotes helps delve deeper into the themes of post-breakup communication while maintaining transparency about participants' lived experiences. Communication relationships components are shown in Figure 1.
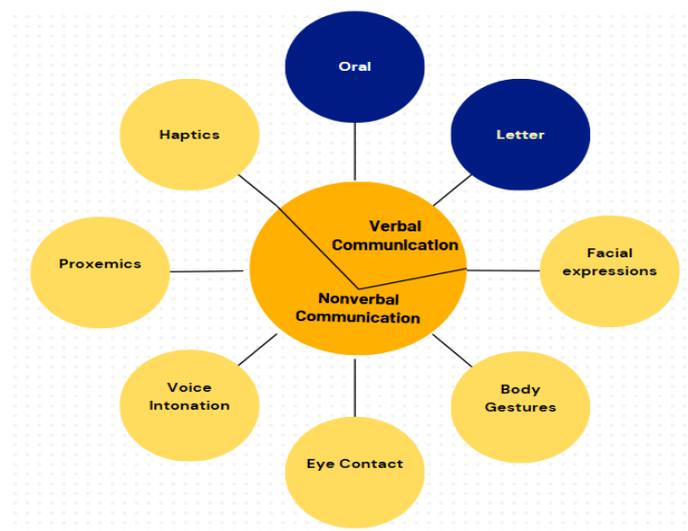
Figure 1

Communication Relationships

Verbal and nonverbal communication remain intertwined in post-breakup relationships, although the intensity and form of interaction are adjusted to the dynamics of the relationship and the respective situation.

Social Behavior

Changes in social behavior in individuals who prefer to focus on courses and become passive members of the organization. This choice reflects adjustments in social interaction, with reduced involvement in activities outside academia. This shows that even if there is a change in relationship status, social bonds can still be established. Overall, there is a tendency to keep distance in deeper social interactions, preferring to listen and give advice rather than getting directly involved in other

people's personal matters. This is evidenced by the results of the interview as follows:

" I had known them since middle school. They often broke up, but I forgot exactly when until some time ago. Their relationship lasted for about two years."(W1, MH, 02-03-23, B108-108).

Participant 1 (P1) reflects on knowing someone for a long time, observing the frequent breakups in their relationship. However, P1 notes that they have lost track of the exact timeline of these events, indicating a sense of detachment.

This statement highlights the lasting influence of long-term relationships, even when frequent disruptions occur. The lack of recall regarding specific details suggests emotional distancing, which could be a coping

mechanism developed over time as a result of repeated relationship instability. It reflects how individuals may detach themselves emotionally as a defense against ongoing relational turmoil.

" *My friend, I am not the type of person who likes to interfere in other people's affairs. So, if I had a problem with someone, they would rather listen and give advice instead of directly telling me what to do.'* " (W1, AIZS, 29-03-2023, B214-228).

Participant 2 (P2) describes her approach to relationships as supportive but non-intrusive. She prefers to listen and offer advice rather than directly intervene in others' issues.

This suggests that following a breakup, P2 may have adopted a more passive role in social interactions, prioritizing emotional support over active involvement. It reflects an emotional adjustment to post-breakup life, where the individual might withdraw from deeper engagements in others' personal matters, possibly as a means of protecting herself or maintaining emotional distance after the breakup.

"Now, the organization was no longer active. I was still a member, but I was not active, so I only played a passive role." (W1, RA, 29-03-2023, B42-47).

Participant 3 (P3) describes their current, passive involvement in an organization that has become inactive. Though still a member, they play a minimal, disengaged role.

This statement underscores how emotional changes after a breakup can extend to other social contexts, such as participation in groups or organizations. The shift from an active to passive role may reflect a conscious effort to conserve emotional energy and limit social involvement, serving as a strategy for recovery or self-protection after a significant emotional disruption like a breakup. The statement reflects personal experiences and characteristics, where one individual reflects on a long-term relationship with someone, another emphasizes their supportive but non-intrusive role in offering advice, and the latter describes their current passive involvement in an organization after becoming inactive. Social behavior components are shown in Figure 2.
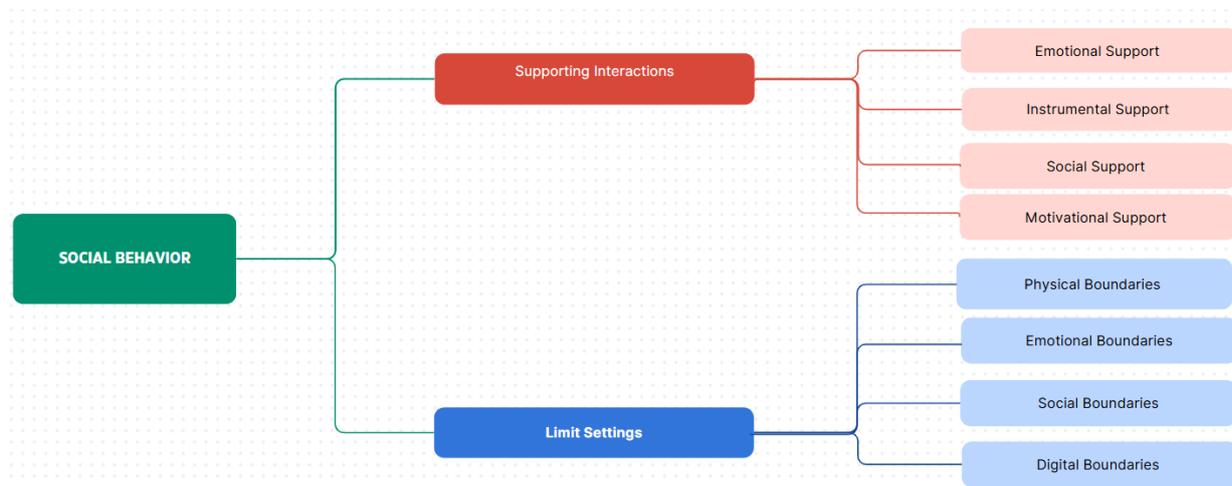

Figure 2

Social Behavior

Emotional support from friends was provided by actively listening and giving advice without coercion, while subjects maintained social distancing by setting boundaries to focus on self-development and maintaining healthy relationships.
Emotional Balance

The subject shows an attempt to maintain emotional balance by avoiding relationships that risk repeating past mistakes. Although they still have the desire to return, they realize that continuing the relationship will not bring long-term happiness. Overall, they try to maintain their emotional balance by accepting reality and avoiding any awkward or sad feelings that remain

after a breakup. This is evidenced by the following interview results:

"I needed time to adjust because I felt I had played a role in the breakup. However, in the end, I felt fine. I wanted to remain friends with X because I found it enjoyable. I did not want the relationship to end abruptly without continuity, as that would be quite saddening."(W1, MH, 02-03-23, B130-147).

Participant 3 (P3) describes a relationship where, despite a year of no contact, the connection is maintained through social media. The absence of direct interaction suggests that the relationship is effectively over, but if the ex-partner re-engages by following again, it could signal a desire to reconnect.

This highlights the role of virtual connections in post-breakup relationships. While social media followers can indicate a form of lingering connection, they do not necessarily translate into active communication. The re-initiation of the social media follow may symbolize a tentative step towards rebuilding communication, though it remains uncertain whether this will lead to genuine reconnection or simply serve as a passive gesture of maintaining an emotional link.

At that time, I felt that if I got back into the relationship, there was a possibility that the same situation would happen again. Therefore, I thought it was better not to return, even though there was a desire to do so." (W1, AIZS, 2023-03-29, B140-160)

Participant 1 (P1) reflects on a long-term relationship marked by frequent breakups. Although they lost track of the exact timing of these disruptions, P1 acknowledges that the relationship lasted for approximately two years.

This statement illustrates the emotional complexity of long-term relationships, where repeated disruptions lead to emotional detachment. The fact that P1 has

forgotten the precise timing of the breakups suggests a form of emotional distancing or a coping mechanism, likely a response to the instability of the relationship. Over time, individuals may detach from the specifics of the relationship as a way to mitigate emotional pain and regain emotional stability.

"If contact was lost for a year but we still followed each other on social media, the relationship could be considered over without further communication. Although we remained virtually connected, there was no direct interaction. However, if they suddenly followed again, it could indicate a desire to rebuild communication" (W1, RA, B56-63).

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The statement reflects a diverse range of individual approaches to post-breakup relationships, with one describing the gradual process of rekindling a friendship after a period of emotional reflection, another expressing a fear of repeating past mistakes and preferring to remain apart, and a third highlighting the transient nature of the connection, where social media follows sometimes resurfaces without deeper interactions. Emotional balance components are shown in Figure 3.
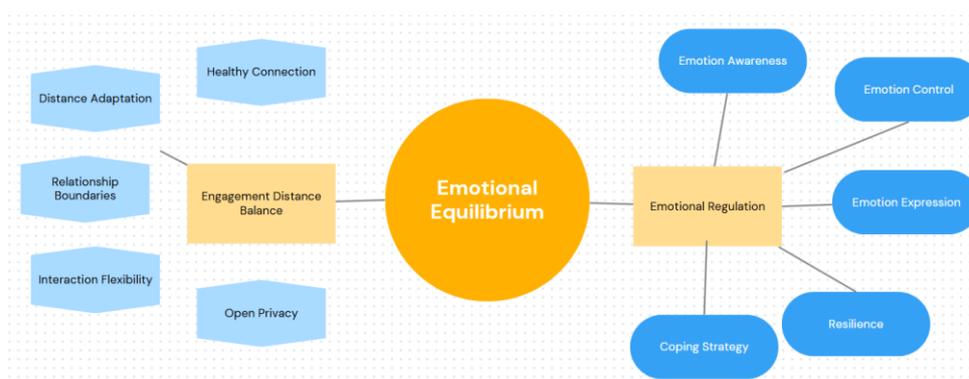

Figure 3

Emotional Balance

Individuals manage their emotional balance by distancing themselves from past relationships, reflecting on their feelings, and rebuilding social relationships to maintain stability and avoid emotional conflict.

Self-adjustment

The subject showed a process of self-adjustment after a separation from a partner, by reducing the sense of prestige and accepting the relationship in the form of ordinary friendship. They find it easier to blend in after a breakup and prioritize a healthier, more balanced relationship. The awareness to make friends after a breakup is natural, as long as the relationship goes well and respects each other. This is evidenced by the results of the interview as follows:

"At first, they still maintained their pride and did not interact much. However, over time, I realized that we were no longer significant to each other, so there was no reason to hold onto pride. I also did not hope to return to that time. " (W1, AIZS, 29-03-2023, B77-103).

Participant 1 (P1) describes initially maintaining emotional distance and pride after the breakup. Over time, however, they recognized that both parties had moved on, and there was no longer any reason to hold onto pride.

This statement illustrates the transition from emotional detachment and pride to emotional acceptance. The realization that both individuals no longer hold significance for each other marks a shift in perspective, where P1 lets go of the past. This highlights a key process of emotional adjustment—letting go of previous emotional attachments to embrace a more realistic and pragmatic view of the relationship, focused on moving forward.

Since we had lost contact for a long time and each had a partner after the breakup, our situation was different. In the past, when we were younger, relationships felt simpler. Now, I realize that there is nothing wrong with being friends, especially if the friendship brings mutual benefits" (W1, RA, B126-135).

Participant 2 (P2) reflects on how time and new circumstances, such as having new partners, have altered their perspective. They acknowledge that a friendship is possible and even valuable if it brings mutual benefits.

This statement reveals a shift in understanding as P2 matures. The change from a simplistic view of relationships in youth to a more mature appreciation of friendship post-breakup reflects emotional growth. P2 emphasizes that the value of relationships after romance lies in mutual benefit, indicating that emotional maturity allows for healthier, more balanced connections rather than lingering romantic ties.

The statement reflects an individual's evolving perspective on relationships, with one describing a shift from initial prestige to a more relaxed and genuine relationship after reuniting, while another emphasizes the growth that comes over time, acknowledging the value of maintaining healthy friendships even after changing circumstances and new partnerships. Self-adjustment components are shown in Figure 4.
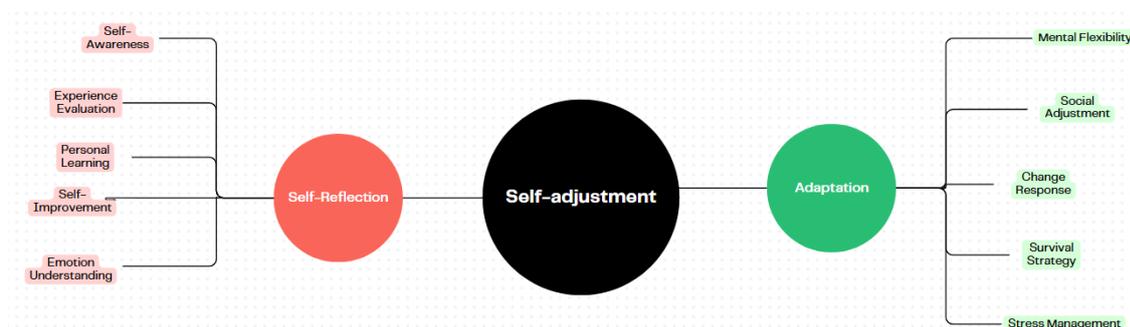

Figure 4

Self-adjustment

Individuals demonstrate adaptability and self-reflection by adjusting to post-breakup changes, maturing their relationships, and rebuilding healthier, more balanced social relationships.

The study provides an insightful exploration of how individuals adapt to post-breakup communication dynamics, social behavior, emotional balance, and self-adjustment. The participants exhibited diverse approaches to these changes, influenced by their emotional maturity, personal needs, and the nature of their past relationships. In terms of communication dynamics, AIZS initially maintained emotional distance after the breakup, holding onto pride. Over time, however, AIZS recognized that both parties had moved on, and there was no reason to cling to the past. This led AIZS to embrace a more pragmatic approach, opting for friendship over rekindling the romantic relationship. In contrast, RA chose to limit further interaction with their ex-partner, maintaining only polite greetings during incidental encounters. This shows an emotional adjustment where RA establishes boundaries while still respecting social norms. Meanwhile, MH highlighted the role of social media in maintaining a virtual connection even after a year of no direct communication, signaling a potential desire to reconnect. This reflects how digital interactions can serve as subtle emotional cues post-breakup, even when they do not lead to active communication.

Regarding social behavior, the participants demonstrated a marked shift towards reduced social engagement after their breakups. AIZS, reflecting on a long-term, unstable relationship, observed that frequent disruptions led to emotional detachment, a coping mechanism that allowed them to distance themselves from the specifics of the relationship. RA, on the other hand, took a more passive role in social interactions, prioritizing listening and offering advice rather than actively engaging in others' personal matters. This shift could be a form of emotional self-protection following the breakup. Similarly, MH reported reduced involvement in an organization that had become inactive, reflecting a broader tendency to conserve emotional energy and limit social interactions after the emotional toll of a breakup. The Conceptual model is shown in Figure 5.
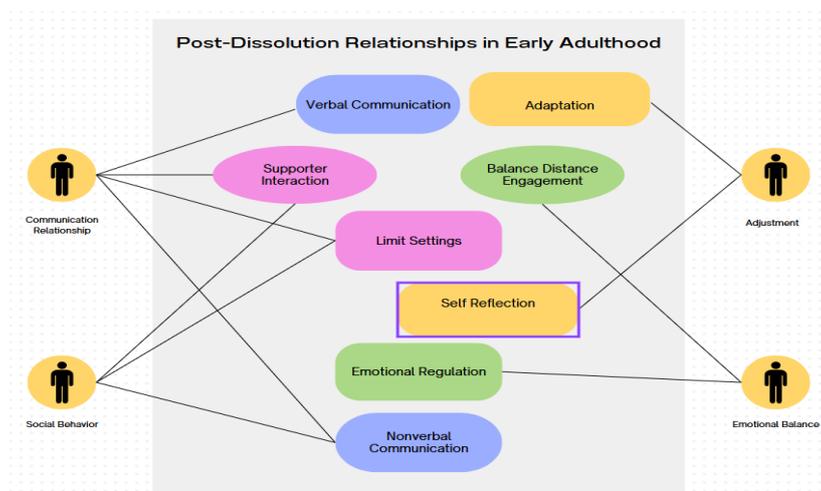

Figure 5

Conceptual Model

In terms of emotional balance, each participant showed different strategies for managing their emotions. AIZS, despite the initial emotional difficulty, sought to maintain a friendship with their ex-partner, demonstrating a shift from emotional detachment to emotional acceptance. RA acknowledged the possibility of reconciling with their ex but chose to avoid repeating past mistakes, reflecting emotional maturity and the prioritization of self-preservation. MH expressed a willingness to reconnect with their ex via social media, yet this was a cautious step, signaling openness to communication but within controlled boundaries.

Discussion and Conclusion

Post-breakup communication and social behavior involve multiple processes of adjustment, with individuals navigating the complex transition from intense romantic connections to more distant, casual relationships. Cai (2025) suggests the end of a romantic relationship often marks a shift in communication dynamics, where interactions evolve from frequent,

intimate exchanges to more formal or occasional exchanges. In many cases, after the end of a romantic relationship, communication shifts from frequent and intimate exchanges to more formal or occasional interactions (Dailey et al., 2020). This change, while challenging, reflects the adaptability of individuals as they adjust to the new dynamics of their relationships (Anderson, 2023).

Many individuals, despite the breakup, continue engaging in limited, informal communication (Mahoney, 2021). They may exchange brief greetings or occasionally check in when they cross paths, maintaining a sense of connection while respecting the emotional distance that has emerged. Furthermore, some individuals may experience a period of "losing contact" but find that communication re-establishes itself through social media, even if face-to-face interactions are infrequent (Tran et al., 2024). This suggests that a complete disconnection is not always necessary for emotional closure, and social media offers a subtle, indirect way to reconnect emotionally without rekindling the romantic aspect of the relationship.

Social media plays a significant role in post-breakup communication, enabling individuals to maintain virtual connections despite limited direct interactions. point out that social media provides a platform for individuals to continue following each other, signaling a degree of ongoing connection even when no direct communication occurs (Davis et al., 2003). The reliance on social media for communication introduces challenges related to emotional uncertainty. Participants in the study expressed a feeling of communication being "hanging," a state of emotional and social ambiguity that arises from online interactions (Lee, 2010) This lack of clarity can prolong emotional recovery, as individuals are left grappling with mixed signals and the difficulty of interpreting the true emotional state of an ex-partner when communication is mediated through digital platforms (Lee, 2010).

In addition to communication, the process of self-adjustment after a breakup involves significant emotional work. As time progresses, individuals reflect on their past relationships, reassessing their emotional needs and priorities (Marshall et al., 2013). This reflection allows for emotional growth and self-discovery, enabling individuals to accept the reality of the breakup and focus on healthier future relationships.

Emotional maturity is central to this process, as it fosters an understanding of personal boundaries and the realization that meaningful, non-romantic relationships can exist after a breakup (Cai, 2025). Individuals may choose to maintain emotional distance, not as a form of avoidance but as a conscious effort to protect their emotional well-being. Keeping interactions lighter with former partners or mutual friends serves to reduce emotional strain, preserving emotional energy and preventing the rekindling of romantic feelings or becoming too deeply involved in others' emotional struggles (Mahoney, 2021; Moller et al., 2003). This conscious decision to keep a distance can be viewed as a protective measure, allowing individuals to navigate post-breakup life without becoming overwhelmed by emotional complexities (Ubino & Astuti, 2025).

The changes in communication and social behavior observed in post-breakup individuals go beyond simply ending a romantic relationship. They reflect a more complex, dynamic process of emotional and social adjustment, which includes self-regulation, emotional response management, and the development of more mature social relationships. By embracing self-reflection and recognizing the importance of personal boundaries, individuals are better equipped to navigate the emotional complexities following a breakup. The ability to adapt to new social norms and form healthy relationships demonstrates resilience and emotional growth (Tran et al., 2024).

Emphasize how adolescents from broken homes develop psychological resilience through theological reflection, offering insights into emotional coping mechanisms applicable in romantic separations. Highlight the role of female leadership and personal transformation in overcoming societal challenges, suggesting that post-breakup adaptation involves personal growth and the reconstruction of one's identity (Rodhiyah & Djuwita, 2023). Discuss how digital competence helps individuals, particularly women from marginalized regions, redefine themselves and engage socially in the digital realm after a breakup. who emphasize the importance of rebuilding social networks and trust after relational loss, a crucial aspect of post-breakup. Underscore the necessity of culturally informed psychological tools for survivors of domestic trauma, pointing out that emotional recovery must account for

sociocultural frameworks to be truly effective (Mahoney, 2021).

These changes in communication and social behavior go beyond merely ending a romantic relationship. They reflect a more complex and dynamic process of emotional and social adjustment. This process involves self-regulation, the management of emotional responses, and the development of more mature social relationships. By embracing self-reflection and understanding the importance of personal boundaries, individuals are better equipped to navigate the emotional complexities that follow a breakup. The ability to adapt and form new, healthy relationships shows the resilience of individuals and their capacity to grow emotionally after the end of a romantic relationship (Moller et al., 2003).

In navigating post-breakup emotional resilience and communication, several studies have shed light on the multifaceted strategies individuals employ to adapt. Parenteau et al. (2019) emphasize how adolescents from broken homes develop psychological resilience through theological reflection, offering insight into the emotional coping mechanisms applicable in romantic separations. Similarly, Cai (2025) highlights the role of female leadership and personal transformation in the face of societal and institutional challenges, underscoring the potential for identity reconstruction after emotional rupture. In a digital context, Juwita et al. (2024) explore how digital competence empowers women in marginalized regions, suggesting that post-breakup adaptation today often involves navigating online platforms for self-redefinition and social engagement. The significance of team cohesion, as demonstrated by Kim (2025), parallels the importance of rebuilding social networks and trust after relational loss. Finally, Yue & Cui (2025) underline the necessity of culturally informed psychological tools for survivors of domestic trauma, reinforcing that emotional recovery must consider sociocultural frameworks to be truly effective.

This study explores the post-breakup self-adjustment process, highlighting how individuals adapt their communication and social behavior to foster healthier, more mature relationships. A key finding is the role of emotional maturity and self-reflection in enabling individuals to navigate relational transitions, with participants maintaining informal connections—often through social media—demonstrating the persistence of

emotional bonds in a less intense, more manageable form. The study emphasizes digital platforms as both a tool for maintaining indirect emotional connections and a source of emotional uncertainty due to the lack of clarity in communication. By focusing on boundary-setting and social support, the research contributes new insights into how digital communication plays a significant role in post-breakup emotional regulation, particularly among Indonesian youth. These findings have practical implications for mental health professionals, suggesting that promoting emotional maturity, encouraging self-reflection, and guiding individuals in maintaining supportive social networks can facilitate healthier post-breakup relationships. Future research should examine the influence of family dynamics and cultural support systems on emotional recovery, especially in diverse cultural contexts, and explore the long-term effects of digital communication on emotional resilience in non-Western societies like Indonesia. Overall, this study contributes to a deeper understanding of emotional resilience in post-breakup contexts and offers valuable insights for counseling practices.

Acknowledgments

Declaration of Interest

The authors of this article declared no conflict of interest.

Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants. Ethical considerations in this study were that participation was entirely optional.

Transparency of Data

In accordance with the principles of transparency and open research, we declare that all data and materials used in this study are available upon request.

Authors' Contributions

All authors equally contribute to this study.

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