

Fatherless Impact on Jambi University Guidance and Counseling Study Program Students

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Abstract: The purpose of this study was to discover and study the effects of paternal absence on Jambi University Guidance and Counseling (BK) students. The method used is qualitative and case studies are used. Data was collected through thorough interviews with BK students who did not have fathers. A thorough interview with a student who experienced a life without a father, where his father's role was lost due to divorce, showed that the student was very sad when he saw the interaction of father and son other people around him. They miss the warmth and care they should have felt when they were little. The absence of fathers has an impact on emotional and psychological development, such as difficulty controlling emotions, frequent mood shifts, and feeling stressed because the role of fathers cannot speak or vent feelings. Despite the efforts of other family members, such as grandmothers and grandfathers who motivate students by replacing financial responsibilities. The dream and hope related to the future life is to build a strong family with his children who will not experience what he experienced before. According to this student, a father must be responsible for the education of the child and meet all his needs mentally and financially.

Keywords: Fatherless¹, Role², Impact²

INTRODUCTION

Attention to environmental influences on adolescents, especially in the context of divorced families. Research has shown that a lack of affection from parents can have a significant impact on a teenager's emotional well-being. One interesting finding is that teenagers who experience a lack of affection tend to experience trauma which is manifested through feelings of excessive disappointment and deep sadness.

Adolescents who experience a lack of affection experience trauma which appears through feelings of excessive disappointment and deep sadness. This finding is in accordance with Goble's opinion which states that individuals, including adolescents from divorced families, need love from

their parents to fulfill the subject's needs and prevent problems from arising. Behavior or problems that arise in teenagers can be caused by divorced parents, so that teenagers express their feelings through bad behavior (Ferdiansyah,dkk ,2022)

This study is intended to recognize and understand the effects arising from the absence of a father figure on Jambi University Guidance and Counseling (BK) students. Findings from interviews showed that paternal absences, primarily caused by divorce, caused college students to experience a deep sense of sadness as they observed the relationship between father and son around them. With the expected result is to provide a deep understanding of the psychological and emotional consequences of paternal absence.

According to Smith (Fajarrini & Umam, 2023), the fatherless concept is when a child does not have a father or does not have a close bond with his father due to divorce or domestic problems between his mother and father. However, Saif (Fajarrini & Umam, 2023) said that the term fatherless refers to the situation of a child who does not have a father or the absence of the father during the growth and development of the child. According to Smith, fatherless is a condition that can be caused by many things, such as death, divorce, or a father who is not in the child's life (Aini, 2019). However, fatherless is not only about children who do not have a father due to death, divorce, or the absence of their father. Not having a father can also be defined as a father who is not physically and psychologically involved in the education of his child, even though they live together in the same house and are not fully involved in the child's education (Mubarok, 2023). The absence of a father not only means that there is no father in the family, but also means that the role of the father does not function properly (Nurhayani, 2020). A person can lose the role of father physically or mentally due to not having a father.

Soge et al. (2016) stated that the absence of fathers is also caused by the lack of time spent father and son and lack of cooperation between father and mother during parenting. According to the theory put forward by Munjiat (2017), the consequence of father's absence is that children tend to avoid problems and are emotional when facing problems. It also affects the social life of the subject. The subject said he liked to be alone and tended to avoid meeting up with his friends. Due to the current state of affairs, the subject sells dim sum for extra food, he feels insecure and embarrassed to meet his friends.

Dr. Bruce Ellis, a professor of mental health sciences at the University of Arizona, said that children who don't have fathers can have a hard time controlling their emotions and behavior, which tend to be impulsive, aggressive, and prone to drug abuse. Fatherlessness is when a father is not present to help and educate the child. This can happen for a variety of reasons, such as divorce or the death of a father. However, the psychological and emotional absence of fathers can also cause girls to feel alien to presence. (Corneau in Junaida, 2023) In girls' lives, fathers will serve as a standard for girls in terms of choosing a partner, building confidence, building academic grades, and teaching girls to be brave and adventurous.

According to Asti (2021), girls first see and see fathers. Therefore, the father figure becomes the standard for women in judging good or bad behavior and traits from men. When girls lose a father figure, the perception of these judgments tends to be disturbing, and this will have a negative impact on girls' psychological well-being until adulthood, especially when they carry out responsibilities during their developmental stages (Asti, 2021).

Girls who lose their fatherhood will experience negative effects, including feeling left out because they never received the necessary direction from fathers to teach them how to live on their own. In addition, girls who have lost the role of father cannot handle the grief of ma, so when they experience the feeling of losing the man they care about again, they realize that they still have unresolved problems. There is an additional consequence, which is that it is difficult to establish relationships with people of different sexes. This is due to the fact that it is never taught how to be comfortable with people of different types (Kurnia, 2023).

Once the child enters the young adult stage or early adulthood, or developmental stage, this impact will be seen (Wallerstein, 2002). This supports Grollman's statement (in Pamuji, 2012) that the view of a person who sees the opposite sex is always influenced by what happens in the home life of his father and mother; These include feelings of suspicion, distrust, fear, and disappointment when it comes to being in a relationship. This leads young adult women to believe that the same character will happen to everyone.

According to Wallerstein (2002), this is because "ghosts of the past"—also known as "ghosts from the past"—are defined as traumas that arise when a young adult enters the romance stage. In addition, it can be considered a trauma stemming from past experiences when seeing the failure of both parents' marriages, which can affect how the young adult sees marriage. Talking about how marriage contributes to people's lives is very difficult because the standards or beliefs held by each person are different. Sholahuddin (2022) said that marriage is an initial concept.

RESEARCH METHODS

The method used is qualitative with a case study approach, namely. A series of intensively applied research activities around a program, events and activities to obtain deeper knowledge both individually and in groups. Usually, the subject of case studies is a real problem, said Prof. H. Mudjia Rahardjo, M.Si on (Hadi et al 2024). Study students and consultants from Jambi University participated in the study. The information was collected through in-depth interviews with BK students who had experienced fatherhood.

RESULTS OF RESEARCH AND DISCUSSION

1. RESEARCH RESULTS

Fathers' social development has a very important role in teaching their children about social interaction, problem solving, and emotional regulation. Without the role of fathers, children will have difficulty in building healthy relationships with people in the surrounding environment. Gender identity issues are also particularly influential in children who grow up without fathers, boys who grow up without fathers can have difficulty in developing a healthy gender identity and understanding their role as men in society. The economic problems of single-parent families (mothers) tend to have more difficult economic conditions, which can have an impact on the overall development of the child. In my opinion, the father is someone who must be responsible for the child's education and meet all needs, both mentally and financially.

Table 1. Interview Results

Researchers	Sources
How do you feel about not having a father's role in your life?	<i>I feel sad when I see other children who have responsible fathers and chat with their families, because since childhood I have never felt that way.</i>
How does the absence of a father affect your emotional and psychological development?	<i>In emotional and psychological development, I have several problems, including difficulty controlling emotions or moodswing, from a psychological point of view, it becomes more stressful because I cannot vent or tell the father figure because there is no role from a father</i>
Is there another role in your life that replaces the role of a father?	<i>The substitutes for the role of a father in my life are grandmother, grandfather, and partner of the opposite sex</i>
How are you related to other male figures around you, such as grandparents or uncles?	<i>Relationships with other male figures around such as grandparents or uncles are fine, but the way of communicating tends to be overwhelming or difficult to control (often speaking in high tones)</i>
Do you ever feel the loss or longing for the presence of a father, especially in important moments in your life?	<i>I feel a sense of loss and longing for a father figure, especially during certain moments like Father's Day and school farewells where the parents of my friends are present and chatting, I feel lost and never feel the things that are done like my friends' fathers</i>

How do you deal with the challenges that may arise in the absence of a father, especially in building identity and identity?

I face challenges that may arise because of the absence of a father's role, which is to motivate myself because of the presence of a grandmother and grandfather who have cared for and encouraged to remain enthusiastic in living life and building identity and identity so as not to enter into promiscuity.

Do you have any hopes or dreams related to the formation of your family or future life related to the experience of not having a father?

Hopes and Dreams related to the formation of a family or future life I want to form a family where my children feel and get the figure and role of a father and do not feel what I experienced before.

How does social and family support affect the way you cope with difficulties arising from the absence of a father?

Social support obtained from the family, namely grandparents replace the responsibilities that should be fulfilled by a father (financially).

Are there any particular memorable moments or experiences in your life journey as someone who doesn't have a fatherly role?

Memorable moments that I feel When now I have a friend who can support and strengthen me.

What is your view on the concept of fathers and their existence in society, as well as the role they play in children's lives?

In my opinion, the father is someone who must be responsible for the child's education and meet all needs, both mentally and financially.

From the results of the interview above, which has been conducted previously with the interviewee who experienced fatherless, he felt deep sadness when he saw other children who had fathers who were responsible and could carry out their roles well in their family lives. Since childhood, the interviewee never felt such warmth and closeness. The impact is felt in the emotional and psychological development of the interviewee, from which of these problems, the interviewee has difficulty controlling emotions and often experiences moodswing. The emptiness of fatherhood causes stress because there is no one to talk to or vent feelings to. Although grandmothers, grandparents, and opposite-sex couples try to replace the role of fathers, the impact of the absence of such roles is still felt.

Relationships with other male figures such as grandparents or uncles are good, but communication tends to be too expressive or difficult to control. Interviewees often miss father's presence, especially at special moments such as Father's Day or school farewell, when their friends' parents are present while the interviewee does not feel father's presence. Despite facing challenges in the absence of fathers, support from family, especially from grandparents who replaced financial responsibilities, provided motivation for the interviewees. The resource person's dream and hope regarding future life is to form a complete family, where their children do not experience what they

experienced before. The resource person considered that a father must be responsible for the education of children and meet all needs, both mentally and financially.

2. DISCUSSION

The impact of fatherless or the absence of a father's role on a child's life has important consequences, especially regarding the psychological and social development aspects of children. Some studies show that children who grow up without a father have a greater risk of experiencing emotional problems such as depression, anxiety, and low self-esteem. They also tend to engage in deviant behaviors such as drug use, crime and violence. In addition, children who do not have a father figure generally have lower academic achievement than children who have a father figure in their lives.

The role of the father is also important in the social development of the child. Fathers help teach children social interaction, problem solving, and emotional regulation. Without a father, children may have difficulty forming healthy relationships with others. Gender identity issues can also be a problem for children who grow up without fathers, especially boys, who may have difficulty developing a healthy gender identity and understanding their husband's role in society. In addition, family financial problems are an important factor related to fatherhood. Single-parent families (usually mothers) usually have more difficult financial situations, which in turn can negatively impact the child's overall development.

From interviews with sources who had been fathers, it was concluded that the loss of the role of fathers had a huge impact, especially emotionally and psychologically. Interviewees had difficulty controlling their emotions and often experienced mood swings. Stress also arises because of the father's role as an empty emotional support giver. Although other family members tried to replace the role of father, the sense of loss was still felt. The influence of the role of fathers according to Wulandar, H. et al (2023). In terms of social-emotional, children are more likely to have low self-esteem and difficulty adapting to the outside world.

The reason is, the role of fathers in raising children can affect the way children perceive the outside world, making them stronger and braver. In addition, children prefer to avoid and become very emotional when faced with problems, hesitate, and hesitate when faced with quick and difficult decisions.

Lamb, Pleck, Levine and Charnov (2017) suggest three aspects of father's presence, namely paternal communication, paternal accessibility, and father's responsibility. Father interaction is the involvement of fathers in parenting children by spending time directly with children. Father's accessibility is an aspect where fathers are easily found when children need it either physically or through contact. A father's responsibility is a father's commitment that is fully responsible for the

social, emotional, and achievement development of children. Fathers are also responsible for making decisions and planning for the future of their children.

According to Castetter (2020), the absence of a father figure and role has several consequences in life, especially for girls: The following is a detailed analysis of the impact of fatherless or the absence of fatherhood described in the text, along with examples and case studies that illustrate the problem:

1. Emotional and Psychological Impact

- a. From the problem that the interviewee who experienced fatherless had difficulty in controlling emotions and often experienced mood changes or mood swings.
- b. From the problem that the interviewee felt stressed because there was no father figure to talk to or vent feelings.
- c. Case study example: Interviews with interviewees show that he felt sad when he saw the interaction of other fathers and sons around him, because since childhood he never felt warmth and care from a father.

2. Impact on Academic Achievement

- a. From the problems of studies conducted by Ahmad and Qureshi which showed that orphans and children from divorced families have much lower academic achievement than children from intact families.

3. Impact on Self-Esteem and Mental Health

- a. According to O'Dwyer quoted in the text, a father's absence can significantly affect self-esteem and mental health, despite differences between boys and girls.

4. Impact on Relationships with the Opposite Sex

- a. From the problem that the lack of fatherhood makes a person vulnerable to unhealthy relationships with the opposite sex, especially in women.

5. Impact on Sexual Development

- a. The article cites research from The Guardian that found that a father's absence can alter a woman's sexual development, especially related to her first period.

6. Financial Impact

- a. From the problem that the absence of a father in the child's life can lead to financial problems because children without fathers often grow up in families experiencing financial difficulties, which can continue into adulthood.

Overall, this text provides a fairly detailed analysis of the various negative impacts that can occur on individuals who experience fatherless or lack of fatherhood, ranging from emotional, psychological, academic, interpersonal relationships, to financial aspects. The text also includes examples and case studies that help illustrate the problem.

A mix of perspectives from students, educators, counselors, and mental health professionals.

1. From students.

Educators see the impact of fatherlessness on academic achievement and student behavior. Children who grow up without fathers tend to have lower academic achievement and are more prone to deviant behavior. Lack of guidance from a father figure makes it more difficult for them to manage their time, motivate themselves, and understand academic responsibilities. Educators also see that children without fathers often experience problems in social relationships with their peers and are at greater risk for anxiety and depression.

2. The counselor's perspective.

Counselors play an important role in helping fatherless children cope with the psychological impact they experience. These children often have difficulty developing healthy self-esteem and tend to avoid problems rather than deal with them. They are also more prone to emotional problems such as emotional instability and low self-confidence. Counselors seek to provide emotional support and coping strategies to help these children develop healthy social and emotional skills.

3. Mental Health Professional Perspectives.

According to Dr. Bruce Ellis and other studies, the absence of fatherhood can result in serious behavioral problems, such as impulsive, aggressive tendencies, and the risk of drug abuse. Losing a father figure also has a significant impact on a child's emotional and social development. Involved fathers help children develop social skills, cope with problems, and regulate emotions. Without this figure, children are more prone to depression, anxiety, and difficulty in forming healthy relationships. The absence of fatherhood also affects the development of children's gender identity, especially in boys who may have difficulty understanding their role in society.

From various perspectives, the impact of the absence of fatherhood looks very significant and diverse, covering emotional, psychological, social, and academic aspects. All stakeholders stressed the importance of fatherhood in child development and suggested the need for additional support for fatherless children. This support can take the form of guidance from surrogate figures, counseling, and educational interventions that help them overcome the challenges they face and develop the skills necessary for a healthy and productive life.

CONCLUSIONS, SUGGESTIONS AND IMPLICATIONS

1. CONCLUSIONS AND SUGGESTIONS

That fatherless impact has significant consequences, especially in the psychological aspects and social development of children. Children who grow up without a father tend to be more prone to emotional problems such as depression, anxiety, and low self-esteem. They are also at higher risk of engaging in deviant behaviors such as drug use, criminal acts, and violence. The academic achievement of children who do not have a father figure tends to be lower compared to children who have fathers involved in their lives. The role of fathers is also important in teaching children about social interaction, problem solving, and emotional regulation.

Without fathers present, children can have difficulty in building healthy relationships with others. In addition, gender identity issues can also be a problem for children who grow up without the presence of a father. The economic condition of the family is also an important factor related to fatherless. From interviews with sources who experienced fatherless, it was found that losing the role of fatherhood causes a deep impact, especially in emotional and psychological aspects. Despite efforts from other family members to replace the father, the loss is still felt. Social support from family, especially from grandparents, provided motivation for the interviewees. The resource person's dream and hope regarding future life is to form a complete family, where their children do not experience what they experienced before. The role of fathers in supporting children's education and meeting needs both mentally and financially was considered very important by the interviewees.

This study only addresses the impacts felt by children who do not have fathers or children without fathers, therefore, this study can be used as one option for future researchers who want to continue research on the impact of paternal deficiency. Therefore, future studies are expected to concentrate on psychological help and intervention for fatherless children. This includes the creation and evaluation of specific programs for psychological intervention as well as long-term research on how effective psychological support is in the long term. This research can help in creating inclusive school curricula that offer more counseling. It can also help reinforce the role of guidance and counseling as an ongoing source of psychological support in educational settings. Researchers can further investigate the effect of social and community support on children without fathers. Social networks and communities can play a role in providing support and providing mentoring programs by substitute father figures available in the community.

2. IMPLICATION

Based on observations and the results of the researcher's interview with the resource person, the researcher gets the following practical implications. The results of this study are used as reading material and input for parents and adolescents who experience fatherless in order to maintain the

mental health of affected children and know how devastating this Fatherless Impact is on children for the future.

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