



OVERVIEW OF FATHERLESS IN SENIOR HIGH SCHOOL ADOLESCENTS

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ABSTRACT

Family is the main environment in the process of forming a child's personality, where a good personality results from a good upbringing and education from both mother and father. However, the presence of a father figure is often not felt. Fatherless is the absence of a father's role and presence in parenting, which occurs due to a particular reason. Objective: This study aims to determine the overview of fatherless in adolescents at SMAN X Bandung. Method: This study is a descriptive-quantitative research using a proportionate stratified random sampling technique, conducted on 291 students of SMAN X Bandung. The research data were measured from The Father Presence Questionnaire (FPQ), which has been translated into Indonesian, with the validity test count of 0.303 - 0.819 and Cronbach's Alpha of 0.958. The data were analyzed univariately using frequency distribution and percentages. Results: A total 120 students (41.2%) are at high risk of experiencing fatherless, while the other 171 students (58.8%) are not at risk and receive adequate father's role. Conclusions: The father's role and presence for students is still necessary to be improved by holding a parenting class, training, and seminar, as these will have a positive impact on the student's psychological development.

Keywords: adolescent; fatherless; father presence; father's role

First Received 14 March 2024	Revised 22 April 2024	Accepted 24 April 2024
Final Proof Received 01 July 2024	Published 01 October 2024	
How to cite (in APA style) Jatiningtyas, K., Rosidin, U., & Yudianto, K. (2024). Overview of Fatherless in Senior High School Adolescents. <i>Indonesian Journal of Global Health Research</i> , 6(5), 2939-2946. https://doi.org/10.37287/ijghr.v6i5.3708 .		

INTRODUCTION

Family is the main environment in the process of forming a child's personality, where a good personality results from a good upbringing and education from the parents (Amirulloh, 2015). A father plays an important role in parenting, including as a financial/economic provider, playmate, caregiver, teacher and role model, supervisor and disciplinarian, protector, guarantor of well-being, and supporter (Hart, 2002). This role becomes even more important when children enter adolescence period, because it's a transitional period from childhood to adulthood. According to Erikson's theory of the 8 stages of psychosocial development (1989), adolescence is the stage of Identity vs. Role Confusion, which is a period of searching for self-identity. During this stage, adolescents are required to interact and adapt to a new environments (Hurlock, 1993). A father is needed as a companion to prevent adolescents from falling into negative social circles (Parmanti & Purnamasari, 2015). However, not all adolescents receive the father's role to the fullest.

The results of a KPAI survey at 2015 revealed that the average quantity of time 47.1% of fathers spend communicating with their children is only 1 hour/day. This indicates a lack of father involvement in parenting, which can be due to parental divorce, the father's death, the father's physical presence but lack of involvement in caregiving, and the influence of

patriarchal culture in Indonesia (Fajarrini & Nasrul, 2023). The absence of a father's role can lead adolescents to experience fatherless.

Fatherless is the absence of a father's role and presence in parenting, which occurs due to a particular reason (Sundari & Herdajani, 2013). This condition focuses more on the psychological dimension related to the father's role in parenting, where even a child who still has a father can be at risk of experiencing fatherless. The impacts of fatherless are anxiety and depression, sexual orientation deviations, low levels of self-esteem and self-control, a lack of initiative, assertiveness, leadership, and risk-taking ability, as well as juvenile delinquency such as promiscuity, drug abuse, smoking, and gang fights. This is suited with the research by Azzahra, S. (2023), which found a correlation indicating that the higher the incidence of fatherless, the higher the level of juvenile delinquency.

The incidence of fatherless in Indonesia began to draw public attention in 2017 when the Minister of Social in that period mentioned that Indonesia ranked 3rd as the Fatherless Country in the world. This topic becomes more interesting and important to discuss due to the rising divorce rates in Indonesia each year, which can heightens the risk of children experiencing fatherless. According to data from BPS (Badan Pusat Statistik) of West Java Province, Bandung City ranked 6th in the highest number of divorces in West Java in 2023, with 5,861 cases. Additionally, in 2021, Bandung City was recorded as the area with the highest number of divorce certificates holder Looking at the phenomenon in Indonesia, juvenile delinquency cases recorded by BPS have also increased by 10.7% annually since 2013. Several gang fights have been rampant, including one on the Kiaracondong street, Bandung City, on January 24, 2023 (Rasyad, 2023), and several student gang fights that were successfully prevented by the police (Primananda, 2023). Other than that, a minor survey conducted by the Education Department in 2022 found that 56% of 60 teenagers in Bandung City admitted to having engaged in premarital sex (Christiyaningsih & Soraya, 2022). Due to the ongoing cases of juvenile delinquency and divorce in Bandung City, the researcher is interested in conducting a study on senior high school students in Bandung City, specifically at SMAN X Bandung, with the aims to determine the overview of fatherless in adolescents at SMAN X Bandung.

METHOD

This study used a descriptive-quantitative design with a cross-sectional time approach. The population in this study consists of all 1,062 students at SMAN X Bandung. The sampling technique used in this study is proportionate stratified random sampling (Sugiyono, 2019), with Slovin's formula at a 5% margin of error, resulting a sample size of 291 students. The inclusion criteria of respondent are all regular program students of SMA X Bandung who in the middle adolescence and late adolescence stage, with an age range of 14 – 20 years. This study has received an ethical clearance from Komisi Etik Penelitian Kesehatan Universitas Jenderal Achmad Yani under ethic number 038/KEPK/FITKes-Unjani/V/2024. The variable in this study is the incidence of fatherless, measured using The Father Presence Questionnaire (FPQ) designed by Krampe & Newton (2006). The short version of the FPQ has been adapted into Indonesian and has validity and reliability tested by Luthfiati (2018), resulting in 41 valid and reliable items with the validity test count of 0.303 - 0.819 and Cronbach's Alpha of 0.958. The FPQ includes 5 answer choices for each question, which are then summed and categorized based on a two-tiered categorization formula consisting of high and low fatherless risk (Azwar, 2015). After that, the data were analyzed univariately using frequency distribution and percentages (Ahyyar et al., 2020).

RESULTS

Table 1.
Respondent characteristics (n= 291)

Respondent characteristics	f	%	
Class	10th grade	77	26,5
	11th science grade	67	23,0
	11th social grade	38	13,1
	12th science grade	70	24,1
	12th social grade	39	13,4
Age	15 years old	15	5,2
	16 years old	83	28,5
	17 years old	86	29,6
	18 years old	96	33,0
	19 years old	11	3,8
Gender	Male	129	44,3
	Female	162	55,7
Father's status	Biological father alive	242	83,2
	Biological father passed away	15	5,2
	Stepfather	6	2,1
	Divorced father	25	8,6
	Father's out of town for work	3	1,0
Interaction duration	0	27	9,3
	4 – 6 hours/day	85	29,2
	1 – 3 hours/day	74	25,4
	< 1 hour/day	66	22,7
	Every one week	21	7,2
	Every 2 – 4 weeks	7	2,4
	Every > 1 month	11	3,8

Table 1, it can be seen that the data obtained in this study amounted to 291, with the majority characteristics being female (55.7%), 10th grade (26.5%), and 18 years old (33.0%). In this study, the majority have biological fathers alive (83.2%) with an interaction duration of 4 – 6 hours/day (29.2%).

Table 2.
Overview of fatherless (n= 291)

Fatherless risk	f	%
High (score < 149)	120	41.2
Low (score ≥ 149)	171	58.8

Table 2, it can be seen that nearly half of the respondents are at high risk of experiencing fatherless (41.2%), while the majority of the other respondents are at low/not at risk of experiencing fatherless (58.8%).

Table 3.
Overview of fatherless based on respondent characteristics (n= 291)

Respondent characteristic	Fatherless risk				Total	
	High		Low		f	%
	f	%	f	%		
Class						
10th grade	31	10,7	46	15,8	77	26,5
11th science grade	27	9,3	40	13,7	67	23,0
11th social grade	22	7,6	16	5,5	38	13,1
12th science grade	25	8,6	45	15,5	70	24,1
12th social grade	15	5,2	24	8,2	39	13,4
Total	120	41,2	171	58,8	291	100
Age						
15 years old	8	2,7	7	2,4	15	5,2
16 years old	30	10,3	53	18,2	83	28,5
17 years old	41	14,1	45	15,5	86	29,6
18 years old	36	12,4	60	20,6	96	33,0
19 years old	5	1,7	6	2,1	11	3,8
Total	120	41,2	171	58,8	291	100
Gender						
Male	49	16,8	80	27,5	129	44,3
Female	71	24,4	91	31,3	162	55,7
Total	120	41,2	171	58,8	291	100
Father's Status						
Biological father alive	88	30,2	154	52,9	242	83,2
Biological father passed away	9	3,1	6	2,1	15	5,2
Stepfather	3	1,0	3	1,0	6	2,1
Divorced father	19	6,5	6	2,1	25	8,6
Father's out of town for work	1	0,3	2	0,7	3	1,0
Total	120	41,2	171	58,8	291	100
Interaction duration						
0	26	8,9	1	0,3	27	9,3
4 – 6 hours/day	15	5,2	70	24,1	85	29,2
1 – 3 hours/day	27	9,3	47	16,2	74	25,4
< 1 hour/day	36	12,4	30	10,3	66	22,7
Every one week	7	2,4	14	4,8	21	7,2
Every 2 – 4 weeks	4	1,4	3	1,0	7	2,4
Every > 1 month	5	1,7	6	2,1	11	3,8
Total	120	41,2	171	58,8	291	100

Table 3, it can be seen that respondents at high risk of experiencing fatherless are majority in female (24.4%), in 10th grade (10.7%), and 17 years old (14.1%). The highest percentage of high risk of experiencing fatherless is found among students with biological fathers alive (30.2%) who interact < 1 hour/day (12.4%). However, there is a significant difference between respondents at high risk of experiencing fatherless and those who at low/not at risk in the categories of respondents with divorced fathers.

DISCUSSION

Fatherless refers to the absence of a father's role and figure in parenting. According to Krampe & Newton (2006), this absence is psychological and relates to specific attitudes and actions of the father towards his child. According to the Family Nursing Textbook by Friedman & Marilyn (2010), fathers are expected to be more actively involved in parenting by fulfilling certain roles. However, not all fathers fulfill their parenting roles effectively, which can result in the child becoming fatherless. The result of this study is nearly half of the respondents are at high risk of experiencing fatherless (120 students or 41.2%), while the majority of the other respondents are at low/not at risk of experiencing fatherless and receive adequate father's role (58.8%). These number are similar to the study conducted by Aini

(2019), which found that 45.7% of respondents (32 vocational high school students) are in the low father involvement or fatherless category. Meanwhile, the study by Rahayu (Rahayu, 2013) showed an even higher number, with 53% of respondents (216 senior high school students in Bandung) having low level of father involvement.

In adolescence, the role of the father is primarily as a monitor and disciplinary, who prevent the child from deviant behavior, as well as a protector, who keeps the child's environment remains safe (Hart, 2002). In this study, it was found that 28.2% of the 41.2% of respondents classified at high risk of experiencing fatherless are students in the late adolescence stage (17-20 years old). According to the book titled "Psikologi Remaja" by Sarwono (2011), adolescents in the late stage begin to think wisely but still enjoy exploring and seeking new experiences. In addition to being caused by a neglectful father in parenting, the condition of being fatherless among late adolescents in this study may also be supported by the characteristics of adolescents who are self-focused and beginning to try solving their own problems. A lack of openness from the adolescent to the father and a lack of sensitivity from the father towards the child's condition will create a poor relationship between them. In this stage, adolescents are still eager to explore and seek new experiences. Therefore, the father's role as a protector, monitor, and disciplinary is still needed to prevent adolescents from being exposed to negative environments and to guide them away from delinquent behavior. This is in line with the research conducted by Azzahra (2023), which found that the higher the tendency of being fatherless, the more the adolescent delinquent behavior increases.

Based on gender, the absence of a father's role for boys results in the loss of a male role model who teaches them about responsibility, authority, and being a protective figure (Hasna, 2019). Meanwhile for girls, the absence of a father's role leads to a lack of father-daughter bonding, which prevents them from having a clear understanding of healthy male-female relationships. In this study, among the 41.2% of respondents classified at high risk of experiencing fatherless, most of respondents were female (71 students or 24.4%) compared to male respondents (49 students or 16.8%). In fatherless conditions, the lack of a protective figure for girls can lead them to seek a male substitute, either of the same age or older, to fill the void left by the absence of a father. This can subsequently increase the risk of engaging in promiscuous behavior and early sexual activity (Hasna, 2019). This statement is supported by the research of Ellis et al. (2003), which found that a girl who is abandoned by her father at an early age is eight times more likely to experience teenage pregnancy compared to a girl who lives with her father.

Based on the duration of interaction with their fathers, the majority of respondents at high risk of experiencing fatherless interact for less than 1 hour/day (12.4%) with their fathers. However, the duration of interaction between a child and their father is naturally depends by the father's status. In this study, it was found that among respondents with biological fathers alive, 88 students (30.2%) are at high risk of experiencing fatherless, while 154 students (52.9%) are not at risk. Meanwhile, most of all respondents with divorced fathers are at high risk of experiencing fatherless (19 students). According to Pratiwi's (2018) research, adolescents with divorced fathers still experience low father involvement, which puts them at high risk of fatherless. In their emotionally unstable condition, these adolescents can experience disrupted psychological development or low psychological well-being, leading to emotional distress, depression, and anxiety.

Based on the results of this study, several roles that are still neglected by the fathers of respondents is accompanying children's activities, spending time together, maintain physical

closeness, being a good role model, and engaging in open communication. Although these roles may diminish due to the adolescents' increasing independence, as stated in the article by Risnawati et al. (2021), a father's involvement in all aspects of their child's activities can have positive impacts on cognitive and emotional development. The closeness between father and child can also reduce aggressive behavior and enhance emotional regulation abilities. In terms of communication, frequent discussions with the father can improve the child's ability to handle various challenging social situations. Therefore, strengthening the father's role in parenting is still necessary to improve the father's involvement and prevent adolescents from experiencing the negative impacts of being fatherless.

To improve the presence of the father's role in parenting, it is important to understand that the father's role as a financial/economic provider is just as important as his roles as a protector, role model, and guide for the child's life. Therefore, these roles cannot be neglected, and negative perceptions regarding these roles need to be eliminated (Nihayati, 2023). Strengthening the role of the father in an adolescence can begin by increasing open and effective communication on a variety of topics, especially those related to adults life. This helps adolescent gain an understanding of adult life and determine what is good and bad for themselves. Topics related to sex should also be introduced by parents or the father within reasonable boundaries. Feelings of awkwardness in such discussions can lead the child to seek information from external sources that may not be accurate or align with norms. Additionally, fathers can allocate some of their time to engage in activities with their child or attend events their child participate in. This helps fathers become more familiar to their child, which in turn increase mutual sensitivity, care, and affection.

Meanwhile, according to Lamb (2010), in fulfilling and performing the role of parenting, there are three components of a father's involvement. First, engagement, which includes direct interaction and contact between the father and the child in parenting roles, playing, recreation, activities together, etc. Second, accessibility, which refers to the father's presence or availability for the child, even if there is no direct interaction between them. Third, responsibility, which is the extent of the father's understanding in meeting the child's needs, including planning and managing future needs. Not only does the father need to give time, but the child's willingness is also crucial to create a two-way relationship between father and child. Therefore, the child should also strive to be more open and try to get closer to their father. This is also applicable to children with divorced fathers, as according to Article 41 of Law (Undang-Undang) Number 1 of 1974 about Marriage, both mothers and fathers are still obligated to educate and nurture their children despite their divorced status. However, in certain situations and for fathers who have passed away, the father's role can be fulfilled by male relatives or other male family members.

To prevent and treat the condition of being fatherless, schools can also play a role by maximizing the role of counselors teacher to pay more attention to students and facilitate personal consultations to better understand student issues. Additionally, schools can also organize programs that help students get closer to their fathers and encourage the strengthening of the father's role in parenting. Some programs that can be implemented include seminars, training sessions, consultations, and parenting classes attended by the students' parents (Risnawati et al., 2021). Moreover, nurses as healthcare professionals, can contribute by providing health education and organizing consultation sessions in schools and communities to help raise awareness of the importance of the father's presence in parenting. Through the findings of this study, it is hoped that society will understand the phenomenon of fatherless, and recognize the importance of the father's role in parenting.

CONCLUSION

Based on the results of this study, it can be concluded that the overview of fatherless in adolescents at SMAN X Bandung shows that nearly half of the respondents are at high risk of experiencing fatherless. Meanwhile, the majority of the other respondents have received adequate or good father's role, making them not at risk of experiencing fatherless. However, strengthening the father's role is still necessary as it positively impacts the psychological development of adolescents. Through the findings of this study, it is hoped that society will understand the phenomenon of fatherless, particularly at SMAN X Bandung, and recognize the importance of the father's role in parenting.

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