

Literature Study: The Impact of Fatherlessness on Adolescent Self-Control Ability

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Abstract. Family is an important environment for child development. The role of parents, especially fathers, is crucial in supporting the psychological well-being of children, especially adolescents. Fatherlessness can have a negative impact on adolescents' cognitive and psychological development. This article reports the results of a systematic review of articles published between 2018 and 2024 focusing on the impact of fatherlessness on adolescents' self-control skills. This systematic review aims to determine the impact of fatherlessness on adolescent self-control. This study uses a systematic review method that follows the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines and uses the Google Scholar database. There were 249 articles included and then selected with several predetermined inclusion and exclusion criteria. Of the 249 articles, 4 articles met the requirements. The articles found that fatherlessness has a significant negative impact on the psychological state of adolescents. Adolescents who experience fatherlessness tend to show low self-control abilities. Many factors influence the tendency of aggressive behavior in adolescents, including biological factors, difficult temperament, negative social influences, drug use, the influence of violent impressions, feeling less cared for by parents, depressed, bad associations and family conditions and so on. Adolescents who have fathers who are involved in their lives and discuss the importance of their decisions show lower levels of aggression compared to adolescents with fathers who are less involved in their activities, resulting in good self-control skills.

Keywords: *Fatherless, Self control*

INTRODUCTION

Every child needs an ideal family in their growth because the family is the place where children get love and security. The family becomes the basis for children's development both cognitively and psychologically. In this case, the family also has an important role in supporting children to manage their emotions well. The efforts made by parents certainly do not all go smoothly, because in their efforts to pursue education sometimes children find obstacles such as (1) behavior patterns developed at home; (2) families do not provide good examples so that they have an impact on children's behavior; (3) lack of motivation for children to learn to adjust. This is due to unpleasant social experiences; (4) lack of guidance and assistance obtained by children during the learning process (Suharti, N., 2016). The causes of family dysfunction can vary such as (1) lack of parental roles, especially fathers; (2) lack of direction and education in adolescents (Kasenda, et al. 2023); (3) death of one or both parents; (4) divorce (Sarwono, in Agustin & Kudus. 2023). Preparing children to be brilliant is not an easy matter, there must be a consistent and continuous

effort from parents in carrying out their duties to maintain, nurture, and educate their children until they are able to live independently (Syahraeni, 2015).

One of the causes of family dysfunction is the lack of parental roles, especially fathers (Sarwono, in Agustin & Kudus. 2023). Recently, the absence of the father's role or commonly referred to as fatherless has become a topic of conversation. Social Minister Khofifah Indar Parawansa mentioned that Indonesia is the third fatherless country in the world. Children who grow up without a father will have an impact on their psychology. Some studies mention that the impact of father absence greatly affects children's psychology, where children feel feelings of anger, loneliness, feel inferior when they grow up (self-esteem issues), as well as shame because they do not have the experience of growing up like other children (Sundari, A.R., & Herdajani, 2013).

The concept of fatherlessness can be defined as the absence of fathers in the parenting process. This is then known as "fatherless", "father absence", "father loss" or "father hunger" (Ashari, 2018). In other literature, it is explained that fatherless is the absence of a father's role and figure in a child's life. According to Diamond and Chitam (2023) Fatherlessness is the condition of a child who has a father, but the father is not present or does not play an optimal role in the child's growth and development process. Fitroh (2014) states that fatherlessness is the absence of a father's role or presence in a child's life. This occurs in orphans and children who do not have a close relationship with their father in everyday life.

In addition, Smith (Fitroh, 2014) also states that a person is said to be fatherless when he does not have a father or does not have a relationship with his father, which is caused by divorce or marital problems of the parents. In other literature, Bradley (Iskandar, Prasetyo & Mulya, 2023) states that fatherlessness is the absence of a father figure in one's life physically, emotionally, and spiritually. So it can be concluded that fatherless is the absence of a father in care both physically and psychologically caused by death, divorce or the absence of the father in the child's daily life. In addition to cognitive impacts, children who experience fatherlessness will affect their academics. Amato et al. in (Luo, J., Wang, L. G., & Gao, W. B. 2012) mentioned that father absence has an impact on poor cognitive achievement, such as poor academic achievement. In addition, the psychological impact experienced by fatherless adolescents is the lack of ability in self-control. One of them is research conducted by Situmorang, et al (2018) which shows that the role of the father and self-control together contribute or play a role in the tendency of aggressive behavior in adolescent high school students in Yogyakarta. Meanwhile partially, the father's role has a strong relationship with the tendency of aggressive behavior in adolescent high school students in Yogyakarta. Likewise, research conducted by Utami (2021) shows that fatherless has an impact on the delinquency of high school teenagers in East Jakarta.

METHODS

There is a lack of research on the impact of fatherlessness on adolescents' self-control skills. Therefore, this study is conducted to examine the long-term impact of father absence on adolescents' self-control ability. In addition, this study will also analyze the variation of father absence on adolescents' self-control ability.

The researcher conducted a search for articles on the topic of fatherlessness and its impact on adolescent self-control. The data search was carried out by searching for previous research on the national database, Google Scholar. The database was chosen because it is easy to access the data needed. To facilitate data search, researchers used keywords such as fatherless, father absence, and self-control. The use of English words aims to obtain relevant data written by international authors. The article selection process was determined through three main criteria. The first criterion was that the articles to be used as references were published within the period 2018-2024, as it was expected that the articles were still relevant to the issues to be discussed. The second criterion is that the participants in the study are adolescents aged 15-18 years or equivalent to high school students. The third criterion was to exclude articles that did not examine fatherlessness and its relationship with adolescents. Researchers used PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analysis) as a reference for selecting articles to be reviewed. The steps for selecting articles set by PRISMA are (1) defining the topic along with its criteria, (2) determining the source of information. (3) selecting literature relevant to the theme raised, (4) collecting sources, (5) analyzing the sources that have been obtained (PRISMA, 2015). Based on the results of article searches that have been carried out, there are 249 articles found in Google Scholar articles. Furthermore, the articles that have been found are stored and will be checked for duplication of data in a reference management program, namely Mendeley, then the remaining four

articles are analyzed. The four articles used quantitative and qualitative approach methods. The data collection was carried out using questionnaires, surveys, and questionnaires, interviews and observations.

RESULTS AND DISCUSSION

Based on the analysis of the four articles, it was found that there is a significant impact of father absence on an adolescent's self-control ability. A summary of the content of each selected article is provided in the table 1.

TABLE 1. Summary content

No.	Researcher	Title	Sample	Methods	Result
1.	Nina Zulida Situmorang, Yuliatmi Pratiwi, dan Dimas Panji Agung R (2018)	Father's role and self control as predictors tendency of adolescent aggressive behaviour	128 students	Quantitative	The results showed (1) There is a significant relationship between father's role and self-control on the tendency of aggressive behavior in adolescents with $r = 0.127$; $p < 0.01$.
2.	Evy Lidya Yuliana, Asniar Khumas, Wilda Ansar (2023)	The Effect of Fatherless on Self-Control of Adolescents Who Do Not Live with Fathers	170 people aged 15-21 years	Quantitative	The results in this study show that there is a positive influence between fatherless and self-control of adolescents who do not live with their fathers. This shows that the lower the presence of the father's role, the lower the self-control in adolescents.
3.	Tisya Nailin Amali, (2024))	Analysis of fatherless on self-control of public high school students 5 tegal city	3 students of Smp 5 Tegal	descriptive qualitative and interviews	The results of the study state that the description of Fatherless in each respondent varies, among others, due to the death of the father, family conflict and divorce, and fathers who work outside the city so that the father cannot carry out his role properly. Fatherless children's behavior includes not easily mingling with others, smoking, skipping class, moodswinging, decreased academic interest, and temper. Fatherless children tend to have low self-control.
4.	Putri Ragieli Cici Anggraini (2024)	The relationship between Fatherless with self-control in students of SMAN 10 Semarang	103 Students	Quantitative	Based on the results of hypothesis testing, it shows that there is a significant relationship between fatherlessness and self-control with a significance value of 0.0005 ($P < 0.05$).

Adolescents who get support and have intensive communication with their father have greater freedom to try to explore to be themselves, find their true selves, try their abilities, strengthen their own judgment of the choices they make and consider the possibility of facing others in planning their future which ultimately reduces the level of tendency to commit aggressive behavior. Susanto (2013) also said that father's involvement in adolescents' lives will

relate to them in their relationships with peers and achievement at school, and help adolescents develop control and adjustment in their environment. The role of the father as a role that is carried out in relation to the task of directing children to become independent in their adulthood, both physically and psychologically. The family environment, especially the father's role in providing affection or socio-emotional education, has recently been felt to be less in touch with students. This proves that parents (fathers), teachers and society need to take responsibility for the educational process that has been running (Sugiyono, 2012).

Based on the results of descriptive data analysis, it was found that overall 105 of the 170 respondents in this study had moderate self-control. Andriani, Sriati, and Yamin (2019) suggest that adolescents with self-control in the moderate range mean that they are in the range towards high self-control or low self-control. This shows that the respondents in this study in certain situations can control themselves while in other situations they are less able to control themselves in the face of an impulse. The results of the analysis based on aspects of self-control found that overall aspects of behavior control, cognitive control, and desational control were in the moderate category. Andriani, Sriati, and Yamin (2019) suggest that this is because during the formation of self-control, the first aspect will have an influence on the next aspect. Based on the theory put forward by Shekarkhar and Gibson (2011), Andrayani and Tairas also added that external factors such as the ease with which individuals can access to take negative actions will also affect the level of self-control in individuals. Male and female respondents in this study may have a level of self-control that is influenced by external factors from each individual rather than gender. Fitroh (2014) suggests that fathers who have to live apart with their children experience a lack of decreased meetings and minimal communication. In this study, they did not live together for different reasons either because the father had passed away or the father was still alive but for other reasons. East, Jackson, and O'brien (2006) suggest that it is necessary to distinguish the causes of fatherlessness either due to the father's employment, family breakdown or parental disharmony. Respondents with the experience of a deceased father and a father who is still alive but not living together are likely to have different perceptions of fatherlessness.

CONCLUSIONS

This study describes the impact of father absence on adolescents' self-control skills. Fatherless itself is defined as the absence of the father in care both physically and psychologically caused by death, divorce or the absence of the father in the child's daily life. Meanwhile, self-control is one of the developmental tasks that must be fulfilled during adolescence, namely that individuals must be able to restrain themselves and regulate themselves from the urge to do things that violate.

Adolescents who experience fatherlessness tend to show low self-control abilities. Many factors influence the tendency of aggressive behavior in adolescents, including biological factors, difficult temperament, negative social influences, drug use, the influence of violent impressions, feeling less cared for by parents, depressed, bad associations and family conditions and so on. Adolescents who have fathers who are involved in their lives and discuss the importance of their decisions show lower levels of aggression than adolescents with fathers who are less involved in their activities. Fathers influence children in different ways than mothers, especially in areas such as peer relationships and academic achievement. Fatherless conditions will risk juvenile delinquents, where adolescents tend to have difficulty managing their emotions well, which will result in negative emotions and risk behavior.

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