

The Impact of Fatherlessness on Independence and Interpersonal Relationships in Early Adult Women: A Systematic Review

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Abstrak: Penelitian ini bertujuan untuk menyelidiki secara sistematis dampak *fatherless* terhadap kemandirian dan hubungan interpersonal perempuan dewasa awal di Indonesia. *Fatherless* didefinisikan sebagai ketidakhadiran peran ayah, baik secara fisik maupun emosional, yang menjadi perhatian serius karena konsekuensi psikologis dan sosial jangka panjangnya. Dengan menggunakan pendekatan *Systematic Literature Review* (SLR), penelitian ini menganalisis 18 artikel empiris yang diterbitkan antara tahun 2020 hingga 2025, yang diperoleh melalui pencarian di Google Scholar dengan kata kunci seperti *fatherless*, *independence*, *interpersonal relationships*, dan *young adult women*. Proses seleksi dilakukan melalui peninjauan awal judul dan abstrak, kemudian membaca isi penuh artikel, serta menggunakan teknik *snowballing* untuk memastikan kelengkapan data. Hasil penelitian menunjukkan bahwa *fatherless* memiliki pengaruh yang kompleks terhadap perempuan dewasa awal. Dalam aspek kemandirian, ketidakhadiran ayah cenderung memicu kemandirian praktis sebagai strategi bertahan hidup, namun sering kali melemahkan kemandirian emosional karena tidak adanya bimbingan dari figur ayah. Hubungan interpersonal juga terdampak negatif, ditandai dengan kesulitan membangun kepercayaan, ketidakamanan emosional, dan tantangan dalam menjalin hubungan yang stabil baik secara sosial maupun romantis. Selain itu, *fatherless* berkaitan dengan peningkatan risiko masalah kesehatan mental seperti kecemasan, depresi, kesepian, dan harga diri rendah, serta dapat menyebabkan perilaku sosial yang tidak adaptif. Temuan ini menegaskan pentingnya intervensi berbasis konseling, sistem dukungan emosional, dan keterlibatan figur laki-laki pengganti. Penelitian lanjutan disarankan menggunakan pendekatan longitudinal dan kontekstual budaya untuk memperdalam pemahaman mengenai fenomena ini. Studi ini memberikan dasar bagi pengembangan program dukungan psikologis dan sosial yang disesuaikan dengan kebutuhan perempuan dewasa awal yang mengalami *fatherless* di Indonesia.

Kata kunci: *Fatherless*, Kemandirian, Hubungan Interpersonal, Kesehatan Mental, Perempuan Dewasa Awal, Tinjauan Literatur Sistematis.

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Abstract: This study aims to systematically investigate the impact of fatherlessness on the independence and interpersonal relationships of young adult women in Indonesia. Fatherlessness, defined as the absence of a father's role either physically or emotionally, has become a growing concern due to its long-term psychological and social consequences. Employing a Systematic Literature Review (SLR) approach, this study analysed 18 empirical articles published between 2020 and 2025, obtained through Google Scholar using relevant keywords such as fatherless, independence, interpersonal relationships, and young adult women. The selection process involved initial screening by titles and abstracts, followed by full-text evaluations and snowballing to ensure data completeness. The results reveal that fatherlessness exerts a complex influence on young adult women. In terms of independence, the absence of a father often triggers practical self-reliance as a survival strategy. Yet, it frequently undermines emotional autonomy due to the lack of paternal guidance. Interpersonal relationships are also negatively affected, with many women showing difficulties in establishing trust, experiencing emotional insecurity, and struggling to maintain stable romantic or social connections. Additionally, fatherlessness is associated with increased risks of mental health issues such as anxiety, depression, loneliness, and low self-esteem, and can lead to maladaptive social behaviour. These findings underscore the need for counselling-based interventions, emotional support systems, and the involvement of alternative male role models. Future research is recommended to use longitudinal and culturally contextual approaches to deepen the understanding of this phenomenon. This study lays the groundwork for developing psychological and social support programs tailored to the needs of fatherless young adult women in Indonesia..

Keywords: *Fatherless*, *Independence*, *Interpersonal Relationships*, *Young Adult Women*, *Systematic Literature Review*

Introduction

The phenomenon of fatherlessness, referring to the absence of a father figure in childrearing either physically or psychologically, has become a significant global issue, including in Indonesia. Data from the United Nations Children's Fund (UNICEF) in 2021 showed that 20.9% of children in Indonesia grow up without a father, with 2.67% of early-age children not living with either parent and 7.04% living only with their biological mother (Zahrotun & Anwar, 2023). Indonesia ranks third globally as a fatherless country, reflecting the minimal involvement of fathers in parenting due to factors such as divorce, patriarchal culture, and economic pressure (Ilahiya et al, 2024). This condition poses severe impacts on children's psychological, emotional, and social development, particularly among young adult women who have experienced fatherlessness since childhood. The urgency of this study lies in the need to understand how the experience of being fatherless affects the independence and interpersonal relationships of young adult women, which are vital foundations in the formation of their identity and social relationships.

The absence of a father figure has the potential to create imbalances in psychological development, particularly in aspects of independence and the ability to form interpersonal relationships. Research indicates that girls who experience fatherlessness tend to have low self-esteem, difficulty maintaining relationships, and are prone to depression, which may persist into early adulthood (Zein & Aulia, 2024). Factors such as a patriarchal culture, which positions the father solely as a breadwinner and the mother as the primary caregiver, exacerbate this phenomenon in Indonesia (Anesti & Abdullah, 2024). This culture limits emotional involvement from fathers, causing children to miss out on a masculine figure who can teach them logic, assertiveness, and independence. Consequently, young adult women who grow up without a father often face challenges in establishing healthy and independent relationships, which is the primary focus of this study.

Research by Ramatsetse and Ross (2023) in Johannesburg highlights that the absence of a father figure has a significant impact on the identity of young adult women, characterised by a sense of not belonging and difficulty forming healthy relationships with men. Women who experience fatherlessness demonstrate a variety of coping strategies, ranging from strengthening self-love to engaging in negative social behaviours. On the other hand, Krampe and Newton (2012) highlight that father involvement from childhood has long-term impacts on the development of independence, psychological well-being, and the stability of romantic relationships in early adulthood. These two studies enrich the global perspective that the father's role is crucial in shaping women's psychosocial development, reinforcing the urgency of further research in the Indonesian context.

The impact of fatherlessness on the independence of young adult women is evident in their ability to make informed decisions and manage their lives autonomously. Qualitative studies indicate that girls without a father figure tend to be hesitant in decision-making and exhibit slower psychological maturity, which can impact their independence in adulthood (Larasati & Rahmasari, 2024). Although some research suggests that fatherlessness can trigger independence as a form of adaptation, as seen in teenagers who strive to meet life's needs independently due to the absence of a father (Putri & Priyanggasari, 2024), negative impacts, such as low self-confidence and difficulties in social adaptation, are more

prevalent. This highlights the need for studies that examine how the experience of fatherlessness influences independence in young adult women, particularly within Indonesia's cultural context.

The interpersonal relationships of young adult women who experience fatherlessness are also a crucial aspect that warrants examination. Research indicates that the absence of a father can hinder a girl's ability to form positive relationships, including in choosing a life partner, due to the lack of a father figure as a role model (Fiqrunnisa et al., 2023). This phenomenon is exacerbated by emotional effects such as feelings of shame, anger, and loneliness, which can disrupt social interactions and trust in others (Qurbani, 2021). In the Indonesian context, where family values are still highly regarded, the absence of a father's role often triggers social stigma that complicates the formation of interpersonal relationships. Therefore, this study is relevant for identifying patterns of interpersonal relationships among young adult women who have been affected by fatherlessness.

Methodology

This study employs a systematic literature review (SLR) approach to analyze the impact of fatherlessness on the independence and interpersonal relationships of young adult women. Literature was sourced from the Google Scholar database using keywords such as fatherless, father absent, independence, interpersonal relationships, and young adult women, encompassing both English and Indonesian articles published between 2020 and 2025. The snowballing technique was used to identify additional references from relevant articles, supplemented by manual searches in psychology and sociology journals to ensure data completeness. The article selection criteria included relevance to the impact of fatherlessness on independence and interpersonal relationships, a transparent research methodology (quantitative, qualitative, or mixed methods), and a focus on young adult women or related age groups. From an initial pool of 100 articles, screening based on titles, abstracts, and full texts resulted in 18 relevant empirical studies validated by two independent researchers to maintain objectivity.

The article analysis employed a systematic coding approach that involved grouping specific patterns (such as low self-esteem or relationship difficulties) and general themes (independence and interpersonal relationships), as well as the connections between these themes, to develop a conceptual framework. Additional data from organizational reports, such as those from UNICEF, were utilized to enrich the context of the fatherlessness phenomenon in Indonesia. However, they were not included in the main articles. Validation was conducted through repeated searches in Google Scholar and discussions among researchers to resolve discrepancies in assessment. The results of the SLR are expected to produce a framework linking fatherlessness factors (such as divorce and patriarchal culture) to their impact on independence and interpersonal relationships while also identifying research gaps for interventions such as family counseling. This approach ensures systematic, reliable, and relevant findings to support academic discussions and psychosocial practices in Indonesia.

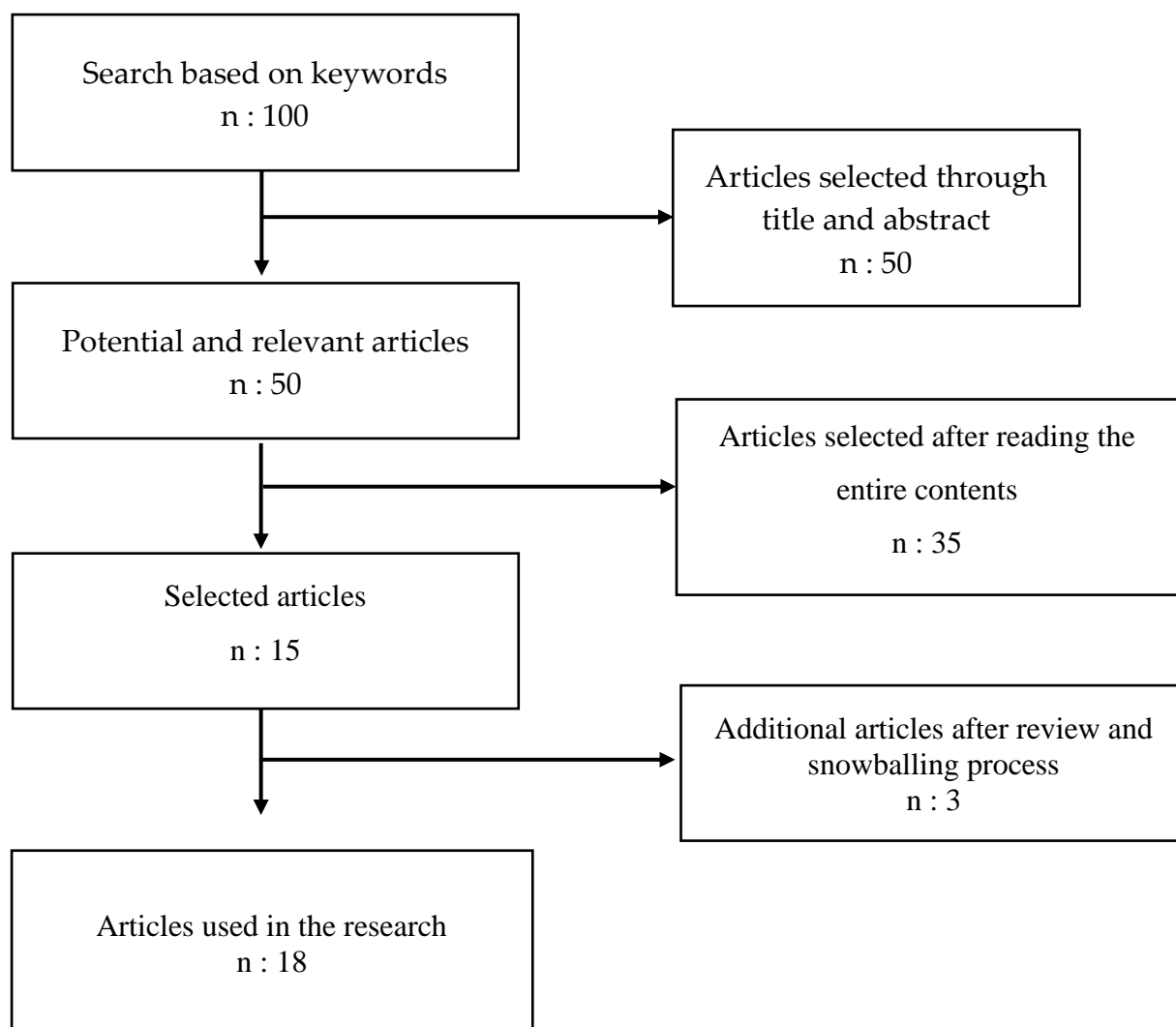


Figure 1. Flow Diagram of the Article Selection Process for the Sytematic Literature Review stages

In the process of selecting articles for a systematic literature review on the impact of fatherlessness on independence and interpersonal relationships in early adult women, the initial step involved searching using predetermined keywords. A total of 100 scholarly articles were found through the Google Scholar database, focusing on publications from 2020 to 2025. The initial screening was conducted by reviewing the titles and abstracts of each article, resulting in the identification of 30 relevant empirical studies. The next stage involved a more in-depth evaluation of the selected articles, leading to 15 articles that met the research criteria: (1) published between 2020–2025, (2) focused on the impact of fatherlessness on independence, interpersonal relationships, or the psychological development of early adult women, and (3) had a transparent methodology (quantitative, qualitative, or mixed methods). To ensure comprehensive coverage, the researchers conducted a re-evaluation of the selected articles and added articles from references using the snowballing technique, resulting in 3 additional relevant articles. A total of 18 empirical

research articles were used in this review, providing a strong foundation and encompassing various perspectives on fatherlessness.

Result and Discussion

After searching academic literature, the researcher successfully gathered 18 relevant articles published since 2020, which were categorized based on theme and research method, as shown in Table 1. The analysis revealed that 6 articles (33%) discussed the impact of fatherlessness on independence, 7 articles (39%) focused on interpersonal relationships, 3 articles (17%) reviewed mental and emotional health, and 2 articles (11%) addressed aspects of social behavior—reflecting a diverse academic focus on this phenomenon. In terms of research methods, 5 articles (28%) employed a quantitative approach, 11 articles (61%) used qualitative methods, and 2 articles (11%) applied mixed methods. The dominance of qualitative studies indicates a tendency toward in-depth and contextual analysis. Based on the Google Scholar search, these 18 articles were sourced from reputable national and international journals, demonstrating a sufficient body of available literature to support this study. The research focus of each article is summarized in Table 2.

Table 1. Categorization of Articles Based on Concept and Research Method

Theme	Number of Articles
Indepence	6 Article
Interpersonal Relations	7 Article
Mental and Emotional Health	3 Article
Social Behavior	2 Article
Research methods	Number of Articles
<i>Quantitative</i>	5 Article
<i>Qualitative</i>	11 Article
Mixture	2 Article

Table 2. Reference List for the Systematic Literature Review

Author	Research Focus
Fiqrunnisa et al., 2023	The relationship between perceived father involvement and partner selection in fatherless early adult women; no significant correlation found; highlights the need for theoretical reinforcement.
Saragih & Metia, 2024	The impact of fatherlessness on early adolescent ethics; negative effects such as behavioral deviance and positive effects such as independence; recommendation for a community-based approach.
Nurmalasari et al., 2024	A systematic review of the impact of fatherlessness on academic achievement; associated with low GPA and external attributions; educational intervention recommended.
Putri, 2024	The impact of fatherlessness on female college students' academic performance; findings show low self-esteem and lack of learning motivation; counseling approach recommended.
Nurjanah et al., t.t.	A study on early childhood in patriarchal cultures; limited father involvement leads to impaired behavioral control and independence; father engagement recommended.

Author	Research Focus
Majid & Abdullah, 2024	The impact of fatherlessness on mental and emotional health; difficulties in emotion regulation and social dysfunction; recommendations include social support and emotional adaptation.
Larasati & Rahmasari, 2024	The role of fathers and daughters' self-confidence; fatherlessness leads to low self-esteem and psychological disturbances; active father involvement recommended
Kiromi, 2023	The impact of fatherlessness on moral intelligence; increased risk of juvenile delinquency; highlights the importance of the father's role in children's character development..
Zein & Aulia, 2024	The relationship between father involvement and the psychological well-being of adolescent girls; fatherlessness increases the risk of depression; increased father involvement recommended.
Anesti & Abdullah, 2024	Fatherlessness as both a cause and consequence of divorce; family conflict arises from lack of father-child communication; emotional involvement from fathers recommended.
Zahrotun & Anwar, 2023	Maqashidic interpretation of father-child dialogue in the Qur'an; fatherlessness contradicts the ideal role of a father; recommendation to apply Islamic values in parenting.
Putri & Priynggasari, 2024	The impact of fatherlessness on the resilience of adolescent boys; contributes 45.4%; external support recommended for adaptation.
Ilahiya et al., 2024	The impact of fatherlessness resulting from domestic violence; low psychological maturity and poor social adaptation; family counseling and Gestalt approach recommended.
Hadi et al., 2024	The impact of fatherlessness on girls' social and emotional intelligence; difficulties in socializing; psychological intervention recommended..
Qurbani, 2021	Fatherlessness contributes 55.4% to low self-confidence and social trust; psychological support recommended.
Anas et al., 2024	The relationship between fatherlessness and juvenile delinquency; increases the risk of deviant behavior; active father involvement recommended.
Cahyani et al., 2023	A study on the subjective well-being of early adult women; fatherlessness leads to low self-esteem and loneliness; family support recommended.
Wulandari & Shafarni, 2023	The impact of fatherlessness on early childhood; affects emotional and social development; father involvement in parenting recommended.

Discussion

Independence

This systematic literature review reveals that fatherlessness has a significant impact on independence, with effects varying depending on the context, age, and level of environmental support. Saragih and Metia (2024) studied early adolescents in Medang Deras. They found that the absence of a father compelled them to develop independence as a form of adaptation, such as taking responsibility for their personal needs. In the study, some adolescents demonstrated the ability to adapt to complex social environments, such as earning additional income or managing household needs, although they also faced challenges in socializing. However, the independence developed in this context is often reactive, emerging as a response to urgent needs rather than as a result of healthy parenting.

This phenomenon suggests that fatherlessness can lead to independence, but often at a high emotional cost, such as feelings of isolation or a lack of social support.

Putri and Priyngasari (2024) offer a more optimistic perspective by focusing on middle adolescent boys, where fatherlessness contributes to resilience—including aspects of independence—with an effect size of 45.4%. In this study, adolescents who lost a father figure showed the ability to recover from pressure by relying on both internal and external resources, such as peer or maternal support. The developed independence was evident in their ability to manage life challenges, such as completing school assignments without a father's guidance or managing personal finances. Although this study does not explicitly address early adult women, its findings suggest that fatherlessness can foster independence as a component of resilience, particularly when individuals have access to external support. However, this independence may not be entirely stable, as the lack of a father figure can hinder the development of guided decision-making skills.

Nurjanah et al. (n.d.) offer a more critical perspective by focusing on early childhood within the context of patriarchal culture in Boyolali. The study found that the absence of a father led to suboptimal independence, primarily due to the lack of a masculine figure who could model assertiveness and logic. Children in this study exhibited difficulty in developing independent abilities, such as completing simple tasks independently or managing emotions in challenging situations. The patriarchal culture, which positions mothers as primary caregivers and fathers as financial providers, exacerbated the issue, as fathers were not involved in daily caregiving, leaving children without a role model for independence. These findings suggest that fatherlessness during early developmental stages can impede the establishment of independence, potentially affecting females into early adulthood.

Wulandari and Shafarni (2023) also highlight the impact of fatherlessness on early childhood, focusing on the emotional and social development related to independence. Their study found that children without a father figure tend to have hindered independence due to a lack of guidance in caregiving. In this context, independence refers to self-management abilities, such as completing daily tasks or making small decisions—skills often developed through interactions with a father. The absence of a paternal role results in a greater reliance on the mother or other caregivers, which may not provide the same level of stimulation necessary for fostering independence. This study suggests that the long-term effects of fatherlessness in early childhood may influence the development of independence in women into early adulthood, especially if they do not receive substitute support from other figures.

Anas et al. (2024) examined the relationship between fatherlessness and juvenile delinquency while also addressing independence as part of the adaptation process. In this study, adolescents who had lost a father figure often developed independence as a survival mechanism, such as earning their income or managing daily life without parental guidance. However, this form of independence was frequently accompanied by deviant behaviors, such as street fighting or criminal activity, due to the lack of moral guidance from a father. These findings suggest that fatherlessness can lead to independence, but without clear direction, such independence may not develop positively. In early adulthood, this effect can

manifest as reactive independence, where women may be self-reliant in practical matters but struggle with emotional or strategic decision-making.

The impact of fatherlessness on the independence of early adult women reveals a complex pattern. Research indicates that the absence of a father can foster independence as a form of adaptation, particularly among individuals with external support; however, it may also hinder the development of healthy independence in the absence of a substitute figure or adequate guidance. This effect can persist into early adulthood, where women may demonstrate practical independence yet face challenges in emotional aspects or decision-making. The father's role in teaching assertiveness, logic, and responsibility becomes evident in these findings, confirming that fatherlessness can be a risk factor for the optimal development of independence. Therefore, interventions such as family support or counseling mitigate these adverse effects, enabling early adult women to develop a more balanced form of autonomy. The impact of fatherlessness on the independence of early adult women reveals a complex pattern. Research indicates that the absence of a father can foster independence as a form of adaptation, particularly among individuals with external support; however, it may also hinder the development of healthy independence in the absence of a substitute figure or adequate guidance. This effect can persist into early adulthood, where women may demonstrate practical independence yet face challenges in emotional aspects or decision-making. The father's role in teaching assertiveness, logic, and responsibility becomes evident in these findings, confirming that fatherlessness can be a risk factor for the optimal development of independence. Therefore, interventions such as family support or counseling mitigate these adverse effects, enabling early adult women to develop a more balanced form of autonomy.

Interpersonal Relations

Fatherlessness has a significant impact on the interpersonal relationships of early adult women, often with adverse effects due to the absence of a father figure as a relational role model. Fiqrunnisa et al. (2023) examined the relationship between perceptions of paternal involvement and partner selection in early adult women but found no significant correlation between the two variables. The study involved 119 women from the Brokenhome Indonesia community and suggested that an imprecise definition of fatherlessness and low perceived paternal involvement may have influenced the results. Although no direct relationship was found, the findings suggest that fatherlessness may contribute to the complexity of interpersonal dynamics, particularly in partner selection, which may be influenced by other factors, such as childhood experiences or social support. This suggests that fatherlessness can indirectly influence relational patterns, especially among women who seek a father figure in their romantic partners.

Zein and Aulia (2024) provide a deeper perspective by evaluating the relationship between paternal involvement and the psychological well-being of adolescent girls in Padang. The study found that the absence of a father increases the risk of relational difficulties, which may persist into early adulthood due to low self-esteem and emotional disturbances. In this study, 350 adolescent girls demonstrated a positive correlation between

father involvement and psychological well-being, with a correlation coefficient of 0.354, indicating that fatherlessness contributes to challenges in forming healthy relationships. The lack of a father figure as a masculine role model makes it difficult for adolescent girls to understand balanced relational dynamics, potentially affecting their relationship patterns in adulthood. These findings confirm that fatherlessness is often a significant risk factor for the development of stable interpersonal relationships.

Anesti and Abdullah (2024) highlight how fatherlessness affects overall family relationships, with a focus on the effects of divorce. The study found that limited communication between father and child after divorce creates a void in the father figure, which impacts the quality of family attachment. In this context, children who lose interaction with their fathers tend to struggle in forming healthy relationships with other family members, and this difficulty can persist into early adulthood. The absence of a father figure often leads early adult women to seek a replacement for that role in their relationships, which can result in unhealthy relational patterns, such as emotional dependency. This study indicates that fatherlessness affects not only the father-child relationship but also broader interpersonal dynamics within the family.

Cahyani et al. (2023) examined the subjective well-being of early adult women experiencing fatherlessness in Manado, focusing on its impact on social relationships. The study found that women who had lost their father figure tended to feel lonely and ashamed for being different from their peers, which hindered their ability to form healthy relationships. This loneliness often made it difficult for them to trust others, which in turn affected their social interactions in adulthood. In this context, fatherlessness created a sense of emotional insecurity, which could influence how early adult women establish relationships, both in friendships and romantic partnerships. The study emphasizes that support from family and friends is crucial to help them overcome these interpersonal challenges.

Qurbani (2021) offers further insight by examining the impact of fatherlessness on trust in others, a crucial component of interpersonal relationships. The study found that fatherlessness contributed 55.4% to the low level of confidence in others, which affects an individual's ability to form healthy relationships. In the context of early adult women, this lack of trust can lead to difficulties in establishing deep or committed relationships, as they may harbor fears of rejection or betrayal. The study indicates that fatherlessness can create relational patterns marked by distrust, which negatively impacts the quality of their interpersonal relationships. The importance of interventions such as counseling becomes evident in helping to address this impact.

Fatherlessness has a complex impact on the interpersonal relationships of early adult women, with effects that tend to be negative. Research indicates that the absence of a father often leads to difficulties in forming healthy relationships—with family members, peers, or romantic partners—due to low levels of trust, feelings of loneliness, and emotional insecurity. These effects can persist from childhood into early adulthood, creating relational patterns characterized by emotional dependency or distrust. The father's role as a masculine figure who models healthy relationships is crucial, and the absence of this figure can influence how early adult women interact with others. Interventions such as family

counseling or community-based approaches can help mitigate these negative impacts, enabling early adult women to build healthier and more stable relationships. Collectively, these studies confirm that fatherlessness is a significant risk factor for the development of optimal interpersonal relationships.

Mental and Emotional Health

This systematic literature review reveals that fatherlessness has a significant impact on mental and emotional health, with effects that are often negative and persist into early adulthood. Majid and Abdullah (2024) examined the effect of fatherlessness on children and found that the absence of a father leads to difficulties in emotional regulation, anxiety, and depression. In their study, children who lacked a father figure exhibited emotional symptoms such as temperamental behavior and difficulty in socializing, which were exacerbated by a patriarchal culture that limits the father's role in caregiving. These effects can continue into early adulthood, where women may face challenges in managing stress or forming healthy relationships due to the lack of emotional support from a father figure during their developmental years. This study underscores that fatherlessness is a significant risk factor for long-term mental health issues.

Larasati and Rahmasari (2024) reinforce these findings by focusing on girls, showing that fatherlessness leads to low self-esteem and significant psychological disturbances. In their study, 110 high school female students in Surabaya demonstrated a positive correlation between the father's role and self-confidence, with a correlation coefficient of 0.445. This indicates that the absence of a father contributes to emotional issues such as excessive anger, loneliness, and undiagnosed depression. These effects can impact the emotional stability of women into early adulthood, making them more vulnerable to psychological pressure, such as anxiety in facing life challenges or difficulty healthily expressing emotions. This study emphasizes the significance of the father's role in providing emotional security, which forms the basis for stable mental health.

Zahrotun and Anwar (2023) offer a perspective based on Qur'anic exegesis by analyzing father-child dialogues in Surah Luqman 13 and Surah As-Saffat 102, finding that fatherlessness contradicts the ideal paternal role and leads to delayed psychological maturity. Their study reveals that children without a father figure tend to feel insecure, struggle to adapt to new environments, and face difficulties in decision-making—all of which impact their mental health. Among early adult women, these effects may manifest as a tendency to avoid problems or display unstable emotional behavior due to the lack of paternal guidance in building emotional resilience. This study highlights that fatherlessness can create a significant emotional void, which can have a lasting impact on long-term mental well-being.

Ilahiya et al. (2024) add another dimension by examining fatherlessness in the context of domestic violence, finding that the absence of a father exacerbates mental health issues, such as low psychological maturity and emotional vulnerability when facing problems. In this study, women who experienced fatherlessness due to family conflict exhibited symptoms such as low self-esteem and difficulty with social adaptation, which may persist

into early adulthood. The lack of a father figure as a source of emotional support makes them more susceptible to stress and psychological pressure, affecting their ability to manage emotions in daily life. Overall, the findings indicate that fatherlessness is a significant risk factor for mental and emotional health problems, with long-lasting effects that require interventions such as counseling for mitigation.

Social Behavior

The impact of fatherlessness on social behavior has become a significant focus in several studies, with effects that are often negative—particularly during the vulnerable adolescent phase. Nurmalasari et al. (2024) found that fatherlessness among adolescents contributes to low academic achievement and a tendency to attribute success to external factors, which affect their social interactions within the school environment. In this systematic review, adolescents without a father figure often experienced difficulty forming positive relationships with peers, primarily due to a lack of self-confidence and a sense of security that typically stems from paternal guidance. These effects can persist into early adulthood, during which women may face challenges in actively participating in social environments, such as the workplace or community.

Kiromi (2023) highlights the link between fatherlessness and the risk of juvenile delinquency, with a focus on the moral development of children. The study found that the absence of a father leads to imbalances in moral development, resulting in deviant behaviors such as fighting, theft, or drug abuse, with data indicating a 26% increase in juvenile crime in 2014. Children without a father figure lack role models to help them understand social norms and ethics, which affects their social behavior in the community. Among early adult women, this effect can manifest as a tendency to avoid social interactions or engage in behavior that does not align with societal norms due to the absence of moral guidance during childhood.

Putri (2024) examined the impact of fatherlessness on female university students at UIN Imam Bonjol, focusing on academic achievement and social involvement. The study found that female students who experienced fatherlessness tended to have low academic motivation, which affected their participation in social activities within the educational environment. This lack of motivation was often linked to low self-esteem and feelings of loneliness, which made them more reserved in social interactions, such as being reluctant to join group discussions or participate in extracurricular activities. The study indicates that fatherlessness can lead to passive social behavior patterns, potentially influencing how early adult women interact in broader social settings.

Anas et al. (2024) added another dimension by examining the relationship between fatherlessness and juvenile delinquency in Makassar, finding that the absence of a father increases the risk of deviant behaviors such as gang fights and criminal acts. In this study, adolescents without a father figure tended to seek social validation through negative peer groups due to the lack of moral guidance and emotional support from a father. These effects may persist into early adulthood, during which women may exhibit impulsive social

behavior or avoid constructive social interactions due to unstable childhood experiences. Overall, fatherlessness contributes to negative social behavior, underscoring the crucial role fathers play in shaping social norms and promoting healthy behavior.

Conclusion

The findings of this study indicate that fatherlessness has a significant impact on young adult women, particularly in terms of independence, interpersonal relationships, and mental health. The form of autonomy that develops tends to be practical and reactive, yet emotionally fragile due to the absence of paternal guidance. In interpersonal relationships, women who experience fatherlessness often face difficulties in forming healthy connections, low levels of trust, and emotional dependency. Other psychological impacts include low self-esteem, loneliness, and emotional disturbances such as anxiety and depression. Therefore, future research is recommended to adopt a longitudinal approach, explore the role of substitute male figures, and examine mediating and moderating variables such as self-esteem and social support. Practically, interventions are needed in the form of counselling, strengthening alternative male role models, educating young adult women about the father's role in parenting, and providing support from schools and communities to help them develop healthy independence and social relationships.

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