

## **Father Absence and Its Psychosocial Impact: Exploring the Experiences of Young Adult Daughters in Javanese Cultures**

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**Abstract.** Father absence can significantly affect daughters, especially in cultures where fathers are viewed as primary providers and authority figures. This study examines the psychosocial impacts experienced by young adult daughters raised without a father's emotional presence in a Javanese cultural context. Five participants aged 21–23 with Javanese backgrounds were selected through purposive sampling. Data were collected via in-depth, semi-structured interviews and analyzed using thematic analysis. The findings reveal key psychosocial impacts, including emotional insecurity, low self-concept, difficulty trusting others, and a search for father figures in other relationships. Cultural expectations that idealize the paternal role were found to intensify these experiences. Participants reported both adaptive and maladaptive coping strategies, such as self-reliance, seeking support from external figures like peers and romantic partners, emotional suppression, and self-harm. This study emphasizes the need for continued investigation into the culturally specific dimensions of paternal absence.

**Keywords:** *father absence, psychosocial impact, javanese culture, young adult daughters*

**Abstrak.** Ketidakhadiran ayah dapat berdampak signifikan pada anak perempuan, terutama dalam budaya yang menempatkan ayah sebagai penyedia utama dan figur otoritas. Penelitian ini mengkaji dampak psikososial yang dialami perempuan dewasa muda yang tumbuh tanpa kehadiran emosional ayah dalam konteks budaya Jawa. Lima partisipan berusia 21–23 tahun dengan latar belakang Jawa dipilih melalui teknik purposive sampling. Data dikumpulkan melalui wawancara mendalam semi-terstruktur dan dianalisis menggunakan analisis tematik. Hasil penelitian menunjukkan dampak psikososial utama seperti rasa tidak aman secara emosional, konsep diri yang rendah, kesulitan mempercayai orang lain, serta pencarian figur ayah dalam hubungan lain. Harapan budaya yang mengidealkan peran ayah memperkuat pengalaman tersebut. Partisipan juga melaporkan strategi koping adaptif maupun maladaptif, seperti kemandirian, mencari dukungan dari teman sebaya dan pasangan romantis, menahan emosi, serta melukai diri. Studi ini menegaskan pentingnya eksplorasi lanjutan mengenai ketidakhadiran ayah yang bersifat spesifik secara budaya.

**Keywords:** *ketidakhadiran ayah, dampak psikososial, budaya jawa, anak perempuan dewasa muda*