

Dynamics of Wellbeing On Emerging Adolescence Fatherless In MTs Darul Ulum Palangka Raya

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INFO ARTICEL

Keywords:

Wellbeing; Fatherless

Article history:

Received. 2024-11-25

Revised. 2024-11-26

Accepted. 2024-12-11

ABSTRACT

The role of the father in the family has an important role, social construction in society shapes the role of the father as a figure who is the head of the household, provides for and is a role model for his children. This study explores the dynamics of well-being in adolescents who lose a father figure in the transition to adulthood. Focusing on fatherless adolescents, the research was conducted in the environment of MTs Darul Ulum Palangka Raya using descriptive qualitative methods with 14 subjects. Data were collected through observation, interviews, and documentation, then analyzed to understand the factors that influence the wellbeing of fatherless adolescents. The results showed that fatherless children tend to experience difficulties in emotion regulation, social interaction, self-esteem, decision making, and managing stress. The lack of a father figure negatively impacts their emotional development. It is important to deeply understand the dynamics of fatherless adolescents' well-being in order to provide appropriate support for their development. Proper mentoring, understanding, and support from the closest environment, especially parents, play a major role in helping fatherless adolescents manage emotions, make decisions, and improve their emotional well-being. The implications of this study suggest the need for public awareness, inclusive education programs, and psychological support for fatherless adolescents to optimize their well-being holistically.

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INTRODUCTION

The role of the father in the family has an important role, social construction in society shapes the role of the father as a figure who is the head of the household, provides for and is a role model for his children. However, what happens if the father's role does not function properly. The father figure exists but his role as head of the family does not work (Aulia, N., Ardina Makata, R., Suzana, L., Shamsu, H., Sultan, I., Ali, S., Begawan, S., & Darussalam, 2023). The father figure is very important for a person's development, because the father is a protective figure, protector, and role model in their lives. Losing a father who is a source of security, protector, and foundation in the

family, makes deep sadness for the child left behind (Syarnubi, 2016). However, in reality, there are many phenomena of children growing up without fathers with various problems. Problems that often occur in children who are raised without a father have a higher probability of living in poverty, can even commit crimes, drop out of school, compared to children who have complete parents, children without a father figure tend to have behavioral problems running away from home, even to become parents in adolescence (Kiromi, 2023).

Because, fathers have an important role in the family, so the departure of the father can have a negative impact (Putri, 2023). The impact of fatherlessness on adolescence is an important topic of study in the field of psychology. Research has shown that people who do not have a father may experience both positive and negative impacts during this phase of life. The positive impact of fatherlessness on children in the adolescent phase is high achievement motivation (Syarnubi, S, Fauzi, M., Anggara, B., Fahiroh, S., Mulya, A. N., Ramelia, D., ... Ulvya, 2023). Every child needs a father figure, but not all children can feel this due to the absence of a father both physically and psychologically, which is commonly known as fatherless. . The mentoring process from fathers is also something that is highly expected by children, however, sometimes a father thinks that fulfilling material needs is enough. Fatherless does not only mean the physical absence of the father, but the absence of the father's role and figure in the child's life (Sri Wahyuni, Asniar Khumas, 2023). Fatherless is a current phenomenon which is defined as the absence of the father's role in parenting both physically and psychologically due to various factors such as divorce, busy work, or death and many other things. Many factors are behind the loss of father figures in children's growth and development (Syarefa, A., & Bakhitah, 2024). Many factors influence the missing role of fathers in shaping mental and emotional health in children (Majid, 2024).

Fatherless is a condition where an adolescent child loses a father figure due to divorce, death, or health factors that must be separated, so that the father's roles are lost, namely both physically, emotionally, and psychologically (Tobing, N., & Hermanto, 2023). Fathers play a unique role in shaping children's gender identity, modeling good leadership, and providing emotional support and stability in the family. Children who grow up without a father in the family may experience some challenges and negative impacts. However, each individual and situation may vary. Many children who grow up without a father can develop their potential well and feel supported by their mother, family or community. This is a note for the community and family to provide support and guidance to children who grow up without a father (Rahmi, 2023). Adolescence is a transitional period between childhood and adult life characterized by growth, biological and psychological development (Syarnubi, 2022). Wellbeing is a condition when the basic needs of a person can be fulfilled properly, such as material and non-material needs (Syarnubi, S., Syarifuddin, A., & Sukirman, 2023). Adolescence is an important period in life, because individuals need a good wellbeing condition in order to develop their potential, and work productively and effectively. Wellbeing is important to have from an early age so that individuals can build positive emotions, create good relationships and develop and use the potential that exists within themselves (Tedjasuksmana, 2022). Wellbeing is a multidimensional construct that impacts positive attitudes such as positive emotions of learners. Then if Wellbeing is negative, it will affect negative emotions, such as anxiety. Students who have high Wellbeing will affect the level of life satisfaction and positive emotions (Rasyid, 2020).

Student wellbeing is defined as a positive emotional state that results from the alignment of personal needs and expectations of school. Another simpler definition of student wellbeing is the extent to which students feel comfortable in the school environment (Cahdriyana, R. A., & Richardo, 2021). The dynamics of wellbeing in emerging adolescence fatherless, we can better understand the challenges faced by individuals in designing appropriate interventions or programs to improve their well-being holistically. Therefore, it is important to provide support to every child, especially girls. To help them overcome these challenges and achieve optimal well-being during the adolescent phase (Syarnubi, 2019a). The concept of early adolescence refers to the transition period between adolescence and adulthood, which is characterized by exploration, self-discovery, and self-identity development (Syarnubi et al., 2022). In the Indonesian cultural context,

particularly at MTs Darul Ulum Palangka Raya, there are a number of students who grow up without a father in their lives. This situation may affect the dynamics of their well-being during adolescence. Therefore, this study is important to understand the experiences and challenges faced by children in dealing with developmental tasks in adolescence. This study shows that fatherlessness can have both positive and negative impacts on individuals in this phase of life. The positive impact can be high achievement motivation, while the negative impact can be loneliness, difficulty in making decisions, loss of role models, and challenges in socializing (Mukhallisa, F., Siswanti, D. N., & Sufartianingsih Jafar, 2023). This study aims to explore how the state of a child without a father affects psychological well-being and the dynamics of transition to adulthood without the presence of a father figure.

This research is important for understanding the well-being dynamics of fatherless adolescents and designing appropriate interventions to help them achieve optimal well-being during this important phase of life. Emerging adolescence is a period of transition to adulthood that is full of challenges and exploration of self-identity (Syarnubi, S, Mansir F., Purnom, M.E., Harto, K., & Hawi, 2021). Father's presence is very important in supporting children's development at this time. Fatherless conditions in adolescence can have positive impacts such as high achievement motivation, but also negative impacts such as loneliness, difficulty making decisions, loss of role models, and obstacles in socializing (Pudianingsi, A. R., Imaduddin, W., Mufidah, E., & Ardiyanti, 2022). Strategic interventions and support are needed to improve the wellbeing of adolescents who do not have fathers, such as counseling, mentoring, and policies that support services for them (Wahyuni, Sri, Reswita, & Filtri, 2023). Based on observations that have been made, it is found that there are differences between children who have a father figure and children who do not have a father figure in the child's life. Fatherless children have a higher risk of engaging in risky behaviors such as juvenile delinquency, drug use, and involvement in crime. These factors are closely related to the lack of guidance and support from a father in the child's life. The presence of a father plays an important role in shaping a child's social relationship patterns. Children who do not have a father figure tend to have difficulty forming healthy and stable social bonds, and have a higher risk of engaging in antisocial behavior. Therefore, researchers are interested in conducting research on the Dynamics of Wellbeing in Fatherless Emerging Adolescence at MTs Darul Ulum Palangka Raya.

METHODE

This type of research uses qualitative descriptive techniques with 14 fatherless students as subjects. The time allocation in this study was carried out for 2 months starting from August to October 2024. This research is located at MTs Darul Ulum Palangka Raya. Data collection techniques using observation, interviews and documentation. While data validity uses source triangulation analysis, then data analysis uses data collection, data reduction, data display, and conclusion drawing.

RESULTS AND DISCUSSION

1. Emotional Development of Fatherless Emerging Adolescence at MTs Darul Ulum Palangka Raya

Based on the results of research that has been conducted, it was found that children who do not have a father figure (fatherless) tend to experience mood swings easily and have difficulty managing emotions well. Fatherless children need to be further nurtured in communication skills and involvement in social activities. This can help them establish healthy social interactions despite different environmental conditions. In the absence of a father figure, the personal development of these children may require special attention. It is important to encourage and recognize each child's achievements and potential. Despite the lack of a father figure, it is important to ensure that these children receive adequate social support from both family and peers. More intense social interactions can help reduce the impact of fatherlessness. Adolescence is a period of rapid emotional development and

therefore needs attention and understanding by all parties, especially parents (Hutajulu, 2022). The ability to regulate emotions is essential for one's overall well-being and functioning in daily life. Emotions serve as an important prelude to decision making and can greatly influence our choices and behavior (Syarnubi, S., Alimron, A., & Muhammad, 2022). This is in line with the results of interviews conducted with fatherless students in class VIII at MTs Darul Ulum Palangka Raya, where every child needs a father figure, but not all children can feel this because of the absence of a father both physically and psychologically, which is commonly known as fatherless. (Widya, D., Education, J., & Juni, 2023).

2. Emotion regulation and Stress Regulation

Based on the results of observations, interviews, and documentation about emotional development with fatherless children at MTs Darul Ulum Palangka Raya:

"I'm an emotional person and can't help but get angry. And the way I manage stressful situations is by refreshing my mind through calming myself by watching movies, playing games, or traveling." (Interview with MA on Wednesday, September 04, 2024). The same thing was also conveyed by R as the mother of a fatherless child at MTs Darul Ulum Palangka Raya. The following is R's statement regarding this matter: "MA is a person who is easily emotional especially after the departure of his father and MA will watch, play games, or take a walk to relieve his stress. (Results of interviews with R on Saturday, September 07, 2024).

Based on these interviews, fatherless children at MTs Darul Ulum Palangka Raya have difficulty in regulating emotions, especially in controlling anger. The need to provide support and learning in emotional management so that they are able to respond more calmly. and fatherless children use various ways such as watching movies, playing games, or traveling to manage the stressful situations they face. It is important to help them find healthy strategies to cope with stressful situations so as not to negatively impact their mental well-being.

3. Empathy

Based on the results of interviews about the development of empathy with fatherless children at MTs Darul Ulum Palangka Raya.

"I will pay attention to a person's demeanor and facial expressions to try to understand their feelings." (Interview with RA on Wednesday, September 04, 2024).

Based on the interview, fatherless children show the ability to pay attention to other people's attitudes and facial expressions to try to understand their feelings. This was corroborated by S as RA's informant that "RA is able to understand other people's feelings by paying attention to someone's attitude and facial expressions." (Result of interview with S on Saturday, September 07, 2024).

Fatherless children at MTs Darul Ulum Palangka Raya demonstrate the ability to pay attention to other people's expressions to understand their feelings. It is important to continue to encourage this empathy ability so that they can interact healthily with others. Based on the results of data analysis from interviews with fatherless adolescents at MTs Darul Ulum Palangka Raya, empathy has an important role in one's social interactions, where the ability to feel and understand the emotional state of others can form better relationships. Empathy is explained as a person's ability to feel and understand the feelings of others around them. It is a form of sharing and understanding of other people's emotional conditions in certain situations. Based on the results of interviews with fatherless children at MTs Darul Ulum Palangka Raya, it was found that they were able to pay attention to the attitudes and facial expressions of others to try to understand their feelings. This indicates the presence of good empathy skills in these children. The recommendation is to continue to encourage and develop empathy skills in fatherless children in order to improve their social interactions and form healthier relationships with others. Thus, the development of empathy skills in fatherless children at MTs Darul Ulum Palangka Raya can be key in strengthening their social interactions and supporting positive emotional development in adolescence.

4. Interpersonal Relationship

Based on the results of interviews about the development of empathy with fatherless children at MTs Darul Ulum Palangka Raya.

"I maintain positive relationships with peers and adults by choosing my words wisely and respecting their opinions." (interview with WN on Wednesday, September 04, 2024).

Based on this interview, the effectiveness of interpersonal communication is influenced by adolescents' openness, but still maintaining positive relationships with peers and adults. This is corroborated by V as WN's informant that "WN is able to maintain positive relationships with peers and adults." (Results of interview with V on Saturday, September 07, 2024).

Interpersonal communication is influenced by adolescents' openness. It is important for them to maintain positive relationships with peers and adults to support their social development. Based on the results of data analysis from interviews with fatherless adolescents at MTs Darul Ulum Palangka Raya, the effectiveness of interpersonal communication is influenced by how much openness adolescents have in interacting. Although adolescents use social media, interpersonal relationships can remain close and close if interactions are carried out wisely and respectfully of other people's opinions. Teenagers can have multiple identities or accounts on social media, but this does not significantly affect the interpersonal relationships that have been well established. It was found that it is important to maintain positive relationships with peers and adults by choosing words wisely and respecting their opinions. Adolescents' openness in communication greatly affects the effectiveness of their interpersonal communication. It is important for adolescents, including fatherless children, to maintain positive relationships with peers and adults. Encouraging openness in communication as well as the ability to choose words wisely and respect others' opinions strengthens healthy interpersonal relationships. Thus, through understanding the importance of openness, wise communication, and respect for others, adolescents can develop close interpersonal relationships and better support their social development.

5. Self Esteem and Self Concept and Decision Making

Based on the results of interviews about the development of empathy with fatherless children at MTs Darul Ulum Palangka Raya.

"I look for Solutions and ask for help from my mom to get the best Solution. And I tend to stay objective and dig up as much information as possible before making a decision." (Result of interview with RA on Wednesday, September 04, 2024).

Based on the interview, fatherless children tend to seek support and solutions through their mothers to improve their self-esteem and self-concept. Despite trying to be independent in decision-making, fatherless children still consider emotional aspects in the decision-making process and remain objective and dig up as much information as possible before they make a decision. This is corroborated by W as an informant of RA that "RA asks for help from his mother to find the best solution in solving problems. And AR will dig up as much information as possible before making a decision." (Results of interview with W on Saturday, September 07, 2024).

Based on the results of data analysis from interviews with fatherless children at Darul Ulum Palangka Raya, they tend to seek support from their mothers in increasing their self-esteem and self-concept. It is necessary to provide space for them to develop positive self-confidence. Based on the results of data analysis from interviews with fatherless teenagers at MTs Darul Ulum Palangka Raya, it is important for students in developing their potential to be able to adapt to the school environment without having to lose their identity. Students are expected to be able to utilize internal potential and combine it with the environment in which they interact so that they can optimally participate in activities at school. Fatherless children tend to seek support and solutions through their mothers in improving self-esteem and self-concept. And fatherless children at Darul Ulum Palangka Raya try to be independent in making decisions but still consider emotional aspects. Support in honing wise decision-

making skills can help them grow as resilient individuals. In adolescence, the family still plays an important role in the child's decision-making process. Even though they try to be independent, fatherless teenagers still consider emotional and objective aspects in making decisions. Support in honing wise decision-making skills can help fatherless youth grow as strong individuals. The results of the interviews show that there are separate challenges and strategies in the emotional development of fatherless children. Appropriate mentoring, understanding and support from the closest environment, especially parents, is very important in helping fatherless teenagers manage emotions, make decisions and improve their emotional well-being.

Based on the results of interviews conducted with fatherless children at MTs Darul Ulum Palangka Raya, it shows their own challenges and strategies in their emotional development. Efforts to support them in overcoming emotional problems are important to ensure their psychological well-being in the future. From these interviews, it can be concluded that appropriate mentoring, understanding and support from the closest environment, especially parents, has a big role in helping teenagers manage emotions, make decisions and improve their emotional well-being, especially teenagers who are in a fatherless situation.

In conclusion, the emotional development of fatherless children at MTs Darul Ulum Palangka Raya can be seen from the following table :

Table 1 Emotional Development of Fatherless Students at MTS Darul Ulum Palangka Raya

Development	Very good	Good	Less good
Emotional Development and Stress Regulation	28,57 %	42,85%	28,57 %
Empathy	78,57 %	14,28 %	7,14 %
Interpersonal relationships	35,71 %	42,85 %	21,42 %
Self-esteem and self-concept and decision making	21,42 %	42,85 %	35,71 %

DISCUSSION

Emotional Development of Emerging Adolescence Fatherless at MTs Darul Ulum Palangka Raya

1. Emotion regulation and stress regulation

Fatherless children at MTs Darul Ulum Palangka Raya who have emotional development and stress regulation are in the good category with the number of students as many as 14 or 42.85%. Findings from observations, interviews, and documentation of fatherless children at MTs Darul Ulum Palangka Raya show that they have difficulty regulating emotions, especially in controlling anger. The information obtained from the interviews shows that the absence of a father figure both physically and psychologically can cause a negative impact on children's ability to manage their emotions. The recommendation given is the need for more intensive support and learning for fatherless children in managing emotions so that they can respond more calmly and effectively. Thus, understanding the important role of emotional regulation in adolescence, especially for fatherless children, is crucial in efforts to improve their psychological and social well-being. This is reinforced by the research of Titalessy and Endang Kusumiati that: Emotional development is a behavior that is seen by someone who is feeling certain emotions, the three participants have a description of emotions that tend to be the same, where participants say that if they feel positive emotions such as happiness that they will show is a happy expression such as a smile, shouting joyfully, smiling, and visible from the gestures. Meanwhile, in feeling negative emotions such as sadness, participants will cry, and when angry, participants admit to making loud sounds, this shows that participants have a good emotional depiction of the emotions felt and appropriate (Syarnubi, 2019b). According to Hamdanah and Surawan in their research : Adolescence is considered a period of storms and stress, a time when emotional tension rises

as a result of physical and glandular changes. The increase in emotions is due to the fact that adolescents are under social pressure, and during childhood, they are less prepared to face the situation. Not all teenagers experience storms and stress (Syarnubi, S., Efriani, A., Pranita, S., Zulhijra, Z., Anggara, B., Alimron, A., ... & Rohmadi, 2024). A person's emotional development is generally evident in changes in their behavior. Factors that affect emotions are environmental factors, namely an unsafe environment will affect emotions, individual experience factors that can provide values in life, individual factors, namely a person's personality (Hamdanah & Haramain, A. S., & Boediman, 2024).

In his research, Hutajulu also revealed that: Parents are expected to be able to understand the mood of adolescents at certain times. When the child feels calm, happy, sad, angry, and so on. Forms of poor parental behavior, such as neglect, rejection, and indifference when adolescents are under emotional pressure, may have a negative impact on the emotional development of adolescents themselves (Hutajulu, 2022). According to Sanusi, adolescence is a time full of challenges and many leaning towards negativity. Of course, there are many things faced by adolescents, such as unstable emotions, often not confident, feeling always right, wanting to be independent because they feel mature, wanting to always look attractive, wanting to be looked at and so on (Syarnubi, 2023). According to Surawan and Mazrur, adolescence is a transitional period, which is taken by a person from childhood to adolescence. Adolescence can also be said to be an extension of childhood before reaching adulthood. Adolescence is a time full of spiritual turmoil, a time in transition or on a rocking bridge that connects a childhood full of dependency with mature adulthood (Surawan, S., & Mazrur, 2020). According to Surawan in his research: It is very difficult to determine for sure about the development in adolescents.

This is because adolescents have gone through the process of self-development for a long time, from birth to adulthood (Surawan, S., Ariyadi, A., Anshari, M. R., & Ramadhani, 2024). According to Surawan in his research: Adolescents are individuals who are in productive age and as the next generation who will continue development for the welfare of a nation in the future (Surawan et al., 2024). Hamdanah and Surawan also revealed in their research that: By paying attention to the definition of adolescence stated above, it can be concluded that adolescents actually do not have a clear place. They are no longer included in the children's group, but they are not yet fully accepted to enter the adult group. Adolescents exist between children and adults. Therefore, adolescents are often known as the "self-searching" phase or the "hurricanes and storms" phase. Adolescents are still not able to master and function optimally their physical and psychological functions. However, it needs to be emphasized that the adolescent phase is a very potential developmental phase, both in terms of cognitive, emotional, and physical aspects (Syarnubi, S&Fahiroh, 2024). According to Suryana: This adolescence period is a period when a person's emotions can be mastered by himself, even he has the courage to carry out his hidp, has a direction where he will walk his life through an ideal, and has a self-awareness that begins to be clear about what goals to get (Suryana, E., Wulandari, S., Sagita, E., & Harto, 2022).

According to Sanusi, adolescence is a time full of challenges and many leaning towards negativity. Of course, there are many things faced by adolescents, such as unstable emotions, often unconfident, feeling always right, wanting to be independent because they feel mature, wanting to always look attractive, wanting to be looked at and so on (Sanusi, A., Hamdanah, H., & Surawan, 2021). Fenty revealed that: Adolescents are a reflection of the formation of the family, how the family educates them to make them like the form of the creation of the family. Departing from this, the emotions created from daily life will have an impact on the development of adolescents, whether they are emotional, anxious and unmotivated and even lazy to study or vice versa can make adolescents become resilient and reliable adolescents (Fenty, 2018). According to Widyanti and Naqiyah in their research: Emotions are an overflow of feelings that must be experienced by all individuals. Showing the emotions that are being experienced, both positive and negative, is natural, but if the

individual is unable to regulate his emotions, it will cause negative things. Emotional disturbances in adolescents are usually caused by irrational thinking when experiencing a problem (Fauzi, M., Lestari, A.R.S., & Ali, 2023). In that case, the ability to regulate emotions when adolescents are not fully developed, so adolescents tend to be unable to control their behavior when they feel emotional pressure and vent to negative things (Widyanti, S. A., & Naqiyah, 2023).

And teens who face fatherlessness are more likely to experience stress. Stress is a psychological response or human reaction when faced with a difficult situation or exceeds the limit. Adolescents' stress coping strategies can vary depending on how they manage stress. Based on the results of interviews with fatherless children, they use activities such as watching, playing games, or going for a walk to manage stressful situations. It is important to help fatherless teens find healthy strategies in dealing with stress so that their mental well-being is maintained. This is reinforced by Atmasari & Adzkia's research that: Adolescents who face fatherlessness are very likely to experience stress, where stress is one of the psychological responses or Human reactions when faced with things that exceed the limit or are difficult to face. The response to stress experienced by adolescents can vary depending on how their stress coping strategies are carried (Atmasari, A., & Adzkia, 2023). Haramain and Boediman revealed in their research that: Entering the early adolescent development phase brings many challenges for individuals that can trigger prolonged stress. Adolescents need to overcome stress that arises to minimize further impacts such as social relationship problems, academic problems, and psychological problems (Haramain & Boediman, 2024). Fatherless children in Darul Ulum Palangka Raya use various ways to manage stress, such as playing games or going for a walk. It is important to help them find healthy strategies for coping with stressful situations so that they do not negatively impact their mental well-being. Teens who face fatherlessness are more likely to experience stress. Stress is a psychological response or human reaction when faced with a difficult situation or exceeds the limit. Adolescents' stress coping strategies can vary depending on how they manage stress. Based on the results of interviews with fatherless children, they use activities such as watching, playing games, or going for a walk to manage stressful situations. It is important to help fatherless teens find healthy strategies in dealing with stress so that their mental well-being is maintained.

2. Empathy

Fatherless children at MTs Darul Ulum Palangka Raya in terms of empathy development are in the very good category with the number of students as many as 14 or 78.57%. demonstrate the ability to pay attention to other people's expressions to understand their feelings. It is important to continue to encourage this ability of empathy so that they can interact healthily with others. Based on the results of data analysis from interviews with fatherless adolescents at MTs Darul Ulum Palangka Raya, the development of empathy has an important role in a person's social interaction, where the ability to feel and understand the emotional state of others can form better relationships. Empathy is described as a person's ability to feel and understand the feelings of others around them. This is a form of sharing and understanding of the emotional state of others in certain situations. Based on the results of interviews with fatherless children at MTs Darul Ulum Palangka Raya, it was found that they were able to pay attention to the attitudes and facial expressions of others to try to understand their feelings. This shows that there is a good empathy ability in these children. The recommendation that can be given is to continue to encourage and develop empathy skills in fatherless children in order to improve their social interaction and form healthier relationships with others. Thus, the development of empathy skills in fatherless children at MTs Darul Ulum Palangka Raya can be the key in strengthening their social interaction and supporting positive emotional development in adolescence.

This is reinforced by Ahya's research that: Empathy can be interpreted as an emotion that a person has. With that empathy, a person can feel the condition of others around him. Empathy is a form of sharing an individual with another individual by understanding the

emotional state of others in a certain situation (Ahya, Aleissya Sahira Siswandi, 2023). Nurdin and Fakhri also revealed in their research that: Empathy helps individuals in understanding and realizing the intentions of others, predicting their behavior and experiencing the same emotions as those triggered by others (Nurdin, M. N., & Fakhri, 2020). Mujahidah and Listiyandini revealed that: Individuals who have empathy, will be more skilled in interpreting nonverbal language shown by others, such as facial expressions, voice intonation, body language and are able to capture what others are thinking and (Mujahidah, E., & Listiyandini, 2018). According to Ummah in her research: Empathy can be interpreted as the ability to feel what others feel and the ability to put oneself in the situation of others (Ummah, 2019). Empathy has an important role in a person's social interactions, where the ability to sense and understand the emotional state of others can form better relationships (Syarnubi.S., 2024). Empathy is described as a person's ability to feel and understand the feelings of others around them. This is a form of sharing and understanding of the emotional state of others in certain situations. Based on the results of interviews with fatherless children at MTs Darul Ulum Palangka Raya, It was found that they were able to pay attention to the attitudes and facial expressions of others to try to understand their feelings. This shows that there is a good empathy ability in these children. The recommendation that can be given is to continue to encourage and develop empathy skills in fatherless children in order to improve their social interaction and form healthier relationships with others. Thus, the development of empathy skills in fatherless children at MTs Darul Ulum Palangka Raya can be the key in strengthening their social interaction and supporting positive emotional development in adolescence.

3. Interpersonal Relationship

Interpersonal communication is influenced by the openness of adolescents. It is important for them to maintain positive relationships with peers and adults to support their social development. Based on the results of data analysis from interviews with fatherless adolescents at MTs Darul Ulum Palangka Raya who have interpersonal relationships are in the good category with the number of students as many as 14 or 42.85%. The effectiveness of interpersonal communication is influenced by how open adolescents are in interacting. Even though teens use social media, interpersonal relationships can remain close and close if the interaction is done wisely and respectfully with the opinions of others. Adolescents can have multiple identities or accounts on social media, but this does not significantly affect well-established interpersonal relationships. It was found that it is important to maintain positive relationships with peers and adults by choosing words wisely and respecting their opinions. Adolescents' openness in communicating greatly affects the effectiveness of their interpersonal communication. It is important for adolescents, including fatherless children, to maintain positive relationships with peers and adults. Encourage openness in communication as well as the ability to choose words wisely and respect the opinions of others to strengthen healthy interpersonal relationships. Thus, through an understanding of the importance of openness, wise communication, and respect for others, adolescents can develop close interpersonal relationships and better support their social development.

This is strengthened by Darmawan's research that: The effectiveness of interpersonal communication is also influenced by how much openness the teenagers are interacting, so that it can improve the interpersonal relationships of the adolescents, become closer and closer even though they communicate using social media. Every teenager can have multiple identities or accounts on social media, both real and fake accounts. However, this does not have a significant effect if the interpersonal interaction relationship is well established (Darmawan, C., Silvana, H., Zaenudin, H. N., & Effendi, 2019). Interpersonal communication is influenced by the openness of adolescents. It is important for them to maintain positive relationships with peers and adults to support their social development. The effectiveness of interpersonal communication is influenced by how open adolescents are in interacting. Even though adolescents use social media, interpersonal relationships can remain close and close if the interaction is done wisely and respectfully with the opinions of others. Adolescents can

have multiple identities or accounts on social media, but this does not significantly affect well-established interpersonal relationships. It was found that it is important to maintain positive relationships with peers and adults by choosing words wisely and respecting their opinions. Adolescents' openness in communicating greatly affects the effectiveness of their interpersonal communication. It is important for adolescents, including fatherless children, to maintain positive relationships with peers and adults. Encourage openness in communication as well as the ability to choose words wisely and respect the opinions of others to strengthen healthy interpersonal relationships. Thus, through an understanding of the importance of openness, wise communication, and respect for others, adolescents can develop close interpersonal relationships and better support their social development.

4. Self Esteem and Self Concept and Decision Making

Fatherless children in Darul Ulum Palangka Raya in terms of self-esteem and self-concept and decision-making are in the good category with the number of students as many as 14 or 42.85%. Children tend to seek support from their mothers in improving their self-esteem and self-concept. It is necessary to provide space for them to develop positive confidence. Based on the results of data analysis from interviews with fatherless adolescents at MTs Darul Ulum Palangka Raya, it is important for students to develop their potential to be able to adapt to the school environment without having to lose their identity. Students are expected to be able to utilize their internal potential and combine it with the environment in which they interact so that they can optimally participate in activities at school. Fatherless children tend to seek support and solutions through their mothers in improving their self-esteem and self-concept. The role of mothers in helping fatherless children to find the best solutions in solving problems also affects their emotional development. It was found that fatherless children in the school often sought help from their mothers to improve their self-esteem and self-concept. Providing space for fatherless children to develop positive self-confidence is essential in supporting their emotional development. Supporting students to maintain their identity while adapting to the school environment. Paying special attention to fatherless children by providing support and space to develop positive self-confidence, including in finding solutions to the problems they face. Thus, through understanding the importance of self-adjustment without losing identity and the positive role of parents, especially mothers, in supporting the improvement of self-esteem and self-concept, can help students, especially fatherless children, in developing their potential and emotional well-being. And, fatherless children in Darul Ulum Palangka Raya try to be independent in decision-making but still consider the emotional aspect. Support in honing wise decision-making skills can help them grow as resilient individuals. In adolescence, the family still plays an important role in the child's decision-making process. Despite trying to be independent, fatherless teenagers still consider emotional and objective aspects in decision-making. Support in honing wise decision-making skills can help fatherless teens grow as resilient individuals. The results of the interview showed that there are challenges and strategies in the emotional development of fatherless children. Proper mentoring, understanding, and support from the immediate environment, especially parents, are essential in helping fatherless teens manage their emotions, make decisions, and improve their emotional well-being.

This is strengthened by the research of Saputro and Sugiarti that: In the development of students' potential, they are required to be able to adapt to the circumstances in their school environment. Adapting does not mean that students change to be as demanded in the school environment (Saputro, Y. A., & Sugiarti, 2021). It is important for students in the development of their potential to be able to adapt to the school environment without having to lose their identity. Students are expected to be able to utilize their internal potential and combine it with the environment in which they interact so that they can optimally participate in activities at school. Fatherless children tend to seek support and solutions through their mothers in improving their self-esteem and self-concept. The role of mothers in helping fatherless children to find the best solutions in solving problems also affects their emotional

development. It was found that fatherless children in the school often sought help from their mothers to improve their self-esteem and self-concept. Providing space for fatherless children to develop positive self-confidence is essential in supporting their emotional development. Supporting students to maintain their identity while adapting to the school environment. Give special attention to fatherless children by providing support and space to develop positive confidence, including in finding solutions to the problems they face. Thus, through understanding the importance of self-adjustment without losing identity and the positive role of parents, especially mothers, in supporting the improvement of self-esteem and self-concept, can help students, especially fatherless children, in developing their potential and emotional well-being.

According to Appulembang and Agustina that: In adolescence, it is usually characterized by behavior that seems to be independent of the role of parents and more independent in making their own decisions. However, in adolescence, the family plays a role in the decision-making process, one of which is in the decision-making process that will be taken by the child (Appulembang, Y. A., & Agustina, 2020). Fatherless children in Darul Ulum Palangka Raya try to be independent in decision-making but still consider the emotional aspect. Support in honing wise decision-making skills can help them grow as resilient individuals. In adolescence, the family still plays an important role in the child's decision-making process. Despite trying to be independent, fatherless adolescents still consider emotional and objective aspects in decision-making. Support in honing wise decision-making skills can help fatherless teens grow as resilient individuals. The results of the interview showed that there are challenges and strategies in the emotional development of fatherless children. Proper mentoring, understanding, and support from the immediate environment, especially parents, are essential in helping fatherless teens manage their emotions, make decisions, and improve their emotional well-being.

According to Andriyani, the impact of father's absence in adolescence can vary, depending on many factors such as available family support, the quality of relationships with other parents, and socio- economic conditions. Emotional impacts that are often observed include:

- a. Difficulty managing emotions: Teens may have trouble managing and expressing their emotions appropriately.
- b. Emotional Well-being: Children who experience the absence of a father during emerging adolescence often face greater emotional challenges. They may experience feelings of sadness, loss, or emotional turmoil due to not having a father figure.
- c. Anxiety and Depression: Research shows that the absence of fathers can increase the risk of anxiety and depression in children. During emerging adolescence, these feelings can be exacerbated by hormonal changes and social pressures experienced during this transition period.
- d. Low self-esteem: The absence of a father figure can lead to feelings of worthlessness or unlove.
- e. Anxiety and depression: The risk of mood disorders increases, especially if there are feelings of abandonment or neglect.
- f. Trust issues: Difficulty building and maintaining healthy relationships due to lack of positive role models.
- g. Difficulty managing stress: Without the support of fathers, adolescents may lack effective coping skills (Andriyani, 2019).

Research shows that the absence of a father can cause high motivation for achievement but also has negative consequences such as loneliness, difficulty in making decisions, loss of role models, and challenges in socializing (Mukhallisa et al., 2023). In addition, children in this phase may experience characteristics such as instability in the child's character/traits, and feelings between life stages. Understanding these dynamics is very important to optimize children's welfare during the life phase of adolescence (Nindhita &

Pringgadani, 2023). This research can provide valuable insights into the psychological and social dynamics experienced by individuals growing up without a father, as well as strategies and interventions that can help improve their well-being during adolescence. In the context of Indonesian culture, especially at MTs Darul Ulum Palangka Raya, there are a number of students who grow up without their fathers in their lives. This situation can affect the dynamics of their well-being during adolescence. Therefore, this research is important to understand the experiences and challenges faced by children in facing developmental tasks in adolescence. This study shows that fatherlessness can have both positive and negative impacts on individuals in life phases. The positive impact can be in the form of high achievement motivation, while the negative impact can be in the form of loneliness, difficulty in making decisions, loss of role models, and challenges in socializing (Mukhallisa et al., 2023).

This study aims to explore how the state of a child without a father affects the psychological well-being and dynamics of the transition to adulthood without the presence of a father. This research is important to understand the dynamics of the welfare of fatherless adolescents and design appropriate interventions to help them achieve optimal well-being during this important phase of life. Adolescence (emerging adolescence) is a transition period to adulthood that is full of challenges and exploration of self-identity (Fatimah & Nuraninda, 2021). The presence of the father is very important in supporting the development of children during this period. The condition of fatherlessness in adolescence can have positive impacts such as high motivation for achievement, but also have negative impacts such as loneliness, difficulty making decisions, loss of role models, and obstacles in socializing (Pudianingsi et al., 2022). Strategic interventions and support are needed to improve the wellbeing of adolescents who do not have fathers, such as counseling, mentoring, and policies that support services for them (Wahyuni et al., 2023).

CONCLUSION

This research reveals the importance of the role of fathers in the family and its impact if the role of fathers does not function as it should. Children who grow up without a father figure tend to have difficulties in emotional regurgitation, social interaction, self-esteem, decision-making, and managing stress. The existence of a father figure is considered crucial for the psychological development and welfare of children during the transition phase to adulthood. The dynamics of wellbeing in fatherless adolescents suggest that appropriate support, understanding, and mentoring from the immediate environment, especially parents, can help adolescents overcome their emotional challenges. The importance of understanding the dynamics of well-being in the fatherless adolescent population in secondary schools to provide appropriate and effective support for their development.

This study highlights the need for a deep understanding of the emotional needs and challenges faced by fatherless adolescents in order to improve their psychological well-being holistically. The results of the study concluded that the absence of a father figure in children's lives can have a negative impact on their emotional development and well-being. Therefore, there needs to be an effort to provide proper understanding, support, and guidance from the family and surrounding environment to help fatherless children face the emotional challenges they face during their teenage years.

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