



Dynamics Of Self-Acceptance Of Early Adult Women Who Experience Fatherlessness

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Abstract. This study aims to describe the dynamics of self-acceptance among fatherless early-adult women due to divorce and death. The research method used is qualitative with a phenomenological approach. This study used a purposive sampling technique. The data collection technique used was semi-structured interviews with aspects of self-acceptance and the factors that influence them as interview guidelines. The subject's fatherless status was measured using the Father-Daughter Relationship Assessment Questionnaire. The data analysis used is an interactive model analysis. From the results of the study, although the two subjects experienced ups and downs in the process of self-acceptance, this indicated that both subjects had fairly good self-acceptance. In this study, the researcher found that the two subjects were still in the process of accepting themselves as fatherless early adult women, namely convincing them from outside themselves like the figures found by the two subjects who helped in the process of self-acceptance and participating in positive activities such as subject B who kept himself busy with homework and following the photography community and honing his skills, and subject A by letting go of everything that had happened in the past and diverted by keeping himself busy and doing positive activities and getting support from relatives and close friends of the two subjects.

Keywords - Self-Acceptance, Fatherless Early Adult Women, Psychological development

1 Introduction

The phenomenon of *fatherlessness* among Indonesians may still be common. However, the phenomenon of *fatherlessness* or the absence of fathers both physically and psychologically in the lives of individuals is quite large in Indonesia. Today, it is found that many individuals are growing up without fathers. Divorce cases, the death of the father, criminal cases that result in the father being imprisoned, and mothers who become pregnant outside of marriage are some of the causes of the individual losing the form of his father. [1]. In Indonesia, the number of individuals who lose their fathers is in fact more than individuals who lose their mothers. It is known from the data released by the Central Bureau of Statistics in 2022, in 2022 the percentage of women who became heads of households due to divorce alive reached 16.7% and those divorced by death reached 70.37%. Meanwhile, men who became heads of households due to divorce reached 1.21% and death divorce reached 3.06%. These data illustrate that individuals who experience *fatherlessness* tend to be more numerous than individuals who experience *motherlessness*.

Fatherless is defined as a state of being without a father or fatherhood either physically or emotionally. *Fatherlessness* is also defined as the lack or absence of regular interaction with the individual as well as not fulfilling his role in their growth. Divorce, death, and neglect are

all forms of father absence. The absence of an important father role will result in low self-esteem, feelings of anger, shame because they feel different from their peers, and not experiencing the atmosphere with their father that their peers feel. [2]. Losing the role of the father also makes individuals feel lonely, jealousy, grief, and loss along with low *self-control*. [3], such as research conducted by [4] adolescents aged 15-18 years who were victims of their parents' divorce experienced loneliness which resulted in suicidal thoughts and depression as an amplifier of suicidal thoughts. Some of the circumstances that make families without fathers more difficult and challenging include economic difficulties, socializing, and difficulties in meeting individual needs. Single mothers tend to have economic difficulties such as insufficient income and the inability to fulfill the needs and desires of the individual. [5], such as research conducted by [6] two single mothers due to divorce and two single mothers due to the death of their husbands experienced economic problems and difficulties in meeting their needs.

In addition, fatherless families also make it difficult for single mothers to integrate and mingle with the surrounding community and lead to a lack of social support. This is due to the conditions that require them to fulfill the financial needs of their families. [7]. Compared to single-parent fathers, they tend to seek external help such as economic and social support so single fathers are often better at raising individuals. When compared to individuals in *motherless* conditions, individuals in *fatherless conditions* will face more complicated situations so that researchers are interested in examining individuals in *fatherless* conditions. Broadly speaking, the role of the father is as an *economic provider, friend and playmate, caregiver, teacher and role model, monitor and disciplinary, protector, welfare provider in various forms (advocate), and provider of support for the individual (resource)*. [8]. From various literature, it is concluded that father's participation in the care of individuals has a significant impact on cognitive development, emotional and mental health, social skills, physical health, and reduces the risk of negative effects on individual development. [9]. In addition, the contribution of fathers in the care of individuals has a significant effect on their higher academic achievement compared to individuals from families with deceased fathers or divorced fathers who tend to have lower academic achievement and even female individuals get a greater impact than male individuals [10]. [10].

In early adult development, individuals will experience a crisis period, namely the *intimacy* versus isolation crisis. Intimacy in question is the ability to integrate one's identity with the identity of others without fear of losing it. Individuals are said to have good and mature intimacy if between two individuals have the ability and willingness to trust each other. Achieving a sense of intimacy between two individuals also requires sacrifice, compromise, and high commitment which was previously obtained during adolescence through the formation of a good self-identity. If the individual has a low sense of intimacy when entering the early adult phase, then they will experience isolation. [11]. The inability of individuals to build good relationships with other individuals will have an impact on the damage to the individual's personality such as refusing to relate to new people, ignoring and even attacking anything that frustrates him [12]. [12]. Therefore, if the father's role is missing, individuals will experience problems in building relationships, especially with the opposite sex, the emergence of depressive symptoms, to low *self-esteem* [13]. [13].

Maslow himself proposed a hierarchy of needs theory, where the first order is physiological needs, then security needs, then the need to belong and be loved, then self-esteem needs and finally self-actualization needs. These needs must be met starting from the very first need first then proceeding with the next needs. If an individual's physiological needs are not met, then he or she cannot continue the stage to achieve the next need. If the individual continues to grow only with basic needs then he will experience immature psychological growth. Self-

acceptance is a core part of an individual's ability to self-actualize and good *psychological well-being*. [14]. Individuals who have good *psychological well-being* will be able to adapt to any situation, and this *fatherless* situation is a stressful situation and life pressure that is quite pressing and requires strong self-acceptance.

One of the internal factors that other researchers have not explored in depth about the problem of *fatherlessness* is the self-acceptance of individuals who experience this condition. Seeing many events in life that do not match expectations, self-acceptance is very important for every human being to have. Self-acceptance is an attitude that reflects a sense of satisfaction with oneself, the qualities and talents one has, and recognizes one's limitations. [15]. Self-acceptance is the individual's ability to view himself positively and release negative things in himself where this ability arises under the individual's own control [16]. [16]. There are several aspects of self-acceptance, namely; accepting himself and considering himself the same or equal to others, believing in his own abilities, taking responsibility, being outwardly oriented, having a firm stance, realizing his limitations and accepting human traits [17]. [17]. There are several factors that influence individual self-acceptance, namely; self-understanding, realistic expectations, free from environmental barriers, getting good social behavior, no heavy emotional pressure, the influence of success, identifying with individuals who successfully accept themselves, self-perspective, good childhood parenting, and a stable self-concept. [18].

Research conducted by [19] in the title "*Father Absence and Its Effects on Daughter*" found that female individuals left by their fathers tend to be in promiscuity such as extramarital pregnancy and free sex, economic difficulties, and emotional problems. Research conducted by [20] in the title "*The Effects Absent Fathers Have on Female Development and College Attendance*" added that the role of fathers in the lives and development of individual women in particular is very influential because the role of fathers in the lives of individual women plays an important role for their perceptions of the world, men, and academics. Because female individuals also feel the impact of *fatherless* situations that make it difficult, researchers are interested in examining the dynamics of *fatherlessness* experienced by female individuals. [20]. If you want to see the dynamics of self-acceptance as a whole, it would be more appropriate to choose subjects entering early adulthood. This is because the main task of adolescents is to form and find their identity, and if they fail in this process they will fall into identity confusion. In this case, researchers see that adolescents who have not found their identity, then these adolescents have not been able to achieve self-acceptance. Because an important factor of self-acceptance is self-understanding and only individuals who have found their identity in adolescence can realize this self-understanding. Therefore, researchers chose subjects who entered early adulthood. [21].

Results of research conducted by [22] with the title "*Dynamics of Self-Acceptance of Fatherless Early Adult Women Left by Their Fathers from an Early Age*" on two early adult women with an age range of 20-24 years with the first subject left by his father due to divorce and the second subject left by his father due to death showed that the two subjects had accepted themselves related to the absence of their father, one of which was by following the prayer community they joined despite experiencing many difficulties in their lives but could respond positively because they gained experiences and supportive situations related to their self-acceptance. The results of research conducted by [23] with the title "*Case Study of Social Interaction with the Opposite Sex in Early Adult Women with Single Parent Parenting Patterns (Without Father) Since Childhood*" on a 22-year-old woman who wants to get married but does not yet have a partner or has not had a serious relationship with a man. The subject, who has a close relationship with his father, has become a closed person since his father died, which affects his interactions with the opposite sex, such as the absence of the urge to build relationships with

the opposite sex and tends to close himself because of a deep sense of loss. In addition, the subject had an unpleasant experience and a sense of disappointment given by his former lover so that the subject closed himself off to the opposite sex. The subject was slowly able to accept himself and the fact that his father was gone with spiritual factors and get closer to God so that it could change the subject's perspective in relationships with people around him well. Based on this explanation, this study aims to describe the dynamics of self-acceptance in *fatherless* early adult women as measured by aspects and factors that influence self-acceptance.

2 Methods

This research uses qualitative methods with phenomenology as a type of research approach. Qualitative method is a type of research that aims to understand the phenomena experienced by the research subject as a whole such as behavior, perception, motivation, action and others and then described in the form of words and language in a special context using natural methods. [24]. The type of research approach chosen by the researcher is phenomenology. Phenomenology is a research approach that describes the individual life experiences of the phenomena described by the research subject [25]. [25]. The variable studied in this study is self-acceptance. The measurements used in this study are aspects of self-acceptance and the factors that influence it.

In this study, the sampling technique used by researchers was *purposive sampling*. *Purposive sampling* is a data source sampling technique by setting research objectives, detailed criteria for determining research subjects that match the criteria set at the beginning. [26]. The criteria for the subjects of this study were; a) two early adult women aged 20-25 years who experienced fatherlessness due to divorce and death from the age of 0-5 years, b) not married. The subject's *fatherless* state was measured using the *Father-Daughter Relationship Assessment Questionnaire*. [27] which contains 40 statements about *fatherlessness* that describe the type of *fatherlessness* experienced by the subject, where the subject's answers become a reference in making interview guidelines according to the *fatherless* state experienced by the subject. The data collection technique used by researchers is semi-structured interviews. Semi-structured interviews are one type of interview conducted by researchers and subjects by asking open and flexible questions, analyzed case by case with a qualitative approach and then made into a narrative report where the researcher's interpretation is reinforced by interview quotes from the subject. [28]. In this study, researchers used data credibility techniques (external validity) *member checking* and *external auditors*. *Member checking* is a way to determine the accuracy of qualitative research results by bringing the final report or description or certain topics to the subject and confirming its accuracy. Researchers also invite *external auditors*, namely supervisors and psychology undergraduate colleagues to review the entire research with the aim of objectively assessing how accurate the transcripts are, the relationship between research questions and data, the level of data analysis from raw data to its interpretation.

The data analysis technique used in this research is an interactive model analysis which includes 3 main elements, namely data condensation, data presentation, and conclusion drawing. Data condensation is the process of selecting, focusing, simplifying, abstracting, and displaying data in written field notes, interview notes, documents, and other empirical materials so that the data becomes stronger so that it can be drawn into the final conclusion of the problem studied by the researcher. Presentation of data is Presentation is a dense and organized collection of information that can make it easier for researchers to understand what is happening and carry

out further analysis so that it allows researchers to draw conclusions and actions of the researcher's understanding of the problem being studied, drawing conclusions is validated during the research process with a short time such as thinking back as the researcher writes, reviewing field notes thoroughly and exhaustively which requires further review among other colleagues to develop intersubjective or extensive efforts to place copies of findings in other data sets. [29]

3 Results And Discussion

3.1 Description of Research Subjects

Table 1. Description of Research Subjects

No.	Description	Subject A	Subject B
1	Pseudonym (Initials)	R	S
2	Age	23	24
3	Gender	women	Female
4	Birth Order	The third of 3 children	The first of 2 children
5	Last Education	S1	S1
6	Jobs	Not working yet	<i>Freelance photographer</i>
7	Tribe	Padang	Java
8	Religion	Islam	Islam
9	Age at father's death	6 months	5 years
10	Causes of <i>fatherlessness</i>	Divorce	Passed away

1. Subject A

Subject A with the initials R is 23 years old and female. Subject A is a graduate of the information systems program at one of the universities in Padang. Subject A has two older sisters. Subject A experienced *fatherlessness* due to the divorce of his parents when the subject was 6 months old because his father played gambling and was abusive to his mother. The subject only learned the whole story of his parents' divorce when he was in junior high school. When subject A was in grade 2 elementary school, subject A lived with his grandmother and only lived with his mother when he was in grade 3 elementary school due to his mother's decision. Currently, the subject lives with his mother and his father. His mother works as a spice seller in the market.

Before knowing the whole story about his parents, the subject recalled that he had met his father when he was in elementary school and gave the subject food and pocket money. However,

all relatives from the subject's mother's side worked together to make excuses that his father was working or going somewhere even though the subject had met his father. After the subject's mother told the whole story about her divorce, the subject felt unacceptable, but there was no control to change the situation. At the subject's current age, the subject still hasn't accepted about his parents' divorce. Because it happened a long time ago, the subject is still trying to accept.

The subject felt that he had little interaction with his father because the subject never lived with his father and rarely talked about his father. Father is a closed person, quiet, rarely starts chatting. When the subject wanted to meet his father and was given money, the subject was restricted from interacting but currently no longer restricts even if only briefly. The subject feels that in recent years he has just started to have more *intense* interactions than before even though it was only briefly to chat and provide alimony. Previously, the subject's biological father rarely gave maintenance to his children if the subject's mother did not ask for it, the maintenance would not be given. However, only recently has the subject's father routinely provided maintenance when his father had money and gave it to the subject. The subject wants to be closer to his father, more open so that he can talk about anything to his father but that wish has not been realized because of his quiet and closed father.

The subject felt incompatible with his father because he was a loner, quiet, closed, rarely started conversations but and regulated the subject too much. The subject's two older siblings also felt the same way as the subject about his father. The subject never played with his stepfather because his stepfather did not want to gather with many people, if at home he only spoke as needed, the rest was just silent. The subject is not very close to his paternal relatives because of his parents' divorce. The subject has no contact with his paternal relatives, and only has contact with his father.

The subject said that he and his mother and two older siblings have a good relationship and there has never been any conflict. The subject's mother treats her three children well and according to the subject, there is no difference in the attitude of her mother before and after the subject learned the story of her parents' divorce. According to the subject, the way to show affection is through words because his mother is a quiet person, but it is shown by actions such as making food. The subject prefers to share stories of general matters with his mother, but never for the subject's personal matters. The subject's mother is a quiet person, her mother more often shares with the second sister. The subject's mother is rarely at home and rarely interacts with neighbors. After the divorce, it was her mother who fulfilled all the needs before her father took on the role of providing for her again. After marrying his father, his father also played a role in providing maintenance.

The divorce of the subject's parents had an impact on the subject, namely the subject became jealous of peers who were close to his father and lacked confidence in his current family situation. Lack of confidence affects the subject in his academics such as feeling afraid when presenting at lectures. The subject's academic condition suffered a decline in grades due to loss of concentration. The subject became an introverted person, could not initiate conversations, and had difficulty in socializing. The subject also felt afraid to speak in front of many people. Although the *fatherless* situation did not affect the subject in socializing, it changed the subject's perspective in viewing men as partners, which made the subject have many things to consider, especially in terms of responsibility and feel afraid if he gets a partner like his father. When he first learned the whole story of *his* parents' divorce, the subject felt no rejection, but when a sense of rejection emerged when the subject was in his 20s and questioned many things about *his* fatherless state. Currently the subject has not fully accepted her fatherless situation because there is still a sense of anger towards her father who has not changed his attitude, but the subject is also trying to accept herself as a *fatherless* early adult woman by letting go of everything that

has happened in the past and being distracted by keeping herself busy and doing positive activities.

2. Subject B

Subject B has the initials S, 24 years old and female. Subject S is a graduate of the communication science program at one of the universities in Surabaya who currently works as a *freelance photographer*. The subject is the first of 2 children with a younger brother with a difference of 3 years younger. Subject B experienced *fatherlessness* due to the death of his *father, which was* caused by a heart attack suffered by his father when the subject was 5 years old. Currently, the informant lives with his mother and younger brother. The subject's mother works as a wet and fried food seller at her house. When his father died, the subject did not understand the situation at that time and only realized that his father died when he entered the house and this situation became one of the memories that the subject always remembered.

The subject only has a few memories of his father, namely when his father took the subject to play on the playground. The subject and his father had a close relationship. The thing that the subject remembers most about the condition of the subject's mother after his father died is seeing his mother crying after praying without showing the subject and his younger brother. The subject and his mother had a close relationship before and after his father died and there was no significant change in attitude.

The subject had a good relationship with his mother and sister before and after his father died. His mother shared her affection with her two children fairly. When his father died, his mother felt very sad, but after that his mother did not want to show her sadness to her two children. Her mother often discussed and told them about her father. The role of the head of the family, which was originally played by his father, shifted to his mother, which affected the family's economic situation to make ends meet. Her mother has a good relationship with her neighbors, but there are some neighbors who feel they have a bad relationship with her mother.

The subject's current condition after his father died, namely the subject felt confused about what to do, became more quiet, and increased responsibility for looking after his younger brother who was still small at that time. The subject's academic grades also declined due to loss of focus. The subject also became afraid to interact and mingle with his peers and became a closed person. The death of the subject's father at this time affected the economic situation of the subject's family because he lost the figure of the backbone of the family who made ends meet. The subject also feels jealous of peers who have a complete family which causes the subject to feel very lacking in a father figure, but the subject has no intention of finding a replacement for his father. The *fatherless* situation does not affect the subject in looking at men, but the subject only feels awkward because he is used to being friends with fellow women. The *fatherless* situation also did not make the subject do bad things that could harm him. The subject still has not fully accepted his *fatherless* state because he still questions and fantasizes about his father when he feels at his lowest point and misses his father. However, the subject is still trying to accept her situation as a *fatherless* early adult woman by letting go and praying for her father and keeping herself busy such as helping her mother sell and doing her hobbies.

The interview results will be analyzed and presented with a comparison table of subjects A and B to facilitate analysis.

Table 2. Comparison of the Dynamics of Self-Acceptance Aspects

Aspects of Self-Acceptance	Subject A	Subject B
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Accepts himself and considers himself the same or equal as others

The subject was able to understand her weaknesses and strengths by mentioning and explaining what her weaknesses and strengths were. The subject felt that she was different from other early adult women, but after getting to know other early adult women in the same condition as her who were able to achieve what she wanted, the subject used it as motivation to get up.

The subject is able to understand her weaknesses and strengths by mentioning and explaining them, but the subject feels she has more weaknesses than strengths. Sometimes the subject feels that she is different from other early adult women who have intact families, but over time the subject realizes that she and other early adult women are the same and will definitely face death even though the time is different.

Confidence in own abilities

the subject is able to deal with problems or difficulties faced optimistically. The subject feels that there are no obstacles or difficulties after knowing the conditions of his parents' divorce. the subject addresses the obstacles or difficulties faced by ignoring them so as not to prioritize his negative emotions and divert them with positive activities. Affirming himself that everything will be fine even though he has a family that is different from other people is a way for the subject not to dissolve in sadness because the *fatherlerss*

the subject was able to deal with the problems or difficulties faced after his father died, namely when the subject was faced with his family's economic problems, the subject helped his mother in selling and promoting his mother's sales in the school canteen and his campus, and did not drag on in his sadness and forced himself to get up for the sake of his mother and sister.

Responsible

The subject is able to be responsible and able to accept the consequences of his attitude or actions, namely by thinking repeatedly about the decisions to be made so that he is ready to accept the consequences. The subject had an experience that required him to accept the consequences of his decision when the subject was still in school.

Subjects often find it difficult to make decisions due to lack of confidence which causes carelessness. The subject overcomes this by seeing his condition in a stable condition before making a decision and thinking about the worst possibilities that will occur so that he is ready to take responsibility and accept the consequences of his decision. the subject was once faced with the consequences of the attitude taken towards his peers due to an emotionally unstable and sensitive condition which caused a break in friendship between the subject and his peers.

Outwardly self-oriented	The subject rarely leaves the house, but the subject does not feel afraid and embarrassed when interacting with the surrounding environment. The subject did not participate in organizational activities at his campus, but during his school days the subject actively participated in extracurricular activities.	The subject was afraid to interact with others when he was young, but now he is slowly not afraid or embarrassed to interact. The subject only interacts casually with the surrounding environment and never greets his neighbors first, but if greeted the subject still replies to his greeting. the subject does not join associations around his house but joins a community according to his hobby, namely photography.
Stand firm	the subject is able to behave in accordance with the principles without being influenced by others, which is as much as possible done by himself and does not trouble others unless help is really needed because the subject feels reluctant to ask for help especially to people who are not close to the subject.	The subject is able to behave in accordance with his principles, namely not depending on others because the subject is used to doing it himself but when he feels he needs help, the subject will seek help. The subject is affected by the judgment of others, namely the subject is considered as a person who trusts other people too easily if he feels close and the subject's past experiences that match this judgment make him aware of this judgment.
Recognizing the limitations	The subject is able to accept and understand the limitations or weaknesses that exist in himself, namely by trying to reduce and improve these limitations or weaknesses. the subject is able to maximize his strengths well and does not blame himself for <i>his</i> fatherless state. The subject does not make <i>fatherlessness</i> a weakness but is used as a motivation to become a better person.	The subject is able to accept and understand the limitations or weaknesses that exist in him by trying to change his weaknesses for the better even though it feels difficult. The subject is able to find ways to maximize the advantages he has. the subject does not blame himself for <i>his</i> fatherless state because he considers death something that humans can control, but the subject had made <i>his</i> fatherless state one of his weaknesses because he felt different from his peers.

Accepting human nature	the subject was able to recognize the emotions felt when he first learned the story of his parents' divorce. The subject has not been able to fully express his emotions because he often keeps them to himself and will only share what he wants to share with his closest friends.	The subject felt confused when he got the news that his father died and could only cry because he saw his mother crying. The subject often finds it difficult to recognize the emotions he feels because he feels he is not yet stable and does not fully know himself. The subject has difficulty expressing his emotions because he often keeps them to himself, but the subject will be more comfortable if he shares them with his closest friends.
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Based on the table above. Both subjects are able to bring up aspects of self-acceptance. In subject A, the subject is able to bring up all aspects of self-acceptance, namely accepting himself and considering himself equal or equal to others, believing in his own abilities, taking responsibility, being outwardly oriented, having a firm stance, realizing limitations and accepting human nature. In subject B, the subject is able to bring up six aspects of self-acceptance, namely accepting himself and considering himself equal or equal to others, believing in his own abilities, taking responsibility, being outwardly oriented, having a firm stance, and realizing limitations and has not been able to bring up the aspect of accepting human nature.

Table 3. Comparison of Self-Acceptance Factors

Self-acceptance factor	Subject A	Subject B
Self-understanding	The subject is able to learn from <i>his</i> fatherless situation, namely the subject believes and wants to prove that the situation of parental separation he is experiencing will not make him bad and destroyed. The subject also feels that she has the same opportunities to develop herself as other early adult women even though in a different form, namely the subject can continue her education to college.	The subject was able to learn from the <i>fatherless</i> situation he experienced, namely making him an independent person and feeling responsible for his mother and younger brother, even though according to the subject, the death of his father at that time was a moment he never thought he would experience that quickly. The subject also felt that the <i>fatherless</i> condition she experienced did not close the opportunity or opportunity to develop herself because with the activities that have been carried out without restraint and being

		able to carry out her photography hobby is something special and not necessarily something that other early adult women can do and get.
Realistic expectations	The subject is able to determine his dreams or hopes without involving others, namely the subject wants to get a job in the near future, be able to understand himself and become a better person. The subject is also able to see and evaluate expectations in accordance with his abilities and limitations, namely having had the desire to make his father and mother return, but the circumstances that made the subject rethink because his mother and father have been married for a long time and according to the subject his father has not shown a better change.	The subject is able to determine his dreams or hopes according to his abilities or limitations. However, when the subject feels that he is at his lowest point, the subject is also able to see and evaluate dreams and hopes according to his limitations, namely when the subject hopes that his father can encourage him. The subject also once wished that if his father was still there, his father would be healthy and live a long life so that he could spend time with the subject and his family, but the subject soon realized that what the subject wished for never happened.
Free from environmental barriers	The subject had obstacles because his father was too protective and made many demands to take college majors and work overseas which prevented the subject from developing himself. The subject has strong self-control to get rid of obstacles, namely by not responding to them while controlling his emotions and looking for job vacancies when the subject gets demands from his family to get a job immediately after graduating from college.	The subject feels that he has no demands that prevent him from developing. However, if at any time there are obstacles or difficulties, the subject is able to control how to respond to the difficulties or obstacles that come by facing them and trying.
Gaining good social behavior	The subject had prejudice against himself and others about the condition of himself and his family, but the subject tried to minimize it for himself as well as not responding too much and dismissing it for others. the subject was able to understand the response given by the surrounding environment and his close friends for him. The subject also feels accepted and owned by his presence because after knowing what happened to the subject and his family, the surrounding environment	The subject has prejudices against himself and others, namely the subject feels that if he shows his condition as a <i>fatherless</i> early adult woman, he will be looked upon with pity by others. The subject also has a prejudice that if she leaves the house, the surrounding neighbors look at her with a look that makes her uncomfortable but the subject does not know the cause. The subject received good

	as well as his close friends remain kind, supportive and comforting to the subject.	treatment from his father's relatives, but the subject had received unfavorable treatment from his peers as a child but was ignored by the subject.
No severe emotional distress	The subject was able to overcome the emotional distress faced, namely the subject had experienced emotional distress after learning of his parents' separation but the subject only behaved silently. The subject also experienced emotional distress at home because he had a dispute with his mother for 3 days, there was no special way to improve the relationship between the subject and his mother when his mother told the subject to eat his mother's cooking.	The subject experienced heavy emotional stress at home which caused him to be less emotionally stable because of the many burdens and responsibilities of being the first child and worrying about the subject's future because his mother would live alone to continue their respective lives. The subject also experienced emotional distress at school due to the difficulty of mingling with his peers, but in college the subject tried to mingle with his peers. By understanding the situation, it helps the subject to control herself to behave if faced with a situation that makes her emotionally distressed.
The influence of success	The subject is able to achieve his dreams or hopes and is an achievement for himself both in the academic and non-academic fields, such as during high school the subject managed to rank in the top 5 and when in college the subject successfully completed his studies within 3.5 years with the best grades and received the title of best graduate in his department. In the non-academic field, the subject won 1st place for the PMR competition. Some of the successes that have been achieved by the subject do not necessarily make the subject's self open to himself but have an impact on gratitude and increased enthusiasm in achieving the subject's dreams or hopes that have not yet been realized.	The subject was able to achieve his dreams or expectations, namely getting 3rd place in 5th grade and entering the semifinals of a photography competition in high school. Some of the successes that the subject has achieved have not fully made him open up except for what the subject wants to share.
Identifying people who successfully accept themselves	The subject was able to identify figures who successfully accepted himself, namely a junior high school friend and the subject's lover, both of whom were also in a <i>fatherless</i> condition due to divorce. The subject was also able to	The subject was able to identify figures or <i>role models</i> who successfully accepted himself, namely the subject's mother and his college friend who experienced fatherless

build positive thinking and behavior based on the self-assessment and self-acceptance of these figures which helped the subject in the process of accepting herself as a *fatherless* early adult woman. Finding a figure who successfully accepted himself also succeeded in making the subject make his fatherless situation an advantage and motivation based on how they survived in difficult situations.

conditions due to a sensitivity at the age of 6 months. The subject is also able to build positive thinking and behavior based on self-assessment and self-acceptance of these figures or role *models* which helps the subject in the process of accepting himself. identifying people who successfully accept themselves also helps the subject be stronger and more enthusiastic about getting up from the difficult situations he feels.

Self-perspective

The subject has not fully recognized, understood, and known what he really wants in himself. The subject has also asked the opinion of his closest friends about himself who said that the subject is a quiet person, rarely interacts with others, and has not been able to start a conversation with people he just met.

The subject felt that he was not yet good at assessing himself, but the subject was able to mention several assessments about himself, namely the subject felt that he was a quiet person, never started conversations with others, and often harbored his own problems. The subject also asked his close friends' opinions about himself who said the subject was a quiet, shy, ignorant, jutek person, but when the subject got to know the interlocutor closely, the subject could be more familiar and the subject justified his close friends' opinions about him.

Good childhood parenting

The subject received good parenting in childhood at home by his mother, where the subject was given freedom as long as he was responsible for his choices. However, the subject was disturbed by the parenting style applied by his father, who seemed too protective and demanding so that the subject felt inhibited to develop himself. Meanwhile, from his biological father, the subject felt confused because he had not lived with his father since childhood. According to the subject, there is no difference in parenting from childhood to adulthood. The subject also received good parenting in childhood at his

The subject received good childhood parenting at home, where the subject's parents educate their children as independent and responsible individuals starting from small things such as putting things in place when finished using them. The subject's parents also did not limit the activities of their children as long as the activities were positive. The subject also received good parenting at school, where the subject was treated well by his teacher at school. The subject felt that there was no significant difference in

school. This good childhood parenting at home and at school has an influence on the subject, namely the subject feels accepted at school because the subject's older brother once told about his family condition to the subject's homeroom teacher without judging him and being quiet because his father and mother are closed individuals.

parenting at home and at school. The parenting that the subject received in childhood had a positive impact on him, namely making him a person who likes neatness and knows how to get along with peers who have been taught by his teachers at school.

Stable self-concept

There were changes that occurred in him before and after learning about his parents' separation. Before knowing about his parents' separation, the subject was an outgoing person, easy to mingle and get along with others, and less considerate of things, but after knowing the whole story of his parents' separation, the subject became a quiet person, less confident, difficult to get acquainted with new people, and consider many things,. The subject also felt that at the beginning after learning about *his* parents' separation, the subject felt that he had accepted *his* fatherless situation, but now the subject is just thinking about everything related to his parents' separation, although the subject is still trying to accept his parents' separation. The subject also feels comfortable if people do not know about the situation of him and his family because the subject only shares with trusted people.

There are changes that occur in the subject, namely the subject feels that there is a big shift in responsibility for him as the first child in terms of family finances because as long as his father is still there, his family's needs are always met. The subject also felt that he still objected if his fatherless condition was shown to others and chose to remain silent if no one asked about *his* fatherless condition.

Based on the comparison table of self-acceptance factors above, both subjects are able to bring up factors that affect self-acceptance. In subject A, the subject is able to bring up nine factors that affect self-acceptance, namely self-understanding, realistic expectations, free from environmental barriers, getting good social behavior, no heavy emotional pressure, the influence of success, identifying people who successfully accept themselves, self-perspective, and good childhood parenting but have not been able to bring up the factor of a stable self-concept. In subject B, the subject is able to bring up seven factors that influence self-acceptance, namely self-understanding, realistic expectations, freedom from environmental barriers, the influence of success, identifying people who successfully accept themselves, self-perspective, and good childhood parenting but has not been able to bring up the factors of getting good social behavior, no severe emotional distress, and a stable self-concept.

4 Discussion

Self-acceptance is the individual's ability to view himself positively and release negative things in himself where this ability arises under the individual's own control. Self-acceptance has seven aspects, namely accepting himself and considering himself equal or equal to others, believing in his own abilities, taking responsibility, being outwardly oriented, having a firm stance, realizing his limitations, and accepting human nature.

The self-understanding factor which is a kind of self-view that recognizes consciously the reality that is owned. Each individual will learn about himself by finding opportunities in himself, making the two subjects able to understand his weaknesses and strengths by mentioning and explaining what his weaknesses and strengths are. Both subjects had felt different from other early adult women in *their fatherless* situation, but subject A considered it a motivation to get up and subject B considered that all humans will be faced with death even though at different times where the subject was able to bring up aspects of accepting himself and considering himself the same or equal to others and realizing limitations.

Both subjects have their respective impacts of being *fatherless*, one of which is the temporary decline in the subject's academic performance. Subjects A and B have the same impact in reducing academic performance, namely losing focus and concentration. This is in accordance with the results of research [30] which says that women who lack or do not involve the role of fathers in them result in reduced cognitive development, low academic achievement, and low IQ scores. However, it did not take long because both subjects were able to improve academic achievement and non-academic achievement, namely subject A was able to rank in the top five in high school and was able to graduate from college within 3.5 years by getting the best grades and earning the title *cum laude*, while subject B was able to get third place in elementary school and enter the semifinals in a photography competition in high school, where these things were able to bring up the influence factor of success.

In the research conducted [2] shows the results that individuals who experience *fatherlessness* will have an impact on low self-esteem, feelings of anger, shame for being different from their peers, and not experiencing the atmosphere with their father where their peers feel it, namely subject A's feelings of anger at his father's attitude of still playing gambling, feelings of shame felt by both subjects because they feel different from their peers, not experiencing or only experiencing a little atmosphere with their father. The results of the study are in accordance with what the two subjects feel because of *their fatherlessness*. The results of research conducted by [3] The results of the research conducted by [3], namely loneliness, jealousy, grief, loss, and low *self-control* are in accordance with what the two subjects feel, namely the feelings of loss, grief, and loneliness that subject B felt after his father died, and subject A with feelings of jealousy and loss of his father's figure and figure, but both did not experience low *self-control*.

The impact of *fatherlessness* felt by the two subjects such as difficulty socializing with new people, difficulty starting conversations with new people, feeling more weaknesses than their strengths, feeling awkward if they are friends with men and feeling afraid if they get a husband like their father and many are considered in choosing a partner, in accordance with the results of research conducted by and [5]. [5] and [13] who say that individuals who experience *fatherlessness* will have difficulty socializing, low *self-esteem* and experience problems in building relationships with men. However, in research conducted by [19] who said that individuals who experience *fatherlessness* have an effect on promiscuous behavior, pregnancy outside of marriage, free sex, and emotional problems contradict what the two subjects

experienced, who never did anything that could harm them because they were always monitored and cared for by their families except for the emotional problems felt by the two subjects.

The factor of good parenting in childhood given by the parents of the two subjects affects the aspects of having a firm stance and being responsible. This can be seen in subject A, who does not get restrictions and freedom in choosing the things he likes, making the subject able to bring up aspects of being responsible for decisions and the ability to accept the consequences by thinking many times about the consequences of the decisions to be taken and having a firm stance and being able to behave according to his life principles which are shown by doing as much as possible by himself and not bothering others unless help is really needed. Whereas in subject B, it can be seen from the subject's parents who teach to put things in place after using them and do not limit the subject's activities as long as they are positive, which can bring out aspects of having a firm stance, namely acting in accordance with their principles, namely not depending on others because they are used to doing it themselves even though the subject was influenced by other people's judgments because he was considered too trusting of others if he felt very familiar, as well as aspects of being responsible for making decisions and accepting the consequences even though he often finds it difficult to make decisions due to an unstable emotional condition which results in carelessness.

One of the impacts of *fatherlessness* received by the subject is the existence of family economic problems. Subject A felt that after learning about his parents' divorce, he did not feel any economic problems in his family and felt that his needs were met. However, this family economic problem was felt by subject B because he lost his father as the backbone of the family. His faithful mother did not remarry and took over the breadwinner to meet her family's needs. This is in accordance with the results of research [7] and [5] which says that meeting family needs and the economy is a problem that will be faced by single mothers whose husbands die. Both subjects also have their own environmental obstacles or demands, namely subject A who gets demands to find a job immediately and subject B with his family's economic problems, but both subjects believe that they are able to overcome existing obstacles or difficulties by facing and trying to solve them. This makes the two subjects able to bring up aspects of believing in their own abilities.

On the factor of getting good social behavior and being accepted from family, relatives, and close friends of both subjects and not experiencing severe emotional stress, subject A is able to bring up aspects of self-oriented outward orientation, namely being able to interact with the surrounding environment without fear and embarrassment. However, subject B experienced emotional distress at home due to the many responsibilities of being the first child and difficulties in socializing, making subject B unable to bring up the outward-oriented aspect of the self. Both subjects were able to identify figures or *role models* who successfully accepted themselves, namely subject A in a lover and junior high school friend who both experienced *fatherlessness* similar to subject A and subject B in a mother and college friend who experienced similar *fatherlessness at the age of 6 months* which helped the subject in the process of self-acceptance as a *fatherless* early adult woman.

Because the two subjects have not been able to fully recognize themselves, both of them ask about self-assessment to their closest friends. This also affects the unstable self-concept of the two subjects. As with the results of research [30] which says that the presence of a father in a woman will help in self-development to love herself more, know her potential, and believe in her abilities and skills, which means that the two subjects do not yet have a stable self-concept. Both subjects are able to accept human nature, namely being able to recognize emotions, especially in *their fatherless* situation, but both subjects have not been able to fully

express the emotions they feel because they often suppress themselves and are only shared by their closest friends.

5 Summary

Based on the results of this research, subject A is able to bring up all aspects of self-acceptance, namely accepting himself and considering himself equal or equal to others, believing in his own abilities, taking responsibility, being outwardly oriented, having a firm stance, realizing limitations and accepting human nature and nine factors that influence self-acceptance, namely self-understanding, realistic expectations, freedom from environmental barriers, getting good social behavior, no heavy emotional pressure, the influence of success, identifying people who successfully accept themselves, self-perspective, and good childhood upbringing but have not been able to bring up the factor of a stable self-concept. Meanwhile, subject B is able to bring up six aspects of self-acceptance, namely accepting himself and considering himself equal or equal to others, believing in his own abilities, being responsible, being outwardly oriented, having a firm stance, and realizing limitations and has not been able to bring up aspects of accepting human nature and seven factors that influence self-acceptance, namely self-understanding, realistic expectations, freedom from environmental barriers, the influence of success, identifying people who have successfully accepted themselves, self-perspective, and good childhood upbringing but have not been able to bring up the factors of getting good social behavior, no severe emotional distress, and a stable self-concept. Both subjects have not been able to bring up the factors of self-perspective and stable self-concept because they are still learning to understand themselves. Although both subjects experience ups and downs in the process of self-acceptance, this shows that both subjects have a fairly good self-acceptance. In this study, researchers found that the two subjects are still in the process of accepting themselves as *fatherless* early adult women, namely convincing themselves of the two subjects from outside themselves, such as the figures found by the two subjects who help in the process of self-acceptance and participating in positive activities such as subject B who keeps himself busy with homework and joins the photography community and hones his skills, subject A by letting go of everything that has happened in the past and diverted by keeping himself busy and doing positive activities and getting support from family relatives, and the closest friends of the two subjects.

The limitations of this research are that the interview process is not fully conducted in person which allows for misunderstandings and lack of depth during the interview, the data collection methods are not diverse, and this research is qualitative research which is vulnerable to the personal understanding of the researcher when processing data.

For the research subject, through this research it is hoped that it can be an inspiration for other *fatherless* early adult women to be able to accept the circumstances they experience. In addition, it is a source of information on how to understand the psychological state of *fatherless* early adult women for families whose fathers are no longer in the family. As for future researchers, it is hoped that it can be a reference or reference for future researchers on the dynamics of self-acceptance of *fatherless* early adult women to further explore and understand the situation of father absence and how to position themselves in response to the situation.

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