



Factors Influencing the Impact of Fatherlessness on Children's Mental Health: A Case Study of Working-Class Families

Dwi Putri Lestari¹*, Kamalia²

Corresponding Author's e-mail : putri0102222052@uinsu.ac.id

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Abstract

The phenomenon of *fatherlessness* in working -class families is one of the problems that affects the psychological and mental health of children due to the low involvement of fathers in parenting. This study aims to analyze the factors influencing fatherlessness and its effects on children's mental health in Saentis Village, Percut Sei Tuan District. The study used a qualitative descriptive case study approach, employing observation techniques, semi-structured interviews, and documentation from three informants selected through purposive sampling. Data analysis was carried out using the Miles and Huberman model as well as *thematic analysis*. Research results show that structural factors, such as economic limitations, uncertainty about the father's job, divorce, the father's death, and economic demands, influence the emergence of fatherlessness in the family class of workers. Impacted psychological experiences are child covering anxiety (*anxiety*), feeling insecure, attachment crisis, confusion, identity self, prolonged grief (*unresolved grief*), and accumulation of disappointment (resentment). According to Erik Erikson's psychosocial theory, the stages differ at each stage of children's development, namely, identity vs. *role confusion* in adolescents and *intimacy vs. isolation* in adults in early adulthood. Research shows that this expectation can inform the development of contextualized service guidance and counseling for children who experience fatherlessness.

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¹ Islamic Guidance and Counseling Study Program, Faculty of Da'wah and Communication, State Islamic University of North Sumatra, Indonesia

² Islamic Guidance and Counseling Study Program, Faculty of Da'wah and Communication, State Islamic University of North Sumatra, Indonesia

Introduction

The psychological and mental health of children in working -*class families* is often vulnerable to various severe stressors, such as emotional distress. One factor that exacerbates this mental health condition is the phenomenon of fatherlessness, or the absence of a father figure in the family (Rahayu et al., 2020). In working-class families, economic factors and work demands contribute to low father involvement in childcare. Maryam and Mulyaniapi note that a lack of communication within the family can create strained emotional relationships (Maryam & Mulyaniapi, 2022). Based on these conditions, researchers are interested in a more comprehensive study of the factors of fatherlessness on children's psychological conditions, so that it is hoped that it can provide a broader understanding of the importance of the father's role in the family and its implications for children's psychological development in social life (Astuti, 2023). The fatherless factor, or the absence of important father roles, is associated with children's low *self-esteem*, *feelings of anger*, and feelings of shame *due* to not being able to experience togetherness with a father that other children feel (Lerner, 2011). Several studies explain that fatherlessness causes children to feel loneliness, jealousy, grief, feelings of loss, low self-control, a lack of courage to take risks, and neurotic tendencies, especially in girls (Salsabila, 2020). The father's role influences girls' future social interactions with the opposite sex (Dagun et al., 2023). Apart from that, girls also need a close relationship with their fathers to improve their ability to think rationally (Auni, 2017).

Rosenthal's (2010) research categorizes 6 factors that cause children to be fatherless, namely: a) *The Disapproving Father* or critical father, b) *The Mentally Father* or father with mental illness, c) *The Substance-Abusing Father* or father with substance dependency, d) *The Abusive Father* or father who commits violence, e) *The Unreliable Father* or father who cannot be relied upon, and f) *The Absent Father* or father who is absent. The phenomenon of fatherlessness in Indonesia is largely caused by these conditions, yet it seems not to be felt. A child is unable to fully realize that he is experiencing a fatherless condition until he feels the impact of the condition in his life. Previous research has shown that fatherlessness impacts a child's mental health, particularly their emotional and social well-being. According to John Bowlby's attachment theory, a lack of emotional closeness with a father can lead to anxiety, low self-esteem, and difficulty building social relationships (Bowlby, 1988). Furthermore, Rohner and Veneziano explain that a lack of paternal attention can impact a child's mental health and emotional development (Rohner & Veneziano, 2001).

The phenomenon of fatherlessness is important to examine from the perspective of adolescents' subjective well-being to gain a comprehensive picture of it and, in essence, to anticipate the absence of a father's role in the family during a crucial period for adolescents. Therefore, the authors are interested in examining the subjective well-being of fatherless adolescents (Diener et al., 2018). According to Erik Erikson's theory of psychosocial development, the presence of a father significantly influences a child's psyche, particularly the development of self-identity, self-confidence, and emotional stability. In working-class families, low paternal involvement due to work demands can lead to fatherlessness. As a result, in early to middle adolescence (ages 12–18), which is in the *identity vs. role confusion stage*, children tend to experience insecurity and low self-esteem. The impact of this lack of parenting continues into early adulthood (ages 19–35), during the *intimacy vs. isolation stage*, which manifests as difficulties in social interactions. Erikson's theory explains that a lack of emotional support from parents, especially fathers, from adolescence to early adulthood can hinder a child's psychosocial development and affect their mental health in the long term (Erikson, 1968).

According to Social Affairs Minister Khofifah Parawansah, Indonesia ranked third in the world in terms of the number of fatherless children in 2020. Research conducted across 33 Indonesian provinces from 2008 to 2010 found that Indonesia is among the most "orphaned" countries in the world. This fatherless crisis, which occurred in Saentis Village, Percut Sei Tuan District, is not solely caused by fathers abandoning their children due to death or divorce, but rather by fathers' indifference to raising or caring for their children (Husin, 2018). The Qur'an and the Sunnah are comprehensive foundations of knowledge that can serve as guidelines in life, strengthening the integration of knowledge, faith, and love. The Qur'an can shape and develop students' scientific thinking. The Qur'an also presents comprehensive scientific concepts that lead to sincere devotion to Allah SWT alone (Abdul, 2012).

The identification of women with the task of parenting does not reflect the Qur'anic depiction of the task of providing education to children. The Qur'an addresses the task of parenting to men with clear diction through dialogical narratives. The task of parenting in the Qur'an is always closely associated with men, such as Luqman teaching the values of monotheism and not being arrogant, which he explained to his son. QS. Luqman: 13 and QS. Luqman: 18. The task of protection is also explained by the Qur'an by involving male figures in QS. Yusuf: 11-14. How to build closeness with children, as told by the Prophet Ibrahim when telling his dream to his son, QS. ash-Shaffat: 102. The description that explains men's involvement in raising children in terms of education, faith, character, and morals supports rejecting the notion that parenting is borne only by women. This research hopes to gain a deeper understanding of the impact of fatherlessness on child psychology from an Islamic perspective, allowing appropriate steps to be taken to address this issue. By enhancing the role of fathers and strengthening the family as a fundamental unit in society, it is hoped that children's moral and ethical development will be well-maintained, in accordance with Islamic principles that reflect religious values and justice

Methods

This research uses a qualitative descriptive method. Qualitative research is a process that aims to understand how phenomena occur in humans by compiling a comprehensive, complex picture that can be presented in words (Fadli, 2021). The approach used in this research is a case study. A case study is a qualitative method in which researchers explore a particular phenomenon (case) within a specific time and activity (program, event, process, institution, or social group), and collect detailed, in-depth information using various data collection procedures over a specific period (Wahyuningsih, 2013). The interviews were conducted in a structured manner, with questions posed to informants in accordance with interview guidelines. Documentation was conducted to gather data on factors influencing the quality of father-child attachment during preschool. This study used the interactive data analysis model of Miles & Huberman, as cited in Sugiyono (2017).

Miles & Huberman stated that qualitative data analysis is carried out interactively and continuously until the data is saturated. Activities in data analysis are data reduction, data display, and conclusion drawing/verification. Data collection techniques include observation, interviews, and documentation. The subjects in this study were residents of Saentis Village who experienced fatherlessness, totaling 3 people. The technique used in finding participants was purposive sampling. The research sample took into account certain factors to make the data obtained more representative (Sugiyono, 2014). Based on the research conducted, the criteria for informants among teenage girls who experienced fatherlessness in Saentis Village, Percut Sei Tuan District can be identified. Proceedings of the Indonesian Psychology Student Conference, vol. 4, pp. 88-98. Data collection used

semi-structured interviews and was analyzed using thematic analysis. Thematic analysis is a data analysis technique used in qualitative research, in which researchers collect descriptive data to identify patterns and themes within the collected data (Braun et al., 2018).

The factors of fatherlessness vary at each age stage of the abandoned child, particularly in adolescence. Subjective well-being is a predictor of an individual's quality of life; it influences their success in various aspects of life. The widespread phenomenon of fatherlessness is due, among other things, to cultural factors that seem to limit the roles of fathers and mothers within the family. It is important to examine this phenomenon from the perspective of adolescents' subjective well-being to gain a comprehensive picture of subjective well-being and, in essence, to anticipate the absence of a father's role in the family during this crucial period for adolescents. Therefore, the authors are interested in examining the subjective well-being of fatherless adolescents (Diener et al., 2018).

Results and Discussions

Based on the characteristics of the subjects and the typology of paternal parenting, this study explores the life experiences of three subjects with different father-child relationship backgrounds in Saentis Village, Percut Sei Tuan District. Through a phenomenological approach, it was found that adolescents' subjective well-being is not only determined by the physical presence of the father, but more so by the functional quality and stability of the role they play. The factors influencing *fatherlessness* on the psychological well-being of children experiencing *fatherlessness* in working-class families in Saentis Village show a complex pattern. Based on the results of in-depth interviews and phenomenological observations, the psychological distortions experienced by informants are triggered not only by the loss of emotional closeness but also by limited economic and structural capital. To map how these structural and psychological factors mutually influence informants' mental states across developmental phases, the following synthesis matrix is based on Erik Erikson's psychosocial developmental theory.

Table 1. Informant Phenomenological Comparison Factor Matrix

Informant category	Structural factors (external / working- class environment)	Psychological factors (internal / child's mental condition)	Manifestations at the Erikson stage
Informant 1 (Z, 14 years old) <i>Early adolescence</i>	Father's time constraints & job uncertainty: father's profession as a construction worker with an uncertain work system triggers domestic stress.	Attachment crisis : the emergence of <i>chronic</i> anxiety and feelings of <i>insecurity</i> towards authority figures.	<i>Identity vs. Role confusion</i> (initial phase)
Informant 2 (A, 16 years old) <i>Middle teens</i>	Acute financial deficit after divorce and death: father died after a previous divorce when subject was in 3rd grade. Mother	Gender identity confusion: loss of inner compass to emulate adult male <i>gender-role</i> <i>models</i> .	<i>Identity vs. Role confusion</i> (peak phase)

	shouldered a double burden.	
Informant 3 (T, 19 years old) <i>Early adulthood</i>	Demands for economic succession due to aging parents: father is 65 years old, works as an electrician on call who is not tied to a company.	Accumulation of disappointment (<i>resentment</i>): the presence of emotional resentment over past instability that hinders trust in others (<i>trust issues</i>). <i>Intimacy vs. Isolation</i>

1. Structural and Psychological Factors in Early Adolescence: Informant Z (14 Years)

In the early adolescent phase, the psychological dynamics of fatherless children are clearly depicted by the life experience of Informant 1 (Z, 14 years old). Structurally, Z grew up in the vortex of economic uncertainty of the working class, where his father worked as a construction laborer with an uncertain daily work system, sometimes working when there was a project, and often unemployed when there were no orders. This condition gave rise to the Father's Time Limitation Factor and psychological pressure in the domestic sphere. The physical demands of construction work meant that the father's time and energy were spent outside the home, so daily interaction with Z was minimal. This psychological absence *stimulates the emergence of the Attachment Crisis Factor* within Z. Humanistically, Z feels the absence of a protective figure; he finds his father a foreign figure and emotionally difficult to reach. According to Erik Erikson's psychosocial perspective, 14-year-olds are at the beginning of the Identity vs. Role Confusion stage. The lack of confirmation of affection and attachment from the father figure in this critical phase manifests in the emergence of persistent *anxiety* and feelings of insecurity. Z tends to doubt his own abilities and feels anxious around authority figures outside the home because he never had a solid foundation of trust with his own father.

2. Structural and Psychological Factors in Middle Adolescence: Informant A (16 Years)

Entering the middle adolescence phase, psychological distortion due to fatherlessness experienced a more severe escalation, as experienced by Informant 2 (16 years old). The structural conditions underlying A's life were layered blows: his parents' divorce when he was in 3rd grade of elementary school, followed by the death of his father several years later. This reality triggered an Acute Financial Deficit Factor in his family. The complete absence of income from his father after the divorce forced his mother to bear a double burden as the sole breadwinner and caregiver, which in turn created a total parenting deficit *for A*.

Psychologically, the accumulation of these losses forms the Male Identity Confusion Factor in A. Losing his father at elementary school age, a time when boys need a central figure to internalize the values of masculinity, makes A lose his inner compass to imitate gender roles (*gender role models*). A experiences grief that is not finished (*unresolved grief*) mixed with confusion about direction in life. The manifestation of this condition occurs during the peak phase of *the Identity vs. Role Confusion stage*. Without guidance, supervision, and firmness from a father, A struggles to find his identity amidst the storm of adolescence. He is prone to experiencing an identity crisis, feeling adrift without direction, and its manifestation appears in the form of deep longing *mixed* with a feeling of powerlessness in expressing his masculine role in the social environment of Saentis Village.

3. Structural and Psychological Factors in Early Adulthood: Informant T (19 Years)

The long-term impact of fatherless parenting in a working-class environment was clearly crystallized in early adulthood, as reflected in the life of Informant 3 (T, 19 years old). Structurally, T faced the reality of aging parents, with his father now in his twilight years (around 65 years old) and working only as an on-call electrician not tied to a company. Fluctuating income and his father's weakening physical condition triggered the Demand for Economic Succession Factor. At just 19, T, whether willingly or unwillingly, had to take over as the primary breadwinner and live independently to meet the household's increasingly pressing financial needs. Although T appears to be a strong and independent figure on the outside, his inner space harbors a factor of accumulated disappointment (resentment). There is a hidden psychological wound resulting from a childhood and adolescence spent in the shadow of his father's functional instability. His father's aging and the early independence forced by this economic situation gave rise to a feeling of suffocation, in which T feels he has lost his youth to shoulder responsibilities that should fall to his parents (parentification).

Within Erikson's theory, T is currently in the Intimacy vs. Isolation stage. This accumulation of past disappointments has morphed into acute trust issues. T tends to withdraw from deep emotional attachments and limit intimate interpersonal relationships for fear of future abandonment or similar disappointments. T's demonstrated economic independence is essentially a coping mechanism (defense mechanism) to protect himself from mental fragility and social isolation that threaten his subjective well-being. After successfully mapping the variations in the structural and psychological factors of the three informants above, the main practical contribution of this study is the importance of designing a Comprehensive Contextual-Based Guidance and Counseling Intervention Design. This phenomenological finding proves that psychological treatment for children experiencing fatherlessness in working-class families in Saentis Village cannot be the same, but must be specifically adjusted based on the urgency of needs at each stage of their psychosocial transition.

Based on these risk factors, the reconstruction of guidance and counseling services in the field is directed at three concrete forms of treatment. First, for the early adolescent phase, intervention should focus on anxiety reduction counseling to restore the child's attachment crisis and sense of security. Second, for the middle adolescent phase (as in the case of Informant A), practical contributions are realized through grief counseling and group guidance to heal the trauma of loss due to the death of the father while guiding their search for identity. Finally, in the early adult phase, implementing narrative counseling (healing resentment) is recommended to address the accumulation of past disappointments and prevent social isolation in interpersonal relationships.

The findings of this study demonstrate that fatherlessness among working-class families is a multidimensional phenomenon that cannot be understood solely from the absence of a father's physical presence. The psychological impact experienced by children is strongly influenced by the quality of paternal functions, including emotional availability, guidance, protection, and involvement in daily development. Therefore, fatherlessness in this study refers to the disruption of paternal roles rather than only the absence of a father figure. This finding supports Lamb's (2010) perspective that father involvement plays an essential role in children's emotional, social, and psychological development because children require meaningful interaction and emotional support from fathers, not merely economic contribution.

The study reveals that structural factors within working-class families significantly shape children's psychological experiences of fatherlessness. Economic instability, uncertain employment, and family pressures create conditions where fathers have limited capacity to perform emotional and developmental roles. In this context, fatherlessness becomes interconnected with socioeconomic

vulnerability. This finding expands previous discussions on fatherlessness by showing that paternal absence is often produced by structural conditions, where fathers may physically exist but are unable to provide consistent emotional involvement. Hedo (2020) explains that father involvement includes emotional engagement, responsibility, and active participation in children's lives, meaning that reduced involvement may affect children's emotional security.

From a developmental perspective, the psychological consequences of fatherlessness vary according to the child's developmental stage. The experiences of early adolescents in this study indicate that the lack of stable paternal attachment may influence the development of trust and self-security. This condition is particularly significant because adolescence represents a period of identity construction. According to Erikson's (1968) psychosocial theory, adolescents in the stage of Identity vs. Role Confusion require social support and validation from significant figures to develop a stable identity. The absence of such support may contribute to insecurity, confusion, and difficulties in understanding oneself and one's social position.

The findings among middle adolescents further illustrate that fatherlessness may affect identity development through the loss of paternal role models. During adolescence, children begin to seek examples of adult roles and values as part of the process of forming their identity. When paternal figures disappear due to divorce or death, adolescents may experience emotional loss and difficulties in constructing their self-concept. This is consistent with Ashari (2017), who states that fatherlessness can influence children's psychological development, including emotional stability, self-confidence, and personality formation. In addition, unresolved emotional experiences related to paternal loss may influence adolescents' subjective evaluation of their own well-being. Diener et al. (2018) emphasize that subjective well-being is influenced by emotional experiences and the quality of interpersonal relationships, meaning that disrupted family relationships can affect children's psychological satisfaction.

The impact of fatherlessness also continues into early adulthood, particularly in the formation of interpersonal relationships. This study indicates that some individuals develop independence as a response to family demands, but this adaptation may be accompanied by emotional difficulties such as distrust and avoidance of close relationships. Such findings suggest that external resilience does not always represent complete psychological adjustment. In Erikson's (1968) stage of Intimacy vs. Isolation, individuals are expected to develop meaningful emotional relationships; however, previous experiences of instability may influence their ability to establish intimacy with others. This finding is supported by Junaidin et al. (2023), who found that fatherless experiences may contribute to difficulties in forming emotional relationships due to fears of rejection or abandonment.

Furthermore, the findings indicate that fatherlessness should be viewed as a developmental process rather than a single event. The psychological effects are accumulated through continuous experiences of emotional distance, economic pressure, and unmet relational needs. This explains why each informant showed different psychological manifestations despite experiencing the same general condition of fatherlessness. The difference is influenced by age, family structure, and the availability of alternative sources of support. Santrock (2013) highlights that adolescent development is strongly affected by family relationships and environmental support systems.

Overall, this study emphasizes that interventions for fatherless children should not apply a uniform approach. Support strategies need to consider developmental stages and specific psychological needs. Early adolescents require interventions that strengthen emotional security and attachment, middle adolescents need support in identity development and emotional recovery, while young adults may require assistance in processing past experiences and building healthier interpersonal relationships.

These findings reinforce previous research showing that positive parental involvement contributes to children's self-esteem and psychological adjustment (Auni, 2017; Salsabila et al., 2020).

Conclusion

This study concludes that fatherlessness among working-class families is a complex condition influenced by the interaction between structural factors, such as economic limitations, unstable employment, divorce, and loss of paternal roles, as well as psychological factors affecting children's mental health. Fatherlessness is not merely defined as the physical absence of a father but also the lack of emotional involvement, guidance, protection, and meaningful interaction in children's development. The findings reveal that children experiencing fatherlessness may face various psychological impacts, including anxiety, insecurity, attachment crises, identity confusion, unresolved grief, and difficulties in building interpersonal relationships. Based on Erikson's psychosocial development theory, these impacts vary across developmental stages, where adolescents tend to experience challenges in identity formation, while early adults may experience difficulties in establishing intimacy and trust. Therefore, strengthening father involvement and developing contextual guidance and counseling interventions based on children's developmental needs are essential to support the psychological well-being of children experiencing fatherlessness.

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