

ABSTRAK

Ketiadaan figur ayah (*fatherless*) dapat memengaruhi berbagai aspek perkembangan wanita, termasuk dalam hubungan romantis, baik secara fisik, emosional, maupun psikologis, yang berdampak pada pola afeksi, kepercayaan, serta keterikatan interpersonal. Penelitian ini bertujuan untuk menggambarkan dinamika hubungan romantis pada wanita *fatherless* di dewasa awal, dengan pendekatan kualitatif menggunakan metode fenomenologi. Tiga partisipan berusia 20–30 tahun yang dipilih melalui teknik purposive sampling dilibatkan dalam penelitian ini, dengan data yang dikumpulkan melalui wawancara semi-terstruktur dan observasi terencana, lalu dianalisis secara tematik untuk mengidentifikasi pola hubungan romantis akibat pengalaman *fatherless*. Hasil penelitian menunjukkan bahwa wanita *fatherless* memiliki pola hubungan romantis yang dipengaruhi oleh pengalaman masa kecil mereka, seperti trust issue, ketergantungan emosional tinggi pada pasangan, dan kesulitan dalam mengelola konflik, serta adanya kebutuhan afeksi yang tinggi yang diwujudkan dalam pencarian validasi dari pasangan. Namun, beberapa partisipan mampu mengembangkan mekanisme adaptif, seperti selektivitas dalam memilih pasangan dan membangun hubungan berbasis komunikasi yang sehat. Penelitian ini menekankan pentingnya peran ayah dalam pembentukan pola afeksi dan keterikatan interpersonal pada wanita dewasa awal serta dampak jangka panjang dari pengalaman *fatherless* dalam perkembangan psikologis mereka.

Kata kunci: *fatherless*, hubungan romantis, pola interaksi, fenomenologi.

Abstract

The absence of a father figure (fatherless) can affect various aspects of a woman's development, including romantic relationships, both physically, emotionally, and psychologically, impacting affection patterns, trust, and interpersonal attachment. This study aims to describe the dynamics of romantic relationships in fatherless women in early adulthood, using a qualitative approach with a phenomenological method. Three participants aged 20–30 years, selected through purposive sampling, were involved in this study, with data collected through semi-structured interviews and planned observations, then analyzed thematically to identify romantic relationship patterns influenced by the fatherless experience. The results showed that fatherless women have romantic relationship patterns influenced by their childhood experiences, such as trust issues, high emotional dependency on partners, and difficulties in conflict management, as well as a high need for affection, manifested in the search for validation from partners. However, some participants were able to develop adaptive mechanisms, such as selectivity in choosing partners and building relationships based on healthy communication. This study emphasizes the importance of the father's role in shaping affection patterns and interpersonal attachment in women's early adulthood, as well as the long-term impact of the fatherless experience on their psychological development.

Keywords: *fatherless, romantic relationships, interaction patterns, phenomenology*