

ABSTRAK

Yuniar Setyaningsih. 220541100073. Program Studi Psikologi. Pengaruh Ketiadaan Figur Ayah (*Fatherlessness*) terhadap Ketergantungan Emosional pada Mahasiswi yang Berpacaran.

Mahasiswi pada masa dewasa awal berada dalam fase perkembangan yang ditandai oleh kebutuhan akan kedekatan emosional, penerimaan, rasa aman, dan hubungan romantis. Pengalaman ketiadaan figur ayah atau *fatherlessness*, baik secara fisik maupun emosional, dapat memengaruhi pemenuhan kebutuhan emosional dalam hubungan pacaran. Kondisi tersebut dapat mendorong individu mencari perhatian, validasi, dan rasa aman secara berlebihan melalui pasangan. Penelitian ini bertujuan untuk mengetahui pengaruh ketiadaan figur ayah terhadap ketergantungan emosional pada mahasiswi yang berpacaran. Penelitian ini menggunakan pendekatan kuantitatif dengan desain kausal. Sampel penelitian berjumlah 387 mahasiswi aktif yang menempuh pendidikan di perguruan tinggi di Kota Surabaya, sedang menjalani hubungan pacaran, serta mengalami ketiadaan figur ayah secara fisik atau emosional. Sampel dipilih menggunakan teknik *purposive sampling*. Instrumen penelitian terdiri atas skala *fatherlessness* berdasarkan aspek *engagement*, *accessibility*, dan *responsibility* dari Lamb et al., dengan koefisien reliabilitas sebesar 0,913, serta skala ketergantungan emosional berdasarkan aspek fungsional dan emosional dari Socha, dengan koefisien reliabilitas sebesar 0,944. Data dianalisis melalui uji validitas, uji reliabilitas, uji asumsi, analisis deskriptif, dan regresi linier sederhana menggunakan IBM SPSS Statistics versi 23. Hasil penelitian menunjukkan bahwa *fatherlessness* berpengaruh positif dan signifikan terhadap ketergantungan emosional, dengan koefisien regresi sebesar 0,294, nilai *t* sebesar 3,408, dan signifikansi sebesar 0,001. Nilai R Square sebesar 0,029 menunjukkan bahwa *fatherlessness* memberikan kontribusi sebesar 2,9% terhadap ketergantungan emosional, sedangkan 97,1% dipengaruhi faktor lain di luar penelitian. Mayoritas responden memiliki *fatherlessness* kategori sedang sebesar 66,4% dan ketergantungan emosional kategori sedang sebesar 68,2%. Artinya, semakin tinggi *fatherlessness*, semakin tinggi kecenderungan ketergantungan emosional pada mahasiswi yang berpacaran.

Kata Kunci: *Fatherlessness*, Ketergantungan Emosional, Mahasiswi, Hubungan Pacaran, Dewasa Awal.

ABTRACT

Yuniar Setyaningsih. 220541100073. Department of Psychology. *The Effect of Fatherlessness on Emotional Dependency among Female University Students in Romantic Relationships.*

*Young adult female students are in a developmental stage characterized by the need for emotional closeness, acceptance, security, and romantic relationships. The experience of fatherlessness, whether physical or emotional, may affect the fulfillment of emotional needs in dating relationships. This condition may lead individuals to seek attention, validation, and security excessively through their partners. This study aimed to examine the effect of fatherlessness on emotional dependence among female students in romantic relationships. This research used a quantitative approach with a causal design. The sample consisted of 387 active female students enrolled in higher education institutions in Surabaya who were involved in dating relationships and experienced fatherlessness either physically or emotionally. Participants were selected using purposive sampling. The research instruments consisted of a fatherlessness scale based on the dimensions of engagement, accessibility, and responsibility from Lamb et al., with a reliability coefficient of 0.913, and an emotional dependence scale based on the functional and emotional aspects from Socha, with a reliability coefficient of 0.944. Data were analyzed through validity testing, reliability testing, assumption testing, descriptive analysis, and simple linear regression using IBM SPSS Statistics version 23. The results showed that fatherlessness had a positive and significant effect on emotional dependence, with a regression coefficient of 0.294, a *t* value of 3.408, and a significance value of 0.001. The *R* Square value of 0.029 indicates that fatherlessness contributed 2.9% to emotional dependence, while 97.1% was influenced by other factors beyond this study. Most respondents had a moderate level of fatherlessness, accounting for 66.4%, and a moderate level of emotional dependence, accounting for 68.2%. This means that the higher the level of fatherlessness, the higher the tendency toward emotional dependence among female students in dating relationships.*

Keywords: *Fatherlessness, Emotional Dependence, Female University Students, Dating Relationships, Early Adulthood.*