

ABSTRAK

Nanda Maharani, 210541100117, Hubungan Ketiadaan Peran Ayah (*Fatherless*) dan Religiusitas dengan Kontrol Diri Pada Remaja Akhir Yang Merokok, Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunodjoyo Madura, 2026.

Kontrol diri merupakan kemampuan individu dalam mengatur perilaku, emosi, serta dorongan diri, yang dapat dipengaruhi oleh faktor lingkungan keluarga maupun faktor internal seperti religiusitas. Tujuan penelitian ini untuk mengetahui hubungan antara ketiadaan peran ayah (*fatherless*) dan religiusitas dengan kontrol diri pada remaja akhir yang merokok. Penelitian ini menggunakan pendekatan kuantitatif korelasional. Subjek pada penelitian ini yakni remaja akhir yang mengonsumsi rokok dan mengalami *fatherless* dengan jumlah sampel sebanyak 222 responden. Instrumen dalam penelitian ini yakni menggunakan skala The Inventory of Father Involvement (IFI) dengan reliabilitas 0,887, skala *The Centrality of Religiosity Scale* (CRS-15) dengan reliabilitas 0,917, dan skala *Self Control Scale* dengan reliabilitas 0,884. Teknik analisis data pada hipotesis dalam penelitian ini menggunakan teknik analisis korelasi berganda, hasil analisis korelasi berganda menunjukkan hubungan yang signifikan antara ketiadaan peran ayah (*fatherless*) dengan kontrol diri dengan nilai koefisien korelasi sebesar -0,353 dan nilai signifikansi 0,000 ($p < 0,05$), terdapat hubungan positif yang signifikan antara religiusitas dengan kontrol diri dengan nilai koefisien korelasi sebesar 0,143 dan nilai signifikansi 0,033 ($p < 0,05$), yang berarti semakin tinggi religiusitas maka semakin tinggi pula kontrol diri individu.

Kata kunci: *fatherless*, religiusitas, kontrol diri, remaja akhir, merokok

ABSTRAK

Nanda Maharani, 210541100117, The Relationship Between Father Absence (Fatherless) and Religiosity with Self-Control Among Late Adolescents who Smoke, Psychology Study Program, Faculty of Social and Cultural Sciences, Trunodjoyo Madura University, 2026.

Self-control is an individual's ability to regulate behavior, emotions, and personal impulses, which can be influenced by family environmental factors as well as internal factors such as religiosity. This study aims to determine the relationship between father absence (fatherless) and religiosity with self-control among late adolescents who smoke. This research used a quantitative approach with a correlational design. The subjects in this study were late adolescents who smoke and experience fatherlessness, with a total sample of 222 respondents. The instruments used in this study were the Inventory of Father Involvement (IFI) scale with a reliability coefficient of 0.887, the Centrality of Religiosity Scale (CRS-15) with a reliability coefficient of 0.917, and the Self-Control Scale with a reliability coefficient of 0.884. The data analysis technique used to test the hypotheses was multiple correlation analysis. The results of the multiple correlation analysis showed a significant relationship between father absence (fatherless) and self-control, with a correlation coefficient of -0.353 and a significance value of 0.000 ($p < 0.05$). Furthermore, there was a significant positive relationship between religiosity and self-control, with a correlation coefficient of 0.143 and a significance value of 0.033 ($p < 0.05$), indicating that higher religiosity is associated with higher levels of individual self-control.

Keywords: fatherless, religiosity, self-control, late adolescents, smoking.