

Abstrak

Individu dewasa awal, khususnya mahasiswi, sering kali menghadapi tantangan psikologis dan sosial. Salah satu faktor yang memengaruhi kondisi tersebut adalah *fatherless*, yaitu kurangnya keterlibatan ayah. Ketidakhadiran peran ayah ini berdampak negatif terhadap kemampuan pengendalian diri mahasiswi, yang dapat memicu perilaku negatif. Fokus penelitian ini untuk menganalisis pengaruh *fatherless* terhadap *self-control* pada mahasiswi dewasa awal di UIN Sunan Gunung Djati Bandung. Penelitian ini menggunakan pendekatan kuantitatif terhadap mahasiswi dewasa awal UIN Sunan Gunung Djati Bandung berusia 18-25 tahun. Sampel sebanyak 376 dari 17.013 mahasiswi yang diperoleh melalui *purposive sampling*. Data dikumpulkan melalui kuesioner menggunakan *Google Form* dengan alat ukur BSCS (Tangney et al., 2004) dan FPQ (Krampe & Newton, 2006). Hasil analisis regresi ordinal menunjukkan bahwa terdapat pengaruh signifikan antara kategori *fatherless* dan tingkat *self-control* pada mahasiswi dewasa awal di UIN Sunan Gunung Djati Bandung. Mahasiswi dengan kategori *fatherless* rendah dan sedang memiliki kecenderungan lebih rendah untuk memiliki *self-control* yang tinggi dibandingkan dengan mahasiswi dengan *fatherless* tinggi. Model regresi ini signifikan secara statistik dengan kontribusi *fatherless* sebesar 4,5% terhadap variasi kemampuan pengendalian diri, yang diperkuat oleh nilai koefisien Estimate negatif pada kategori *fatherless* rendah (Estimate = -1.745; $p = 0.000$) dan sedang (Estimate = -1.594; $p = 0.000$). Hasil penelitian menunjukkan bahwa mahasiswi dewasa awal di UIN Sunan Gunung Djati Bandung dengan tingkat *fatherless* rendah dan sedang cenderung memiliki kemampuan *self-control* yang lebih rendah dibandingkan dengan mahasiswi yang mengalami *fatherless* tinggi. Penelitian ini menekankan pentingnya peran ayah dalam mendukung perkembangan kemampuan pengendalian diri pada individu, terutama di kalangan mahasiswi.

Kata Kunci : *Fatherless*, *Self-control*, Perempuan, Dewasa Awal.

Abstract

Early adult individuals, especially college students, often face psychological and social challenges. One of the factors that affect this condition is fatherlessness, which is the lack of fatherly involvement. The absence of this father's role has a negative impact on the self-control ability of female students, which can trigger negative behavior. The focus of this study is to analyze the influence of fatherlessness on self-control in early adult female students at UIN Sunan Gunung Djati Bandung. This study uses a quantitative approach to early adult female students of UIN Sunan Gunung Djati Bandung aged 18-25 years. A sample of 376 from 17,013 female students was obtained through purposive sampling. Data were collected through a questionnaire using a Google Form with the BSCS (Tangney et al., 2004) and FPQ (Krampe & Newton, 2006) surveys. The results of ordinal regression analysis showed that there was a significant influence between the fatherless category and the level of self-control in early adult female students at UIN Sunan Gunung Djati Bandung. Female students with low and moderate fatherless categories have a lower tendency to have high self-control compared to female students with high fatherlessness. This regression model is statistically significant with a fatherless contribution of 4.5% to variation in self-control ability, which is reinforced by negative Estimate coefficient values in the low (Estimate = -1.745; $p = 0.000$) and moderate (Estimate = -1.594; $p = 0.000$) categories. The results of the study showed that early adult female students at UIN Sunan Gunung Djati Bandung with low and moderate fatherlessness rates tended to have lower self-control skills compared to female students who experienced high fatherlessness. This research emphasizes the importance of the role of fathers in supporting the development of self-control skills in individuals, especially among female students.

Keywords : *Fatherless, Self-Control, Female, Early Adulthood.*