

Abstrak

Ketidakhadiran sosok ayah (fatherless) memberikan dampak signifikan terhadap kesejahteraan mental anak. Penelitian ini bertujuan menganalisis dinamika Psychological Well-Being (PWB) pada remaja perempuan yang mengalami fatherless sejak dini. Metode kualitatif dengan pendekatan Interpretative Phenomenological Analysis (IPA) digunakan melalui wawancara mendalam empat sesi dan observasi terhadap seorang remaja perempuan berusia 21 tahun (AF). Hasil analisis mengidentifikasi enam tema superordinat: kehilangan ayah sebagai luka awal, penerimaan kognitif (legowo), kemandirian sebagai pertahanan diri, relasi sosial yang waspada, pemaknaan diri baru, serta ambivalensi masa depan dan tekad memutus rantai trauma (breaking the cycle). Dinamika PWB subjek menunjukkan bahwa meskipun mengalami hambatan pada dimensi hubungan positif akibat trust issue, subjek berhasil mengompensasikannya melalui otonomi yang kuat (Hyper-Independence), penguasaan lingkungan fungsional, dan Post-Traumatic Growth. Kesejahteraan psikologis subjek terbentuk dari proses mengintegrasikan luka masa lalu menjadi kekuatan untuk hidup mandiri.

Kata Kunci : *Fatherless*, Kesejahteraan Psikologis, Remaja Perempuan, Resiliensi.



Abstract

The absence of a father figure (fatherlessness) has a significant impact on children's mental well-being. This study aims to analyze the dynamics of Psychological Well-Being (PWB) in adolescent girls who experience fatherlessness from an early age. A qualitative method with an Interpretative Phenomenological Analysis (IPA) approach was used through four in-depth interviews and observations of a 21-year-old female adolescent (AF). The results of the analysis identified six superordinate themes: loss of a father as an initial wound, cognitive acceptance (legowo), independence as self-defense, vigilant social relations, new self-meaning, and ambivalence about the future and determination to break the chain of trauma (breaking the cycle). The dynamics of the subject's PWB show that despite experiencing obstacles in the positive relationship dimension due to trust issues, the subject managed to compensate through strong autonomy (Hyper-Independence), functional environmental mastery, and Post-Traumatic Growth. The subject's psychological well-being is formed from the process of integrating past wounds into strengths for independent living.

Keywords: *Fatherless, Interpretative Phenomenological Analysis (IPA), Psychological Well-Being (PWB), Female Adolescent, Resilience.*

