

ABSTRAK

Fenomena kurangnya keterlibatan ayah secara fisik maupun emosional dapat menimbulkan *father hunger* yang memengaruhi kehidupan psikologis perempuan dewasa awal. Penelitian ini bertujuan mengeksplorasi dan memahami makna pengalaman *father hunger* pada perempuan dewasa awal. Penelitian menggunakan pendekatan kualitatif dengan metode *Interpretative Phenomenological Analysis* (IPA). Subjek penelitian adalah tiga perempuan dewasa awal yang mengalami *father hunger*, dipilih secara *purposive*; data dikumpulkan melalui wawancara mendalam dan dianalisis mengikuti tahapan IPA. Hasil penelitian menghasilkan empat tema induk, yaitu relasi dengan figur ayah, kebutuhan emosional dan relasional, dampak pengalaman *father hunger* terhadap diri dan relasi, serta refleksi dan orientasi masa depan. Ketiga partisipan menghayati keterasingan dan luka relasi dengan ayah, namun tetap menyimpan kerinduan yang memengaruhi kepercayaan, pandangan diri, dan relasi romantis. Disimpulkan bahwa *father hunger* dimaknai sebagai kekosongan emosional yang berjalan bersamaan dengan tumbuhnya penerimaan dan kekuatan diri.

Kata Kunci: *father hunger*; perempuan dewasa awal; ketidakhadiran ayah; *interpretative phenomenological analysis*

ABSTRACT

The lack of paternal involvement, both physically and emotionally, may generate *father hunger* that affects the psychological lives of early adult women. This study aimed to explore and understand the meaning of the *father hunger* experience among early adult women. A qualitative approach using *Interpretative Phenomenological Analysis* (IPA) was employed. The participants were three early adult women who experienced *father hunger*, selected *purposively*; data were collected through in-depth interviews and analyzed following the IPA procedures. The findings revealed four main themes: the relationship with the father figure, emotional and relational needs, the impact of the *father hunger* experience on the self and relationships, and reflection and future orientation. The three participants experienced estrangement and relational wounds with their fathers, yet retained a longing that influenced their trust, self-view, and romantic relationships. In conclusion, *father hunger* is interpreted as an emotional void that accompanies growing acceptance and self-strength.

Keywords: *father hunger*; early adult women; father absence; *interpretative phenomenological analysis*