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## Fatherless Effects On Individual Development; An Analysis Of Psychological Point Of View And Islamic Perspective

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### Abstrak

Fatherless merupakan fenomena saat ini yang diartikan sebagai ketidakhadiran peran ayah dalam pengasuhan baik secara fisik maupun secara psikologis yang dikarenakan berbagai faktor seperti perceraian, kesibukan kerja, ataupun kematian. Artikel ini mencoba menganalisa pengaruh fatherless terhadap perkembangan individu yang dianalisis dari sudut pandang Psikologi dan perspektif Islam. Beberapa literatur yang terkait dengan topik dianalisis. Kata kunci yang digunakan untuk mencari artikel adalah; fatherless, peran ayah, ayah, pengasuhan anak, perkembangan psikologis, pengasuhan islami. Hasil penelitian menunjukkan bahwa ketiadaan peran ayah dalam kehidupan menyebabkan perkembangan psikologis negatif seperti kurang ambisius, rendah diri, kurang bisa mempercayai orang lain, marah, dan juga perilaku bunuh diri. Selain itu, ketidakhadiran peran ayah dalam pengasuhan menyebabkan anak merasa kecewa, putus asa, malas, dan tidak bersemangat dalam proses belajar yang menyebabkan rendahnya prestasi belajar. Selain itu, baik anak laki-laki maupun anak perempuan yang mengalami fatherless dapat menjadi cenderung mencari keterikatan emosional dari pasangan yang berbeda-beda untuk mengimbangi kurangnya keterikatan emosional dari ayah. Kehamilan remaja, dan kenakalan remaja merupakan efek lainnya dari fatherless dalam pengasuhan. Efek negatif fatherless seperti itu dapat dihindari jika pengasuh lain seperti wali (Kakek, Saudara Lelaki, Paman) berhasil mengambil peran ayah dan memiliki hubungan yang baik dengan anak-anak. Selanjutnya, Islam menekankan peran ayah dalam banyak kisah yang ditulis dalam al-Qur'an seperti hubungan ayah-anak dalam surah Luqman. Dalam surah Luqman diceritakan bahwa Luqman sebagai seorang ayah ikut

terlibat dalam pengasuhan anak dengan menjalin komunikasi yang baik dengan anak-anaknya. Selain itu, Islam juga menyoroti kuatnya ikatan antara ayah dan anak perempuan dimana ternyata sang ayah peka dan mengerti bahwa putrinya tidak hanya memintanya mengambil nabi Musa AS sebagai pekerja, tetapi juga sebagai menantu. Dapat disimpulkan, fatherless atau pengasuhan tanpa peran ayah sangat berpengaruh negatif terhadap perkembangan anak, oleh karena itu Islam mendorong ayah untuk terlibat dalam pengasuhan untuk mencegah hasil negatif tersebut. Jika ayah sudah tiada, maka hendaklah wali bagi anak tersebut mengambil peran ayah dalam pengasuhan.

Kata kunci: *Efek Ayah, Perkembangan Individu, Teori Psikologis, Perspektif Islam*

#### Abstract

Fatherless is a current phenomenon which is defined as the absence of a father's role in parenting both physically and psychologically due to various factors such as divorce, busy work, or death. This article attempts to analyze the influence of fatherlessness on individual development which is analyzed from the point of view of psychology and an Islamic perspective. Some of the literature related to the topic is analyzed. The keywords used to search for articles are; fatherless, father's role, father, parenting, psychological development, Islamic parenting. The results showed that the absence of a father's role causes negative psychological developments such as lack of ambition, low self-esteem, lack of trust in others, anger, and suicidal behavior. In addition, the absence of a father's role in parenting causes children to feel disappointed, hopeless, and unenthusiastic in the learning process which causes low learning achievement. In addition, both sons and daughters who experience fatherlessness may tend to seek emotional attachment from different partners to compensate for the lack of emotional attachment from fathers. Teenage pregnancy and juvenile delinquency are other effects of fatherless parenting. Such negative fatherless effects can be avoided if other caregivers such as guardians (Grandpa, Brother, Uncle) manage to take on the role of father and have a good relationship with the children. Furthermore, Islam emphasizes the role of the father in many stories written in the Qur'an such as the father-son relationship in sura Luqman. In surah Luqman it is stated that Luqman as a father is involved in raising children by establishing good communication with his children. In addition, Islam also highlights the strong bond between father and daughter where it turns out that the father is sensitive and understands that his daughter not only asked him to take the Prophet Musa AS as a worker, but also as a son-in-law. It can be concluded, fatherless or parenting without a father's role has a very negative effect on children's development, therefore Islam encourages fathers to be involved in parenting to prevent these negative outcomes. If the father is gone, then the guardian for the child take the father's role in parenting.

Keywords: *Fatherless Effects, Individual Development, Psychological Theory, Islamic Perspective*

#### INTRODUCTION

Indonesia is considered as the third fatherless country of the world (Jpnn.com on March 3, 2021). 12 November each year has been celebrated as father's day in Indonesia since 12 November 2016 (utaratimes, on November 1st 2021). The celebration is one of the efforts to call fathers to get involved in parenting. The campaigns of "Indonesia Darurat Ayah" is another way

to encourage father to involved in childcare. In addition, Indonesia government allowed the male civil servant to take time off work around childbirth (CNN Indonesia, 15/03/2021). However, Irwan Rinaldy (2015) as released by Liputan6.com on November 12, 2015 pointed out those Indonesian-fathers just involved physically but not psychologically in parenting. This due to traditional parenting pattern applied in Indonesia in which father works to earn a living while mother stay at home to care of the children. He further explained that the fact leads to "father hunger" phenomenon among children in Indonesia. To sum up, Indonesia should do several efforts to solve the father hunger phenomenon in the country.

There are several studies shown that fatherless has several effects on children development. Fatherless is defined as the absence of a father in parenting the children physically or psychologically. A study conducted by Osborne and McLanahan (2007) indicated that male student of elementary school who experience fatherless tend to commit juvenile delinquency, have low emotional control, and behave aggressively. In addition, fatherless result in low self-esteem of children, low initiates risk-taking and low of psychological well-being (Lamb & Tamis-LeMonda, 2004; Williams, 2011). In short, the absence of father in parenting leads to negative development of children.

This paper would like to investigate the effect of fatherless on individual development from psychological aspect and father's role in parenting from Islamic point of view. Several recent literatures available have been analysed. The keywords used to search the literature are; fatherless, father's role, fathering, parenting child, psychological development, Islamic parenting. The hypothesis of the study is the absence of fathers in parenting leads to negative psychological development. Therefore, Islam highlighted fathers' role more than mother's role in parenting.

## METHOD

This paper would like to investigate the effect of fatherless on individual development from psychological aspect and father's role in parenting from Islamic point of view. Several recent literatures available have been analysed. The keywords used to search the literature are; fatherless, father's role, fathering, parenting child, psychological development, Islamic parenting.

## RESULTS AND DISCUSSION

### COMPRISING THE IMPORTANT ISSUES

There is a significant difference between fatherless definition in Indonesia context and western Country. Majority of western children experience father absence of their life because of

unmarried father and mother. However, Indonesian Children experience father absence of their life although their parents legally married. They experience the absence of parent due to the father passed a way or the father only presented physically but not psychologically. The fathers only spend a few hours with their children because of the work.

In addition, In the case of an orphan who lost his father at an early age, Puspitasari in her thesis mentioned that orphans still have a perception of their father. These orphans have a father image that is formed from their perception of the symbolic father and the perception of the personal father. The father image of the orphans in this study tends to be dissonant because there is an incongruence between the perception of the symbolic father and the perception of the personal father, there is even a conflicting perception between the symbolic father and the personal father. Their perception of fathers tends to be negative. The perception of the symbolic father figure that is often mentioned is that the father is rather fierce and firm, while the perception of the personal father figure that is most often mentioned is that the father is not attentive and indifferent. However, their perception of the role of fathers in family tends to be positive. Perceptions about the role of symbolic fathers and personal fathers tend to be in line, like, that fathers play a role in protecting and pleasing family members and fathers are also usually closely related to financial matters.

(Puspitasari, 2016)

Furthermore, Elia quoted the results of research from an article entitled "The Origins of Alienation" in the August 1974 issued by Scientific American that the time spent by fathers to interact with their children was only about 37 seconds each day. Sarcastically, James Dobson called this kind of condition by the term rat-race. The material needs of each family require both husband and wife to play a role outside the home. This turned out as a big cause to the difficulties of husband/father to take part in the domestic sphere. A child who sees his mother fully functioning without any involvement of his father will see his father as a weak and less valuable father. This situation will go worse if the mother seems to have no respect for the father for feeling more skilled. Fathers will increasingly lose an authority in the eyes of their children which resulted that they do not feel comfortable in their own homes and immerse themselves in the world of work. This is supported by many studies showing that disharmony in married life makes fathers distance themselves from their children. (Herman Elia, 2000).

Marlina quoted from Andayani and Koentjoro, what Pleck said about the role of the father. The role of father in family can be viewed from at least three perspectives, the traditional perspective, the perspective of exploitation and the changing role. In the traditional perspective,

the husband or father has absolutely no responsibility for household chores and child care in the family. The husband's role is more to provide family economic support. There are at least three theories that supported this traditional perspective. First, the theory of role differentiation, in this theory, husbands/men are responsible for family relationships with external parties, which means that men will not deal with domestic tasks at all. Meanwhile, internal problems will be handled by women in the family. Second, the theory of social exchange, which means that the role of men outside the household as breadwinners replaces their contribution in providing love and household services as is done by the wife. Third, the theory of resource theory which explains that family members have different resources to carry out their respective roles. The next perspective is the exploitation perspective initiated by the feminist movement when it finds activities that indicate an inequality in the household workload. Child care is imposed to the wife who has an inferior aspect in society. Even though the wife has activities outside the home, child care is still borne by the woman. Marlina also stated that the excess of the wife's role has a negative effect in the form of increasing feelings of depression and decreasing psychological well-being. Later is the third perspective, which is a changing role perspective which is based on a macro-social and historical view of the evolution of work and work roles. Both husband and wife combine responsibility and work. In this perspective, both husband and wife have shared responsibilities in terms of domestic household and child care, even though they have external roles. (Elly Marlina, 2008. In addition, Elia said that basically educating children is considered unrewarding job or not fast-rewarding job because the results cannot be received directly. Educating children is also a tiring job, time consuming, does not bring financial benefits and is far from publicity and fame, so it is not surprising that fathers in general will shy away from this work. (Heman Elia, 2000).

According to Palkovits (2002), father should involve in parenting by engaging with activities performed by the child, making contact, providing the financial support and spending amount of the time to play together. He further explained that children whose get such father involvement in nurturing will have high self-esteem, good social and cognitive skills through a positive modelling of father. Furthermore, the involvement in nurturing the children give the fathers better understanding about fathers' values and a chance to learn about and redefine themselves as fathers (Ashbourne, L. M., Daly, K. J., & Brown, J. L., 2011). To sum up, father should not only present physically but also emotionally and financially by providing the proper relationship between father and children.

## FATHERLESS EFFECT ON PSYCHOLOGICAL DEVELOPMENT

There are many researches have been conducted on the effect of fatherless on psychological aspects. Hawkins (2015) found that a person who experiences fatherless become less ambitious and less resilient due to the sense of helplessness. It leads him/her to accept the circumstance as it is and hinder him/her great potential. In other word, it results in low initiative risk-taking as stated by Williams (2011). In addition, the absence of father's role in an individual development leads to stress, anger, sadness and loneliness (Lerner, 2011; Donnellan et al., 2005). In addition, self-acceptance of children influenced by the involvement of father in parenting (Kusnadi, S. K., & Agustin, A, 2020). The acceptance means accepting reality, accept others as they are overall, have a positive gesture toward others, admit and accept various aspects, including the bad and good qualities. This ability leads to healthy psychological development. To sup up, the emotional detachment between father and children prevents children from negative effects and develop positif psychological development.

Furthermore, the sense of being rejected by father caused low self-esteem of children (Sheslow, 2008). Rosenberg (1965) defined self esteem as either the positive or negative attitudes that an individual hold towards himself. The self-esteem is considered as an essential maker of general well being (Adam et al, 2006). Self-esteem partially mediated the future behaviours (Jackman and MacPhee, 2015). In addition, Boyd and Bee (2015) argue that low self-esteem is related with negative development outcome such as depression and low academic achievement.

In addition, young adults who experienced fatherless mostly struggle with trust issues due to the feeling of the rejected by their fathers (Brooks, 2008). They also reported become angry at themself or at any male figure since they generalize all the men as same as their fathers (Luo et al., 2011). The perceived abandonment by their father results in angry and blaming their mothers. In short, young adults who life in the absecnce of father are most likely to development angry at any others significant of their lives. Furthermore, it is found that the absence of fatherhood in life is one of many factors that increase the risk of suicidal behaviour since their have no male figure to share the life problem with (Du Plessis, 2012; Wasserman, 2009). Tanthi Hidhayanthi gives an overview of the attachment style for women who experienced fatherless family. She examined 50 fatherless women from the age range of 20 to 34 years. By using a relationship style questionnaire from Bartholomew and Griffin, the results of the study showed that the attachment style of fatherless women is the dismissing style with a percentage of 64%. The picture of someone with a dismissing style is that they prefer not to be in any close relationship with other people, and independent. (Hidhayanthi, 2019)

In line with that, Sundari and Herdajani mentioned that fatherlessness, which is usually experienced by orphans or children who have no close relationship with their father in a daily life, has a high impact on low self-esteem, prone to anger and shame because they have no togetherness experience with the father like any other child. Fatherless also gives the effect of loneliness, envy, grief, loss, low self-control, lack of initiative, no courage to take risks, a psychology of well-being and a tendency to have neurotic effects. (Sundari & Herdajani, 2013)

In her thesis, Shinta Adzani Putri analyzed the attitude of assertiveness in fatherless women. It is known that assertiveness is the ability of individuals to communicate openly about their feelings and opinions while respecting the rights of the other person. Theoretically, fathers have a role in instilling this assertive attitude. Assertive attitude itself includes 5 skills such as self-reflection, self-awareness, self-soothing, self-expression and self-expansion. Assertiveness can also be seen from three forms of attitude, like, assertive refusal, commendatory assertive and assertive request. Putri also analyzed the attitude of two women who grew up in a fatherless condition. Her research resulted in a general statement that the close relationship between fathers and children greatly affects the development of assertive attitude skills in children, it is further stated that children (especially women) who come from fatherless families are more likely to have low assertiveness. However, with a better understanding of themselves, that possibility could be disproved. The results of her research also mention that this relationship with the father will affect the way women choose their partners. Respondents tend to choose a partner who has a similar character to his father which automatically makes the respondent have a communication pattern with his partner similar to the respondent's communication pattern with his father. (Putri, 2020)

Sinca researched more about the attitude of fatherless women in choosing a potential life partner. The results of her research are inversely proportional to what was stated by Putri that fatherless women tend to choose a life partner like their fathers and have the same communication patterns (Putri, 2020), Sinca found the fact that fatherless women tend to have negative perspectives about their potential life partners. Past trauma makes them afraid of getting a potential life partner like his father. They also tend to have confusion and fear in choosing their life partner. Likewise, the response they give when approached by the opposite sex is usually a negative response such as uncomfortable and annoyed. (Sinca, 2022)

Elia added that the absence of a father's assistance had an impact on the development of a child's sexual identity too. The estrangement of the relationship with the father combined with the excessive closeness of the mother has a high probability of causing gender identity disorder. Some studies show that children who suffer from trans-sexualism on average have

fathers who reject and are less emotionally concerned and have mothers who are very caring, very involved and very protective. In girls, the absence of a father figure will develop a great need for affirmation of the male figure within her. The greater the need for a male figure, the more likely she is to immerse herself in activities with men, it is even said that there is a possibility that she will be involved in sexual activity with many partners.(Heman Elia, 2000). To Sum up, the absence of fatherhood in life leads to negative psychological development such as less ambitious, low self-esteem, trust issues cases, angry, and also suicidal behaviour.

#### FATHERLESS EFFECT ON EDUCATIONAL SUCCESS

The academic achievement influenced by the internal factors and the external factors. One of the external factors is the experiences of raised in fatherless homes. Barajas, M. S. (2011) stated that a students who raised in the fatherless homed tend to have lower high school graduation rates and lower GPA's. In addition, Whitney, S. D., Prewett, S., Wang, Z., & Chen, H. (2018) found that senior high school students with resident biological fathers had higher academic achievement than nonresident fathers. They futher argued that senior high school students with stepfathers had higher rates of school failure than their friends living with their biological parents. The senior high school students who did not have a resident father figure and did not know their fathers's identity have the lowest academic achievement and course success. In addition, Tekin (2012) stated that father's involment with children's education proved significant increasing in children's education outcomes. It leads to the improvement of father- children communication and father be more attentive to children's learning activities at home. In short, Fathers play great role in helping the students achieving academic success.

Furthermore, the brain development of children influenced by the interaction between father and children. Suryono, Y., Fauziah, P. Y., Pamungkas, A. H., Suryono, Y., & Fauziah, P. Y. (2021) argued that father who provide stimulation by talk, read, sing and play might stimulate children's brain development especiallyin children aged 0- 6 years old. In addition, Cabrera, Shannon, & Tamis-LeMonda (2007) found that language development and cognitive development of children will develop through paly activities between father and children.In short, children who experinced fatherless might have lack of such interaction that develop their brain. Fitroh in her paper stated that being fatherless has a serious impact on children's growth and development in the form of psychological shocks that cause children to feel disappointed, hopeless, lazy, and unmotivated, all of which can affect their learning process at school. Children often feel less motivated from those closest to them so that their school performance often declined. (Fitroh, 2014)

## FATHERLESS EFFECT ON BEHAVIOURAL IMPACTS

There are several debatable arguments on the effect of the absence of fatherhood on behaviour. On one hand, Some scholars argued that the children who experience the absence of fatherhood are most likely to have a problem with discipline issues and have a behavioural problem (MacCallum & Golombok, 2004). The individual who experienced fatherless are more likely to get involved in sexual behaviours from early age (Dickerson, 2014). Both male and female who experienced fatherless may become promiscuous in seeking emotional attachment from different partners to compensate for the lack emotional attachment from father. According to Ikramullah et al (2009). Females for example, tend to be attracted to several men to search for the bond that their father failed to provide. This may leads to teenage pregnancy . This due to lack of monitoring since mothers works full time to earn living. On the other hand, some schoolars argued that behaviour can be learned through modelling so there is no direct influence of the absent fatherhood (Makofane; 2015 and Hawkins; 2015). They further explained that primary caregivers such as single mothers have great impact on how children behave as they nurture and monitore them daily. In short, the role of primary caregivers might prevent such negatif impacts of fatherless in individual life.

Putri et al in their paper stated that the presence of fathers in parenting was able to reduce cases of juvenile delinquency. Putri et al studied the behavior of child prisoners involved in criminal cases at the Jakarta Special Child Development Institute (LPKA). It is stated that juvenile delinquency can occur because the self-concept and self-control have not been developed optimally. Inappropriate parenting patterns are also suspected to be one of the contributing factors. From the data obtained, it can be concluded that there is a significant positive correlation between parenting and adolescent self-concept and self-control in which self-control also has a significant correlation with delinquency. In the case of juvenile detainees, it was found that good parenting was directly proportional to good self-concept and self-control among juvenile detainees. And better self-control is able to push the level of juvenile delinquency to be lower among the juvenile detainees. This is an indicator that the presence of fathers in parenting has an important role in improving self-concept and self-control of adolescents so that they are able to reduce negative behavior. Putri et al even recommended that the government, especially the Ministry of Social Affairs, provide counseling to child prisoners and their parents, especially fathers, in order to build better interactions and relationships in the future. (Putri, et al, 2021)

## FATHERS' ROLE IN PARENTING BASED ON ISLAMIC PERSPECTIVE

There are several stories explained about father and children in the Qur'an. In the surrah of Luqman, it is told that Luqman as the father get involved in parenting by having great communication with his children. Derysmono (2019) found that Luqman guided his children to have faith value, wisdom, gratitude, manner in community, democratic attitudes, consistency and patience in *Amar Ma'ruf nahi Mungkar* by doing the dialogue. Luqman plays the role as the successful coach that build his children characters in applicative and continuous manner. Furthermore, another story told is the story of the prophet Ya'qub. The prophet Ya'qub has no followers' story in the Qur'an but his relationship with his sons. The prophet Ya'qub been the best friend for his son Yusuf. His son bravely told his dream to the father and get guided. As Yusuf get older, the advices given by father, prevent him from Promiscuous behaviour when Zulaikha flitter him. Such father-children relationships are suggested to be implemented nowadays.

There is also the Prophet Shu'aib AS who sent his two daughters out herding their family's goats. Angraini and Radwan in their paper showed how the ideal personalities possessed by the two daughters of the Prophet Shu'aib are inseparable from their father's upbringing. In addition to the intelligence, independence and strength described in the story, Shu'aib's daughter also has good communication skills when expressing her opinion to hire a trustworthy and strong person like Musa AS. There is a strong bonding between father and daughter where it turns out that the father is sensitive and understands that his daughter's proposal is not only limited to taking Musa AS as a worker, but also as a son-in-law. (Ramli & Elathtrash, 2020)

Furthermore, In a hadith narrated by al-Bukhari in his *Sahih* that the Messenger of Allah said that every child is born in a state of purity, it is his parents who make him a Jew, Christian or Zoroastrian. In the hadith clearly mentions the word 'both parents' who play a role in coloring and influencing the process of child growth and development in the family. The word 'both parents' here has made it clear that the parenting role should be carried out by both parties, namely the father and mother. (Al-Bukhari, 1422H). Regarding the figure of a good husband or father himself, the Prophet also revealed in a hadith directly narrated by Aishah RA that the best of people among you are those who behave well to their families, and I am the best person to my family (Al-Darimi, 2000). Later, came to detail the forms of good behavior of the Prophet to his family, starting from Aisha's praise to him by mentioning that his morals were the Quran (Ahmad, 2001), also, several other hadiths that captured the sweet relationship between the Prophet's father-daughter and Fatimah such as little Fatimah who tried to protect the Prophet from throwing filth (al-Albani, ), later, a special warning to Ali RA when Ali asked permission for polygamy by saying that if you hurt him, you have hurt me (HR Muslim). It is very clear that a

strong bond exists between the father and his daughter, even though the Prophet Muhammad at that time could be likened to a leader of the State, but his busyness in conveying the message to the wider community did not make him neglect his family responsibilities.

## CONCLUSION

Indonesia is considered as the third fatherless country of the world (Jpnn.com on March 3, 2021). time off work around childbirth for father is believed to build father-child bonding and enable commitments to father engagement in parenting. The results of this study highlight the effect of fatherless in individual development. Fatherless develop negatif psychological development such less ambitious and less resilient, low self-esteem, stress, anger, sadness and loneliness. In addition, fatherless leads to lower high school graduation rates and lower GPA's or academic achievement. Furthermore, it results in promiscuous behaviour. Islam Enlighted the role of father in many stories written in the qur'an abot father-children realtionship. In the surrah of Luqman, it is told that Luqman as the father get involved in parenting by having great communication with his children. In addition, Islam also enlighted the strong bonding between father and daughter where it turns out that the father is sensitive and understands that his daughter's proposal is not only limited to taking Musa AS as a worker, but also as a son-in-law. In short, fatherless results in the negatif development and islam encourage father to get involve in parenting to prevent such negative outcomes.

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