

## Gambaran Kecemasan Dalam Menjalin Hubungan Pada Perempuan Dewasa Awal Yang Mengalami Fatherless

**Abstrak.** Penelitian ini bertujuan untuk menggambarkan kecemasan dalam menjalin hubungan pada perempuan dewasa awal yang mengalami fatherless. Ketidakhadiran peran ayah diketahui memberikan dampak signifikan terhadap pola keterikatan dan relasi interpersonal perempuan, khususnya dalam konteks hubungan romantis. Pendekatan penelitian yang digunakan adalah kualitatif dengan metode studi kasus, melibatkan lima partisipan berusia 18–25 tahun. Hasil penelitian menunjukkan bahwa kecemasan yang dialami partisipan tercermin dalam tiga aspek utama: **aspek fisik**, meliputi jantung berdebar, gemetar, dan kesulitan tidur saat menghadapi konflik atau ketidakpastian. **Aspek kognitif** meliputi pikiran overthinking, kecurigaan terhadap pasangan, dan keyakinan negatif tentang hubungan, serta **aspek behavioral** meliputi reaksi impulsif, ketergantungan emosional, dan perilaku dominan atau menghindar dalam hubungan. Dari ketiga aspek tersebut, aspek behavioral ditemukan sebagai aspek yang paling dominan, terlihat dari pola perilaku yang konsisten seperti kecenderungan mempertahankan hubungan tidak sehat, takut ditinggalkan, serta menunjukkan kontrol berlebih dalam hubungan. Temuan ini menegaskan bahwa pengalaman fatherless berdampak kuat terhadap ekspresi perilaku kecemasan dalam relasi romantis pada perempuan dewasa awal.

**Kata Kunci :** Fatherless, Kecemasan, Aspek behavioral, Perempuan dewasa awal, Hubungan romantic

## An Overview of Anxiety in Relationships Among Young Adult Women Who Have Experienced Fatherlessness

**Abstract.** This study aims to describe anxiety in relationships among young adult women who have experienced fatherlessness. The absence of a father figure is known to have a significant impact on women's attachment patterns and interpersonal relationships, especially in the context of romantic relationships. A qualitative research approach was applied using a case study method, involving five participants aged 18–25 years. The research findings indicate that the anxiety experienced by the participants is reflected in three main aspects: **physical aspects**, including a racing heart, trembling, and difficulty sleeping when facing conflict or uncertainty. **Cognitive aspects** include overthinking, suspicion toward partners, and negative beliefs about relationships, while **behavioral aspects** include impulsive reactions, emotional dependence, and dominant or avoidant behavior in relationships. Among these three aspects, the behavioral aspect was found to be the most dominant, evident in consistent behavioral patterns such as a tendency to maintain unhealthy relationships, fear of abandonment, and excessive control in relationships. These findings confirm that the experience of fatherlessness has a strong impact on the expression of anxiety-related behavior in romantic relationships among young adult women.

**Keywords:** Fatherless, Anxiety, Behavioral aspects, Early adult women, Romantic relationships