

## Marriage Fear in Woman Who are Fatherless Perspectives of Islamic Law and Family Psychology

Siti Masrur<sup>1\*</sup>, Mayadina Rohmi Musfiroh<sup>2</sup>, Hudi<sup>3</sup>

Universitas Islam Nahdlatul Ulama Jepara, Indonesia

Email: [nimasmasrur@gmail.com](mailto:nimasmasrur@gmail.com)<sup>1</sup>, [mayadina@unisnu.ac.id](mailto:mayadina@unisnu.ac.id)<sup>2</sup>, [hudi@unisnu.ac.id](mailto:hudi@unisnu.ac.id)<sup>3</sup>

Correspondence: [nimasmasrur@gmail.com](mailto:nimasmasrur@gmail.com)\*

KEYWORDS	ABSTRACT
Fatherless; Family Psychology; Islamic Law; Woman	<p>Many fatherless women experience anxiety about marriage, which causes many women to marry at a very mature age. Marital anxiety can arise due to difficult past experiences, repeated feelings of worry, and, worst of all, not trusting other people, especially those of the opposite sex. This can give rise to various conflicts both for yourself and when you have a partner later. Regarding commitment, uncertainty about the future, and repetition of bad relationship patterns are the beginnings of various problems that become a stronghold for self-defence. Many of them choose to live without having relationships with the opposite sex. This article aims to explore the anxiety of women who experience fatherlessness, both in terms of the factors that cause them to choose to live single longer and even choose not to marry. This seems very warning to others, especially from the perspective of Islamic Law and Family Psychology. In this article, it is intended that anxiety about marriage will be reduced a little, although not completely, but just a little bit of their approach will also think about how the world should continue. This research uses descriptive qualitative research methods with semi-structured interviews and unstructured observations focusing on the criteria for women aged 20-35 years and relying on journal articles, literature and online magazines as other supporting media. The results of this article can be concluded that the four subjects who had marriage anxiety had reasons including factors related to non-hormonal family background, past experiences, social expectations and environmental pressure, uncertainty about partners, emotional and mental readiness, and demographic factors that made them afraid of having a serious relationship. In this article, it is found that anxiety tends to appear as a form of wrong self-protection, apart from that, families, the environment, and academics and practitioners are expected to design more effective support programs, especially for couples who want to continue their relationship in a more serious direction, providing a comfortable and safe space.</p>

Attribution-ShareAlike 4.0 International (CC BY-SA 4.0)



## Introduction

Fatherless is a phenomenon of inequality in the family where the figure and role of the father are not maximized in the growth and development of children. The issue of fatherlessness in the psyche of children that occurs in Indonesia is caused by the loss of the father's role in the childcare process; the father's responsibility is only limited as a breadwinner; the paradigm rooted in society also makes the limitation that parenting is only charged to the mother. If the child does not get the ideal role of a father, the child will experience an imbalance between growth and development because parents only focus on the problem of child growth.

The Fatherless Generation, or a generation without a father, seems to have no problem with the loss of affection from the father. However, it is a big problem because a father's love can provide a source of security for a child, especially a daughter.

Data shows that around 61% of Indonesia's population experience emotional disturbances and are prone to depression. It is even more surprising that in early adulthood, many of them experience Marriage Anxiety due to Fatherlessness (Junaidin et al., 2023). Anxiety is an emotional state in which a sense of unease arises and is a vague experience caused by something (Aulya et al., 2016). The anxiety felt by each individual can affect their views on opposite-sex relationships where they have different standards of happiness. If it does not match what is expected, they choose not to have a relationship with anyone.

Anxiety in early adult women arises because they make their father a benchmark in assessing good male behaviour. Therefore, when the father figure is missing, they tend to feel anxious in doing so because they feel unloved by anyone, fear what happens after marriage, and lack motivation from others (Amanda, 2020). According to the National Socio-Economic Survey (Susenas), in 2016 and 2020, there were 8.3 million unmarried adult women, which increased by 8% to 9.04 million in 2020 (Khalilullah, 2021). The survey results show that the current phenomenon is that many women are old enough and have sufficient living conditions but are reluctant to marry, which is caused by one of the factors: fatherless (Fakhrunnisa, 2018). This is also due to the emergence of various problems in early adult women in relationships with the opposite sex, one of which is because the individual experiences fatherlessness (Trianawati, 2017). Because the experience seen from the marriage of both parents will influence individuals in imagining what kind of happiness is in a marriage. (Bintari & Suprpti, 2019).

This research shows that a father's absence can have a significant impact on young women's perceptions of marriage and relationships. Women who experience a father's absence often exhibit anxiety about marriage, fear of abandonment, and negative perceptions of the opposite sex (Junaidin et al., 2023). This anxiety can stem from past experiences and family dynamics, particularly divorce or parental absence (Diana & Agustina, 2023). The impact of a father's absence varies depending on the cause; for example, women whose fathers died may have more positive perceptions of marriage compared to those whose fathers were unfaithful (Wahyuni et al., 2023). A Father's absence can affect young women's psychological, emotional and cognitive development, influencing their attitudes towards relationships and marriage (Kause et al., 2024). Factors that influence these perceptions include family environment, parental relationships, and personal experiences (Kusaini et al., 2024).

Understanding this impact is important to addressing the impact of father absence on young women's attitudes towards marriage.

Research shows that marriage-related anxiety is a common problem, particularly for individuals approaching or delaying marriage. A study of brides-to-be found that groups based on age, education and employment status were more likely to postpone their marriage (Setyaningtyas et al., 2023). Anxiety negatively impacts academic performance by causing confusion, distorted perceptions, and reduced concentration. Listanto and Demak, (2015) if left unaddressed. For women experiencing delayed marriage, anxiety levels vary from low to high. Self-concept, self-confidence and self-reliance play an important role in managing this anxiety. However, it is important to realize that experience in relationships is important, and this can also reduce anxiety arising from conflict (Proborini et al., 2019).

According to (Hurlock & Wilson, 1980), adulthood is the beginning of a new stage in life; according, adult; according to is the beginning of a new stage in life, according to Santrock states that adulthood is a term used to indicate the transition period from adolescence to adulthood with an age range of 18-25 years (Putri, 2018). Adulthood occurs when an individual is ready to take on roles and responsibilities at the right time to work and engage in community social relationships to establish serious relationships with the opposite sex. (Trianawati, 2017).

From a psychological perspective, early adults' primary and most substantial needs in building a household are love, security, acceptance, and companionship (Latifah, 2014). A woman who grows up in a fatherless family without feeling the father's role will have difficulty building a positive interpersonal relationship. Dr Yasmidar stated that excessive anxiety and a negative mindset towards marriage could lead to future failure (Nurniawati, 2006). hus, women who experience fatherlessness tend to have relationship or marriage anxiety.

Not many studies have specifically linked fatherlessness, marriage anxiety, Islamic law, and family psychology in one interdisciplinary study.

This research seeks to fill the gap by analyzing this phenomenon from two perspectives, namely the Islamic Law Perspective and Family Psychology, which can later complement each other.

This research uses a qualitative approach with library research and interviews. This study was conducted by understanding the literature related to the Fatherless Phenomenon from the Perspective of Islamic Law and Family Psychology from various media sources such as books, journals, mass media, and previous research. The results showed that fathers must remain involved in the process of caring for and educating children even from a distance or in between busy times. There are many exemplary stories in the Qur'an related to the role of fathers in parenting. Islam teaches that maintaining the survival of children by nurturing and educating is an obligation and includes a big sin if neglected, especially for daughters, so that they can face the struggles of life that must be lived on the child when they grow up. If we get or find people who have a nature that is easily desperate, selfish, cruel, and maybe other bad things, most of them in childhood did not get affection from a father figure. (Munjiat, 2017).

## Materials and Method

This study focuses on marriage readiness among early adult women, where psychological and spiritual unpreparedness are contributing factors to whether or not they will marry. This emphasizes the need for premarital education to overcome this problem, it also includes marriage anxiety with a fatherless background or the absence of a father's role in both educating and determining marriage.

This study aims to determine the description of marriage anxiety in early adult women who experience fatherless so that researchers use descriptive qualitative research methods that allow researchers to be able to know or explore events that cannot be quantified and are descriptive in nature (Satori & Komariah, 2017).

The author focuses on women aged 20-30 years. Where the absence of their father's role is due to divorce, death, or the father not carrying out his role emotionally. The psychological impact felt by the subject is related to the absence of a father in the formation of self-confidence and patterns of romantic relationships with the opposite sex, where the author discusses marriage anxiety experienced by fatherless women, including fear of failure in building a stable marriage. Distrust of partners or the institution of marriage. Moreover, the absence of a father figure influences thought patterns and emotions related to marriage. This article examines the phenomenon of marital anxiety from two perspectives:

Islamic Law focuses on the concept of a peaceful family, the obligation of guardians in marriage, and the role of fathers.

Family Psychology: Focuses on the psychological impact of fatherlessness on relationship patterns, self-confidence, and anxiety management in individuals.

**Table 1 Identity of Subjects**

Initials	S	Y	X	I
Phone No. Sub	085602xxx	089637xxx	089562xxx	085728xxx
InterviewTime	06/10/2024 15.18.29	06/10/2024 15.58.44	06/10/2024 18.09.41	07/10/2024 17.23
Kalamin Type	Female	Female	Female	Female
Age	24	20	25	29
Last Education	Bachelor's degree	High School	High School	High School
Status	Single	Single	Single	Single

This research was conducted in Jepara in October-November 2024 with female subjects aged 20 to 30 years in several residences. The research also used a semi-structured interview technique by only taking the main issues from several interviews with the subjects (Junaidin et al., 2023). The questions asked also adapted to the Subjects' conditions. This interview was also conducted with two family psychologists, DW and UH, who have experience in dealing with clients with fatherless issues. This interview aimed to obtain expert perspectives on the relationship between the absence of a father figure and marital anxiety. According to Miles and Huberman, data analysis in *Jurnal Indonesia Sosial Saina*, Vol. 6, No. 3, March 2025

qualitative research consists of three main stages: data reduction, data presentation, and conclusion drawing/verification. These stages are interconnected and conducted interactively throughout the research process. An explanation of each stage follows: 1) Data reduction is the process of simplifying, sorting, and focusing raw data from observations, interviews, or documents, so that it becomes more organized and meaningful. 2) Data presentation is the process of displaying data that has been reduced in an organized form so that it makes it easier for researchers to understand certain patterns, relationships, or findings. 3) Drawing conclusions is the process of analyzing data to produce findings or theories that answer research questions. Verification is ensuring that the conclusions drawn are valid and consistent with the existing data.

## Results and Discussion

The first subject with the initials S is a 24-year-old female factory worker at a PT in Jepara. The father of subject S is an example of a parent who is more concerned with himself. This condition made S's biological mother feel unstable, and she decided to leave her house. S lives with his father's brother because of the conflict between his father and mother, who are more concerned about themselves. S has also been cared for and nurtured by his father's family since childhood. A little old-fashioned thinking from S's father's family could not meet his mother since elementary school until high school age could only directly meet his mother. S has two siblings and is the number 2 of 3 children. S's mother remarried and has one daughter, while S's brother is a girl but lives with his mother. S is also currently studying from the results of his income. Living with his father's family and without his father's role since elementary school, S has often been taken advantage of by his work and college friends. Even so, S is an innocent child, and it is challenging to refuse other people to ask for help, so he is often taken advantage of. The absence of the role of parents, especially the father, has slightly changed his views regarding marriage. Even though he has had a relationship with the opposite sex, again, his sense of trauma makes him not want to have a serious relationship. S is a child who is not revenge even though his mother and father did not give their role from childhood. It cannot be denied that S still often tries to contact his parents, and even on Eid al-Fitr, he comes to his father's place. Moreover, with the same rejection, his father seemed to distance himself from a locked house until he left somewhere.

The second subject with the initials Y is a 20-year-old female factory worker at a PT in Jepara. Subject Y's father is an example of a parent more concerned with himself. Subject Y has a younger sister, aged 13 years, who is now studying at one of the private MTs in her area. Subject Y is a good older brother. Besides helping with his younger brother's school fees, he also often helps with his parents' needs. The mother of Subject Y is a manual worker (Ngamplas) at a furniture factory in Jepara, while his father works as a carpenter but in a different place from his mother. Subject Y's finances are often unable to be used for personal use, even though both parents work, not to mention that his father only gives Rp.200,000 every week while there are still many other needs. Not long ago, Y's father also had an affair, which resulted in less money for her to live on. Y's mother initially did not know why the money her husband gave her was so little when it should have been enough to eat for several days. Subject Y was not directly traumatized but the economic

factors and trust in her father were reduced. Subject Y is also well known in front of her friends; even so, her love situation did not meet a point that led to the aisle. Subject Y often finds inappropriate partners and even feels unsuitable when someone wants to have an official relationship. He often blames the absence of his father; even after several affairs, he became furious with his father. The lack of trust makes it difficult for him to believe his father's words.

This third subject, with the initials X, is a 25-year-old woman with a bachelor's degree who is already an employee at one of the companies in Jepara. For Subject X, the father figure who should be present at school makes him not feel the role of father. From the age of elementary school, Subject X has been living overseas, not to mention related to lack of maintenance; even until adulthood, Subject X sees her father as in front of her eyes but cannot give “taste” to her family, which can also be a trauma / influence in her daughter's life. She only lost a father figure but is still hesitant to get married this far away, but the absence of a suitable male example makes her think so. Economic factors are still the benchmark for Subject X's entering into marriage. The fourth subject with the initials I is a 29-year-old woman who is a jobseeker looking for work. Subject I is child number 4 of 5 siblings. Her first sister is a married woman who just moved out of her parent's house about 4 years ago, while children number 2 and 3 are male and unmarried, while her last sister is a woman who is 3 years younger than herself. Initially, the relationship between the two parents of Subject I had many conflicts, from infidelity to verbal violence against his wife and children; subject I also often changed jobs, and even this made his parents furious because they did not know what their children wanted, regarding romance, Subject I also did not dare to establish a serious relationship, not to mention the mediocre economy. Subject I has two older brothers who often ask him to get married, even though they are not married, and it is a burden for him, not to mention seeing his unfaithful father; this is still very much on his mind.

The data collection results carried out on each research subject through two methods, namely interviews and observations, can be analyzed regarding the anxiety felt by each subject by looking at the aspects of anxiety (Junaidin et al., 2023).

### **The main factors causing adult women to experience marriage anxiety**

This can be explained by several aspects identified in the research. The following is a summary of these factors based on the results of the interviews above:

#### **Family Background**

Women who come from disharmonious families tend to experience marriage-related anxiety. Childhood experiences in conflict-ridden environments can create uncertainty and fear towards marriage, as they do not have positive examples of healthy and happy relationships (Hartanto, 2011). Based on research related to some of the subjects above, family background significantly impacts marriage readiness. Subject S has an incomplete family in terms of income and endless conflicts. He had to adjust to the father's family, which had old-fashioned thinking, making S always ask if he wanted to go, not giving him freedom in choosing what he wanted. Subject Y has an intact family but is traumatized by a cheating father, as well as Subject I, who both have cheating



fathers. Subject X has an intact family background, but his father's absence from elementary school age tends to make him indifferent and ignorant of his father.

### **Past Experience**

Bad experiences in previous relationships or trauma experienced can lead to trust issues that hinder readiness for marriage. This mistrust often arises from negative past experiences, such as parental divorce or painful relationships. Similarly, the family background factor also leads to past experiences and trust issues, which do not disappear entirely. Moreover, Subject I tends to always feel distrustful of men, even with her siblings who told her to get married.

### **Social Expectations and Environmental Pressures**

The pressure to get married from society for women tends to increase their anxiety, especially with the conditions of the Subjects who have gone through their bitter lives. Society's expectations about women's role in marriage can make them feel better, but for some women, it makes them even more depressed and worried if they do not meet these expectations. (Pebyamoriski et al., 2022). Subject S is a person who does not care about what people say, especially from his father's family. While Subject I, who has entered a mature age, tends to be depressed, on the other hand, people his age already have children, not to mention having a high school education and not yet getting the job he wants, making it difficult for him to meet the expectations of the community in the scope of his residence. Subject Y, who is young, tends to look indifferent because marriage is not a race for him. For Subject X to start a serious relationship that meets society's expectations, he starts a relationship carefully so as not to make the wrong choice.

### **Uncertainty about Couples**

Concerns about Choosing a Partner Many women tend to feel anxious about the process of choosing a life partner, especially if they find it challenging to find someone who meets their criteria. The tendency to choose partners carefully to avoid future pain can also increase anxiety levels (N. Rahmi, 2021). Concerns about Choosing a Partner Many women tend to feel anxious about choosing a life partner, especially if they find it difficult to find someone who meets their criteria. The tendency to choose partners carefully to avoid future pain can also increase anxiety levels.

### **Emotional and Mental Readiness**

Mental Readiness: Readiness to enter married life is strongly influenced by individual mental readiness. Women who feel emotionally or mentally unprepared to face the challenges of marriage tend to be more anxious (Wahyuni et al., 2023). This Emotional and Mental Readiness factor also often occurs in society, with many people choosing the wrong partner because of a lack of emotional and mental readiness.

### **Demographic Factors**

Differences by Age and Social Status, Research shows that demographic factors such as age, education, and socioeconomic status also play a role in women's level of marital anxiety. For example, women with higher education may have higher expectations of their partners, which can cause anxiety if a suitable partner is hard to find. (Pebyamoriski et al., 2022).

---

## **An Islamic Legal Perspective on Marriage Anxiety**

This section contains an Islamic legal perspective by reviewing previous research related to the research. References used from reputable publications (both proceedings and journals).

### **Father's role in the family**

A husband is also the leader of his family. A woman is also the leader of her husband's house and her children. So each of you is a leader and each of you will be held accountable for those you lead. (H.R. Bukhari)(Abu Abdillah Muhammad bin Ismail al-Bukhari, Shohih al-Bukhari & Katsir, 2002), n.d.) In Islam, the father is a fundamental figure, because the father's role in the family can be seen from how the father carries the responsibility of protecting himself and his family members from hellfire. This requires the role of fathers in instilling religious values and educating the character and soul of children to grow in the shade of religious teachings. However, at present, the father's function is unconsciously narrowed down to two things: providing a living and giving permission to marry. Al-Qur'an (Zarkasyi & Badri, 2023). Society often assumes that fathers have no role in the development of children. This is because they only see fathers as breadwinners, nothing less and nothing more. This problem is quite serious, considering that fathers are responsible for instilling religious values in all family members (Nurkhaeriyah, 2023).

The father's responsibility as the head of the family is always to lead them to fear Allah and prevent their children and wives from disobeying Him. So, every parent should uphold the commands of Allah and teach and guide them to practice them. Then, if they see any act of disobedience to Allah in their family, they should prevent them from doing it and forbid them from doing it. Ad-Dahhak and Muqatil were of the view that it is an obligation (Ibnukatsironline, 2023).

A good example of the father in the family is a barometer in fostering children. Children tend to imitate the closest people whose parents are the closest to them. If he sees something good and imitates it, it will have a good impact on them. However, on the contrary, if what he sees is something terrible and he starts to imitate it, it will also hurt them (Ichrom & Bashori, 2020).

### **Principles of Islamic Law on Marriage**

The lack of a father's role in the child will have many adverse risks, including disruption of social interaction, increased psychological problems, and lack of self-confidence. and socioeconomic status also plays a role in women's level of anxiety about marriage. (D. Rahmi, 2023).

In Islam, Marriage is referred to as a safeguard (protection) for humans from fitnah and views and things that are forbidden to two individuals of different sexes. Marriage is highly recommended by religion for humans to fulfil their biological needs. However, in marriage, some components must be fulfilled so that the marriage becomes valid, one of which is the existence of a marriage guardian who will marry off both parties (Jazari, 2020). In marriage, understanding the purpose and meaning of marriage for couples is very important; therefore, many are mistaken about the purpose of marriage (Nabila et al., 2021). To achieve the goal of a prosperous and happy marriage, it is necessary to make efforts that are genuinely balanced between husband and wife, as a form of government effort in providing knowledge for each prospective couple about a peaceful family so that each prospective couple can avoid things that cause division, rifts in the family and minimize



the divorce rate which increases every year (Nabila et al., 2021). Awareness of the importance of choosing a partner with a strong religion and pious personality is a form of preparing for a Happy marriage (Ichrom & Bashori, 2020).

### Family Psychology Perspectives on Marriage Anxiety

In this section, the author has two views of psychologists, DW and Mrs. UH, as psychologists who are references in this research. The following is a summary of interviews related to the theme of marriage anxiety and experiencing fatherlessness from the perspective of Islamic law and family psychology:

**Table 2 Identity of Psychologists**

<b>Name</b>	<b>DW</b>	<b>UW</b>
Interview Time	18/11/2024	11/11/2024
Gender	Male	Female
Last Education	Magister	Magister
Status	Married	Single

This time the author makes several descriptions based on the results of interviews related to problems involving Family Psychology Perspectives. Here are some explanations from both sides:

According to DW, Psychologist Fatherless is when a child loses a father figure where he creates uncertainty and fear of romantic relationships, because they tend not to have a positive example of how a healthy relationship should work. Unrealistic expectations of potential partners make them afraid to choose, even prefer not to get married if they don't get a suitable partner. This is very common in our closest circles. The absence of emotional support from fathers can make it difficult for them to understand what to expect from romantic relationships. Mothers as the sole authority figure in the home have a huge responsibility to set a positive example for their children. If moms demonstrate independence and the ability to manage life in the absence of a father, this can be an inspiration for daughters to be confident in relationships. Factors such as past experiences, patriarchal culture and lack of emotional support can exacerbate this anxiety about marriage. However, social support from family and friends can help reduce these negative impacts, giving women a stronger foundation to face the challenges of marriage in the future.

In choosing a partner, try to choose someone who is good from the beginning to the end of the marriage, choosing a man who is responsible and whose speech is in accordance with the Act, allowing a woman to get the partner she wants.

Anxiety about marriage itself is not only about inability related to economic factors, sometimes fear must be eradicated by oneself, until the fear disappears.

Meanwhile, according to UW, Psychologist. Fatherless is when a child who loses a father figure tends to think about establishing a romantic relationship because what they usually think the man will be the same as his father, he will tend to associate previous events with his current relationship so that the individual will feel unworthy of love, his romance story will be the same as

his parents and will refuse to establish a romantic story, the lack of a father's role in the child will have many negative risks, including: disruption of social interactions, increased psychological problems, and lack of confidence. In relation to marriage anxiety, as far as the informants know, marriage anxiety does not only come from women who experience fatherlessness, but fatherlessness can trigger marriage anxiety in women, because women will tend to fear that the man they choose will treat themselves the same as their father. Where the father is not really present in full in his daughter, so that women will feel anxious in their marriage.

The role or support of the family is also very important to reduce marriage anxiety. In addition, the influence of support from other family parties such as siblings, uncles, grandmothers or other family members, this allows a woman to get a space to convey her complaints during the marriage relationship, so that she feels supported, and feels complete peace, because there are people who provide support. And will feel more positive in living her marriage relationship later.

## Conclusion

Based on the results of the study, it can be concluded that the four subjects who have marital anxiety have causes including factors related to non-hormonal family backgrounds, past experiences, social expectations and environmental pressures, uncertainty about partners, emotional and mental readiness, and demographic factors that make them afraid of having a serious relationship, this makes anxiety present all the time.

In the Islamic perspective, marriage is divided into two descriptions where the role of the father in the family and the principles of Islamic law related to marriage have their respective roles. Islamic law views that the father is the first person to be held accountable for what he leads. While the principle of marriage leads to a beautiful marriage starting from how a woman and a man position themselves according to Islamic teachings.

From two family psychologists, it can be concluded that romantic relationships tend to have an awareness of the importance of a relationship. In addition, the influence of support from other family members such as siblings, uncles, grandmothers, or other family members, allows a woman to get space to express her complaints during her marriage so that she feels supported and feels complete peace because there are people who provide support. And will feel more positive in undergoing his marriage relationship later. Choosing a partner means having to be ready for the consequences that arise.

## References

- Abu Abdillah Muhammad bin Ismail al-Bukhari, Shohih al-Bukhari, (Beirut: Darr Ibnu, & Katsir, 2002), Hlm. 1326. (n.d.). *Abu Abdillah Muhammad bin Ismail al-Bukhari*.
- Amanda, A. R. (2020). Hubungan berpikir positif dengan kecemasan dalam menghadapi pernikahan pada wanita dewasa awal yang melajang. *Universitas Islam Negeri Sultan Syarif Kasim Riau*, 150.
- Aulya, A., Ilyas, A., & Ifdil, I. (2016). Perbedaan Perilaku Agresif Siswa Laki-Laki dan Siswa Perempuan. *Jurnal EDUCATIO: Jurnal Pendidikan Indonesia*, 2(1), 92–97. <https://doi.org/https://doi.org/10.29210/12016239>

- Bintari, N. A., & Suprapti, V. (2019). Hubungan antara sikap terhadap pernikahan dengan kesiapan menikah pada dewasa yang orang tuanya bercerai. *Jurnal Psikologi Pendidikan Dan Perkembangan*, 8, 1–9.
- Diana, P., & Agustina, A. (2023). Gambaran Persepsi Pernikahan pada Perempuan Dewasa Muda Dengan Latar Belakang Orang Tua Bercerai dan Fatherless. *Journal of Social and Economics Research*, 5(2), 720–731. <https://doi.org/10.54783/jser.v5i2.181>
- Fakhrunnisa, F. (2018). Kepercayaan Diri dan Kecemasan Memperoleh Pasangan Hidup Pada Wanita Dewasa Awal yang Mengalami Obesitas. *Psikoborneo: Jurnal Ilmiah Psikologi*, 6(1), 101–108. <https://doi.org/10.30872/psikoborneo.v6i1.4533>
- Hartanto, D. P. (2011). *Studi Deskriptif Kecemasan Akan Pernikahan pada Perempuan Dewasa Awal yang Berlatar Belakang Keluarga Tidak Harmonis* [Skripsi]. Universitas Sanata Dharma.
- Hurlock, & Elizabeth. (1980). J. Erlangga., & Wilson. (1980). *Sikologi Perkembangan*.
- Ibnukatsironline. (2023). *Terjemah Al Qur'an, Tafsir Al Qur'an, Ilmu Al Qur'an, Software Al Qur'an, Ebook Al Qur'an, Tilawah Al Qur'an, Murattal Al Qur'an*. Diakses Pada Hari Senin 2 Desember 2024. <http://www.ibnukatsironline.com/2015/10/tafsir-surat-at-tahrim-ayat-6-8.html>.
- Ichrom, M., & Bashori, A. (2020). Epistemologi Uşul al-Fiqh Ṭāhā Jābir al-Alwānī : Antara Ortodoksi dan Modernitas. *Jurnal Al-Wasith : Jurnal Studi Hukum Islam*, 5(2), 93–106. <https://doi.org/https://doi.org/10.52802/wst.v5i2.22>
- Jazari, I. (2020). Tidak Sah Nya Perwalian Karena Tidak Sah Nya Pernikahan. *Jurnal Ilmiah Ahwal Syakhshiyah (JAS)*, 2(2), 1–21.
- Junaidin, J., Mustafa, K., Hartono, R., & Khoirunnisa, S. (2023). Kecemasan terhadap Pernikahan pada Perempuan Dewasa Awal yang Mengalami Fatherless. *Journal on Education*, 5(4), 16649–16658. <https://doi.org/10.31004/joe.v5i4.2839>
- Kause, E. P. P., Siti, S., & Steafany, J. H. (2024). Peran Guru Pendidikan Agama Kristen Dalam Menangani Remaja Perempuan Yang Mengalami Fatherless. *SESAWI: Jurnal Teologi Dan Pendidikan Kristen*, 5(2), 368–377. <https://doi.org/10.53687/sjtpk.v5i2.274>
- Khalilullah, M. A. (2021). Makin Banyak Perempuan Indonesia Hidup Melajang. In *Dialeksis.com*.
- Kusaini, U. N., Hatijah, E. R., Faradila, S. A., Hasanah, U. D., Julianti, M., Aryanto, R., Rasimin, R., Rahmayanty, D., & Ramadhoni, S. R. (2024). Hubungan Dukungan Ayah Terhadap Perkembangan Anak. *Innovative: Journal Of Social Science Research*, 4(3), 5414–5426.
- Latifah, N. (2014). Kesejahteraan Psikologis pada Wanita Dewasa Muda Yang Belum Nikah. *Jurnal Bimbingan Dan Konseling*, 2(4).
- Listanto, V., & Demak, I. P. K. (2015). Kecemasan pada mahasiswa angkatan 2010 yang mengerjakan tugas akhir program studi pendidikan dokter FKIK UNTAD tahun 2010. *Jurnal Ilmiah Kedokteran*, 2(1), 40–49.
- Munjiat, S. M. (2017). Pengaruh Fatherless Terhadap Karakter Anak Dalam Prespektif Islam. *Al-Tarbawi Al-Haditsah : Jurnal Pendidikan Islam*, 2(1), 108–116. <https://doi.org/10.24235/tarbawi.v2i1.2031>
- Nabila, R., Jazari, I., & Kurniawati, D. A. (2021). Efektitas Bimbingan Pranikah Terhadap Pasangan Calon pengantin Dalam Membentuk Keluarga Samawa di KUA Kecamatan Junrejo. *Jurnal Ilmiah Hukum Keluarga Islam*, 3(2), 109–121.
- Nurkhaeriyah, Dkk. (2023). Peran Pendidikan Ayah dalam Membentuk Karakter Islami Anak: (Studi Komparasi Penafsiran Wahbah Zuhaili dan Buya Hamka Dalam Q.S Luqman). *Vol. 1, No. 2. 2023. 55, 1*.
- Nurniawati. (2006). Gambaran kecemasan menikah pada perempuan dewasa awal yang mempunyai ayah yang berpoligami. *Skripsi UIN Syarif Hidayatullah*.

- Pebyamoriski, N., Minarni, & Musawwir. (2022). Perbedaan Kecemasan Memilih Pasangan Hidup Pada Dewasa Awal Berdasarkan Demografi. *Jurnal Psikologi*, 15(2), 219–228. <https://doi.org/10.35760/psi.2022.v15i2.6036>
- Proborini, R., Lestari, G. S., & Khairani, K. (2019). Kecemasan pada Wanita yang telat Menikah dalam Perspektif Person Centered Therapy. *Jurnal Psikologi Malahayati*, 1(2). <https://doi.org/10.33024/jpm.v1i2.1874>
- Putri, A. F. (2018). Pentingnya Orang Dewasa Awal Menyelesaikan Tugas Perkembangannya. *SCHOULID: Indonesian Journal of School Counseling*, 3(2), 35. <https://doi.org/10.23916/08430011>
- Rahmi, D. (2023). Strategi Dakwah Terhadap Fenomena Fatherless Dalam Rumah Tangga : Studi Terhadap Kisah Nabi Ibrahim Perspektif Al-Qur'an. *Jurnal Kajian Pendidikan Islam*, 2, 144–167. <https://doi.org/10.58561/jkpi.v2i2.88>
- Rahmi, N. (2021). Perbedaan Kecemasan Menghadapi Pernikahan Ditinjau Dari Jenis Kelamin Pada Dewasa Awal Di Kecamatan Krueng Barona Jaya Kabupaten Aceh Besar. *Pharmacognosy Magazine*, 75(17), 399–405.
- Satori, D., & Komariah, A. (2017). (2017). *Metode Penelitian Kualitatif*. Alfa Beta.
- Setyaningtyas, S., Kurniawati, E. Y., & Margiyati, M. (2023). Tingkat Kecemasan Dalam Menghadapi Kehamilan Dan Menjadi Orangtua Pada Calon Pengantin Di Kua Kapanewon Bantul. *Jurnal Ilmu Kebidanan*, 10(1), 26–31. <https://doi.org/10.48092/jik.v10i1.222>
- Trianawati, Y. (2017). *Hubungan Antara Penerimaan Diri Dengan Kecemasan Dalam Menjalin Hubungan Lawan Jenis Pada Perempuan Dewasa Awal*.
- Wahyuni, S., Khumas, A., & Jafar, E. S. (2023). Persepsi tentang pernikahan pada perempuan dewasa awal yang mengalami fatherless. *PESHUM: Jurnal Pendidikan, Sosial Dan Humaniora*, 2(6), 1050–1066.
- Zarkasyi, E. S. W., & Badri, M. A. (2023). Fenomena Fatherless dalam Keluarga Perspektif Hukum Islam. *USRAH: Jurnal Hukum Keluarga Islam*, 4(2), 193–208. <https://doi.org/10.46773/usrah.v4i2.765>