



Faculty of Cognitive Sciences and Human Development

**THE IMPACT OF FATHER ABSENCE TOWARDS THE ROMANTIC
RELATIONSHIP OF YOUNG ADULTS**

AFIFAH MUHAIMINAH BINTI MADHI

83071

Bachelor of Counselling with Honours

2025

THE IMPACT OF FATHER ABSENCE TOWARDS THE ROMANTIC RELATIONSHIP OF
YOUNG ADULT WOMEN

AFIFAH MUHAIMINAH BINTI MADHI
83071

This project is submitted
in partial fulfilment of the
requirements for a Bachelor of
Counselling with Honours

Faculty of Cognitive Sciences and Human
Development

UNIVERSITI MALAYSIA SARAWAK
(2025)

The project entitled **THE IMPACT OF FATHER ABSENCE TOWARDS THE ROMANTIC RELATIONSHIP OF YOUNG ADULT WOMEN** and submitted to the Faculty of Cognitive Sciences and Human Development in partial fulfillment of the requirements for a Bachelor of Counselling with Honours.

Received for examination by:

(NOR HASNIAH BT IBRAHIM)

Date:



Table of Contents

DECLARATION OF ORIGINAL WORK.....	i
Validation of Project/Thesis.....	ii
Table of Contents	v
LIST OF TABLES	xi
LIST OF FIGURES	xii
ABSTRACT.....	xiii
ACKNOWLEDGEMENT	xv
CHAPTER 1	1
INTRODUCTION.....	1
1.0 Introduction.....	1
1.1 Background of Study.....	1
1.2 Problem Statement	3
1.3 Research Objectives.....	5
1.4 Research Questions.....	5
1.5 Significance Of Study	6
1.7 Definition Of Term.....	12
Absence of Father Figure	12
<i>Conceptual Definition</i>	12

<i>Operational Definition</i>	12
Romantic Relationship	13
<i>Conceptual Definition</i>	13
<i>Operational Definition</i>	13
Young Adult.....	13
<i>Conceptual Definition</i>	13
<i>Operational Definition</i>	13
1.7 Summary Of The Chapter	13
CHAPTER 2	14
LITERATURE REVIEW	14
2.0 Introduction	14
2.1 Attachment Theory	14
2.2 Cognitive-Behavioural Therapy (CBT).....	17
2.3 The absence of father figure	18
2.4 Effects of the absence of father figure	19
Cognitive Effects	20
Emotional Effects	20
Behavioral Effects	21
Intrapersonal Effects	21
2.5 Effects of the absence of father figure in romantic relationship	22

During Relationship	23
2.6 Summary of the chapter	24
CHAPTER 3	26
METHODOLOGY	26
3.0 Introduction.....	26
3.1 Research Design.....	26
3.2 Target Population.....	26
3.3 Sample.....	26
3.4 Sample Technique.....	27
3.5 Sample Size	27
3.6 Sample Criteria.....	28
3.7 Data Collection Method	28
3.8 Data Analysis	29
3.9 Trustworthiness.....	30
3.10 Data Cleaning.....	31
3.11 Ethics of Study	32
Informed Consent.....	32
Confidentiality	32
3.12 Summary	32
CHAPTER 4	33

DATA ANALYSIS AND RESEARCH FINDINGS.....	33
4.0 Introduction.....	33
4.1 Background of Respondent.....	33
4.2 Finding Analysis	34
4.2.1 Research question 1: How did the young adult women perceive the absence of father figure?..	35
4.2.1.1 Theme 1: Redefining father absence.....	35
4.2.1.1.1 Subtheme 1: Physical absence	35
4.2.1.1.2 Subtheme 2: Emotional absence	36
4.2.1.1.3 Subtheme 3: Physical and emotional absence	36
4.2.1.2 Theme 2: Realizing the absence over time	38
4.2.1.2.1 Subtheme 1: Childhood perception.....	38
4.2.1.2.2 Subtheme 2: Adult perception	39
4.2.1.2.3 Subtheme 3: Comparing self to peers	41
Discussion on theme 2:	41
4.2.2 Research question 2: What is the impact that faced by the young adult women in Malaysia towards their romantic relationship due to the absence of father figure?	42
4.2.2.1 Theme 1: Relationship insecurity	42
4.2.2.1.1 Subtheme 1: Trust issues	42
4.2.2.1.2 Subtheme 2: Need of constant reassurance.....	43
Discussion on theme 1:	43

4.2.2.2 Theme 2: Emotional needs in romantic partners	44
4.2.2.2.1 Subtheme 1: Looking for validation, care and attention	44
4.2.2.2.2 Subtheme 2: Seeking “father figure” in partners	45
4.2.2.2.3 Subtheme 3: Expecting emotional protection	45
Discussion on the theme 2:	46
4.2.3 Research question 3: What is the type of attachment that faced by the young adult woman towards their partner due to the absence of their father figure?	46
4.2.3.1 Theme 1: Anxious attachment style.....	47
4.2.3.1.1 Subtheme 1: Fear of rejection or loss	47
Discussion theme 1:	48
4.2.3.2 Theme 2: Avoidant attachment style	48
4.2.3.2.1 Subtheme 1: Avoiding conflict or confrontation	48
4.2.3.2.2 Subtheme 2: Filtering feelings to avoid being hurt.....	49
Discussion on theme 2:	50
Discussion on theme 3:	50
4.3 Summary of the chapter	51
CHAPTER 5	53
DISCUSSION, CONCLUSION AND RECOMMENDATIONS	53
5.0 Introduction.....	53
5.2 Discussion of Findings.....	53

5.2.1 Perception towards the absence of father figure	53
5.2.2 Impact of the absence of father figure towards the romantic relationship	53
5.2.3 Type of attachment	54
5.3 Implication the study	55
5.4 Limitations of the study	55
5.5 Recommendations for future research	56
5.6 Summary	56
REFERENCES	58
APPENDIXES	62
1. Perception of Father Absence	63
2. Impact on Romantic Relationships	63
3. Attachment Styles in Romantic Relationships	64

LIST OF TABLES

Table 1. Data Collection Method

Table 2. Background of Participants

Table 3. Themes for RQ1

Table 4. Themes for RQ2

Table 5. Themes for RQ3

Table 6. Summary of Themes & Subtheme

LIST OF FIGURES

Figure 1. Theoretical Framework

Figure 2. Conceptual Framework

ABSTRACT

THE IMPACT OF FATHER ABSENCE TOWARDS THE ROMANTIC RELATIONSHIP OF YOUNG ADULT WOMEN

This qualitative study explores the lived experiences of young adult women in Malaysia who have grown up with the absent of father figures, and how such absence has shaped their romantic relationships. By utilizing a phenomenological approach, this research aims to deeply understand the perceptions, emotional impacts and attachment styles that emerge from prolonged paternal absence, whether physical or emotional. Drawing on Attachment Theory and Cognitive – Behavioural Therapy (CBT), this study investigates the ways in which insecure attachment styles, fear of abandonment and cognitive distortions manifest in romantic settings. Through the semi-structured interviews with participants aged 20 till 27 years old, who have experienced father absence for a minimum of 10 years. The findings highlight the psychological vulnerabilities and relational challenges faced by these women, including trust issues, low self-esteem and difficulty with emotional intimacy. This research addresses methodological and geographical gaps in existing literature by offering an in-depth Malaysian perspectives on a topic predominantly studied in Western contexts. It also underscored the importance of early parental bonding in shaping adult relational patterns, offering implications for counselling practices, mental health interventions and family support frameworks.

Keywords: Father absence, romantic relationship, young adult women, attachment style, phenomenology, Cognitive-Behavioural Therapy (CBT), trust issues, emotional intimacy, qualitative research, Malaysia.

ABSTRAK

KESAN KETIADAAN SOSOK BAPA TERHADAP HUBUNGAN ROMANTIK DALAM KALANGAN WANITA DEWASA MUDA

Kajian kualitatif ini meneroka pengalaman hidup wanita dewasa muda di Malaysia yang membesar tanpa kehadiran seorang bapa, dan bagaimana ketiadaan tersebut mempengaruhi hubungan romantik mereka. Melalui pendekatan fenomenologi, kajian ini bertujuan untuk memahami secara mendalam terhadap persepsi, kesan emosi dan gaya keterikatan (attachment styles) yang terbentuk akibat ketiadaan bapa sama ada secara fizikal ataupun emosi. Berdasarkan Teori Keterikatan dan Terapi Kognitif – Tingkah Laku (CBT), kajian ini menyiasat bagaimana gaya keterikatan tidak selamat, ketakutan terhadap penolakan dan penyelewengan kognitif (cognitive distortions) muncul dalam konteks hubungan romantik. Melalui temu buat separa berstruktur bersama wanita berumur 20 hingga 27 tahun yang mengalami ketiadaan bapa selama sekurang-kurangnya 10 tahun. Dapatan kajian menunjukkan bahawa subjek mengalami cabaran dari segi psikologi seperti isu kepercayaan, harga diri yang rendah dan kesukaran dalam keintiman emosi. Kajian ini menangani jurang metodologi dan geografi dalam kajian terdahulu dengan memberi tumpuan kepada perspektif tempatan di Malaysia, dan memberikan implikasi penting kepada bidang kaunseling, kesihatan mental serta sokongan keluarga.

Kata Kunci: *Ketiadaan bapa, hubungan romantik, wanita dewasa muda, gaya keterikatan, fenomenologi, Terapi Kognitif-Tingkah Laku (CBT), isu kepercayaan, keintiman emosi, kajian kualitatif, Malaysia.*

ACKNOWLEDGEMENT

Firstly, I would like to thank Allah S.W.T for granting the opportunity for me to being able completing my Final Year Project. Even though there are a lot of challenges happened during the process, but Alhamdulillah with the patience that being granted to me, I was able to finish them till the last drop.

Then, I would like to express my gratitude to my mother and sisters, because they would always be there for me. Even though they might not be able to understand completely what I am doing right now, but they would always give their support regardless anything that I done.

To one of the main players in my Final Year Project, my only supervisor, Madam Nor Hasniah Binti Ibrahim, I really want to express my gratitude from the bottom of my heart. This is because, without her guidance, I might not be able to complete my Final Year Project. Choosing her as my Final Year Project supervisor, is surely one of the things that I very grateful for. For me, I cannot imagine if Madam Nor Hasniah is not my supervisor because I have been imagining her to be my Final Year Project supervisor since I was in my year 2. So, I really want to thank her for everything that she has done throughout my 2 semesters in completing my Final Year Project.

Other than my supervisor, I also would like to express my gratitude to my friends who keep on giving me motivations and supports throughout my Final Year Project journey. I would like to highlight the main 4 people that keep on giving me strength throughout my journey which are Al-Nur Alia binti Yazir, Nur Aqilah binti Ahmad, Afiyah Fikriyah binti Mohamad and Muhammand Nazrul Aiman bin Salehuddin because also guiding me in completing my Final Year Project. To my other friends who I did not mention here, you know who you are so I also would like to express my gratitude who also helping me in my Final Year Project.

To my partner, Muhammad Fareez bin Roosdi, I also would like to thank him for not giving up in motivating and supporting me throughout my Final Year project journey. He has been giving me endless support even though there would be some time, I feel like I want to giving up. He would always be there whenever I am in need of emotional support due to the constant breakdown in completing my research. Without his support, I also might give up in completing my Final Year Project.

Last but not least, I would like to thank myself for not giving up in choosing this topic as my Final Year Project topic. I also would like to thank myself for keep on trying my best to completing my research even though I have a lot of mental breakdowns in between of them. Without the constant support from the people around me, I might not be able to complete my research.

And, not to forget, I would say thank you very much from the bottom of my heart to all of my participants who are willingly to join to be a part of my research. Without all of them, I might not be able to do my research as they are the crucial players in my research.

So, thank you very much to those who are helping me in completing my Final Year Project, directly or indirectly. Without all of you guys, my research with the title “The impact of father absence towards the romantic relationship of young adult women” might not be able to see the finishing line. So, thank you very much once again.

CHAPTER 1

INTRODUCTION

1.0 Introduction

The purpose of this study is to explore in details on how does the absence of father figure can affect the romantic relationships of their own children especially as the young adult in this generation specifically among young women at the age of 20 till 27 years old. This overall chapter also will explain more about the background of the research, problem statement, research objectives, research questions, significance of the study and even the definition of the terms based on the research topic.

1.1 Background of Study

In 2021, 1.7% of the total population in Malaysia are single mothers or also counted as 235,240 people (Lim & Lee, 2023). From March 2020 to August 2021, 80,000 divorce cases were recorded nationwide so more or less, the numbers have contributed to the increase of fatherless figure numbers (Lim & Lee, 2023). Lim and Lee (2023) also mentioned that, the numbers are even more significant as the fatherless do not account for children who had passed away, divorced, gone to prison, or were not physically present in the family but also when he was physically present but he was not there, such as he could have been abusive, emotionally unavailable, or an alcoholic.

According to Lim and Lee (2023), a father figure can influence how his daughter is in a relationship, especially for daughters because a father figure can shape a daughter's self- esteem, self-image, confidence, and perceptions of males. The quality of a girl's relationship with her father can affects her capacity to trust someone, her desire for validation, and her self- belief (Lim & Lee, 2023). So, it cannot be denied that the presence of a father figure in their children life is very important as they will have a great impact in their own children life.

So, how did an absent father figure can affect their children romantic relationship? For some cases, the absence of father figure can cause a few negative impacts towards the children such as trust and intimacy issues or even the fear of abandonment and

trusting issues. According to Light (2023), the absence of father figure can cause the individual to have trust and intimacy issues because they will have the difficulty in forming and maintaining relationships with their partner. Fatherless daughters may have trouble trusting others because they fear rejection or abandonment, which makes it hard for them to be vulnerable, open up, and build deep relationships such as romantic relationships (Light, 2023).

In some situation, the father figure is emotionally absence in their children life. So, what are they meant by emotionally absence father figure? A father who is physically present but emotionally aloof from their child is referred to as an emotionally unavailable father (Maryam, 2023). This kind of father might not be involved in their child's everyday routine and might not be concerned about their emotional needs or general wellbeing (Maryam, 2023). According to Maryam (2023) as well, the absence of emotional support, affection, or validation from an emotionally unavailable father can leave their child feeling abandoned and unloved, which can have a number of negative implications on their emotional and mental health, including low self-esteem, trouble establishing healthy relationships, and feelings of rejection and abandonment.

Other than emotionally absence of father figure, there also physically absence of father figure which commonly be seen nowadays. According to Sanchez (2024), there are a few situations that are contributing to the physically absence of father figure such as divorce situation, incarceration, military deployment, relocation or even death. For divorce situations, when a father goes through a divorce and chooses not to maintain contact with his children, it can lead to a complete lack of physical and emotional support for the child, resulting in feelings of abandonment (Sanchez, 2024). For incarceration, it will happen when a father who is physically absent from his child's life and this absence can have profound effects on the child's emotional and social development, as they may struggle with feelings of shame and loss (Sanchez, 2024).

Meanwhile, for the military deployment is a situation where the fathers may be physically absent for extended periods in order completing their military services so it will create a sense of instability for children, who may find it difficult to cope with the absence of their father during their crucial developmental stages (Sanchez, 2024).For relocation,

Sanchez (2024) explained that a father who moves to a different city or country for work and does not maintain a regular contact with his children exemplifies the physical absence. According to Sanchez (2024) also, they mentioned that relocation can lead to a disconnect in the father-child relationship and impact the child's emotional well-being. The other one would be death, the death of a father figure results in a permanent physical absence, which can lead to ambiguous loss for the family and the children may struggle to process the grief and the implications of losing their father (Sanchez, 2024).

So, it cannot be denied that the number of daughters that faced the “absent father syndrome” also increasing day by day and the number of daughters that affecting due to it also increasing.

1.2 Problem Statement

As the number of divorces cases increasing day by day, so it can be seen that there are a lot of children that are suffering from having this “fatherless” situation as some of even are even being separated from their father since their childhood or even not received the love that their deserve from their father since they are little. However, being divorce is not the only way the children lost their father figure, there are also a lot other factors that contributed to the absence of father figure in their children lives. Some of the factors that also contributes to the absence of father figure are such as incarceration, military deployment, relocation or even death (Sanchez, 2024).

The methodological gap that may occur is that there are a lot of research about “the absence of father figure” using quantitative methods compared to the qualitative methods. One of the examples that can be seen is research with the title “Consequences of Divorce- Based Father Absence During Childhood for Young Adult Well-Being and Romantic Relationship” (Reuven- Krispin et al., 2020). The research is mainly to explores the implications of father absence due to divorce on young adults' well-being and romantic relationships in quantitative methods. The researchers mentioned that they used the Brief Symptom Inventory, BSI which is a questionnaire that consisting of 53 items rated on a 5-point Likert scale assessing a wide range of self-reported psychopathological (Reuven- Krispin et al., 2020). By using the quantitative methods, it actually did not explore each one

of the participants in details especially in terms of their emotions such as their feelings throughout their experience as they just monitor it through the inventory that they used. The methods that they used just helping them to explore their participants on the surface by comparing the result between the two groups that they have divided to two groups which are partial-absence group and complete-absence group. So, by having this research, it can help to explore more the participants in details as this research will do in qualitative methods.

Next, the geographical gap that can be seen regarding this issue is that most of the past research is being done in the western countries compared to the Asian countries. One of the examples that can be seen is through a journal with the title “The Development Effects on the Daughter of an Absent Father Throughout her Lifespan” (Castetter, 2020). This past research is mainly based in United States so it just includes the perspectives from the western countries. Since different countries have different kind of acceptance regarding this matter, so it is important as well to have a lot of research regarding this matter from a lot of countries especially from our country, Malaysia. Thus, by having this study, it can help to have research regarding this issue from our country perspective.

Based on the empirical gap, there are one research which is “Exploring Father Absent African Women’s Insecure Attachment in Committed Relationship” (Dafna P. 2023). In this research, they want to expand the understanding and application of Attachment Theory by exploring how the absence of father figure during critical developmental years impacts the attachment styles of African American women (Dafna P., 2023). This research also deepens the insight into Attachment Theory such as investigate the absence of father figure influence the insecure attachment style in adulthood (Dafna P., 2023). So, this study also can help to explore more the link between the Attachment Theory towards the effects of the absence of father figure.

Thus, the other gap that can be found is the theoretical gap. This is because the Cognitive- Behavioural Theory (CBT) emphasizes the role of cognition distortions in shaping emotional and behavioural outcomes, its application to the relational impacts of father absence remains underexplored. Studies on CBT interventions primarily target generalized anxiety, depression or maladaptive behaviours (Clark et al., 2021). However, they rarely address relationship-specific cognitive distortions resulting from insecure attachment styles caused by father absence. For example, Clark et al. (2021) study, linked cognitive distortions to paternal

emotional unavailability but did not examine the direct implications for romantic relationship. So, by having more research that can explain how the CBT and the attachment styles relate with each other and even the counselling field itself.

Therefore, based on the gaps that are mentioned above such as methodological, geographical, empirical gap and theoretical gap, can be seen that this study can be explore in such a detailed way using the qualitative methods as it can create the bond between the researcher and the participants. By having this research also, it can help to expand more research regarding this issue in the future as the number of single mothers are increasing day by day. The existence of this research also can help to increase the self-awareness in all of the children that having the same issue or even the future counsellor especially when handling with clients that having the attachment issue with their partners.

1.3 Research Objectives

- 1.3.1 To explore how the young adult women perceive the absence of father figure.
- 1.3.2 To understand the impact of the absence of father figure towards the romantic relationships of the young adult women in Malaysia.
- 1.3.3 To identify the type of attachment that faced by the young adult women towards their partner due to the absence of their father figure in Malaysia.

1.4 Research Questions

- 1.4.1 How did the young adult women perceive the absence of father figure?
- 1.4.2 What is the impact of that faced by the young adult women in Malaysia towards their romantic relationships due to the absence of their father figure?
- 1.4.3 What is the type of attachments that faced by the young adult women in Malaysia towards their partner due to the absence of their father figure?

1.5 Significance Of Study

Self-Awareness

This study can help the participants or even other people to have their own self-awareness about this matter. This is because, some of the people that being in the same condition did not realize that, they are having problem due to the absence of them father figure in their life. Some of them will think that they are being problematic in term of their romantic relationships due to their problem without realize that the problems that happened to them are due to the absence of their father figure. So, by having this study, it can help people to have a better exposure about this issue.

Addressing Mental Health Outcomes

This is because, due to the emotional neglect especially from a father figure, it actually can cause their children specifically their daughters to face with mental health issues. For example, some of the participants may face with the low self-esteem or even develop the fear of abandonment in their relationships because they might feel like their partner would leave them the same way their father figure left them. So, by having this study, it also can help to find the connection between the issues with the emotionally absence of father figure.

1.6 Research Framework

Theoretical Framework

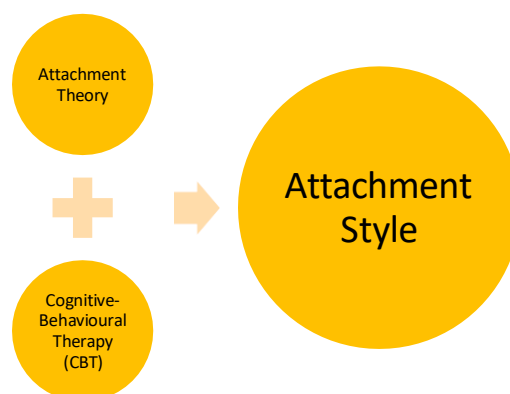


Figure 1. Theoretical Framework

Attachment Theory

In this research, there are a few theories that commonly be used and one of them is the Attachment Theory. Attachment theory is being introduced by a British psychiatrist John Bowlby in 1958 which refers to the emotional connection babies, and young children make with their care givers and can inform through how they form emotional connections with self and others, the ability to trust other people and how they maintain relationships as an adult (Stevens, 2016).

The father-child relationship is one of the most important influences on a young person's life and it is usually one of the first and closest bonds a child forms, affecting the present experience of the world and shaping on how they develop in the future (Yassin, 2023). The nature of a father-child relationship has a profound and enduring impact on a child's later life, affecting their future relationships, resilience and self- esteem (Yassin, 2023).

According to Yassin (2023), there are four different attachment styles that can be develop between a child and their parents which are secure, avoidant, anxious and disorganised attachment. When parents did not meet their children needs, their children tend to develop the insecure style of attachment which are the avoidant and anxious attachment (Yassin, 2023). So, when a child did not have their father figure since the early childhood, it can affect their formative relationships, so when it happen it can affect the way a young person interacts with others especially in relationships (Yassin, 2023). Most of the young adult that facing this situation would have avoidant and anxious attachment style, where avoidant styles refers to the feeling of being uncomfortable to be in a relationships and prefer to be self-reliant and they may detach from others when they feel insecure or distresses meanwhile for anxious, they would worry intensely about their partner's responsiveness and how important they are to their partner and, they have the tendency to clinging, controlling or coercive behaviours in response to their insecurity or distress (Yassin, 2023).

One of the examples on how attachment theory being used in the past research is through the journal with the title “An Attachment Theory Approach to Reframing Romantic Relationship Breakups in University Students: A Narrative Review of Attachment, Neural Circuitry, and Posttraumatic Stress Symptoms” (Van der Watt et al., 2021). The researchers utilized attachment theory as a foundational framework to explore how individuals’ attachment styles influence their romantic relationship breakups (RRBs) (Van der Watt et al., 2021). They examined the concept of internal working models (IWMs), which are mental representations of oneself and one’s relationships with others, as proposed by Bowlby and Ainsworth (Van der Watt et al., 2021). These IWMs inform an individual’s attachment style, which can be secure or insecure (anxious or avoidant) and this study highlight that when faced with a breakup, individuals with different attachment styles employ various strategies to regulate their distress (Van der Watt et al., 2021). For instance, securely attached individuals tend to have better communication skills and are more likely to seek support from others, leading to less severe distress and a lower likelihood of developing PTSD following attachment traumas (Van der Watt et al., 2021). In contrast, insecurely attached individuals may struggle more with emotional regulation and may experience heightened distress (Van der Watt et al., 2021). According to Van der Watt et al. (2021), by framing RRBs as potentially traumatic events, the researchers aimed to understand the implications of attachment styles on the psychological outcomes following such breakups. This approach allows for a deeper understanding of how attachment dynamics can affect emotional well-being in the context of romantic relationships (Van der Watt et al., 2021).

Cognitive-Behavioural Therapy (CBT)

The other theory that will be use in this research is the Cognitive-Behavioural Therapy (CBT). According to Barton et al. (2023), CBT is based on the premise that our thoughts, feelings and behaviours are interconnected and that changing negative thoughts patterns can lead to changes in feelings and behaviours. There are a few key components of CBT theory that can be seen. First, the cognitive distortions where the CBT identifies specific cognitive distortions or negative thought patterns that can contribute to emotional

distress (Barton et al., 2023). These include all-or-nothing thinking, overgeneralization and catastrophizing (Barton et al., 2023). Secondly, self-regulation where the CBT emphasizes the importance of self-regulation, which involves managing one's thoughts and emotions to achieve personal goals (Barton et al., 2023). The CBT theory also more towards goal setting and problem solving where CBT encourages settling specific, measurable, achievable, relevant and time bound or also known as SMART goals to help clients focus on the positive change meanwhile for problem solving, the CBT teaches clients the effective problem-solving skills to address challenges in their lives, which can help reduce feelings of helplessness (Barton et al., 2023). Overall, CBT theory proposes that by changing maladaptive thoughts and behaviours, individuals can improve their emotional well-being and overall functioning (Barton et al., 2023).

There are a few cases that can be seen where the CBT is being used in handling the attachment issues. One of the examples is a study by Elisheva and Assouline (2025) with the title “Associations among psychologists” adult attachment style, self-disclosure, boundary violation and perceived therapeutic relationship in Cognitive-Behavioural therapy. The study explains how the CBT theory can be effectively utilized to address attachment issue such as identifying negative thought patterns, behavioral interventions and emotional regulation skills (Elisheva & Assouline, 2025). For identifying negative thought patterns, the study mentions that CBT theory can help clients recognize and challenge maladaptive thoughts related to their attachment styles such as fear of abandonment or distrust in relationships (Elisheva & Assouline, 2025). By reframing these thoughts, clients can develop healthier perspectives on their relationships (Elisheva & Assouline, 2025). Meanwhile for the behavioral interventions, the CBT encourages clients to engage in new behaviours that promote secure attachment such as practicing open communication, setting boundaries and gradually increasing emotional intimacy so these behavioral changes can help clients build more positive and secure relationships (Elisheva & Assouline, 2025). For the emotional regulation skills, the study mentions that CBT teaches the clients techniques for managing emotions, which is crucial for those with attachment issues (Elisheva & Assouline, 2025). According to Elisheva and Assouline (2025), skills such as mindfulness, distress tolerance and cognitive restructuring can help clients cope with anxiety or fear related to attachment, enabling them to respond more adaptively in relationships. By applying these CBT principles, the therapist can assist the client in understanding and modifying their

attachment-related thoughts and behaviours, to foster a healthier and more secure relationships (Elisheva & Assouline, 2025).

Other than that, there also another study with the title “Predicting and explaining relationship obsessive-compulsive symptoms based on insecure attachment styles” by Ghomian et al. (2024). The study also mentions that the CBT theory is a structured, goal- oriented psychotherapy that focuses on the interplay between thoughts, feelings and behaviours (Ghomian et al., 2024). So, when addressing the attachment styles issues, CBT can be particularly effective in several ways such as identifying negative beliefs, coping strategies and behavioral interventions (Ghomian et al., 2024). For the identifying negative beliefs, CBT can help the individuals recognize and challenge negative core beliefs related to their self-worth and expectations in relationships (Ghomian et al., 2024). For example, someone with an anxious attachment style may believe they are unlovable or that their partner will abandon them so by identifying these thoughts, individuals can begin to question their validity and replace them with more balanced perspective (Ghomian et al., 2024). Meanwhile for the coping strategies, the CBT equips individuals with practical coping strategies to manage anxiety and emotional distress associated with insecure attachment styles (Ghomian et al., 2024). Techniques such as mindfulness, relaxation exercises and problem-solving skills can help individuals respond more adaptively to relationship stressors, reducing reliance on maladaptive behaviours like clinginess or avoidance (Ghomian et al., 2024). For behavioural interventions, CBT encourages individuals to engage in new behaviours that promote secure attachment and this may involve practicing effective communication skills, setting healthy boundaries and gradually exposing oneself to situations that trigger attachment-related fears (Ghomian et al., 2024). So, by reinforcing positive interaction and experiences, individuals can develop a more secure attachment style over time (Ghomian et al., 2024).

So, overall, the CBT theory provides a framework for understanding and transforming the cognitive and behavioural patterns that contribute to attachment issues, leading to a healthier relationship and improved emotional well-being.

In conclusion, it can be seen the attachment theory and the Cognitive-Behavioral Therapy (CBT) that will be use in this research as there also past research that have used the same theory in order to explore more regarding the individuals' romantic relationships, so both of the theory is suitable to be use.

Conceptual Framework

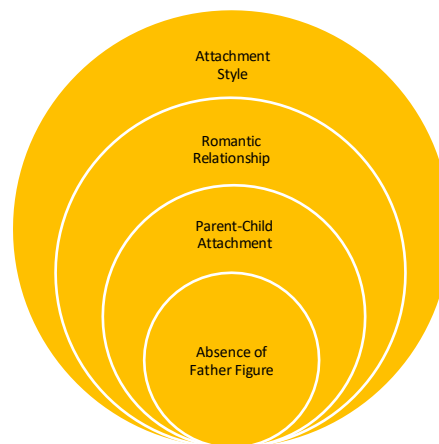


Figure 2. Conceptual Framework

For conceptual framework, as it can be seen in the diagram above, it shows how the father absence would affects the young adult women life. First, is the situation itself, which is the father absences in their daughter's life, which is the father is one of the primary caregiver to their daughter. This situation can cause a lot of impacts and one of them is emotional impact. According to Wagner et al. (2022), for the emotional impact due to the father absence in their life, many children expressed feelings of neglect, isolation and a longing for paternal support, and they often felt deprived for emotional guidance and social support, which can lead to issues such as depression and anxiety. It actually will lead to the second level which is, affecting the Parent-Child Attachment. So, for this research, the researcher want to know how did the parent-child attachment that happen due to the father absence can impact the romantic relationship. Mao et. al (2020), mentioned that one of the impacts that father absence cause towards the romantic relationship is attachment issue. So, it gradually lead to the attachment style of the daughters. This is because Mao et. al (2020), states that the individuals will have the difficulties to form secure and trusting relationship due to their father often serves as a primary attachment figure, so his emotionally unavailable

can lead to insecure attachment style. Other than that, Dagan & Sagi-Schwartz (2021) also states that, those children who are growing up without a father figure, they may be more prone to develop insecure attachment style, which can lead to difficulty in relationships and emotional regulations. For this research, in order to have a better understanding on how the father did absence can affect the attachment style, the researcher used 2 theories which are Attachment Theory and Cognitive-Behavioral Therapy (CBT). Based on these 2 theories, the researcher will explore the participants in detail to know how the father absence affected their romantic relationships.

1.7 Definition Of Term

There are two types of definition which are conceptual definition and operational definitions. Conceptual definition is an explanation of a concept or term that clarifies its meaning while operational definition is how the concept will be measured in practical terms.

Absence of Father Figure

Conceptual Definition

The absence of father figure can be defined as the physical absence of the father itself but also can be seen on the psychological aspect of absence such as the father-love absence (Xiang & Zhou, 2023).

Operational Definition

For this research, the absence of father figure is states that the absence of father figure in general state which are in both physical and emotionally absence.

Romantic Relationship

Conceptual Definition

Romantic relationships can be defined as relationships based on emotional and physical attraction that could potentially lead to long- term intimate relationships (Rus & Tiemensma, 2017).

Operational Definition

Romantic relationship that being meant in this research is a relationship that is more than friends intimately and towards the opposite gender of them.

Young Adult

Conceptual Definition

Young adult approximately ages between 18 years old to 26 years old, where it is a transitional period during the life course when the young people are traditionally expected to become financially independent, to establish romantic relationships and become parents, and to assume responsible roles as productive and engaged members of the community (Bonnie et al., 2015).

Operational Definition

The young adult women that needed for this research is at the range of 20 till 27 years old who are experiencing the father absence situation.

1.7 Summary Of The Chapter

For this chapter, the researcher discusses more on the background of the study, problem statement, research objectives, research questions, significance of study and even the definition of the terms. So, for the next chapter, the researcher will focus more on the literature review for thus study.

CHAPTER 2

LITERATURE REVIEW

2.0 Introduction

This chapter is explained about the past research that have been done about the topic. This chapter also being divided into two parts which are the effects of the absence of father figure and the effects of the absence of father figure in romantic relationships.

2.1 Attachment Theory

What is attachment theory? According to Hazan and Shaver (1994), attachment theory is a psychological framework that describes the dynamics of long-term interpersonal relationships, particularly focusing on the bonds formed between individuals, especially between children and their primary caregivers. Attachment theory provides a framework for understanding how early experiences shape emotional bonds and interpersonal dynamics throughout life, influencing everything from friendships to romantic relationships (Hazan & Shaver, 1994). This theory is developed by Jon Bolby and later expanded by researchers like Mary Ainsworth, the theory posits that the quality of these early attachments significantly influences an individual's emotional and social development throughout their life (Hazan & Shaver, 1994). Key concepts of attachment theory include the attachment styles, internal working models, importance of primary caregivers and stability and changes (Hazan & Shaver, 1994).

Hazan and Shaver (1994) also states that attachment styles are the patterns of attachment behaviour that develop in response to the caregiver's responsiveness and availability. The main styles identified are secure, anxious (ambivalent), and avoidant, and each styles reflects different ways individuals relate to others in close relationships. For internal working models, these are mental representations of self and others formed through early attachment experiences and they also guide expectations and interactions in future relationships (Hazan & Shaver, 1994). For the importance of primary caregivers, the theory emphasizes that the relationship with the primary attachment figure (often the mother) has the most significant impact on a child's development and future relationships meanwhile for stability and change,

they explained that attachment style can be stable over time but they are not fixed (Hazan & Shaver, 1994). The changes in relationships or significant life events can lead to shifts in attachment behaviour and style (Hazan & Shaver, 1994).

Hazan and Shaver (1994) explained that attachment styles refer to the characteristic patterns of behaviour, thoughts, and feelings that individuals exhibit in their relationships, particularly in how they connect with others emotionally. These styles are largely shaped by early interactions with primary caregivers and can influence how people approach intimacy, trust, and dependency in adult relationships (Hazan & Shaver, 1994). The main attachment styles identified in attachment theory are secure attachment, anxious (or ambivalent) attachment, avoidant attachment and disorganized attachment. These attachment styles can influence various aspects of relationships, including communication patterns, conflict resolution, and emotional supports (Hazan & Shaver, 1994). Understanding someone attachment style can provide valuable insights into relationship dynamics and personal behaviour in close relationships (Hazan & Shaver, 1994).

The first attachment style is secure attachment style which refers the individuals with a secure attachment style generally feel comfortable with intimacy and are able to establish health, trusting relationships (Hazan & Shaver, 1994). They are typically warm and loving, can communicate their needs effectively, and are responsive to the needs of others (Hazan & Shaver, 1994). The second one would be anxious or ambivalent attachment where those with an anxious attachment styles often seek high level of intimacy and approval from their partners but may also fear rejection or abandonment (Hazan & Shaver, 1994). According to Hazan and Shaver (1994) as well, the explained that those who developed this kind of attachment style can be overly preoccupied with their relationships and may exhibit clingy or dependent behaviours. The third style would be avoidant attachment where individual with an avoidant attachment style tend to value independence and self-sufficiency, often distancing themselves from emotional closeness. They may have difficulty trusting others and can be uncomfortable with intimacy, leading to a reluctance to rely on or open up to partners (Hazan & Shaver, 1994). Meanwhile for the disorganized attachment, this style is characterized by a lack of clear attachment behaviour where the individuals may exhibit a mix of anxious and avoidant behaviours, often stemming from unresolved trauma or inconsistent caregiving experiences (Hazan & Shaver, 1994). They may struggle with emotional regulation and have difficulty forming stable relationships (Hazan & Shaver,

1994).

According to Wallach (2014), the correlation between anxious and avoidant attachment styles indicates that as one increases, the other does as well, suggesting a complex interplay in emotional responses. The study also mentioned that a low father-daughter closeness and time spent together were linked to higher anxious attachment style, indicates that emotional distance in childhood can lead to insecurity in adult relationships (Wallach, 2014). The findings from this research also mentioned that they support the hypothesis that early experiences with the emotionally unavailable father will shape the attachment styles, leading to the difficulties in forming secure romantic relationships later in life (Wallach, 2014).

Moreover, Deneault et al. (2021) also mentioned that the impact of father absence can be seen in two parts which are insecure attachment development and gender-specific effects. For the insecure attachment development, the studies mentioned that the absence of a father figure can lead to insecure attachment styles in children because without a father's presence, children may struggle to develop trust and security so it will lead to anxious or avoidant behaviours in relationships (Deneault et al., 2021). The next one would be gender-specific effect where the study indicates that the father absence has significance effects on daughters, because they may develop a fear of abandonment and difficulties in forming intimate relationships or even often seeking validation from male figures (Deneault et al., 2021).

Deneault et al. (2021) also mentioned that the attachment styles in their daughters may lead to long-term psychological effect which are self-esteem issues and relationship dynamics. For the self-esteem issues, the fatherless daughters may experience lower self-esteem and self-worth, impacting their ability to engage in healthy relationships so they may internalize feelings of rejection, which can manifest as anxiety or depression (Deneault et al., 2021). Other than that, the relationship dynamics also can be affected because the lack of father figure can skew perceptions of men, leading to mistrust and fear in future relationships so this can result in patterns of unhealthy relationships, where individuals may either overly cling to partners or withdraw emotionally (Deneault et al., 2021).

Then, Dagan and Sagi-Schwartz (2021) also states in their study that the absence of a father figure can impact attachment styles and developmental outcomes in various ways such

as attachment styles. The attachment styles that may happen to the children would be insecure attachment because they can develop them due to the absence of a father figure which leads to anxiety, avoidance or ambivalence in relationships (Dagan & Sagi-Schwartz, 2021). They also state that the father absence can increased the risk of insecure attachment because for those children that growing up without a father figure, they may be more prone to developing insecure attachment styles, which can lead to difficulties in relationships and emotional regulations (Dagan & Sagi-Schwartz, 2021).

2.2 Cognitive-Behavioural Therapy (CBT)

There are a few studies that use this CBT in their research towards the romantic relationship due to the father absence. One of the studies is “Growing Up with an Absent Parent: A Mixed-Methods Approach on Parental Absence, Well-Being, and Romantic Relationship Processes by Langlais et al. (2024). The study also mentioned that, from a Cognitive-Behavioral Therapy (CBT) perspective, the impact of an absent father figure on romantic relationships can be understood through several key concepts such as cognitive distortions, attachment theory integration, emotional regulation, behavioral interventions, reframing negative beliefs and building supportive relationships (Langlais et al., 2024). For the cognitive Distortions, the study mentions that CBT posits that negative thought patterns, known as cognitive distortions, can significantly influence emotional responses and behaviours (Langlais et al., 2024). Individuals with an absent father may develop distortions such as catastrophizing (expecting the worst), overgeneralization (believing one negative experience reflects all future interactions), or all-or-nothing thinking (seeing relationships in black-and-white terms) (Langlais et al., 2024). For instance, they might think, “If my father left, my partner will eventually leave too”, such beliefs can lead to heightened anxiety and fear in romantic situations, causing individuals to behave relationships (Langlais et al., 2024). Meanwhile, for the attachment theory integration, CBT can incorporate insights from attachment theory to help individuals to understand how their early experiences shape their relationship behaviours (Langlais et al., 2024). An absent father can contribute to an insecure attachment style, which may manifest in adult relationships as difficulty trusting partners, fear of intimacy, or over-dependence (Langlais et al., 2024). By recognizing these patterns, individuals can work to restructure their beliefs and modify their emotional responses in romantic situations (Langlais et al., 2024). defensively or self-sabotage their

According to Langlais et al. (2024), emotional regulation, a core principle of CBT involves teaching individuals how to identify and manage their emotions effectively. Those who grew up without a father figure may struggle with emotional regulation, experiencing intense feelings that can lead to conflicts in their relationships (Langlais et al., 2024). CBT strategies, such as mindfulness and distress tolerance techniques, can help individuals learn to manage their emotional responses, allowing them to respond more adaptively in relationship challenges (Langlais et al., 2024). For behavioural interventions, Langlais et al. (2024) mentioned that CBT encourages individuals to engage in positive behavioural changes. When dealing with fears rooted in parental absence, clients can be guided to confront their fears gradually such as they may start by communicating their needs and boundaries openly with their partners, rather than withdrawing or reacting defensively (Langlais et al., 2024). This behaviour modification can create healthier dynamics and improve the quality of romantic relationships (Langlais et al., 2024).

For reframing negative beliefs, CBT focuses on helping individuals recognize and challenge the negative beliefs formed as a result of their experiences (Langlais et al., 2024). Clients can be guided to reframe thoughts such as “I am unlovable because my father left” to “I have the capacity to build loving relationships regardless of my past” (Langlais et al., 2024). By reshaping these core beliefs, individuals can foster a healthier self-image and approach to future relationships (Langlais et al., 2024). For building supportive relationships, CBT can also emphasize the importance of developing healthy, supportive relationships outside of romantic partners (Langlais et al., 2024). Individuals might be encouraged to strengthen friendships and familial ties, counteracting feelings of isolation stemming from paternal absence (Langlais et al., 2024). This broader support network can offer emotional stability and security, facilitating better functioning in romantic relationships (Langlais et al., 2024).

2.3 The absence of father figure

According to Wagner et al. (2022), the absence of father figure refers to the lack of a paternal presence in a child’s life, which can occur for various reasons, including abandonment, death, separation or the father’s absence due to work or other circumstances. This absence can have significance emotional, social and economic implication for children so, the study on peacekeeper-fathered children in the Democratic Republic of Congo, the

absence of fathers was characterized by a few parts which are emotional impact, educational barriers, identity and social integration and wishful thinking (Wagner et al., 2022).

For emotional impact, many children expressed feelings of neglect, isolation and a longing for paternal support and they often felt deprived of emotional guidance and social support, which can lead to issues such as depression and anxiety (Wagner et al., 2022). Next, for the educational barriers, the absence of fathers was linked to financial difficulties, which hinders children's access to education (Wagner et al., 2022). Many children reported that they could not afford school fees and had to work to support their families, which further limited their educational opportunities (Wagner et al., 2022). Identity and social integration refer to the lack of knowledge about their fathers and the absence of paternal ties contributed to a sense of social identity void (Wagner et al., 2022). Some children identified themselves as orphans, regardless of their living situation, reflecting the deep impact of their fathers' absence on their self- conception and social status (Wagner et al., 2022). Wishful thinking refer to many children in wishful thinking about their absent fathers, often imagining idealized relationship and hoping for future connections and this reflects their coping mechanisms in dealing with the absence and the emotional void created (Wagner et al., 2022).

Other than that, there also another research that study about the father absence with the title "The Role of the Father in the Young Child's Life and Development: What do Early Children Teachers Need to Know?" by Silver (2021). This study explains that father absence refers to the situations in which a child does not have a father figure present in their life, whether due to various circumstances such as death, divorce or separation, abandonment, incarceration or even sperm donation (Silver, 2021). Death refers to the father has passed away, leading to a permanent absence meanwhile for, divorce or separation refers to the father may be physically present but not actively involved in the child's life, often due to custody arrangements (Silver, 2021). Abandonment refers to the father may have left the family or chosen not to be involved in the child's upbringing meanwhile for incarceration and sperm donation refers to the father is imprisoned, which can limit his ability to participate in the child's life and the sperm donation occurs in cases where a child is conceived through sperm donation, the biological father is not present in the child's life, which can be considered a voluntary form of father absence (Silver, 2021).

2.4 Effects of the absence of father figure

Cognitive Effects

There are a lot of past research that have been done by the researcher regarding this issue. One of the effects that can happen due to the absence of father figure is cognitive effects. According to Clark et al. (2021), they mentioned that one of the effects due to the absence of father figure is increased the risk of psychopathology. This is because, the children may suffer from anxiety, depression and other mental health issue due to the loss of father figure in their life (Clark et al., 2021). The other effects that they also mentioned in their findings is the neurobiological effects (Clark et al., 2021). There are two examples that being provided in the study and one of them is altered stress responses (Clark et al., 2021). This is because, the studies highlight that early caregiving can impacts the hypothalamus-pituitary-adrenal (HPA) axis, influencing stress regulation, so emotional absence may lead to heightened stress reactivity (Clark et al., 2021). The other example that being mentioned stated under this effect is changes in brain development because the emotional unavailability is linked to structural and functional changes in brain regions involved in social, cognitive and emotional processing, such as prefrontal cortex and amygdala (Clark et al., 2021).

Emotional Effects

The other effects that happened due to the absence of father figure is emotional effects. According Ramatsetse and Ross (2022), they managed to identify the challenges that faced by the participants of their study due to the absence of father figure and one of them is emotional challenges. This is because, 4 of the participants mentioned that they experienced some emotional challenges due to the issue (Ramatsetse & Ross, 2022). Other than that, according to Clark et al. (2021), they mentioned a few effects that may cause due to the emotionally absence of father figure and one of them is emotional dysregulation. This is because, due to the lack availability from a father can impair a child's ability to regulate emotions which leads to increase the sensitivity to stress and emotional challenges in life (Clark et al., 2021).

There also another research that discuss about this issue with the title "The Effects of Father Absenteeism on Children's Quality of Life in African American Communities by (Causer, 2023). In the research, the researcher comes up with 5 themes and one of them is emotional distress (Causer, 2023). For the emotional distress theme, there are several participants who expressed their challenges with anger, sadness,

depression, anxiety, grief, helplessness, worry, embarrassment and guilt so they mentioned that it affected their mental health wellness and sometimes their ability to cope with their life's stressors (Causer, 2023).

Behavioral Effects

According to Mao et al. (2020), behavioural effects also can happen due to the emotionally absence of father figure. One of the effects are social withdrawal or aggression because emotionally unavailability can lead to difficulties in expressing emotions appropriately, resulting in either avoidance of social situations or externalizing so this can hinder the development of healthy friendships and romantic partnerships and may lead to conflicts in various social settings (Mao et al., 2020). The other effect would be substance abuse and risk-taking behaviours because individuals may seek external means to cope with emotional pain or to fill the void left by an absent father figure because these behaviours can lead to addiction, legal issues and further emotional and physical health problems (Mao et al., 2020).

Other than that, coping mechanisms, and resilience also of the effects that being mentioned by Mao et al. (2020). One of the effects that may develop is the development of resilience because some individuals may develop strong coping mechanisms despite early adversity so, facing challenges related to an emotionally unavailable father can foster resilience, adaptability and independence while the resilience can lead to personal strength, it may also involve suppressing emotions, which can have its own set of challenges (Mao et al., 2020). The other one would be reliance on alternative support systems such as seeking support from other family members, friends or mentors (Mao et al., 2020). This is because individuals may compensate for the lack of a father figure by building strong relationships elsewhere and this can cause some negative effects but may not fully replace the unique role of a father figure plays (Mao et al., 2020).

Intrapersonal Effects

One of the research that have been done by by Ramatsetse and Ross (2022), with the title "Understanding the perceived psychological impact of father absence on adult

women”. Based on the result of the research, there are a few effects that the adult women suffer due to the absence of their father figure such as negatively impact their sense of identity and self-esteem (Ramatsetse & Ross, 2022). For example, two of the participants mentioned that they lack of their self-identity and sense of belonging due to the absence of their father which are one of them mentioned that if her father had been present, she would have developed a positive self-identity meanwhile the other one mentioned that having her father absent from her life has cause her to have low self-awareness and felt she did not belong anywhere (Ramatsetse & Ross, 2022). The other one is their confidence and self-esteem are impacted negatively, because three of the participants mentioned that their confidence and self-esteem are affected as they had to face life’s challenges alone (Ramatsetse & Ross, 2022).

Thus, there also other study that mentioned intrapersonal effects as the effects of the absence of father figure. According to Causer (2023), the other themes that the states in their study is intrapersonal. This is because, the participants explained that they have the difficulties to trust, relate and to have meaningful relationships with other people and the participants also explained that they have negative views about themselves and what they believed about themselves as they expressed a dislike for themselves with clouded view about their abilities and potentials (Causer, 2023).

Other than that, the research done by Clark et al. (2021) also included intrapersonal effects in their findings. The effects that being mentioned in the study is the low self-esteem in them because for those children that growing up without emotional connection to a father figure may struggle with self- worth, which can affect their confidence and decision-making abilities (Clark et al., 2021).

2.5 Effects of the absence of father figure in romantic relationship

Before Relationship

According to Ramatsetse and Ross (2022), the result of their research shows that

due to the father absence of their father figure, it also have affecting the participants in terms of their romantic relationships. There are a few themes that can be found and one of them is fear of being hurt by other men because 3 of the participants shared the experience of how they feared of being hurt by men and they also explained that they had developed trust issues and had the difficulty to interact with men (Ramatsetse and Ross, 2022). Other than that, Ramatsetse and Ross (2022) also states that the other themes in their research is the fear of being abandoned because one of the participants mentioned that her scared of being abandoned by her romantic partner by saying that “I fear that they will leave me, just like how my dad left. The next one is affected relationships with other men and choice of partners, because one of them also states that she blames her father for every man that leaves her life (Ramatsetse and Ross, 2022).

The other study by Clark et al. (2021), one of the effects that being mentioned in the study are attachment issues because for those who are experiencing the emotionally absence of father figure, they may have the difficulty in forming a secure attachment may emerge, influencing trust and intimacy in relationships. A study by Mao et al. (2020) also states that the emotional absence from a father figure can develop a fear of betrayal or abandonment in them so the individuals may become overly cautious, suspicious or reluctant to fully commit in relationships. Other than that, Mao et al. (2020) also mentioned that regarding the gender-specific impacts and they specifically focusing towards the young adult women because the young adult women may face with specific challenges in navigating romantic relationships and societal expectations because societal norms often place emphasis on female roles in relationships, which can increase the effects of an emotionally unavailable father so the women may experience with greater pressure to fulfill emotional roles, struggle with setting boundaries and face difficulties in asserting their needs within the relationship.

During Relationship

There are also effects that can be seen during the romantic relationship between the fatherless daughters and their romantic partner. A study by Ramatsetse and Ross (2022) states that inability to trust men are one of them because one of their particistates

that she having problem to trust make even though it is her romantic partner. The other themes would be attachment issues because two of their participants explained that they have developed unhealthy attachment issues in their romantic relationships in an attempt to fill the void that was left by their absent father (Ramatsitse and Ross, 2022).

Meanwhile, for the study by Clark et al. (2021) states that, the other effects is distorted view of relationship because the father are often serves as a model for relational dynamics so the emotional absence can lead to unrealistic expectations or fears in romantic and social relationships. The other one would be conflictual relationships because they will have the difficulty in managing relational conflicts and have a tendency to withdraw or overreact in interpersonal settings (Clarknet al., 2021). For the other study which is by Mao et al. (2020), they also states that attachment issues is one of the effects due to the emotionally unavailable father figure in the romantic relationship. The individuals will have the difficulty forming secure and trusting relationships because the father often serves as a primary attachment figure so his emotional unavailability can lead to insecure attachment style and this may result in fear of intimacy, avoidance of closeness or dependency in romantic relationship (Mao et al., 2020). Other than that, distorted view of relationships also one of the effects especially regarding the unrealistic expectations and misunderstandings about relationships dynamics because without a positive father figure, individuals may lack a clear model for healthy interactions, leading to misconceptions about love, support and partnership so they will face challenges in setting boundaries, recognizing red flags and maintaining balanced relationships can rise (Mao et al., 2020).

The other effects that mentioned in the study by Mao et al. (2020), is conflictual relationship patterns by repeating the same unhealthy relational behaviours because they learned the behaviours from an emotionally distant father, such as avoidance of conflict or aggressive responses and it can be carried into adult relationships so, it may lead to recurring arguments, unresolved tensions and eventual relationships breakdowns. Trust issues also may arise due to the emotionally absence of father figure such as they will have the difficulty to trust their partner and others (Mao et al., 2020).

2.6 Summary of the chapter

In conclusion, the researcher is focusing more on the past research that are related to the topic of this research. So, for the next chapter, the researcher will focusing more towards the methodology of this research.

CHAPTER 3

METHODOLOGY

3.0 Introduction

The purpose of this study is to explore the absence of father figure towards the romantic relationships of young adult women by using the phenomenology qualitative approach. This study is important as we want to identify the effects that the children need to bear due the absence of their father figure specifically towards their romantic relationships during their adulthood phase.

3.1 Research Design

This study used the phenomenology qualitative approach, which is one the type under qualitative methods. So, what is phenomenology approach? Phenomenology is a qualitative research approach that seeks to understand and describe the lived experiences of individuals from their own perspectives and it focuses on capturing the essence of these experiences by exploring how participants perceive and make sense of their world (Creswell et al., 2006). This method also emphasizes in-depth interviews and reflective analysis to uncover the meanings individuals attach to their experiences (Creswell et al., 2006). So, it is suitable enough for the researcher to use this approach in conducting this study as this study wants to explore the absence of father figure towards the romantic relationship of young adult women in details. By using this approach, the researcher can understand the individuals lived experience much better. The respondents of this research are the young adult women in Malaysia with range of age from 20 till 27 years old.

3.2 Target Population

The target population of this research is young adult women with the range of age from 20 till 27 years old around Malaysia. The number of respondents were decided by using the data saturation. According to Damyanov (2023), data saturation occurs in the research process when the researcher had collected sufficient data to draw the necessary conclusions and collecting any further data would not produce any new insight.

3.3 Sample

The sample that the researcher used in this study is the young adult women

around Malaysia. This is because, since this matter does not happen to all the families so by looking for the young adult women around Malaysia or in a bigger scope would be easier for the researcher to look for the respondents of this study. The researcher also decided to choose the young adult women as the respondents of this study because the father figure role plays a significant role towards the development of their daughters such as romantic relationship. So, the sample that were needed in this study are the young adult women who are struggling in terms of the romantic relationships due the absence of their father figure as this study is focusing more on the romantic relationships. For example, a father figure can influence how his daughter romantic relationship because a father figure can shape a daughter's self-esteem, self-image, confidence, and perceptions of males (Lim & Lee, 2023).

3.4 Sample Technique

In this study, the researcher used the snowball sampling as the technique used. Snowball sampling also called as referral sampling as the technique involves identifying a few initial respondents who meet the criteria needed in the study and asking them to refer other people that they know who also fit to the criteria of the study (Abbas, 2023). Snowball sampling also enables the researcher to reach out to the individuals who may be hard to locate through the other sampling methods (Abbas, 2023). For example, for this study, since there are not a lot of people who willing to openly share that they are having the absence of father figure issue, so by using this snowball sampling, it helped the researcher to find the participants by asking the current respondents since they might have friends or any other people that they know who are having the same issues as them.

3.5 Sample Size

The sample size for this study is 10 respondents. However, once the data saturation happens before the 10th participants, then the researcher will not continue until the end since the results that the researcher gains from the interview session is the same as the others. This is because, according to Creswell et al. (2006), data saturation in qualitative research refers to the point at which no added information or themes are appearing from data collection. It shows that the data gathered is sufficient to understand the phenomenon being studied and further data collection is unlikely to provide more insights. Creswell et

al. (2006). By having a small number of participants, it can help the researcher to do a deeper exploration with each of the respondents especially during the interview session itself. A study by Kurata et al. (2024) who also involving focus group discussion with 10 students affected by father absence found this number is sufficient to explore the respondents lived experiences deeply and meaningfully. As for this research, during the interview session with the 5th participant, the researcher already felt like the information given were repetitive, so the researcher decided to interview one more participant as the last respondent to double confirm whether the repetition was there. Even for the 6th participants, it turns out there also some repetitive information, so the researcher decided to stop the data collection up until there.

3.6 Sample Criteria

The criteria that were needed for this research are the young adult who are at the range of age from 20 till 27 years old. The sample also needed to have the absence of father figure situation or experience at least minimum 10 years before their age so that, the researcher can see how the experience of the “fatherless situation” did can really affect the romantic relationship of the sample with their partner. The minimum of 10th years experiencing the father absence can be considered ideal because it allows for capturing the long-term effect and deeper understanding of the phenomenon over time. 10 years also can allow the researcher or participants to reflect on complex, psychological, emotional, and social consequences of father absence which may not be fully apparent in shorter time frame (Xiang & Zhou, 2023).

3.7 Data Collection Method

The interview sessions would be the main method that the researcher used to gain information from all the participants of the research. This interview session will be done both physically or virtually, considering not all of the participants are being in the same area of the researcher. The interview sessions also will be conducted semi-structured as there will be the interview questions that the researcher will provide in advance, but on some cases there will be impromptu questions from the researcher to the participants according to the answer of the participants as well in order to gain the information that being stated by the participants in depth. So, for this research, there are 6 participants involved and the details of the

data collection methods are as follows:

	DATE	TIME	DURATION	PLATFORM
R1	15 th April 2025	8:00 p.m	39 minutes	Google Meet
R2	15 th April 2025	11:00 p.m	37 minutes	Google Meet
R3	24 th April 2025	5:20 p.m	16 minutes	Google Meet
R4	16 th April 2025	2:00 p.m	26 minutes	Google Meet
R5	24 th April 2025	6:15 p.m	18 minutes	Physical
R6	18 th April 2025	2:00 p.m	30 minutes	Google Meet

Table 1. Data Collection Method

Based on the table above, it can be seen that, the researcher had most of the data through online interview compared to physical. The researcher have done the interview session with all of the participants through online except for R5, physically. Even though most of the participants were being interviewed online, but the researcher also mentioned to them that they need to open their camera so that the researcher can see their non-verbal reactions throughout the interview sessions. The time taken for the interview sessions mostly took up more than 20 minutes because all of the participants were giving their full commitment towards the interview session and even some of the participants were excited to answer all of the questions until they were shocked to know how time flies during the interview sessions.

3.8 Data Analysis

This study used the thematic analysis approach to analyse the data that the researcher have been collected through the semi-structured interview with all of the participants. Thematic analysis involves identifying, analyzing and reporting patterns which are the themes within the data that have been collected by the researcher. This method is particularly suitable for exploring lived experiences, meaning and perception which align with the purpose of this research which are to explore and understand the impact of father absence towards the romantic relationship of young adult women. There are 6 phases that involves in this approach which are familiarization with the data, generating initial codes, searching for themes, reviewing themes, defining, and naming the themes and lastly, producing the report. So, for this research, the first step that researcher have done was transcribed all of the interviews sessions. After all of the interviews session were being

conducted, the researcher listened and transcribed all of them since the interview were being recorded with the consent from all of the participants. In order to familiarise with the data, the researcher read and re-read the transcripts to identifying statements or phrases that can lead to answering the research questions. Then, the researcher manually highlighted the statements, phrases or patterns that appeared to reflect the participants' experiences with their father absence. All of the statements were done line-by-line then, grouped them into potential themes. The themes were being developed based on the participants beliefs, relationships behaviours or even emotions that linked to the respondents' experiences with the father absences. The researcher also make sure that the themes and the data that already being identified were aligned with each other.

3.9 Trustworthiness

As for this research, trustworthiness is the key component since it is the most important thing. The trustworthiness that being mentioned includes the four key components which are credibility, transferability, dependability and conformability (Quantilope, 2022). So, the researcher included all of the four key components in this study to ensure the trustworthiness. For credibility, the researcher used the member checking method, where selected participants were provided with summaries of their interview responses to verify the accuracy of interpretations. This ensured that the findings were genuinely reflected their lived experiences. Other than that, the researcher also used the peer debriefing methods by consulting with peers throughout the data analysis phase, which helped to minimise personal bias and enhance the authenticity of the findings.

Transferability was addressed by providing thick descriptions of participants' backgrounds, the interview setting and the socio-cultural context in which father absence occurred. This allows readers to evaluate the extent to which the findings may be applicable to other young adult women in similar contexts or family dynamics. Meanwhile to enhance dependability, a detailed audit trail was maintained throughout the research process. This included documentation of methodological decisions, interview protocols, coding framework and theme development processes. A code recode strategy was also employed, where segments of the data re-coded after an interval to ensure consistency in theme identification.

For confirmation, the researcher ensured it through the use of a reflective journal, in which the researcher recorded personal reflections, assumptions and emotional responses throughout the study. This helped to maintain the awareness of potential biases and reinforced the objective representation of participants' narratives. The audit trail further supported conformability by allowing external reviewers to trace the logic and evidence behind the study's findings.

3.10 Data Cleaning

Data cleaning is a process where the fixing or removing incorrect, corrupted, incorrectly formatted, duplicate or incomplete data happens (Tableau, 2024). However, the data cleaning in qualitative research is not the same with the quantitative research even though in both research, this data cleaning is very crucial. In qualitative research, the data cleaning happens before, during and after the interview session. Before the interview sessions, the researcher needs to make sure that all of the interview questions that are going to be ask by the researcher is following the objectives of the study and did not cause the participants to uncomfortable with the questions meanwhile for the during part, the researcher need to make sure that the audio recording are recorded properly in order to make sure the participants answer can be heard properly in the recording so that it would be easier for the researcher when writing the transcript. For the after part, the researcher needs to make sure that the transcript that are going to be written are follows perfectly all of the answers that are given by the participants and the researcher also need to double check the format of the transcript such as grammar, spelling errors or even sentence structure.

3.11 Ethics of Study

Informed Consent

All the respondents were given the informed consent before starts the interview sessions so that the researcher can get the permissions from all of the participants especially in recording the interview session for further purposes.

Confidentiality

All the participants were informed that all of the information that they give to the researchers throughout this study being conduct will be protected such as in terms of respondents' identities, personal information.

3.12 Summary

In conclusion, this study is qualitative research that are going to use the phenomenology approach that are going to explore in depth regarding the exploration of the absence of father figure towards the romantic relationship of the young adult women in Malaysia. This study also going to apply the snowball sampling technique by having 10 participants that are having the same issues.

CHAPTER 4

DATA ANALYSIS AND RESEARCH FINDINGS

4.0 Introduction

In this specific chapter, the researcher mainly explains about the findings from the in-depth interviews with the 6 of the young adult women who experienced the father absence in their life. In this chapter also, there would be themes that are presented according to the research questions of this study.

4.1 Background of Respondent

	Age	Year of experience in father absence	Have been in a relationship?	Type of father absence
R1	25	12	Yes	Physically + emotionally
R2	23	23	Yes	Physically + emotionally
R3	22	10	Yes	Physically
R4	25	10	Yes	Physically + emotionally
R5	24	19	Yes	Physically + emotionally
R6	23	22	Yes	Emotionally

Table 2. Background of respondent

Based on the table above, it can be seen that all of the respondent have been in a relationship, but it just that the years of experiences and type of father absence are different.

For R1, she is a 25 years old women who already have the experience of father absence for 12 years and she also mentioned that she faced both type of father absence which are physically and emotionally. This is because, in line 24, she explained that she have lost her father since she was 11 years old and in line 21 and 22, she also mentioned that she lived with her aunty since then, so, she did not have a father figure in both aspect since then.

For R2, she is a 23 years old women that are currently studying and she is the eldest among her four siblings. In line 37, she mentioned that she did not have the father absence in both aspect with are physically and emotionally because her father did not live with her, even though he is still alive but he did not bother her at all such as being involved in her life. This is also the reason why, she mentioned in line 21 and 22, she only have her grandmother that have to take the

role of father and mother to her siblings and herself. In line 46, she also agreed that she already faced this experience for 23 years since she only lived together with her father for one year but during that time the family institution did not as strong as other family would be.

Next, for R3, she is a 22 years old women that have the experience of father absence for 10 years. This is because, in line 60, she explained that her parents divorced when she was 2 years old, and she still in contact with her father until she was 12 years old, but she lost contact with her father ever since. In line 18, she mentioned that, for her, she think that she experience the father absence physically not emotionally.

For R4, she have this father absence experience for 10 years already and she is a 25 years old women. In line 17 and 18, she explained that, she have been facing this father absence since she was 15 years old in 2015 because her father passed away due to stroke. So, it can be seen that, R4 have been experiencing father absence in both aspect which are emotionally and physically since then.

Meanwhile for R5 and R6, both of their parents are divorce. For R5, she is a 25 years old women who have been experiencing father absence for 19 years due to her parents are separated. In line 12, R5 mentioned that her parents were divorce when she was 5 years old so she did not have the father figure in both aspect which are physically and emotionally. Meanwhile, for R6, even though her parents are divorce, but, in line 48, she states that she assume that she only experiencing father absence in terms of emotionally for 22 years beacuse she also states that, even though her parents are separated since she was 1 years old, her father would come to see her once in a while if he come to Kuching.

4.2 Finding Analysis

Based on the semi-structured interview session that have been done with all of the participants, there are a few themes and subthemes that can be found. All the themes are being divided into 3 parts which are, each research questions have their own themes and subthemes that fit with the research questions accordingly.

4.2.1 Research question 1: How did the young adult women perceive the absence of father figure?

For research question 1, throughout the interview sessions with the participants, all of the participants shared about their experiences growing up without their father figure in their life and they also shared about their perception regarding the absence of their father absence in their life. The table 2 below are the themes and subthemes that can be applied under the research question 1.

Themes	Subthemes
1.Redefining father absence	1.1 Physical absence 1.2 Emotional absence 1.3 Physical and emotional absence
2.Realizing the absence over time	2.1 Childhood perception 2.2 Adult reflection 2.3 Comparing self to peers

Table 3. Themes for RQ1

4.2.1.1 Theme 1: Redefining father absence

One of the themes that can be found under research question 1 is redefining father absence. For this theme, there are three subthemes that fit with the definition of this theme which are physical absence, emotional absence and both, which are physically and emotionally absence.

4.2.1.1.1 Subtheme 1: Physical absence

Out of six participants, there are only one participant that shared that she felt she experiencing the father absence in terms of physically only which is R3. During the initial parts of the interview session with the participant, the researcher have asked the participant regarding this matter. Below are the conversation between the researcher and **R3**:

“So kiranya yang father figure absence tok adakah ktk both emotionally dengan physically ataupun physically jak?”(line 16,17)
“kira physically jak” (line 18)

So, R3 mentioned that she lived with her grandparents and her mother because her parents were divorce since she was 2 years old. R3 also mentioned that she felt the father absence in her life due to the restrictions of financial support.

4.2.1.1.2 Subtheme 2: Emotional absence

For this subtheme, there also one participant that mentioned she experiencing father absence in terms of emotionally which is R6. Same goes with this participant, the researcher also asked her regarding the type of father absence in her life during the initial stage. The conversation between the researcher and **R6** are as follows:

“Mun kiranya dari your case, ktk anggap dirik ktk tok father absence dari in terms of emotionally or physically? Ataupun both?” (line 46, 47)

“Yes, emotionally.” (line 48)

R6 also states that as follow:

“my parents divorce time umur kmk dalam setaun macam ya and kmk memang tinggal dengan mak mek dari mek kecil and ayah mek, nya tinggal dekat betong and kmk orang tinggal dekat kuching, so memang jaranglah jumpa dengannya. Mungkin dalam once or twice a year jak, masa hari raya and maybe kadang-kadang nya ada pergi kuching. Ya pun sekejap jak. And i spend my whole life with my mom and the only guy that i have around masa kmk membesar adalah my uncles and my grandpa.” (line 26 – 33)

So, it can be seen that, R6 and her dad still have the chances to meet up even after her parents already divorce since she was 1 years old. The reason why she said that she emotionally absence is that while growing up, other than meet up with her dad a few times, she also have her uncles and grandpa around her that can fill in a little bit the father figure to her physically.

4.2.1.1.3 Subtheme 3: Physical and emotional absence

For the third subthemes, there are 4 participants which are R1, R2, R4 and R5, that mentioned they experiencing the father absence in both aspects which are physical and emotional absence. Below are some of the example that shows, each of the participants explained their father absence situation.

R1: *“Dari umur mek 11 tahun so kiranya dah masuk tahun ke 12 lah without a father figure. Kadang-kadang rindu juaklah kmk mok ada kasih sayanb seorang bapak.”* (line 24, 25)

Based on the R6 statement, it shows that R6 have been experiencing the father absence since she was in elementary school so for half of her life, she spent without her father figure. It also shows that she have been experiencing the father absence in both aspect because she lost her father during her early age so, she did not manage to have the emotional connection with her father yet.

R2: *“Duak duak sekda because he sik live dengan kmk juak.”* (line 37)

For R2, she mentioned that she experiencing both aspect because she did not live with her father and even if she did, which is for only one year, she explained that she felt that it did not condusive because the family institution is not strong.

R4: *“Sebenarnya kmk melalui pengalaman tok sejak kmk umur 15 tahun which is tahun 2015. Kiranya kmk kehilangan bapak kmk masa ya sebab sakit.”* (line 17, 18)

For R4, she mentioned that she have lost her father since she was a 15 years opd girl due to the sickness that her father encountered. She also mentioned that since she is the youngest out of her sibling and all of her siblings including herself are female so the lost of their father give a lot of impact to them.

R5: *“So ktk boleh dikategorikan dalam father absence in both kategori la which is emotionally and physically? Aok betol.”* (line 13 – 15)

So for R5, she mentioned that her parents divorce since she was 5 years old and they have lost contact since then, so she have been experiencing the father absence in both aspects for

19 years.

4.2.1.2 Theme 2: Realizing the absence over time

The second theme under research question 1 which is realizing the absence over time. For this theme, there are 3 subthemes that can be comply under it, which are childhood perception, adult perception and comparing self to peers.

4.2.1.2.1 Subtheme 1: Childhood perception

The first subthemes for the second theme is childhood perception and for this subthemes, there are 5 participants that have shared their opinion which are R1, R2, R4, R5 and R6. Below are the some of the things that have been explained by the respective participants.

R1: *“Maybe waktu kmk kecil dolok, time bapak kmk sekda, kmk kuat merengek kedak salu nangis.”* (line 41-42)

So, R1 mentioned that when she was small, she always cried because she did not understand the situation at that time so she have the tendency to look for her father.

R2: *“...because kmk sekda father growing up, kmk macam, i didn't know a thing or two and maybe at the same time, kmk pun rasa macam because kmk sekda father, kmk more sensitive.”* (line 53-55)

For R2, she mentioned that due to the absence of her father figure, she felt like she did not know a lot of things and at the same time, she felt that, because of her father absence also, she felt that she have the tendency to be more sensitive.

R4: *“Mun agik dolok time 15 tahun ya, bagik kmk, masa ya kmk belum matang. Masa ya kmk maseh di dalam keadaan terkejut nak, jadi bagik kmk, masa ya belum berik apa-apa impact gilak kat kmk lah.”* (line 41-43)

For R4, she mentioned that for her, when she was 15 years old, she is still not matured enough and she still in shock so it did not impact her too much.

R5: *“Bagik kmk, masa kmk kecil, kmk rasa macam father absence ya, kmk just curious “cne bapak kmk?”, ”knk mak kmk tinggalkan bapak kmk?....” (line 37-38)*

For R5, she states that when she was a little girl, she felt that she just curious about the father absence that she is experiencing so she always wondered about a lot of things.

R6: *“..., kmk rasa macam when i was a kid, nya macam sekda impact me gilak sebab macam kit gik kecil, so kita sekda paham gilak ngan benda benda macam ya kan?...” (line 53-55)*

For R6, she states that, when she was a kid, it did not impact her too much because she said that she did not understand about that kind of thing yet during that age.

So, based on the statements from all five of the participants, all of them mentioned that they feel like the father absence did not impact all of them too much because they said they still a kid so, they are clueless regarding the father absence matter in their life. Even though sometimes they would look look for their father, but, end up they will just cry and move on.

4.2.1.2.2 Subtheme 2: Adult perception

The second subthemes under this theme is adult perception and for this subthemes, there are 5 participants that have shared their opinions during the interview session which are R1, R3, R4, R5 and R6. Below are some of the quotes from the participants.

R1: *“...tapi kinek, segala takdir, kita mesti redha so kmk rasa, kita perlu terimak dengan kenyataan and hidup dengan biasa jak. So, mentally kmk kinek, kmk just akan fokus kat dirik kmk jak and try untuk perbaiki dirik kmk.” (line 42-44)*

For R1, she mentions that for now, during her adulthood phase, she must accept the fact that she have lost her father. She felt like she need to accept it and try to live like a normal person would be. So, for now, she try to have the mentality that she will focus on herself and try to improve herself.

R3: *“ So kiranya bila ktk membesar tok, ktk nangka father absence tok as a positive thing ka?
Aok.
Sebab apa oh?
Sebab, maybe nya ada life nya mpun.” (line 39-43)*

For R3, she she states that, as she getting older, she see the father absence in her life

as a positive thing because for her, she feel like her father also have his own life so, its okay.

R4: “... Tapi, bila dah umur 17 tahun, bila kmk dah habis belajar, masa yalah kmk dapat rasa macam banyak perubahan persepsi kmk sebab dolok kmk rasa biasa jak, tapi kinetok, benda ya macam sikbiasa agiklah bagi kmk. Sebab nya mengganggu dari segi emosi kita, dari segi kehidupan kita hari hari juak macam ne.”(line 43-47)

For R4, she states that when she was 17 years old, she slowly can feel the difference in terms of her perception towards the father absence. Before, she felt normal but now, she felt like the father absence that she experiencing is not a normal thing for her because it can affect her emotions or even her daily life as well.

R5: “... then bila dah growing up kmk rasa macam “oh tok idup aku” so kmk sik becarik and bila dah pergi ke adult part, kmk macam kadang kmk rasa kesian juak, kadang kmk rasa macam sikda rasa kesian sikda rasa rindu, kadang kmk rasa macam penat juak sebab kmk rasa kenak fikir pasal kawen ya juak tek, so nya macam berubah-ubah la.” (line 39-42)

For R5, she states that when she growing up, she slowly stop to look for her father and try to accept her fate. Sometimes she would feel pity with herself or even miss and tired because be in the situation, but then sometimes she not.

R6: “... But, when i started pergi ke alam macam teenager, kmk start macam rasa a bit la, kmk rasa macam kmk sekda someone for me to cry on ka apa ka sebab sometimes kan kita perempuan lebih rapat dengan bapak kan?”(line 55-57)

R6 mentioned that when he started to enter the teenager life,she slowly felt like she did not have someone to lean on because we as a girl have the tendency to be more familiar with our dad compared to our mom.

So, based on all of the statements from all five of them, it can be seen that, three of them try to accept the fact that the did not have the father figure like everyone else which are R1, R3 and R5, meanwhile for R4 and R6, they starts to realize the negative side of the father absence that they are experiencing when they re growing up. So, it can be seen that, different people have different kind of acceptance regarding this matter even when they are growing up. Some of them can accept the fact but some of them are not.

4.2.1.2.3 Subtheme 3: Comparing self to peers

The third subthemes under the second theme is comparing self to peers and for this subthemes, there are only 2 participants that have explained during the interview session which are R2 and R6. The quotes from both of the participants are as follows:

R2: “*..masa adult tok kmk envy people that have father. Macam daknya dapat get to be spoiled and treated by their father macam princess or simply macam ada a good relationship la, a father and daughter pun relationship. Ya yang kmk jealous la and sometimes kmk rasa macam maybe this is what i am lacking of, like seeking the love from a father figure. Love, care and attention.*”
(line 57-62)

R2 states that when she growing up, she envy with those who have father because they can be spoiled and treated by their father like a princess or even have a good relationship with their father. Sometimes she jealous with that kind of thing because she knew that is what they are lacking that is why she is seeking for the love, care and attention from a father figure.

R6: “*.. Macam my friend nya banyak bercerita dengan her dad compared to their mom, kmk rasa macam i do not have that...*” (line 58-59)

R6 states that a lot of her friends mentioned that they shared a lot of thing with their father compared to their mother but then she felt like she did not have that kind of thing.

Based on the statements from both of them, it can be seen that they are jealous with their peers because they did not managed to have the same experience with their friends which is being spoiled or spending time with their father. They knew that they want to have the same experience that their friends have but then they also know that they are unable to do so due to their situation.

Discussion on theme 2:

Based on the three subthemes that have been explained above, it can be seen that, during the childhood of the participants, they did not aware of the thing that they actually experiencing is going to impact them in the future, that is why they say that, the father absence did not impact them a lot. However, during the adulthood phase, most of them said that, the father

absence that they experienced during their childhood are impacting them a lot during that phase because while growing up, they started to learn about the importance of their father figure.

4.2.2 Research question 2: What is the impact that faced by the young adult women in Malaysia towards their romantic relationship due to the absence of father figure?

For research question 2, there are two themes that can be extracted from the interview sessions. All of the participants also have shared the impact that they have faced whenever they being in a relationship. Table 3 below are the themes and subthemes that can be applied under this research question.

Themes	Subthemes
1.Relationship insecurity	1.1 Trust issues 1.2 Need of constant reassurance
2.Emotional needs in romantic partners	2.1 Looking for validation, care and attention 2.2 Seeking “father figure” in partner 2.3 Expecting emotional protection

Table 4. Themes for RQ2

4.2.2.1 Theme 1: Relationship insecurity

The first theme for research question 2 is relationship insecurity and for this theme, there are 3 subthemes that are applicable under this theme which are trust issue, fear of being abandoned and need of constant reassurance.

4.2.2.1.1 Subtheme 1: Trust issues

The first subtheme that can be discussed under this theme is trust issues and for this subtheme, all of the participants have shared the eperiences that they are facing. Below are the bits of the things that have been explained by all the participants.

R1: *“If ngan partner kmk, boleh tahan. Kmk ada trsut issue sebab kmk sekuat mok cayak nya 100% tapi kadang-kadang juakla.”*(line 77—78-)

R2: *“Mun trust issue i would say like, kmk trust oh tapi i am more anxious. Kmk rasa macam, let say as late replies, sometimes kmk rasa macam “pahal oh?”, ”nya dah fed up kali”, or something like that”.* (line 129-131)

R3: “*Mun masa ktk bergerek pernah ka ktk macam ada masalah trust issue ataupun fear of abandonment dalam relationship? Aok*”. (line 69-71)

R4: “... *kmk sentiasa ada trust issue. Kmk siklari dari trust issue pasya overthinking*.” (line 74, 75)

R5: “..... *pernah ka ktk experience trust issue or fear of abandonment? Yes, pernah*”. (line 83-85)

R6: “... *mun nya out of 10, sebelum the current boyfriend, kmk rasa nya 8?*” (line 97, 98)

For this subthemes, it can be seen that all of the participants are having the same thing which is trust issue. All of them are having the difficulty to trust other people especially a male so that is why all of them are in a high range if it is regarding this matter. For example, if they can give it in a scale, R3 would give 6, R4 is 8, meanwhile for R5 is 9 and R6 is 8.

4.2.2.1.2 Subtheme 2: Need of constant reassurance

The third subthemes that can be seen under this theme is the need of constant reassurance and for this subtheme, there are 4 participants that have shared their experiences regarding this matter which are R2, R4, R5 and R6. Below are the bit from the interview sessions with the participants.

R2: “*I would say yes but it is something yang i working on*.” (line 201)

R4: “*Aok selalu sebab kadang-kadang kmk macam ragu-ragu nak so kmk akan seek reassurance daripada nya sampe kmk rasa macam kmk yakinlah*.” (line 141,142)

R5: “... *kiranya adakah ktk pun salu seek for reassurance dari partner ktk? Yes*.” (line 144-146)

R6: “*Nya selalu berik kmk reassurance*...” (line 101)

For this subtheme, it can be seen that all four of them are having the same situation which is in need of control reassurance. For R4, she states that she have the tendency to have the constant reassurance in a high level such as 6 or 7 meanwhile for R5 states if in scale, the amount of reassurance that she need would be 10. So, it can be seen that, in relationships, all of them need a constant reassurance for them to feel like they are secure, to make they feel like their partner will not leave them.

Discussion on theme 1:

Based on both of the subthemes, it can be seen that all of the participants are having the trust issue with their partner and majority of them are in need of constance reassurance from their participants. According to Ramatsetse and Ross (2022), they mentioned that the absence of father figure may leave them with a distrust of men so deep that in some of the cases, they might have the thought of not getting married.

4.2.2.2 Theme 2: Emotional needs in romantic partners

The second theme under this research question is that emotional needs in romantic partners and under this theme there 3 subthemes that can be seen which are looking for validation, care and attention, seeking “father figure” in partner and expecting emotional protection.

4.2.2.2.1 Subtheme 1: Looking for validation, care and attention

For this subtheme, there are 3 participants such as R1, R2, and R6 have shared their opinions and experiences regarding this matter especially in romantic relationship. Below are the quotes that be obtained through the interview session.

R1: “.. *kmk mok partner kmk ya someone yang act of service, loving and kisah pasal kmk.*” (line 70,71)

R1 states that she want her partner to be someone that act of service, loving and care about her.

R2: “...*seeking the attention, care from a male figure.*” (line 114, 115)

For R2, she also mentioned that she seek of the attention and care from a male figure.

R6: “...*kmk tend to give it all for the sake of love macam i don't care about myself..*” (line 89, 90)

For R6, she states that she have the tendency to give it all for the sake of love like she did not care about herself.

Based on the statements from three of the participants, it can be seen that all three of the are looking for the love and care from their partner since they did not managed to get them

from their father. So, all three of them are crave the love that they have been longing and try to redeem it through their romantic partner.

4.2.2.2.2 Subtheme 2: Seeking “father figure” in partners

The second subtheme under this theme is seeking “father figure” in partners and under this subtheme there are 3 participants that fit in with this subtheme such as R1, R4 and R5. Below are the bits from the interview sessions that being conducted with those three participants.

R1: *“Macam kmk, bapak kmk sekda nak? So, kmk carik kasih sayang nya la, macam pake tempat bermanjak. Tempat untuk kmk berkongsi cerita. Kmk carik partner yang boleh ada figure macam ya.”* (line 110-112)

R1 states that, for her, since she have lost her father, so she try to look for the love and place for her where she can be spoiled. She also look for someone that can be a place for her to share all of the story with.

R4: *“... Kmk macam ingin mun gerak kmk ya, nya ada watak kedak bapak kmk...”* (line 69,70)

For R4, she states that she want her partner to have the character like her father as well.

R5: *“..., bapak ya sepatutnya jadi protective, tapi kmk sikda father figure ya jadi kmk mok protective ya ada dalam bakal suami kmk.”* (line 78-80)

R5 mentioned that, since she did not have the father figure, so she wants her future husband to be a protective guy like how her dad should be.

Based on all of the statements from three of them, it can be seen that all of them are having the same situation which is, they try to look the father figure that they have lost in their partner. That is why all three if them have the tendency to look for someone that can fill in the empty space in their life due to their father absence.

4.2.2.2.3 Subtheme 3: Expecting emotional protection

The third subthemes that can be seen under this theme is expecting emotional protection and under this subthemes there are 3 participants that have shared their experience such

as R1, R2 and R5.

R1: “*Aok kmk emotionally dependent dengan partner kmk.*” (line 120)

R2: “*Kmk rasa kmk emotionally dependent ...*” (line 181)

R5: “*dependent*” (line 140)

For this subtheme, it can be seen that all three of them are having the same thing which is being fully emotionally dependent with their partner unlike the other participants which is would be 50-50. So, it shows that all three of them feel strongly emotionally dependent because their emotions are depends with their partner reponse towards them.

Discussion on the theme 2:

Based on both of the subthemes above, it can be seen that majority of the participants are having the same impact which are looking for validation, care and attention and seeking “father figure” in their partner because for both of the subthemes, there are 3 participants each who have the same experience. For example, according to Erduran Tekin (2025), the study mentioned that women’s satisfactory and secure relationship with their fathers affects their choice of spouse, and women prefer reliable people who are similar to their father. Meanwhile, the study also showed that women look for what they see as lacking in their fathers in the men that they will marry, and this affects their choice of spouses (Erduran Tekin, 2025). Other than that, there also another study that have mentioned that girls with the father absence situation high likely to have the tendency to seek validation through the unhealthy relationship dynamics (Peleg et al., 2023).

4.2.3 Research question 3: What is the type of attachment that faced by the young adult woman towards their partner due to the absence of their father figure?

There are 3 themes that being extracted from the transcript that fit with research question 3 such as anxious attachment patterns, avoidant attachment patterns and leaned independence vs emotional longing. Table 4 below shows the themes and subthemes under research question 3.

Themes	Subthemes
1. Anxious attachment style	1.1 Fear of rejection or loss

2.Avoidant attachment style	2.1 Avoiding conflict or confrontation 2.2 Filtering feelings to avoid being hurt
-----------------------------	--

Table 5: Themes for RQ3

4.2.3.1 Theme 1: Anxious attachment style

The first theme under this research question is anxious attachment style and under this theme, there are 2 subthemes which are fear of rejection or loss and self-doubt in relationships. The explanation for each subthemes are as follows:

4.2.3.1.1 Subtheme 1: Fear of rejection or loss

The first subthemes for this theme is the fear of being abandoned and for this subthemes, there are 3 participants that have shared their opinions and experiences regarding this issue which are R2, R4 and R5. Below are some of the quotes from each of the participants.

R2: *“kmk rasa macam future partner “oh nya akan tinggal kmk juak eventually if i do not buat something yang acceptable to my partner. Nya akan tinggal lah because my parents left me for something yang they could not accept so maybe to me its like macam a mirror juak”.*

(line 122-125)

R2 states that she felt that her partner will leave her as well because if she do something that her partner dislike. She have that kind of feelings because her parents also left her for something that they could not accept so she feel like her partner will do the same thing as well.

R4: *“... kmk takut mok hilang gerak kmk macam tok. Kmk takut macam jadi apa-apa benda nak, agik-agik benda yang macam melibatkan hilang nyawalah.”* (line 76,77)

R4 states that she felt like she scared to lose her partner because she always afraid that anything can happen especially thing thy involves her partner life.

R5: *“... nya relate dengan fear of abandance ya lah sebab bagi kmk fear terbesar kmk, kmk takut kehilangan.”* (line 95,96)

For R5, she states that she can relate with the fear of abandonment because for her, being left is her biggest fear in her life.

Based on the statements from all of the participants, it can be seen that, due to the absence of father figure in their life, all three participants have the tendency to be afraid about being left by their partner. For R4 and R5, they mentioned that they are afraid that their partner of the loss of their partner, meanwhile R2, she has the tendency to think that her partner will leave her like how her parents would be.

Discussion theme 1:

It can be seen that, there are majority participants who have the same situation which is the fear of rejection or loss. According to a study by Ho (2020), it highlighted that father absence creates significant communication barriers, trust issues and fear of emotional expressions. These barriers contribute to anxious attachment behaviours such as difficulty trusting partners and fear of rejection, and avoidant behaviours such as withdrawal from intimate communication (Ho, 2020). Other than that, there is another research that also mentioned regarding this matter. According to Poernomo et al. (2024), the study mentioned that females with father absence struggle with emotional intimacy and maintaining romantic relationships, often due to a lack of early relational experience and discomfort with closeness. This kind of behaviour aligns with anxious attachment behaviours such as fear of rejection and avoidance of intimacy (Poernomo et al., 2024).

4.2.3.2 Theme 2: Avoidant attachment style

The second theme for under this research question is avoidant attachment style and there are 2 subthemes that can be found under this theme which are avoiding conflict or confrontation and filtering feelings to avoid being hurt.

4.2.3.2.1 Subtheme 1: Avoiding conflict or confrontation

For this subtheme, there are 2 participants that have shared their experiences regarding this matter which are R1 and R5. Below are a few quotes that were extracted from the conversation with both participants.

R1: *“Mun kmk, kmk akan diamlah. Kmk akan diam seketika.”* (line 99)

R1 states that for her, she will shut herself down. She would exempt herself from her partner whenever they are having arguments.

R5: *“..., kmk akan direct dolok baruk kmk berik silent streatment.”* (line 125)

For R5, she mentions that she will be direct with her partner about what she felt, but then she will give silent treatment to her partner.

Based on the statements from both of the participants, it can be seen that both of the participants choose to give silent treatment to their partner but the difference between them is that, for R1 she tend to give silent treatment completely to her partner, after the silent treatment then she would talk with her partner after her partner starts to talk with her first. Unlike for R5, she would directly tell her feelings first, after that she would give him the silent treatment. It is quite different between R1 and R5 but, both of them have the same habit, which is have the tendency to give silent treatment to their partner.

4.2.3.2.2 Subtheme 2: Filtering feelings to avoid being hurt

The second subtheme for this theme is filtering feelings to avoid being hurt and there is only one participant who shared that she faced this experience which is R2. Below are the bits from the interview session with the participant.

R2: *“Walaupun kmk rasa macam my feelings are hurt, tapi mun kita dah dapat settle then whatever la. Maybe there are times yang kmk rasa macam kecik hati nak, maybe ada masa kmk akan padah, even if kmk padah pun, kmk akan try to be more careful with my words la sebab kmk rasa kmk takut juak, that is why kmk sik pande mok direct straight to the point. Kmk akan bertapis la. Kmk takut partner mek marah pasya terms tinggal, like avoid kmk.”* (line 155-162)

R2 states that even though her feelings are hurt, but if she and her partner can settle the problem that they are facing with, then, it is okay for her to ignore her feelings. She also mentioned that even though, there would be time where she felt her partner ignore her feelings, sometimes she would tell her partner about it but if she feel the need to tell him, she will make

sure she be extra careful with her words because she is scared. That also the main reason why she did not know how to tell her feelings directly because she will filter her words carefully due to her fears that her partner will mad at her and left or avoid her due to it.

So, based on the statements from R2, it can be seen that R2 prioritise her partner feelings more than herself. This is because even though she have the negative feelings with her partner but she still choose to think about her partner feelings first rather than herself and that is why, she also chose to filter her words whenever she want to share her feelings with him because she afraid her partner would mad and leave her.

Discussion on theme 2:

Both of the subthemes above have explained about how did the participants react whenever they are facing with conflicts with their partner. According to Zhang et al. (2024), they states that low father-child attachment or also known as father absence, can reduce self-worth and increase the avoidance tendencies, consistent with avoidant attachment style among the fatherless child.

Discussion on theme 3:

Based on both of the subthemes under theme 3, it can be seen that there are a few participants that having the same issues. So, daughters who grow up without a present or emotionally available father often learn to rely on themselves for emotional support, as the absence of paternal care leaves a void in their sense of security and validation (Poernomo et al., 2024). The lack of supportive father figure can foster resilience, but this is often as a defensive adaptation to emotional neglect or instability in the family environment (Poernomo et al., 2024). According to Poernomo et al. (2024) as well, despite the independence in them, many fatherless daughters express a strong desire to depend on others especially in romantic relationship, seeking emotional support and validation that they had missed during their childhood.

4.3 Summary of the chapter

Research question (RQ)	Theme	Subthemes	No. of participants
RQ1	Redefining father absence	Physical absence	R3
		Emotional absence	R6
		Physical and emotional absence	R1, R2, R4, R5
	Realizing the absence over time	Childhood perception	R1, R2, R4, R5, R6
		Adult perception	R1, R3, R4, R5, R6
		Comparing self to peers	R2, R6
RQ2	Relationship insecurity	Trust issues	R1, R2, R3, R4, R5, R6
		Need of constant reassurance	R2, R4, R5, R6
	Emotional needs in romantic partners	Looking for validation, care and attention	R1, R2, R6
		Seeking "father figure" in partner	R1, R4, R5
RQ3	Anxious attachment style	Fear of rejection or loss	R2, R4, R5
	Avoidant attachment style	Avoiding conflict or confrontation	R1, R5
		Filtering feelings to avoid being hurt	R2

Table 6: Summary of theme and subthemes

The table above shows the summary of themes and subthemes that can be extracted through the interview session with all of the participants. There are 2 theories that are going to be used to discuss all of the theme that being extracted from the interview sessions. According to the Poernomo et al. (2024), attachment theory explains that father absence significantly impacts all those fatherless daughters' emotional and communication patterns. The study also found out that daughters without their father experience major communication barriers, especially in initiating and

maintaining romantic relationship because these women always struggle with trusting and open emotional expressions, stemming from disappointment and emotional detachment from their fathers (Poernomo et al., 2024). This leads them to seek partner who can fulfil the unmet psychological needs related to the absent father figure and the insecure attachment will be formed due to the fatherlessness results in less interest in commitment-based relationship and difficulties with intimacy and personal development (Poernomo et al., 2024).

Meanwhile, for the Cognitive Behavioral Therapy (CBT) Theory, a study by Kurata et al. (2024) explains that the father absence often leads to emotional insecurity, low self-esteem, anxiety, depression and difficulties in social relationships among children and adolescents. So, the outcomes from the disrupted early attachment bonds and the lack of paternal guidance, which contribute to maladaptive beliefs such as feelings of abandonment and worthlessness, which is one of the CBT theory principles (Kurata et al., 2024). Based on the participants above also, it can be seen that R2 always have the maladaptive beliefs in her because she always think and feel that her partner will leave her like how her parents did.

CHAPTER 5

DISCUSSION, CONCLUSION AND RECOMMENDATIONS

5.0 Introduction

In this chapter, it includes the discussion regarding the findings from the previous chapter and going to explain more regarding the objectives and the past findings. In this chapter also discuss about the significance and the implications of the research, limitations of the study and the recommendation for future research .

5.2 Discussion of Findings

5.2.1 Perception towards the absence of father figure

The first objective for this study is to explore how the young adult women perceive the absence of father figure in their life. For this objectives, there are 2 themes that managed to be extracted based on the findings through the interview session which consists of 3 subthemes for each themes.

The first theme that can be seen based on the findings are redefining the father absence and the other one would be realizing the absence over time. So, for the first theme, it explains more towards the type of father absence that faced by the participants meanwhile the second theme focusing more towards the perception of the participants towards their father absence situation.

5.2.2 Impact of the absence of father figure towards the romantic relationship

The second objectives for this study is to understand the impact of the absence of father figure towards the romantic relationship of the young adult women. For this objectives, it consists of 2 themes which include relationship insecurity and emotional needs in romantic partners.

For the first theme which is relationship insecurity, it is align with the study that being conducted by Ramatsetse and Ross (2022), because in the study, they mentioned about how the father absence affecting the participants towards their romantic partner. The finding in the previou chapter and the findings from the study are aligned with each other. Based on this research

findings, it shows that how strong does trust issue, specifically affecting those who are experiencing the father absence because all of the participants in this research are having the trust issue problem with their romantic partner.

The second theme would be emotional needs in romantic partners and it aligns with a study that is being conducted by Erduran Tekin (2025) where the study states that women who are experiencing the father absence will look for what they see as lacking in their fathers in the men that they would marry. So, these align with the findings because some of the participants mentioned that they want their romantic partner to have the role of the father figure that they have been craving for.

Based on the Attachment theory, it explains how early bonds with the caregivers such as father are important for emotional security and social competencies. So, when the absence of father figure occurs in some families, it will disrupt the bond which leads to emotional insecurity or even difficulty in forming a healthy relationship. Children from the father absent often experience feelings of abandonment, difficulty to trust others, which affects their social adjustments and emotional development. Through this theory also, it helps to interpret the behaviour such as emotional withdrawal.

Meanwhile, based on the Cognitive Behavioral Therapy (CBT), it helps to identify how the father absence affects thought patterns and behaviours such as negative self-belief and emotional responses. CBT also provides a framework to understand how the cognitive appraisal of father absence contributes to low confidence and maladaptive coping strategies.

5.2.3 Type of attachment

The third objective for this research is to identify the type of attachment that is faced by the young adult women towards their partner due to the absence of their father figure. For this objective, there are 3 themes that can be gained from the findings. But, there are 2 main types of attachment that can be found among the participants.

The first type would be anxious attachment style. According to Wallach (2014) mentioned that low father-daughter closeness and time spent together were linked to higher anxious attachment style, indicating that emotional distance in childhood can lead to insecurity in adult relationships. So, this aligns with this research findings because compared to avoidant

attachment style, there are more participants who are leans towards this anxious attachment style. For the avoidant attachment style, they would have the tendency to value independence and self-sufficiency, often distancing themselves from emotional closeness (Hazan & Shaver, 1994). Same goes with the findings, there also some of the participants who showed signs of an individual who are having the avoidant attachment style such as avoiding conflict.

5.3 Implication the study

The implications of this study is that this research managed to explore those who are experiencing the father absence in both aspect which are emotionally and physically absence. This is because a lot of past research that have been found before, most of it just focusing more towards one of the aspect, either physically or emotionally. So, by having this study, it can help those who are experiencing father absence in both aspect to gain more information that fit with their situation because since thus a qualitative study, those who are interested or experiencing this situation, read it in depth much easier.

For the other implications, it also can be seen in counselling aspects so the second implications is this research can be used in early assessment of attachment issues. This is because the counsellors can use this research as a reference when dealing with romantic relationship concerns because the counsellors should explore the clients' childhood experiences especially those who are experiencing the father absence. Through this study also the counsellors can utilize the usage of CBT when dealing with romantic relationship concerns. This is because, CBT techniques such as identifying cognitive distortions and challenging negative core beliefs are useful for clients who are having problems like constantly seek reassurance or even struggle with trust. Other than CBT, this research also include the usage of Attachment Theory so the counsellors also can attachment-focused interventions in order to help clients recognize their attachment styles or even to guide them to build more healthier relationships. So, this allows the counsellor to have more empathetic and effective interventions.

5.4 Limitations of the study

The limitations for this research is the duration of time. The most challenging part is that to tally the free time between the researcher and the participants. This is because, the participants are consists of student and working women, and the researcher also a student, so there always difficulties to make sure both of the parties are really free to conduct the interview

session. So, the process of interviewing the participants have taken the longest time.

5.5 Recommendations for future research

Given the findings of this study, future research is recommended to further explore the complex emotional and relational effects of father absence, especially from a counselling and therapeutic perspective.

Firstly, future studies should examine the effectiveness of specific counselling interventions in addressing attachment related issues among individuals who grew up with emotionally or physically absent fathers. For example, Attachment Based Therapy or Cognitive Behavioral Therapy (CBT), could be investigated to assess their impact on improving trust, self-esteem and emotional regulation in romantic relationships. Secondly, the future research could be expanded to include the perspectives of counsellors and mental health practitioners who work with fatherless clients. This would provide valuable insight into the challenges and best practices when supporting individuals with deep-rooted attachment wounds or abandonment trauma.

Other than that, future research also can explore how group counselling, psychoeducation modules or support groups for fatherless individuals may create safe spaces for emotional processing, self-discovery and interpersonal growth. These interventions may be especially valuable in university counselling settings, where many young adults are navigating both identity development and intimate relationships. Then, the other recommendations would be can include male perspectives for gender comparison. This is because while this study focused on young adult women, future research could compare the impact of father absence on both genders, to identify any gender-specific emotional patterns, attachment disruption or relations behaviours that could inform gender-sensitive counselling. One of the participants also recommend to the researcher for future research purposes, the researcher can explore in male perspectives since her boyfriend also in the same fatherless situation and she felt like there would be a lot of unexpected insights can be produced.

5.6 Summary

This study shows how did the father absence are affecting those who experienced it, either emotionally or physically or even both, emotionally and physically especially in romantic relationship. Through this study also, it shows that how did this father absence can contribute to

the type of attachment in the individuals who are experiencing it towards their romantic partner. By using both Attachment and CBT theory in this study, it can show how these two theories work in this father absence situation.

REFERENCES

- Abbas, S. (2023). *Different Types of Sampling Techniques in Qualitative Research*. Sago.
<https://sago.com/en/resources/blog/different-types-of-sampling-techniques-in-qualitative-research/>
- Barton, S., Armstrong, P. V., Robinson, L. J., & Elizabeth H.C. Bromley. (2023). CBT for difficult-to-treat depression: self-regulation Model. *Behavioural and Cognitive Psychotherapy*, 51(6), 1–16. <https://doi.org/10.1017/s1352465822000273>
- Bonnie, R. J., Stroud, C., & Breiner, H. (2015, January 27). *Investing in the Health and Well-Being of Young Adults*. Nih.gov; National Academies Press (US).
<https://www.ncbi.nlm.nih.gov/books/NBK284791/>
- Carbery, J. (2021, March 30). *The Importance of the Father-Daughter Relationship*. The Gloss Magazine. <https://thegloss.ie/father-daughter-relationship/>
- Castetter, C. (2020). The Developmental Effects on the Daughter of an Absent Father Throughout her Lifespan. *Honors Senior Capstone Projects*.
https://scholarworks.merrimack.edu/honors_capstones/50/
- Causser, C. (2023). The Effects of Father Absenteeism on Children’s Quality of Life in African American Communities. *ProQuest*.
<https://www.proquest.com/docview/3102612216/fulltextPDF/A5936EE1241A4555PQ/1?accountid=40705&sourcetype=Dissertations%20&%20Theses>
- Clark, E. L. M., Jiao, Y., Sandoval, K., & Biringen, Z. (2021). Neurobiological Implications of Parent–Child Emotional Availability: A Review. *Brain Sciences*, 11(8), 1016.
<https://doi.org/10.3390/brainsci11081016>
- Creswell, J., Shope, R., Clark, V., & Green, D. (2006). Spring 2006 How Interpretive Qualitative Research Extends Mixed Methods Research. *RESEARCH in the SCHOOLS Mid-South Educational Research Association*, 13(1), 1–11.
<https://citeseerx.ist.psu.edu/document?repid=rep1&type=pdf&doi=97d962208ddefbf01b3de936446c0ee20381df10>
- Dafna P, G. (2023). Exploring Father Absent African American Women’s Insecure Attachments in Committed Relationships. *ProQuest*.
<https://www.proquest.com/docview/2784877532/B5AAAB935E4448C4PQ/7?accountid=40705&sourcetype=Dissertations%20&%20Theses>
- Dagan, O., & Sagi-Schwartz, A. (2021). Early attachment networks to multiple caregivers: History, assessment models, and future research recommendations. *New Directions for*

- Child and Adolescent Development*, 2021(180). <https://doi.org/10.1002/cad.20446>
- Damyanov, M. (2023, March 24). *What Is Data Saturation In Qualitative Research*. Dovetail.com. <https://dovetail.com/research/data-saturation/>
- Deneault, A., Bakermans-Kranenburg, M. J., Groh, A. M., Fearon, P. R. M., & Madigan, S. (2021). Child-father attachment in early childhood and behavior problems: A meta-analysis. *New Directions for Child and Adolescent Development*, 2021(180). <https://doi.org/10.1002/cad.20434>
- Elisheva, & Assouline, J. -. (2025). *Log In - ProQuest*. Proquest.com. <https://www.proquest.com/dissertations-theses/associations-among-psychologists-adult-attachment/docview/2572592755/se-2?accountid=40705>
- Ghomian, S., Shaeiri, M. R., Farahani, H., Ahmadi, Z., Soleimani, Z., Shirazi, M., Rabbani, M., & Goli, Z. S. (2024). Predicting and explaining relationship obsessive-compulsive symptoms based on insecure attachment styles. *Journal of Fundamentals of Mental Health*, 26(3), 165–172. <https://doi.org/10.22038/JFMH.2024.64885.2993>
- Hazan, C., & Shaver, P. R. (1994). Deeper into Attachment Theory. *Psychological Inquiry*, 5(1), 68–79. <https://www.jstor.org/stable/1449089>
- Hemez, P., Guzzo, K. B., Brown, S. L., Manning, W. D., & Westrick-Payne, K. K. (2023). *Conceptualizing and Measuring Romantic Relationship Quality in Adulthood - Child Trends*. ChildTrends. <https://www.childtrends.org/publications/conceptualizing-and-measuring-romantic-relationship-quality-in-adulthood>
- Jafarzade, M., Azra Mohammadpanah Ardakan, & Saleh, Y. (2023). The Effectiveness of Play Therapy Combined With a Trauma-focused Cognitive Behavioral Therapy on Trauma Symptoms and the Loneliness Feeling. *Practice in Clinical Psychology*, 11(3), 211–222. <https://doi.org/10.32598/jpcp.11.3.614.2>
- Kurata, L., Mampota Selialia, Reitumetse Lipholo, & Lineo Mareka. (2024). Exploring the Impact of Absent Fathers on Children: Lived Experiences of Students in Two Secondary Schools in the Leri be District, Lesotho. *International Journal of Research and Innovation in Social Science*, VIII(XII), 4530–4547. <https://doi.org/10.47772/IJRISS.2024.8120381>
- Langlais, M. R., Chacón, V., & Brazer, J. H. (2024). Growing Up with an Absent Parent: A Mixed-Methods Approach on Parental Absence, Well-Being, and Romantic Relationship Processes. *The Family Journal*. <https://doi.org/10.1177/10664807241290515>

- Lim, V., & Lee, J. (2023, June 17). *The Importance of Father Figure in a Daughter's Romantic Life*. Gentleman's Code Magazine (GC).
<https://gentlemanscodes.com/chivalry/the-importance-of-father-figure-in-a-daughters-romantic-life>
- Mao, M., Zang, L., & Zhang, H. (2020). The Effects of Parental Absence on Children Development: Evidence from Left-Behind Children in China. *International Journal of Environmental Research and Public Health*, 17(18), 6770.
<https://doi.org/10.3390/ijerph17186770>
- Maryam. (2023, January 22). *Emotionally Unavailable Father | Impacts on Child Development*. Home. <https://mcaresforkids.com/emotionally-unavailable-father/>
- Meyers, M. (2024, March 12). *Fatherless Daughters: How Growing Up Without a Dad Affects Women*. WeHaveKids. <https://wehavekids.com/family-relationships/When-Daddy-Dont-Love-Their-Daughters-What-Happens-to-Women-Whose-Fathers-Werent-There-for-Them>
- Quantilope. (2022, May 20). *Trustworthiness in Qualitative Research*. [Www.quantilope.com](http://www.quantilope.com).
<https://www.quantilope.com/resources/glossary-trustworthiness-in-qualitative-research>
- Ramatsetse, T. P., & Ross, E. (2022). Understanding the perceived psychosocial impact of father absence on adult women. *South African Journal of Psychology*, 53(2), 008124632211301. <https://doi.org/10.1177/00812463221130194>
- Reuven-Krispin, H., Lassri, D., Luyten, P., & Shahar, G. (2020). Consequences of divorce- based father absence during childhood for young adult well-being and romantic relationships. *Family Relations*, 70(2). <https://doi.org/10.1111/fare.12516>
- Robinson, L., Segal, J., & Jaffe, J. (2024, June 20). *Attachment Styles and How They Affect Adult Relationships*. HelpGuide.org. <https://www.helpguide.org/relationships/social-connection/attachment-and-adult-relationships>
- Rus, H. M., & Tiemensma, J. (2017). "It's complicated." A systematic review of associations between social network site use and romantic relationships. *Computers in Human Behavior*, 75, 684–703. <https://doi.org/10.1016/j.chb.2017.06.004>
- Sanchez , D. C. (2024, January). *The Father Factor: Ambiguous Loss Experience Divorced Absent Fathers*. Proquest.com. <https://www.proquest.com/dissertations-theses/father-factor-ambiguous-loss-experiences-divorced/docview/2932353246/se-2?accountid=40705>

- Silver, C. (2021). *The Role of the Father in the Young Child's Life and Development: What Do Early Childhood Teachers Need to Know?* Educate. <https://educate.bankstreet.edu/independent-studies/258/>
- Stevens, E. (2016). *Attachment Theory • Counselling Tutor*. Counselling Tutor. <https://counsellingtutor.com/attachment-theory/>
- Tableau. (2024). *Data cleaning: the Benefits and Steps to Creating and Using Clean Data*. Tableau Software. <https://www.tableau.com/learn/articles/what-is-data-cleaning>
- Van der Watt, A. S., Roos, A., Du Plessis, S., Bui, E., Lesch, E., & Seedat, S. (2021). An Attachment Theory Approach to Reframing Romantic Relationship Breakups in University Students: A Narrative Review of Attachment, Neural Circuitry, and Posttraumatic Stress Symptoms. *Journal of Couple & Relationship Therapy*, 21(2), 1–22. <https://doi.org/10.1080/15332691.2021.1908197>
- Wagner, K., Glaesmer, H., Bartels, S. A., Weber, S., & Lee, S. (2022). Presence of the Absent Father: Perceptions of Family among Peacekeeper-Fathered Children in the Democratic Republic of Congo. *Journal of Child and Family Studies*, 31(11), 3009–3025. <https://doi.org/10.1007/s10826-022-02293-2>
- Wallach S. M. (2014). *Insecure Attachment Style and Romantic Partner Selection in Women with Emotionally Unavailable Fathers* - ProQuest. Proquest.com. <https://www.proquest.com/docview/1626379391?pq-origsite=gscholar&fromopenview=true&sourcetype=Dissertations%20&%20Theses>
- Xiang, Y., & Zhou, Y. (2023). Development and Validation of the Father-Love Absence Scale for Adolescents. *Behavioral Sciences*, 13(5), 435. <https://doi.org/10.3390/bs13050435>
- Yassin, F. (2023, June 9). *Attachment Theory: How the Father-Child Relationship Shapes a Young Person's Life*. Thewaveclinic.com. <https://thewaveclinic.com/blog/attachment-theory-how-father-child-relationship-shapes-life/>

APPENDIXES



CONSENT FORM FOR INTERVIEW PARTICIPATION

Research Title: **The Impact of Father Absence Towards the Romantic Relationship of Young Adult Women**

Researcher: Afifah Muhaiminah binti Madhi, 017-8081534

Participant Information & Consent Declaration

- I understand the purpose of this interview session and how the information I provide will be used for research purposes only.
- I understand that all the information shared during the interview session will be kept confidential, and my identity will remain anonymous unless I give explicit permission otherwise.
- I consent to the interview being recorded (audio/video) to ensure accuracy in data collection and analysis.
- I voluntarily agree to participate in this interview session without coercion or pressure from any party.

Participant's Declaration

Full Name: _____

Signature: _____

Date: ____ / ____ / ____

Researcher's Declaration

I confirm that I have explained the nature and purpose of this study to the participant and that I will maintain confidentiality and anonymity throughout the research process.

Researcher's Name: Afifah Muhaiminah binti Madhi

Signature: _____

Date: ____ / ____ / ____

Interview Questions Based on Research Questions

1. Perception of Father Absence

1. Can you share your experience growing up without your father figure?

Boleh anda kongsi pengalaman anda membesar tanpa figura ayah dalam hidup anda?

2. How do you define or interpret “father absence” in your own life?

Bagaimana anda mentakrifkan atau mentafsirkan “ketiadaan ayah” dalam kehidupan anda?

3. How has your perception of your father and his absence changed over time?

Bagaimana pandangan anda terhadap ayah dan ketiadaannya berubah dari masa ke masa?

4. What role did you expect a father to play in your life growing up?

Apakah peranan yang anda harapkan seorang ayah mainkan dalam kehidupan anda semasa membesar?

5. How do you think your life would have been different if your father had been present (emotionally or physically)?

Bagaimana anda rasa kehidupan anda akan berbeza sekiranya ayah anda hadir (secara emosi atau fizikal)?

6. Do you consider your father emotionally or physically absent—or both? Why?

Adakah anda menganggap ayah anda tidak hadir dari segi emosi, fizikal, atau kedua-duanya? Kenapa?

2. Impact on Romantic Relationships

7. In what ways do you think your father’s absence has influenced your romantic relationships?

Dalam aspek apa anda merasakan ketiadaan ayah anda telah mempengaruhi hubungan romantik anda?

8. Have you ever experienced trust issues or fear of abandonment in your relationships?

Adakah anda pernah mengalami masalah kepercayaan atau ketakutan ditinggalkan dalam hubungan anda?

9. Do you find it easy or difficult to communicate with your partner about your feelings?

Adakah mudah atau sukar untuk anda berkomunikasi dengan pasangan mengenai perasaan anda?

10. How do you usually respond to conflict in your romantic relationship?

Bagaimana anda biasanya bertindak balas terhadap konflik dalam hubungan romantik anda?

11. Has your father's absence shaped the type of partner you are attracted to or choose?

Adakah ketiadaan ayah anda membentuk jenis pasangan yang anda tertarik atau pilih?

12. Do you feel more emotionally dependent or emotionally distant in your romantic relationships?

Adakah anda berasa lebih bergantung secara emosi atau menjauhkan diri secara emosi dalam hubungan romantik anda?

13. How do you think your self-worth or self-esteem has been affected in your romantic life?

Bagaimana anda rasa harga diri atau keyakinan diri anda terkesan dalam hubungan romantik anda?

3. Attachment Styles in Romantic Relationships

14. How do you feel about being emotionally close to your partner?

Bagaimana perasaan anda apabila berada dekat secara emosi dengan pasangan anda?

15. Do you often seek reassurance from your partner?

Adakah anda sering mencari jaminan atau kepastian daripada pasangan anda?

16. When your partner is not emotionally available, how does it affect you?

Apabila pasangan anda tidak tersedia secara emosi, bagaimana ia memberi kesan kepada anda?

17. Would you describe yourself as someone who avoids emotional closeness or who craves it?

Adakah anda menggambarkan diri anda sebagai seseorang yang mengelakkan keintiman emosi atau seseorang yang sangat menginginkannya?

18. How comfortable are you depending on your partner or letting your partner depend on you?

Sejauh mana anda merasa bergantung pada pasangan atau membenarkan pasangan bergantung pada anda?

19. Have you ever felt anxious or fearful about your partner leaving you?

Pernahkah anda merasa cemas atau takut pasangan anda akan meninggalkan anda?

20. How do you typically behave when you feel insecure in your relationship?

Bagaimana kelakuan anda apabila anda rasa tidak selamat dalam hubungan anda?

TRANSKRIP FYP II

RESPONDEN 1

	Bahasa Sarawak
Afifah	1. Sebelum ya, kmk mok introduce diri kmk dolok. So, nama kmk Afifah, student 2. year 3 kaunseling and tujuan kmk polah interview tok is untuk kmk pun fyp lah and 3. then for apa-apa soalan yang kmk tanyak, jawapan yang ktk berik pun, kmk sikkkan 4. sebar ke orang lain ka. Kmk just akan guna as rujukan untuk kmk pun report 5. kelaklah. Tapi sebelum ya, kmk mok bagitauk juak yang interview tok kmk record 6. as a proof untuk supervisor and sekali dengan untuk kmk polah transcript pastok. 7. Boleh oh?
R1	8. Okay, boleh.
Afifah	9. So, before kita start interview kita, boleh ktk introduce kan diri ktk dolok? sz
R1	10. Okay, nama mek Nur Munirah, taun tok mok masok 25 tahun. Kmk tengah kerja 11. as Sales Advisor.
Afifah	12. Sebelum kmk pergi ke soalan pertama, kmk mok inform juak, incase ada any soalan 13. kmk yang too sensitive untuk ktk ka, ktk rasa sik selesa mok jawab ka, ktk boleh 14. jak mintak kmk untuk pass jak soalan ya oh. Sebab kmk faham juak yang topik fyp 15. kmk quite sensitive so akan ada a few questions yang ktk sik selesa mok jawab.
R1	16. Okay, boleh, sikkhal. Tapi mek akan try to cooperate dengan semua soalan lah.
Afifah	17. Thank you. So, untuk soalan pertama, bolehkah ktk share pengalaman ktk 18. membesar tanpa father figure dalam hidup ktk?
R1	19. Alhamdulillah, mek mampu mengarunginya. Walaupun orang nok kita sayang dah 20. pergi dolok, tapi life must goes on nak? Nya senanya quite mencabar sebab mak 21. bapak mek sekda, so aunty kmk yang dah jaga kmk orang sampe kinek, and kinek 22. kmk pun masih diam ngan aunty duak nenek kmk.
Afifah	23. Boleh mek tauk dari umur berapa ktk dah kehilangan parents ktk?
R1	24. Dari umur mek 11 tahun so kiranya dah masuk tahun ke 12 lah with a father figure. 25. Kadang-kadang rindu juaklah kmk mok ada kasih sayang seorang bapak.
Afifah	26. Kiranya ktk sorang jakka yang tinggal dengan aunty ngan nenek ktk? Or ktk ada 27. adik-beradik lain juak oh?
R1	28. Mek ada juak adik beradik lain. Kiranya, mekrang empat lah dijaga oleh sidak 29. sampe kinek.
Afifah	30. So, boleh mek tauk gine ktk define a father absence lam hidup ktk?
R1	31. Kmk perlu berdirik sendirik. Kmk perlu berdikari. Bila bapak mek dah sekda, dari 32. segi keselamatan ka apa-apa jak, kmk perlu belajar untuk pande jaga diri kmk 33. dipun dan kmk juak dah terbiasa, so kmk rasa macam kmk boleh polah benda ya 34. untuk diri kmk sendirik. Kmk pun dah besar juak so kmk rasa ya bukan benda 35. yang besar gik bagik kmk.
Afifah	36. Boleh mek tauk, ktk anak ke berapa lam adik-beradik ktk oh?
R1	37. Kmk anak ketiga, so kmk perlu berpura-pura untuk jadi kuat senanya. Kmk perlu 38. kuat and teruskan hidup.
Afifah	39. Ohh faham, so, bila ktk dah makin besar, adakah pandangan ktk tentang father 40. absence tok dah berubah compared to ktk gik kecik dolok?
R1	41. Boleh dikatakan. Maybe waktu mek kecik dolok, time bapak mek sekda, kmk kuat 42. merengak kedak salu nangis tapi kinek, segala takdir, kita mesti redha so kmk rasa, 43. kita perlu terimak dengan kenyataan and hidup dengan biasa jak. So, mentally kmk 44. kinek, kmk just akan fokus kat diri kmk jak and try untuk perbaiki diri kmk.

Afifah	45. Mun camya, apakah peranan seorang bapak yang ktk harapkan ada dalam hidup 46. ktk or time ktk membesar?
R1	47. Kmk perlukan father figure yang boleh jaga kmk macam selalu ada pake kmk, 48. selalu dengar semua masalah kmk. Kmk siktaukla sebab kmk mok dapatkan 49. sokongan daripada seorang bapak, kasih sayang seorang bapak. Sik perlu orang 50. lain la sebab as long as parents mek ada so kmk imagine kasih sayang lah, sokongan 51. and juak dijaga sebaiknya oleh bapak kmk lah, sik kisah dari segi keselamatan ka 52. bukan ka, as long as nya selalu kisah pasal kmk.
Afifah	53. Gik-gik macam kinek, macam-macam jak kes ada nak? Jadi, pernahkah ktk terfikir 54. yang adakah life ktk akan berbeza if father figure dalam hidup ktk ya ada?
R1	55. Boleh tahan berbeza. Maybe kmk boleh sentuh dari segi kewujudan sidak which is 56. kmk akan rasa disayangi. At least kmk akan ada tempat pake kmk meluah. If bapak 57. kmk masih ada, if ada any kesusahan, at least kmk boleh klaka or bincang ngan 58. bapak kmk. Dari segi keselamatan, contohnya mungkin if kmk mok pergi kerja ka 59. sekolah ka, mungkin bapak kmk akan selalu ada pake kmk, boleh hantar ambik 60. semua, spend time masa sama and if kmk ada duit lebih, maybe mek boleh berik 61. kat sidak sikit. If ada rezeki lebih juak, maybe kmk boleh beli papa jak pake bapak 62. kmk. Ya yang kmk imagine lah. Boleh spend time ngan kmk lah sebab if mok di 63. padah mek rapat gilak ngan bapak kmk dolok, sik juak. Tapi, if sidak masih ada, ya 64. adalah antara aktiviti yang kmk mokla, which is spend time masa sama if nya masih 65. ada.
Afifah	66. Faham faham. Ktk pun gik kecil time ya nak oh, so ktk pun memang sekda spend 67. time masa gilak ngan bapak ktk. So, untuk next question, kmk akan fokus lebih kat 68. romantic relationship ktk lah oh. So, soalnya ialah dari aspek apa yang ktk rasa 69. father absence tok dah affect romantic relationship ktk?
R1	70. Mun kmk, if kmk ada partner, kmk mok partner kmk ya someone yang act of 71. service, loving and kisah pasal kmk.
Afifah	72. Macam tadik ktk padah pun, if bapak ktk masih ada, ktk mok nya ada pake hantar 73. ktk ke kelas or kerja.
R1	74. Aok, mek mok mek rasa macam kmk disayang kdk ditatang minyak yang penuh.
Afifah	75. Ohh faham. So, pake next question, pernahkah ktk rasa cam if ktk in rekationship, 76. ktk ada trust issue or ktk rasa takut sebab ktk takut kenak tinggal oleh partner ktk?
R1	77. If ngan partner kmk, boleh tahan. Kmk ada trust issue sebab kmk sekuat mok cayak 78. nya 100% tapi kadang-kadang juakla. Kmk alami kesukaran maybe sebab kmk dah 79. sayang nya and maybe segal past kmk juak. Tapi, kmk okay jak.
Afifah	80. Pernahkah trust issue tok salu polah ktk break ngan partner ktk?
R1	81. Might be sebab might be both of us ada misunderstanding towards trust issue. 82. Contohla macam terlike gamba perempuan lain ka, terchat ompuan lain ka, terchat 83. olaki lain ka. Cam bila kita dah trust orang ya, bila nya polah gia, benda ya jadi, 84. sikla nak madah jaik tapi macam misunderstanding.
Afifah	85. Ahh okay faham. Jadi, selalunya nak, bagik ktk, ktk rasa senang ka susah if ktk 86. mok communicate dengan partner ktk in terms of ktk pun perasaan? Contohla 87. macam bila ktk siksuka apa dipolah partner ktk, ktk akan senang mok padah ngan 88. nya ka ataupun ktk find it hard untuk ktk kelaka?
R1	89. Mostly, kmk, mun benda yang kmk siksuka, I will tell him immediately laa. Like I 90. don't like this, I don't like that, tok tok pasemua. Same goes to him also, apa yang 91. nya siksuka nya akan padah pasemua. I will always padah la apa siksuka semua so 92. that kita kan sikpat mok baca minda orang kan, so bagus gik kita communicate lah.

Afifah	93. Kiranya, so far, ktk macam belom ada any challenges mok express ktk pun feelings 94. dekat partner ktk lah oh?
R1	95. So far, no lah. Macam mun kmk mok express my feelings, kmk akan buat through 96. my actions or kelaka.
Afifah	97. Ohh okayy okayy faham. So selalunya, incaselah dalam relationship tok ada 98. berlaku conflict, macam ne lah selalunya ktk akan respond towards the conflict?
R1	99. Mun kmk, kmk akan diamlah. Kmk akan diam seketika. Siktauklah, maybe sebab 100. kmk suka diam sampe nya realise kenak kmk macam ya. Baruk kmk rasa kmk 101. mok confront. Mostly macam yalah.
Afifah	102. Tapi, pernahkah ktk pun partner ya sik notice pun ktk macam merajuk ka, ktk 103. marah ka?
R1	104. Sikpernah. Nya memang dah tauk, ah camya. Nya macam towards my actions la 105. actually. Unless mun benda ya mena mena macam conflict gilak-gilak, then kmk 106. akan try confront lah. Which means kmk akan rendahkan my ego. So, nya balance 107. laa.
Afifah	108. Ahh fahamm. Okay, so adakah sebab ketiadaan bapa tok, ktk carik certain things 109. yang ada dalam partner ktk? Type of partner yang ktk carik.
R1	110. Macam kmk, bapak kmk sekda nak? So kmk carik kasih sayang nya la, macam 111. pake tempat kmk bermanjak. Tempat untuk kmk berkongsi cerita. Kmk carik 112. partner yang boleh ada figure macam ya. Masalah kmk ka, boleh layan, bermanjak 113. or my flows in everything la pasemua. Nya boleh sayang kmk. Nya care pasal 114. kmk. So, kmk carik that kind of partner.
Afifah	115. Kiranya macam partner tok boleh menggantikan father figure yang ktk sekda.
R1	116. Yes, nya boleh menggantikan bapak kmk yang dah sekda ya tek. So, carik figure 117. seorang lelaki yang fit the father figure ya.
Afifah	118. So kiranya adakah ktk tok, emotionally dependent or emotionally distant dengan 119. partner ktk?
R1	120. Aok kmk emotionally dependent dengan partner kmk.
Afifah	121. Bolehka ktk explain in details or bagik contoh a few situation yang ktk rasa ktk 122. emotionally dependent dengan partner ktk?
R1	123. Mostly nya camtokla, kmk sikla padah kmk sekda kawan, tapi kmk always go to 124. go dengan my partner la. Kmk akan go to him. Kmk boring ka apa ka , nang 125. sentiasa ada dengan nya.
Afifah	126. And then nya pun memang selalu ada pake ktk juakla?
R1	127. Aok, betul. And macam kmk sedih ka, kmk perlukan motivation dari nya ka, kmk 128. perlukan advice nya ka, kmk akan go through nya la. Apa tindakan nya terhadap 129. to pa semua .
Afifah	130. And partner ktk pun memang openly menerima everything ka oh?
R1	131. Aok, kadang-kadang benda ya clash sikit sebab yala opinion masing-masing. So, 132. kat sia nya might be a bit challenges juakla. Masing-masing ada opinion tapi agak 133. bercanggahla. Maybe nya siksetuju dengan apa yang kmk klaka, kmk sik 134. bersetuju dengan apa nya klaka, bukan jawapam yang kmk maok dari nya. Tapi, 135. nya lah tempat yang kmk memang akan go to go lah. Sikla always depend on him 136. tapi segala support advice emotional ka memang depend on nya lah.
Afifah	137. Faham faham. Okay, so untuk the next question, kmk akan tanya more ke 138. attachment style ktk dalam romantic relationship la oh. So, macam yang ktk padah 139. tadik, ktk memang emotionally dependent dengan partner ktk, jadi, bagik ktk, ktk 140. rasa macam ne? Adakah ktk okay, ktk selesa berada dalam situation macam ya?

R1	141. Selesa. Sebab nya suka melayan karenah kmk. So, sebab yala kali kmk jadi terlalu 142. selesa. Even kmk merajuk kah, nya akan datang pujok. Nya macam “kenak tok”, 143. nya macam dah tauk dah kenak kmk macam ya, kenak kmk macam tok. Nya 144. sikkkan into silent treatment.
Afifah	145. Ah okay okay, faham. Pasya, bagik ktk, adakah ktk rasa ktk memerlukan often 146. reassurance?
R1	147. Sik juak selalu. Kmk tok manjak manjak juak, tapi mun gik benda kedak ya, kmk 148. sikit sikit jak.
Afifah	149. Mun dari segi scale, 1 sampe 10, ktk bagik tahap kekerapan ktk mintak 150. reassurance ya berapa?
R1	151. Maybe 5. Tengah-tengahla, not often tapi tengah-tengah. Sik selalu tapi sikjuak 152. sikda.
Afifah	153. So, kiranya contohla ktk padah ktk emotional dependent ngan partner ktk, jadi 154. bila partner ktk macam emotionally unavailable, adakah ya nya akan affecting 155. ktk?
R1	156. Depends la. Tapi, selalunya kadang-kadang kmk sikmok nak nyusah nya ka apa, 157. kmk akan cuba figure out kedikpun jakla.
Afifah	158. So, kiranya ktk macam bergantung dengan situation ktk juakla?
R1	159. Aok macam yala. Nak madah nya sekda emotionally sikdala juak, melainkan 160. mekduak klaie, sekda kali.
Afifah	161. Kiranya nya memang akan selalu ada la oh?
R1	162. Aok camya lah.
Afifah	163. Okay so, mun bagik ktk, ktk pernahkah rasa ktk tok someone yang avoid kan 164. emotional closeness? Sebab dari apa yang kmk dengar, overall ktk memang 165. emotionally close dengan partner ktk, jadi ktk pernah ka berada dalam situation 166. yang ktk rasa mok avoid emotional closeness dengan partner ktk?
R1	167. Pernah. When something like misunderstanding, kmk akan avoid darinya.
Afifah	168. Untuk the next one, bagik ktk, sejauh mana ktk selesa mun partner ktk bergantung 169. dengan ktk ataupun vice versa? In term of scale 1 sampe 10?
R1	170.8 lah. Sebab kmk tok jarang meluah nak, gik ngan family mek, duakduak mak 171. bapak mek sekda, so I think even ngan aunty mek ka apa ka, mek sikkkan meluah 172. apa-apa dengan sidakla. So, gerak kmk la tempat pake kmk meluah pasemua. Like 173. kmk akan go to him. Tapi, mun dari segi perbelanjaan ya sikla. Depends actually. 174. Masing-masing kan tengah struggle dengan hidup masing-masing. Kmk 175. independent but also at the same time kmk mok depend juak. Mun sekda nya, kmk 176. akan jadi laki lah. Mun ada nya, kmk jadi pompuan.
Afifah	177. Okay okay, so next, mek rasa tok second last question kmk untuk ritok, soalnya, 178. pernahka ktk rasa anxious or takut yang partner ktk tok akan tinggalkan ktk?
R1	180. Em entahla. Whenever macam apa yang berlaku in the future ka like nya tiba tiba 181.9 hati and go ke ompuan lain ka or nya tek ninggal ka apa ka, just go on jakla. 182. Might be sedeh, kita akan sedeh. Everything takes time la actually, kita nak heal 183. kan, so I think kmk akan jalani juak. Life must goes on ba. Kmk sikmok biarkan 184. dirik kmk tok sedeh lamak gilak camua. Just go on. The way my parents sekds, so 185. the way camya juak kmk akan apply to others, yang tiba tiba datang lam hidup 186. kmk .
Afifah	187. So kiranya ktk pun sekda la macam selalun overthinking yang sama ada partner 188. ktk tok mok tinggalkan ktk ka sik, sekda oh camya? Ka ada?
R1	189. Ada tapi sik selalu la. Sik selalu yang sampe menyebabkan kmk bersedeh la. Tapi, 190. kmk akam bersedia any possible. Any possible might be happen so I have to get

	191. ready. Semua benda even dalam hidup kita, kita have to be ready whatever 192. happens. So, the way parents mek sekda, so I think apa apa dugaan ka ujian dalam 193. hidup, kmk boleh jalani kot. So I think if orang lain tinggal kmk pun, kmk cam 194. dah boleh hadap. Camyalah mindset kmk.
Afifah	195. Oooo okayy faham faham. So, untuk soalan yang terakhir, selalunya, bila ktk rasa 196. insecure dalam relationship ktk nak, macam ne ktk akan behave with that kind of 197. reaction?
R1	198. I don't want to mean. Camtok, kmk dalam hati akan "aku kacak bah, mun nya 199. molah camya, boleh jak aku carik laki lain" or kmk akan cuba to improve myself 200. la. Kmk akan try to think in a good way la. Kmk sikmok macam insecure gik 201. macam kmk before. Kmk selalu fikir camya tapi sebab kmk dah lalui benda ya so 202. kmk mok tukar mindset kmk. Trying to be cool I think. Tapi, kmk rasa kmk 203. jaranglah fikir macam ya selamak kmk ngan my partner. Kmk sik terfikir macam 204. ya pun. Benda ya might be possible berlaku tapi kmk macam benda ya sik really 205. impact gilakla. Cam kmk tok alu moody tiba tiba.
Afifah	206. Okay okay faham. So far, yajak soalan kmk untuk haritok.
R1	207. Serious ka yajak?
Afifah	208. Aok tokjak.
R1	209. Rasa macam best pulak kenak interview.
Afifah	210. Tapi kelak incase kmk ada extra question, kelak kmk tanyak ktk gik oh. If kmk 211. ada anything yang kmk sikclear gilak, kmk tanyak ktk gik. Boleh?
R1	212. Boleh, kmk akan try to explain in a sentence yang sesuai so that ktk senang la.
Afifah	213. Okay so, kmk rasa yajak dari kmk. Thankyou very much untuk the participation. 214. Kelak if ada papa, kmk reach out gik ngan ktk oh.
R1	215. Okay no problem. Thankyou juak.

RESPONDEN 2

	Bahasa Sarawak
Afifah	1.Assalamualaikum and hi, first of all, thankyou sebab sudi jadi participant kmk. So, 2.sebelum ya, kmk introducekan dirik kmk doloklah. Nama kmk Afifah, student year 3.3 kaunseling. The reason why kmk conduct interview session tok untuk kmk pun 4.fyp which is understanding the impact of father absence towards romantic 5.relationship of young adult women. Okay, before ktk start, boleh ktk introduce kan 6.dirik ktk dolok?
R2	7.Alight so, nama kmk Nurliyana Zahra. Kmk 3 rd year psychology student, eldest 8.among four siblings. Kmk study unimas and currently umur kmk 23.
Afifah	9.Okay, so sebelum kita start interview session, kmk mok inform yang kita pun 10.interview tok kmk record as a proof pake kmk pun sv fyp and untuk kmk buat 11.transkrip kelak.
R2	12.Okay boleh.
Afifah	13.Pasya kelak, incase ada any questions yang kmk akan tanyak, ktk rasa macam sik 14.selesa mok jawab ka, ktk rasa cam sik berkenan ka, ktk boleh jak padah kmk untuk 15.pass the question.
R2	16.Okay boleh.
Afifah	17. So, first of all, soalan yang pertama adalah, can you share your experience growing 18.up without your father figure?
R2	19. So, I guess growing up without a father figure meaning to say that macam lack of 20.experiences in terms of “oh, so this is are the things that bapak perlu polah”. 21.Macam all this while, I only have my grandmother so, what she’s doing is taking 22.both role la. Jadi parents, jadi mak, jadi bapak juak. So, because childhood kmk, 23.all throughout my childhood, even up till now, kmk memang, my father is absence. 24.Nya hidup, nya still alive but then nya sik bothered gilaklah to be involved in my 25.life. So, I guess because kmk quite rapat ngan nenek kmk and also because, at that 26.time, kmk banyak anak buah nenek kmk, nya banyak yang seumur kmk so most 27.of my childhood, nya macam filled with this people. So, sekda macam first 28.experience, macsm ride a bicycle with bapak ka or report card day bapak datang 29.ka, so I don’t have that chances lah. Tapi, at the same time, because of that juak, 30.kmk very involves dengan this people in my life so it doesn’t bother me at all, 31.macam sik berasa gilak. If childhood la, but now maybe berasa because now dah 32.more adult and banyak benda from primary to high school , macam kita perlu 33.things yang parents kita yang tolong kita, guide kita. Macam aduling la so ya lebih 34.berasa missed out. Maybe gik kecil not as much la.
Afifah	35.Ahh faham, so kiranya bagik ktk, ktk pun father tok nya physically ada tapi 36.emotionally sekda? Or duakduak sekda oh?
R2	37.Duak duak sekda because nya sik live dengan kmk juak. Because my parents, nya 38.married remarried banyak kali, tiga ke duak kali macam ya. So the second time 39.sidak nikah, it was the only time kmk diam ngan nya, but ya pun only a year and
	40.during that year pun, I think it wasn’t condusive la. Macam the family institution 41.ya, daknya macam sik kukuhlaa like as a family.
Afifah	42.Kiranya memang boleh dikatakan dari tadika laa ktk memang dah sekda dengan 43.your dad la oh?
R2	44.Aok.
Afifah	45.Boleh dikatakan juak dah 23 tahun juakla ktk experience father absence tok?
R2	46.Aok.

Afifah	47. Mun macam ya, bagik ktk nak, macam ne ktk define kan father absence tok dalam 48. hidup ktk?
R2	49. The way kmk define nya nak, when my father wasn't there like emotionally and 50. physically to cater to the needs of a child. Macam kmk, kita kan seorang anak, . anak tok macam macam keperluannya, like it not just financial, emotion. 52. Sometimes benda macam of course money will first la, tapi emotionally pun sama, 53. because kmk sekda father growing up, kmk macam, I didn't know a thing or two 54. and maybe at the same time, kmk pun rasa macam because kmk sekda father, kmk 55. more sensitive. Tok during childhood jakka or ktk mok time adulthood juak?
Afifah	56. Ah boleh, mun time adulthood ktk macam ne?
R2	57. Mun adulthood, because sekda father figure and masa adult tok kmk envy people 58. that have father. Macam daknya dapat get to be spoiled and treated by their father 59. macam princess or simply macam ada a good relationship la, a father and daughter 60. pun relationship. Ya yang kmk jealous la and sometimes kmk rasa macam maybe 61. this is what I am lacking of, like seeking the love from a father figure. Love, care 62. and attention. Im not saying yang kmk pun grandma sik catered to kmk pun needs 63. but because kan nya grandma kmk, and also im not saying that, by biologically she 64. is a female so what she has to offer maybe more to my motherly side compared to 65. fatherly side.
Afifah	66. Betul, setuju setuju. Untuk soalan ketiga tok, kmk mok nanyak pandangan ktk 67. terhadap father absence tok nya dah berubah ka sik dari masa ke semasa. Tapi, kmk 68. rasa ktk dah jawab juak soalan ya tek ataupun ktk mok explain agik in detail?
R2	69. Kmk rasa kmk dah menjawab tadik hehehe.
Afifah	70. Aok, ktk dah menjawab tadik sekali. Okay so, next, what role did you expect a 71. father to play in your life growing up?
R2	72. I guess like even though kmk dah besar, tapi one thing yang is that to protect the 73. daughter . Because for me, ya memang the role. Yes we can protect ourselves tapi 74. we just wanna be cared and be protected by a father figure lah. Sometimes, let say 75. la, im just gonna give a simple daily pun example lah, contohla if, kmk kan pande 76. driving, so if kereta kmk rosak, the easiest person yang kmk mok reach out 77. mestilah a father nak? Sebab okay first, mesti nya tauk a thing or two lah pasal 78. kereta. Maybe nya bukan like know everything tapi of course you would want to 79. reach to someone yang macam, someone yang ktk tauk and someone yang ktk 80. trust, like a father figure and I think it should be a father la bagi kmk la. That's 81. example of daily life la, role kecik-kecik yang a father should provide. Pasya, 82. financially, of course because ya memang role a father la because nya ketua 83. keluarga. Kmk pun expect a father to provide in term of that, camya lah. But, I 84. guess another this is affection. I deeply felt kmk macam jauh dari bapak kmk like 85. kmk sikpande juak nak be affectionate towards my parents because kmk sik 86. dibesarkan oleh sidak. So, like spiritually pun, I think daknya should guide me. 87. My dad should guide me like how you navigate this, apa tok apa ya. Kadang- 88. kadang kita perlu input from a father bah macam mun mak, maybe input nya, more 89. motherly more womanly. Then, if kita mok input yang more manly, more wise, or
	90. simply someone yang lain perspectives, so I think role ya lah a father sepatutnya 91. play lah especially kmk kinek tok, helping me to navigate my life.
Afifah	92. Betul betul setuju. Nya macam kita pun father tok boleh dikatakan our first mentor. 93. Okay so, adakah ktk rasa macam if ktk pun father figure tok ada, adakah ktk pun 94. kehidupan akan berubah ataupun lebih berbeza daripada kinek?

R2	95. I guess of course nya berbeza. But, in one condition lah. If bapak kmk nya jadi 96. bapak yang sama, like if bapak kmk still the same father, we live in the same roof tapi perange nya sama, still sik cater to my needs, then I don't think it would change 98. a lot lah. Tapi if nya like he's not the same as he now, then maybe there's a huge 99. difference. Maybe positive maybe negative tapi I guess its more leaning towards 101. positive lah because if bapak kmk ada, physically emotionally, so kmk rasa 102. should be a huge difference. Maybe kmk rasa emotionally, kmk would feel more 103. secure, macam kmk sik tertarik-carik like love elsewhere. Im not saying that kmk 104. tok tertarik-carik love elsewhere tapi the longing, the affection, the care yang 105. kita inginkan from both parents. Because kmk both parents are absent so in my 106. case, macam kmk crave this from these figures but because these figures sekda, 107. this is something that kmk perlu learn to overcome. Macam as an adult, I need to 108. macam "okay this is something you are lacking of" camya. That's why kmk cam 109. carik but at the same time I am also trying not to find it dekat orang because it 110. can draining, it can be traumatising, it can be uncertain so yeah.
Afifah	111. Faham faham. Okay untuk next question, kmk akan tanyak more towards romantic relationship lah oh. Okay so, bagi ktk, in what ways do you think your 113. father absence influence your romantic relationship?
R2	114. Ohhh kmk rasa the biggest thing laa, yang paling is seeking the attention, care from a male figure. Bukan sebab us being a women oh, tapi it memang our need 116. juaklah. Kita pun perlu being cared like by male figure and eventually pun 117. somedays somehow kmk might have someone to settle down and akan ada 118. berkahwin la nak? So, kmk rasa because kmk sekda father figure, kmk felt more 119. insecure. Insecure in a sense yang macam what do I do. Because I never, sik 120. banyak gilak interaction with male like growing up macam mena-mena yang 121. dekat, yang affection with so its hard juak to navigate like romantic relationship. 122. And I guess because parents kmk absence so theres like kmk rasa macam future 123. partner "oh nya akan tinggal kmk juak eventually if I don't buat something yang 124. acceptable to my partner". Nya akan tinggal lah because my parents left me for 125. something yang they couldn't accept so maybe to me its like macam a mirror 126. juak. So, maybe partner pun akan macam ya juak.
Afifah	127. Ohh so kiranya bila ktk dalam relationship tok, ktk memang selalu akan ada trust 128. issue ataupun fear of abandon ka?
R2	129. Emm mun trust issue I would say like, kmk trust oh tapi I am more anxious. Kmk 130. rasa macam, let say as late replies, sometimes kmk rasa macam "pahal oh?", "nya 131. dah fed up kali", or something like that. I feel the need to hold on to someone 132. because kmk rasa kmk sekda benda ya all this while.
Afifah	133. Tapi at the same time, ktk takut juak ka rasa macam "nya mok tinggalkan aku 134. ka", ktk selalu ka?
R2	135. Aok, ada. Because kmk jenis yang macam, maybe I seek for dad macam affection 136. care pasemua, tapi romantically kmk sikla sebarang mok trust as being secure 137. towards romantic partner. So, mun kmk find someone yang kmk rasa kmk 138. comfortable and kmk trust, kmk akan sayang oh tapi at the same time, kmk 139. meant for me".
Afifah	140. So kiranya bila ktk ada perasaan yang macam ya nak, bagik ktk, ktk susah mok 141. communicate ka sik dengan partner ktk? Ka ktk sikkkan padah ngan partner ktk 142. apa yang ktk rasa?

R2	143. Kmk setengah-setengah. Even if kmk mok padah pun nak, kmk bertapis. So, kmk 144. rasa maybe kmk still learning on how to communicate. Macam telling my partner 145. yang “oh because kmk gitok, kmk gitok” because kmk rasa its not his 146. responsibility juak to know that “im like this so you should be like this”. Katakan 147. la kmk anxious nak, maybe its good for him to be sensitive about it because we 148. in a relationship tapi at the same time, it something yang kmk perlu overcome 149. juaklah. Sikkan I have to be anxious everytime partner kmk late reply apa semua 150. ya because kmk rasa ya unhealthy.
Afifah	151. So kiranya contohla macam tiba-tiba ada a conflict berlaku between ktk ngan 152. your partner, so macam ne lah ktk usually respond to that kind of conflict? Sik 153. kisahla apa-apa conflict.
R2	154. Kmk selalu tanyak dolok like dari nya pun pov. Kmk rasa kmk banyak adjust kmk 155. pun pov according to partner kmk. Kmk willing to compromise. Macam apa- 156. apalah nya mok madah apa, kita settle ajak. Walaupun kmk rasa macam my 157. feelings are hurt, tapi mun dah kita dapat settle then whatever la. Maybe there are 158. times yang kmk rasa macam kecil ati nak, maybe ada masa kmk akan padah, 159. even if kmk padah pun, kmk akan try to be more careful with my words la sebab 160. kmk rasa kmk takut juak kali, that’s why kmk sik pande mok direct straight to the 161.point. Kmk akan bertapis la. Kmk takut partner mek marah pasya terms tinggal 162.like avoid kmk.
Afifah	163.Di sia juakla termasuk ktk pun fear of abandon tek?
R2	164. Aok pasya unresolved conflict juak. During one year of me tinggal with my 165. parents nak, kmk pun witness how parents kmk is. I would say duakduak sik 166. sefahaman, duakduak tinggi kepala, so sekda orang mok compromise. I guess 167. that is where I learn to compromise. Walaupun kmk rasa the way I did might not 168. be healthy, it just an easy way to settle the problem.
Afifah	169. Ohhh okayy fahamm. Sp kiranya nak, adakah ktk pun ideal type partner ktk tok, 170. ktk rasakan macam father absence ya mempengaruhi?
R2	171. Yes because what I want in a partner is not how my father is. Because bapak kmk 172. absent, I would say he is irresponsible because he did not catered to my needs, he 173. did not fulfill my rights as a child and simply macam lepas tangan la. I do respect 174. nya and my mom as parents kmk tapi like it or not reality nya memang sidak 175. abandon kmk lah. So, mun kmk mok pilih partner, of course I would want 176. someone yang is not like my father. Macam nya sik absent, nya sik tinggi sora 177. because kmk pernah dengar my parents fight, nya sik baran, nya sik irresponsible, 178. very gentle with his words.
Afifah	179. So kiranya, adakah ktk rasa ktk akan lebih emotionally dependent atau 180. emotionally distance with your partner?
R2	181. Kmk rasa kmk emotionally dependent because the dependency yang outcome 182. from this absence is that kmk become more sensitive and wanting to be 183. emotionally dependent with my partner la. Sebab throughout my life nak, kmk 184. dah banyak kali independent walaupun I know macam being emotionally 185. dependent mesti moderate. Kita mesti sikboleh 100% dependent to our partner. 186. But, I would also like the privilege untuk depend on your partner bila kmk macam 187. resah ka sedeh or marah. I would like to have that privilege too, ada someone 188. untuk bersandar.
Afifah	189. Sebab yala ktk pun dah kepak jadi independent dari kecil. So kiranya, bila 190. emotionally dependent dengan partner ktk, how do you feel?

R2	191. I definitely rasa macam kmk being heard, seen, loved, cared, at some point, rasa 192. macam being taken care of. Because growing up as an eldest child, I have to be 193. more independent than my siblings. All of us memang independent since we not 194. being raised by our parents tapi kmk rasa kmk macam very independent on my 195. own. Mun kmk ada masalah, I never go to my family first. Kmk sik reach out to 196. close relatives because kmk asa tendency to do not want them to be in trouble. 197. So, it very nice to have someone yang heard me. I know kita ada kawan but it 198. feels different from a romantic partner.
Afifah	199. Ohh faham faham, ka adakah ktk pun macam often seek for reassurance from 200. your partner?
R2	201. I would say yes but it is something yang I working on. Macam kmk sikmok terlalu 202. often because I know the root of my problem is that bapak kmk absent, that is 203. why I like this, so that is what I am trying to work on. And yes, I would say I still 204. seek for those validation, reassurance from a romantic partner but it is still 205. something yang kmk work on because kmk tauk it is not healthy.
Afifah	206. So incase lah your partner ya someone nya emotionally unavailable pake ktk, 207. especially bila ktk perlukannya, so macam ne ktk react to that kind of thing?
R2	208. Honestly ya very sad and unfortunate lah. Kmk faham for often time before this 209. I would excuse that, but at some point if you agree to be in a relationship with 210. someone then, kmk rasa you should be ready also to be emotionally available for 211. that person. Because if you cannot be emotionally available for that person, then 212. why bother to be in a relationship? Sebab obviously in a relationship kita perlu 213. someone yang would be there for us. Maybe not overly done but in moderate bila 214. kita mena mena perlu. So, obviously bila partner mek macam emotionally 215. unavailable, then I will feel disappointed, sad because you supposed to have my 216. back but sekda.
Afifah	217. Macam ktk padah tadik, ktk cam comfortable mok dependent dengan your 218. partner, jadi what if your partner pun mok depend ngan ktk?
R2	219. Lets go, lets go. Because I know how it felt, not having anyone to depend to. So, 220. that's why kmk open to be like of nya mok be dependent on me. Because I believe 221. nya works both way. I am used to not having someone untuk depend to so I learn 222. from that and I am more than ready to cater that to my potential partner lah.
Afifah	223. Ohh okayy fahamm. Pasya contohla ktk dalam a relationship nak, ktk selalu ka 224. rasa anxious, rasa takut bila ktk fikir tentang your partner mok tinggalkan ktk? If 225. ktk boleh bagik kmk scale nak, between 0 to 10, how often ktk selalu rasa macam 226. ya?
R2	227.7.
Afifah	228. Ahh 7, nya macam quite high juaklah
R2	229. Aok.
Afifah	230. So bila ktk ada perasaan anxious ya, apala yang akan ktk polah in order kt, mok 231. control the anxious?
R2	232. Honestly, kmk a reader. Kmk read a lot of materials la, not tiktok tapi I read a lot 233. books about this whole things. Okay, because kmk student psychology so I learn 234. about attachment style so I read about this thing juak when I entered a 235. relationship. It something yang kmk working on so when I become anxious nak, 236. I know why, I know the trigger and I read about this thing. So that I could prevent 237. from happening. If you talking about me, 2-3 years ago, probably kmk macam be 238. very anxious tapi because now, I read a lot of book regarding attachment style, so
	239. I could understand juakla and it really helps me to overcome my anxious 240. tendencies.

Afifah	241. So kiranya what kind of situation yang boleh timbulkan rasa anxious dalam dirik 242. ktk?
R2	243. Mun in relationship, let say kita ada disagreement, then tiba tiba silent treatment. 244. Then, ya would buat mek anxious. Kmk prefer someone yang padah ngan kmk, 245. “okay we need time” rather than terus berik mek silent treatment and expect kmk 246. untuk guess apa masalah problem tok.
Afifah	247. Ohh okayy faham faham. Okay, tok soalan terakhir kita so, how do you typically 248. behave when you feel insecure in your relationship?
R2	249. Appeared confidence. Appeared secure.
Afifah	250. Even dengan ktk pun partner?
R2	251. Macam try polah confident. Tapi, when I have a romantic partner, kmk more to 252. vulnerable. I tend to be more soft. Not necessarily cringe type. Tapi, because I 253. have someone I can be soft with so sialah. For insecurity, maybe bila kmk rasa 254. im not good enough.
Afifah	255. Ooo okayy, so far semua menjawab soalan kmk. Tapi incase kelak waktu kmk 256. tengah polah report, kmk still macam ada a few questions, kelak kmk akan reach 257. out balit la ke ktk oh.
R2	258. Okay.
Afifah	259. Tapi sebelum ya, thankyou sekali gik sebab sudi jadi participant kmk.
R2	260. No problem, thankyou juak. Byee.

RESPONDEN 3

	Bahasa Sarawak
Afifah	1.Okay so sebelum ya kmk akan introducekan dirik kmk dolok, nama kmk Afifah 2.Muhaiminah binti madhi kmk pelajar taun 3 kaunseling and then tujuan kmk polah 3.interview sessionn tok adalah untuk fyp kmk, so sebelum kmk start kmk mok inform 4.ktk yang interview session kita tok kmk akan record as a proof untuk kmk pun 5.supervisor fyp sekaligus untuk kmk polah transkrip.
R4	6.Okay
Afifah	7.So kelak incase dalam mana-mana soalan kmk ya kt macam rasa sik selesa mok 8.jawab ktk boleh jak padah ngan kmk yang ktk sikmok jawab soalan ya
R3	9.Okay
Afifah	10.Okay so untuk soalan kmk yang pertama, boleh ka ktk share experience ktk 11.growing up without your father figure?
R4	12.Nama kmk Ervynna Camelia, bagik mek growing up without bapak rasa macam 13.biasa jak, sebab dari kecil kmk tinggal dengan nenek dengan datok kmk
Afifah	14.Sampe kinek ktk tinggal dengan nenek dengan datok ktk kah?
R3	15.aok
Afifah	16.So kiranya yang father figure absence tok adakah ktk both emotinally dengan 17.physically ataupun physically jak?
R3	18.Kira physically jak la
Afifah	19.So kiranya ktk tinggal nenek dengan datok ktk dengan adek beradek sekali ka ktk 20.sorang jak?
R3	21.Sekali, dengan mak mek sekali
Afifah	22.Oh dengan mak ktk sekali, so kiranya macam, parents ktk bercerai waktu ktk kecil 23.la?
R3	24.aok
Afifah	25.Oh okay, so kiranya bagik ktk macam ne ktk mendefinasikan father absence dalam 26.idup ktk? Sebab untuk certain orang nya akan padah father absence tok bila nya 27.rasa kehilangan dalam sesuatu situasi ataupun ada certain orang nya padah nya 28.rasa macam sikda sokongan morala ataupun financial, mun bagik ktk dari segi 29.yang macam ne?
R3	30.Maybe dari segi financial kot
Afifah	31.So ktk rasa macam father absence tok nya polah in term of financial ktk macam 32.ada masalah ka oh?
R3	33.aok
Afifah	34.Okay so mun boleh kmk tauk macam ne pandangan ktk terhadap bapak ktk pun 35.father absence ya berubah dari masa ke semasa, sebab ada certain orang waktu nya 36.kecil nya tangga benda ya macam as a positif tapi bila dah besar nya tangga benda 37.tok as a negative thing, mun mcm ktk mcm ne?
R3	38.Bagik mek positif la
Afifah	39.So kiranya bila ktk dah membesar tok ktk tangga father absence tok as positive 40.thing ka?
R3	41.aok
Afifah	42.Sebab apa oh?
R3	43.Sebab, maybe nya ada life nya mpun
Afifah	44.Oh, mun boleh kmk tauk, kinek tok bapak ktk dah remarried ka mcm ne?

R3	45.Ya mek siktau
Afifah	46.So kiranya ktk mcm da lost contact dengan bapak ktk?
R3	47.Aok
Afifah	48.Oh, okay faham, apakah peranan seorang bapak yang ktk mokkan sebenarnya 49. waktu ktk membesar?
R3	50.Maybe yang support kmk la
Afifah	51.Mun mcm kinetok mak ktk jak la yang berik support semua ya?
R3	52.Aok dengan nenek ngan datok kmk
Afifah	53.Okay mun bagi ktk la nak adakah ktk rasa mcm kehidupan ktk berubah if bapak ktk ada dalam hidup ktk masa ktk mEmbesar?
R3	54.Maybe
Afifah	55.Mun nya berubah, dari segi apa?
R3	56.Maybe more happy
Afifah	57.So kiranya akan rasa lebih seronok la berbanding kinek tok?
R3	58.Aok
Afifah	59.Boleh mek tauk dari umur ktk berapa ktk mcm dah loct contact dengan bapak ktk oh?
R3	60.Sidaknya cerai time kmk 2 taun, pasya mek ada contactnya sampe umo 12 tahun
Afifah	61.Oh, bila dah sampe atas umo 12 tahun, dah lost contact la?
R3	62.Aok
Afifah	63.Mun dari segi ktk pun romantic relationship, mcm ne ktk pun father absence tok 64.dah mempengaruhi nya?
R3	65.Maybe kmk mcm dah biasa sikda laki bagi sokongan ngan kmk, mcm ya la
Afifah	66.So mcm bila gerak ktk tok dah sikda ktk okay jak? Sebab ktk dah biasa bapak ktk 67.sikda
R3	68.Aok
Afifah	69.Mun masa ktk begerek pernah ka ktk mcm ada masalah trust issue ataupun fear of 70.abondance dalam relationship ktk?
R3	71.Ada
Afifah	72.Selalu ka dari segi skala, boleh ktk berik kmk skala dari 0 ke 10 tahap ne ktk pun 73.kekerapan ktk rasa mcm ya?
R3	74.6
Afifah	75.So boleh juak kmk mok tauk situasi-situasi mcm ne yang boleh merasa trust issue 76. ataupun fear of abondance ya muncol oh?
R3	77.Maybe bila nya bekawan ngan pompuan lain
Afifah	78.Dari sia trust issue ya terganggu, dari sia ktk bepikse bila-bila jak nya boleh 79.tinggalkan ktk
R3	80.aok
Afifah	81.So kiranya, bila ktk ngan partner ktk, ktk rasa ktk senang sik mok communicate 82. perasaan ktk dengan nya? Mcm ktk sik puas ati ktk senang nak madah, if ada benda 83. .ktk suka ktk senang nak padah, ka ktk susah?
R3	84.Mek rasa susah, banyak pendam dirikpun
Afifah	85.Kiranya most of time la ktk pendam?
R3	86.Aok
Afifah	87.Adakah ktk rasa mcm bila ktk salu memendam ya nak, nya boleh menyebabkan 88.ktkduak salu bekelaie?

R3	89.Aok
Afifah	90.Bila ktkduak bekelaie ya, mcm ne ktk selalu respond time ktk duak bekelaie ya?
R3	91.Kmk diam jak
Afifah	92.Adakah ktk yang akan ajak settle dolok ataupun gerak ktk yang ajak settle dolok?
R3	93.Gerek kmk
Afifah	94.Kiranya ktk akan diam jak sampe gerak ktk ajak settle bok ktk okay mcm ya ka?
R3	95.Aok
Afifah	96.Okay faham, so mun dari segi jenis pasangan yang ktk attracted adakah ktk rasa 97. father absence mempengaruhi, sebab certain orang bila nya sikda father figure tok 98. nya rasa mcm nya lebih tetarik dengan certain type of people, adakah ktk pun mcm 99. ya juak
R3	100.Aok
Afifah	101.Boleh kmk tauk a few contoh yang ktk boleh berik?
R3	102.Nya pande ambik ati orang tua, pasya nya suka nembiaik
Afifah	103. Bagik ktk, adakah ktk rasa ktk emotionally dependent atau emotionally distance 104. dengan ktk pun gerak? Mun emotionally depent tok mcm mun ktk sedeh, ktk agak 105. nya, bila ktk rasa ktk mok meluah ktk akan agak nya, mun ktk mcm ne?
R3	106.Kmk sik depend dengan nya gilak
Afifah	107.Sama ada dari segi emotionally ataupun physically lah?
R3	108.aok
Afifah	109.Sebab tadik pun ktk dah padah ktk dah biasa without orang laki nak oh?
R3	110.Aok
Afifah	111. Tapi contohla ktk rasa mcm ktk emotionally close dengan ktk pun gerak adakah 112. ktk selesa ataupun rasa uncomfortable dengan benda ya?
R3	113.Maybe sik selesa kot
Afifah	114.Boleh mek tauk kenak?
R3	115.Siktauik juak la
Afifah	116. Oh, sebab boleh dikatakan semua relationship ktk, ktk sik selalu bergantung 117. dengan nya gilak la oh?
R3	118.Aok
Afifah	119. Tapi mun dari segi seek of reassurance adakah ktk selalu seek of reassurance 120. dengan gerak ktk?
R3	121.Kadang-kadangla
Afifah	122.Mun dari segi scale 0 sampe 10?
R3	123.5
Afifah	124.Pasya boleh kmk tauk what kind of situation yang boleh menyebabkan ktk mok 125.seek reassurance dengan gerak ktk?
R3	126.Maybe time nya sikda chat apa semua mcm ilang gia jak
Afifah	127. Contohla nak satu masa tok ktk mcm nang mok gerak ktk emotionally available 128. untuk ktk tapi nya sikda, adakah ktk rasa mcm ya akan affect ktk, ka ktk sikkan 129. affect langsung? Sebab ktk dah biasa without bergantung dengan nya
R3	130.Affect juak la sebab nya gerak nak
Afifah	131.Adakah ktk akan tantrum ka memberontak ka spam spam spam nya ka mcm ne?
R3	132.Spam
Afifah	133.Ktk akan spam nya sampe nya reply la oh mcm ya?
R3	134.Aok

Afifah	135. Okay, so what if mun ktk pun gerak, nya mok bergantung dengan ktk, adakah ktk 136. rasa akan selesa dengan benda ya?
R3	137.selesa
Afifah	138. Oh, ktk tok jenis mun org bergantung dengan ktk, ktk okay tapi bila ktk 139. bergantung dengan org lain ktk sik berapa okay?
R3	140.Aok
Afifah	141. Okay faham, tok soalan keduak terakhir kmk, pernah ka ktk rasa anxious ataupun 142. ktk rasa takut mun partner ktk mok tinggalkan ktk?
R3	143.Ada juak
Afifah	144.Mun dari segi perasaan tok dari segi scale ktk berik berapa?
R3	145.8
Afifah	146.So kiranya bila benda tok ada, apalah selalunya reaction ktk, apa yang selalu ktk 147.polah?
R3	148.Maybe mek akan ajak nya fix apa semua
Afifah	149. So mun ktk rasa insecure dalam relationship ktk, mcm nelah ktk behave adakah 150. ktk akan sama juak ajak fix ataupun mcm ne? Contoh ktk nangganya rapat dengan 151. org lain ktk rasa mcm “adakah aku tok sik kacak gilak ka aku tok kurang?”
R3	152.Kmk tanyak nyala
Afifah	153.Ktk confront nya la tanyak kdktok kdktok?
R3	154.Aok
Afifah	155.So bila ktk tanyak mcm ya, nya akan selalu okay jak ka dgn ktk pun behaviour
R3	156.Sik juak, salunya jadi kelaie la
Afifah	157. Mun taduak kelaie time ya salunya sapa yang salu settlekan dolok? Adakah ktk 158. ataupun nya juak?
R3	159.Nya juak
Afifah	160. Okay, okay faham ya jak soalan kmk aritok ervynna tapi klk mun kmk ada apa 161. apa soalan klk kmk tanyak ktk agik la
R3	162.Okay
Afifah	163.Okay thank you
R3	164.Okay sama sama

RESPONDEN 4

	Bahasa Sarawak
Afifah	1. So, sebelum ya kmk akan introduce kan dirik kmk, which is nama kmk Afifah, kmk 2. student kaunseling year 3 and then the purpose kmk polah interview session tok 3. untuk complete kan my fyp lah in order untuk kmk collect data. So, first of all, k k 4. mok inform juak yang kita pun interview session tok k k record as a proof dekat 5. kmk pun supervisor fyp and then untuk kmk buat transkrip kelak. Lepas ya incase 6. kelak ada a few question yang kmk tanyak yang ktk rasa quite uncomfortable with 7. mok jawab , ktk boleh jak padah kmk so that kmk boleh pass the question.
R4	8. Okay boleh.
Afifah	9. Boleh ktk introducekan dirik ktk?
R4	10. Nama kmk valerie, kmk berumur 25 tahun. Kinek kmk tengah menganggur la 11. kiranya tek. Sebelum tok, kmk seorang yang belajar di unimas juak.
Afifah	12. Okay, so kmk direct terus ke questions kita untuk haritok la oh.
R4	13. Okay boleh.
Afifah	14. Untuk bahagian yang pertama tok, kmk lebeh more kepada perception towards 15. father absence. Boleh ka ktk share experience ktk growing up without a father 16. figure?
R4	17. Sebenarnya kmk melalui pengalaman tok sejak kmk umur 15 tahun which is tahun 18. 2015. Kiranya kmk kehilangan bapak kmk masa ya sebab nya ninggal sebab sakit. 19. Nya sakit strok la. Kmk jujur lah sepanjang kita kehilangan peranan seorang bapak 20. tok, nya cukup mencabar lah, gikgik kita tok anak perempuan. Kmk pun sebagai 21. anak bongsu juak and adik-beradik kmk semua ompuan, jadi kehilangan seorang 22. figure ayah tok nya berikan impak yang sangat besar . Nya macam sangat besar lah 23. bila kita tok semakin dewasa nak, benda ya berik impact besar, gikgik bile kita rasa 24. kehilangan.
Afifah	25. So kiranya ktk kinektok dengan your mom dengan adik beradik lain jakla oh?
R4	26. Aok betul. Kmk dengan mak kmk dengan kakak kmk lah.
Afifah	27. Mun macam ya, macam ne ktk define kan father absence dalam dirik ktk?
R4	28. Kmk rasa bila kmk sik tentu arah. Bila kmk macam kmk siktau sine hala tuju 29. kmk, kmk sikdapat nak decide satu keputusan, masa ya kmk merasakan benda ya.
	30. Bila kmk rasa macam sunyi, bila kmk rasa macam, macam ne kmk mok polah 31. keputusan hidup kmk tok, bila kmk perlukan nasihat. Memang kita ada orang 32. sekeliling kita nak, macam mak kmk ka kakak kmk ka keluarga kmk ka tapi 33. tibatiba perasaan ingin nak mencari bapak ya, bila situasi macam ya.
Afifah	34. Betul betul. Nya macam ktk perlukan someone yang ktk boleh rujuk.
R4	35. Aok betul. Nya boleh berik kita nasihat juak, nya macam boleh berik kita semangat 36. camya.
Afifah	37. Okay okay. So kiranya macam ne ktk pun perception of your father absence tok 38. berubah dari masa ke semasa? Adakah waktu time ktk kecik, ktk ada pendapat lain 39. pasya bila ktk dah besar camtok, ktk da pandangan lain towards father absence 40. ktk?

R4	41. Mun agik dolok time 15 tahun ya, bagik kmk, masa ya kmk belom matang. Masa 42. ya kmk maseh di dalam keadaan terkejut nak, jadi bagik kmk, masa ya belom berik 43. apa apa impact gilak kat kmk lah. Tapi, bila dah umur 17 tahun, bila kmk dah habis 44. belajar, masa yalah kmk dapat rasa macam banyak perubahan persepsi kmk sebab 45. dolok kmk rasa biasa jak benda ya, tapi kinectok, benda ya macam sikbiasa agiklah 46. bagik kmk. Sebab nya mengganggu dari segi emosi kita, dari segi kehidupan kita 47. hari hari juak macam ne.
Afifah	48. Betul betul. So kiranya, what kind of role yang ktk expect ada kat ktk pun father 49. untuk ktk membesar?
R4	50. Em role yang kmk expect ada oh? Bagik kmk, dari segi kasih sayanglah. Mungkin 51. kita boleh carik kasih sayang daripada orang lain tapi dari segi seorang bapak tok 52. lain lah caranya. Cara nya sayang kita, cara nya manjakkkan kita dengan 53. tanggungjawab nya, cara nya tunjukkan tanggungjawab nya terhadap kita ya 54. yang kmk tertarik-carik lah, yang kmk inginkan.
Afifah	55. Okay faham. So kiranya, adakah ktk rasa if your father still ada, adakah ktk rasa 56. kehidupan ktk akan lebih berbeza in terms of emotionally and physically?
R4	57. Betul betul sebab bila dah dewasa tok nak, keinginan kita mok dimanjak ya macam 58. membuak-buak jak, nya macam tertarik-carik. Kmk tertarik-carik dimanjak oleh 59. nya tapi kan nya dah sekda jadi, benda yalah yang kmk sentiasa carik. Secara jujur, 60. bila kmk nengok orang lain macam kawan-kawan kmk lah, macam sidak nya 61. dengan bapak sidaknya semua ya, rapat dengan bapak nya, dimanjak oleh 62. bapaknya, ya polah kmk rasa macam jealous and maok juak tapi kita sikap mok 63. merasa benda ya. So macam ada rasa sikit jealous lah bila part dimanjak ya.
Afifah	64. Betul betul betul. Untuk next part tok, kmk akan fokus more towards impact 65. terhadap romantic relationship ktk lah. So, kiranya adakah ktk rasa father absence 66. tok nya influence kan ktk pun romantic relationship?
R4	67. Aok betul. Kmk merasakan benda tok bila kmk start macam bergerek. Bila kmk 68. dah start bergerek ya, kmk rasa macam dari segi attachment, kmk attach dengan 69. gerak kmk. Kmk takut rasa kehilangan gerak kmk. Kmk macam ingin mun gerak 70. kmk ya, nya ada watak kedak bapak kmk and then secara dalamnya agik, nya 71. macam mempengaruhi hubungan kmk.
Afifah	72. Oh okayy faham. Bila ktk ada relationship tok, ktk selalu ka ada trust issue ngan 73. ktk pun partner?
R4	74. Aok betul. Kmk sentiasa ada trust issue. Kmk siklari dari trust issue pasya 75. overthinking. Benda yang belum terjadi pun kmk dah terbayang-bayang 76. disebabkan kmk takut mok hilang gerak kmk macam tok. Kmk takut macam jadi 77. apa-apa benda nak, agik-agik benda yang macam melibatkan hilang nyawalah.
Afifah	78. Mun macam ya nak, dari segi scale 0 ke 10, bolehkah ktk bagik scale tahap 79. kekerapan ktk selalu rasa trust issue ngan fear of abandonment ya?
R4	80. Em 7 hingga 8 lah.
Afifah	81. Nya memang dalam range yang very high juaklah oh.
R4	82. Aok very high juak sebab kmk boleh rasakan macam seolah-olah mun kmk sekda 83. gerak tok, kmk macam sekda someone yang dapat protect kmk. Kmk sekda 84. someone yang dengar luahan kmk, kmk sekda orang yang dapat neman kmk.
Afifah	85. So kiranya, adakah bila ktk ada trust issue tok, ktk rasa ktk senang ka mok 86. communicate dengan partner ktk pasal feelings ktk tok?

R4	87. Susah senanya sebab kadang-kadang kmk mok meluah, kmk mok communicate, 88. kmk mok kelaka bait-bait dengan nya tapi kadang-kadang emosi dengan perasaan 89. kmk mempengaruhi kmk untuk kelaka baitbait. Tapi makin lamak kmk coba 90. perbaiki cara kmk meluah bila kmk overthinking, macam sik meluru lah, sik terus 91. anak anak, nuduh camtok camya.
Afifah	92. Kiranya, walaupun bagik ktk, kmk masih try mok meluah dengan ktk pun partner. 93. Macam ya lah oh.
R4	94. Aok betul. Ada masa macam kmk takut juak if kmk sentiasa trust issue camtok, 95. benda ya akan effect gerak kmk, perasaan gerak kmk. Kmk takut gerak kmk jadi 96. macam siktahan dengan kmk, then kmk akan ditinggalkan. Kmk salu fikir camya.
Afifah	97. Kiranya, contohlah waktu ktk ngan gerak ktk ada conflict, macam ne selalunya ktk 98. respond, masa masa ktk orang kelaie ya oh?
R4	99. Kmkduak akan ambik masa lah untuk klaka. Sebab kadang-kadang, bila klaka 100. dalam chat ya lain, kita call ya lain bah so bila mekduak coba untuk chat, chat 101. jakla tapi ya pun kadang-kadang emosi, tapi sikla klaka kasar lah tapi kmkduak 102. try untuk klaka segek segek, luah segek segek and then try untuk lepas klaka, 103. lepas chat, kmkduak try call pasemua untuk settlekan bait-baitlah.
Afifah	104. So kiranya, if nya ajak ktk untuk settle the issue so ktk pun memang very open to 105. settle the issue juakla? Ktk bukan yang avoidant?
R4	106. Aok sebab kmk macam, selagik benda ya sik settle, kmk akan terok gik dipike 106. kmk. Kmk akan pike macam macam agik. Pernah juak kadang-kadang, salah 107. seorang daripada mekrang, mostly kmk la yang sikmok klaka, kadang-kadang nya 108. yang mengelak, tapi benda ya akan mempengaruhi kmk la macam fikir macam-macam lagik, overthinking lagik. Bagik kmk, kmk siksuka mun benda ya 110. siksettle, and then kita terembak ke hari hari lain, makin panjang jadinya.
Afifah	111. Betul betul. So kiranya, bagik ktk, ktk tok lebih emotionally dependent ka 112. emotionally independent dengan ktk pun gerak?
R4	113. Em macam tengah tengah?
Afifah	114. Ohh tengah tengah, faham. Nya macam ada certain masa ktk dependent 115. dengannya, ada certain situation ktk ada try mok distance. Macam ya ka oh?
R4	116. Aok betul betul sebab kmk, distance bila kmk rasa macam kmk sekpar mok 117. depend dengan orang ya setiap masa nak so kmk macam, kmk perlu berani 118. juaklah. Kmk perlu berani sorang sorang, polah something sorang sorang, decide 119. something sorang sorang.
Afifah	120. Ohh okay. Tapi, mun dari segi emotionally dependent dengan emotionally 121. independent, ktk rasa selesa ka mok dependent dengan ktk pun gerak? Ka macam 122. ne?
R4	123. Ada masa kmk rasa selasa, ada masa kmk sik sebab kmk rasa macam 124. menyusahkan.
Afifah	125. Tapi, bila ktk rasa macam sikmok dependent dengan partner ktk, selalunya 126. macam ne la ktk cope dengan ktk pun emotion?
R4	127. Em masa ya susah juakla sebab kmk kadang-kadang, bila mek secepat cope 128. dengan emotion kmk, kmk akan mengalami satu situasi yang kmk memang down 129. mena mena dan ada masanya kmk akan terpegang benda tajam untuk kmk coba 130. meluahkan emosi kmk ya and akan ambik masa untuk kmk sedar balit la.
Afifah	131. Oh tapi selalunya, situation macam ya berlaku dengan kerap ka boleh dikira 132. berapa kali jak?

R4	133. Em nya sikla kerap, sikjuak jarang. Tapi akan ada masa jakla, keadaan ya macam 134. push kmk gilakla and kmk sikmok depend on gerak kmk, masa ya kmk ada. 135. Kadang- kadang dalam sebulan, sekali duak macam ya, situasi yang macam ya.
Afifah	136. Tapi bila ktk mok emotionally dependent dengan gerak ktk, ktk rasa selesa jakla 137. oh bergantung dengannya?
R4	138. Aok betul.
Afifah	139. So kiranya, bagik ktk dikpun nak, ktk selalu ka seek for reassurance dengan gerak 140. ktk?
R4	141. Aok selalu sebab kadang kadang kmk macam ragu ragu nak so kmk akan seek 142. reassurance daripada nya sampe kmk rasa macam kmk yakinlah.
Afifah	143. Mun dari segi scale, tahap kekerapannya, boleh kmk tauk?
R4	144. Mun dolok, dari segi skala, 7 camyalah tapi kinek tok 6 camya.
Afifah	145. Ktk pun macam makin lamak makin okay, makin stable sebab ya berkurang ka?
R4	146. Aok betul, nya dah berkurang sikit.
Afifah	147. So, kiranya bila contohla, time ya ktk mok emotionally dependent tapi ktk pun 148. gerak tek sik available pake ktk, macam ne ktk bila ktk kat situation macam ya?
R4	149. Haaa situation macam ya yang susahny sebab kmk akan, ada masanya kmk sedar 150. apa yang kmk polah tapi kadang-kadang, mun kmk macam sedar sik sedar ya, 151. kmk akan ternyakit dikpun bah dalam situasi macam ya.
Afifah	152. Tapi, bila ktk menyakitkan dirik ktk dikpun ya, gerak ktk taukka ktk polah benda 153. ya?
R4	154. Ada masa sik, kmk sikberani nak padah. Kmk takut nyusah nya tapi ada masa, 155. kmk terpaksa jujur sebab kmk perlukan pertolongan masa ya. Masa ya juaklah 156. kmk akan rasa macam meronta-ronta mok bapak kmk balit, masa ya juaklah kmk 157. mok ekot bapak kmk.
Afifah	158. Bila situation macam toklah nya macam, nya macam masok balit.
R4	159. Aok.
Afifah	160. Okay okay faham. So kiranya, bila ktk diberik pilihan, ktk rasa dirik ktk tok 161. someone yang avoid emotional closeness ka someone yang crave emotional for 162. closeness ?
R4	163. Kmk rasa kmk crave.
Afifah	164. Kiranya, bila ktk ngan partner ktk, ktk memang crave for emotional closeness la 165. oh? And partner ktk pun okay ka?
R4	166. Ada masa macam agak mengganggu nyalah. Mungkin masa ya nya agak busy nak 167. so mun macam nya sikmampu berik kmk emotional support pa semua ya, end up 168. memang kmk perlu sorang lah. Kmk perlu depend on kmk mpun. So far, okay 169. jakla.
Afifah	170. So kiranya, ktk rasa selesalah mok bergantung dengan partner ktk?
R4	171. Betul
Afifah	172. Mun partner ktk mok bergantung juak dengan ktk, ktk rasa selesa ka, dari segi 173. emotionally ka physically ka?
R4	174. Kmk rasa selesa juak and bagik kmk, vice versa lah. Nya boleh dengan kmk, kmk 175. pun boleh dengannya.
Afifah	176. Okay okay. Untuk next question tok, ktk dah padah juak awal tadik, ktk boleh 177. berik scale juakla sebab kmk mok nanyak how fearful ktk selalu berfikir yang 178. partner ktk mok tinggalkan ktk? Dari segi scale, tahap ketakutan ktk yang partner 179. ktk akan tinggalkan ktk di tahap yang keberapa?
R4	180. Mun dari 0 hingga 10, kmk boleh padah 8.
Afifah	181. Okay okay. Nya memang boleh dikatakan dalam seminggu nak, memang selalu 182. ka ktk fikir ya or just certain hari jak?

R4	183. Certain hari bila kmk macam bila kmk nengok sekeliling kmk, ada benda benda 184. yang akan trigger kmk akan mintak reassurance daripadanya. Kmk akan takut 185. rasa kehilangannya then kadang pun macam, if kmk berik skala pun, dalam 7 lah 186. kmk mengalami benda ya.
Afifah	187. So bila ada something yang trigger, baruk thought ya datang?
R4	188. Aok betul. Kadang kadang kmk coba untuk sik ngembak benda ya ke hati so that 189. kmk sik overthinking, kmk sik fikir benda benda kehilangan macam ya.
Afifah	190. Okay okay. Bolehkah mun kmk mok tauk apa benda yang boleh polah ktk trigger 191. sik?
R4	192. Em kmk rasa paling suruh kmk trigger mun kmk, contohla macam kmk nengok 193. social media, pasya partner nya ninggal, partner nya accident yang meragut 194. nyawa. Kadang kadang sakit ka, accident ka, yalah yang trigger. Second trigger 195. ya bila kecurangan ya memanglah, tapi yang akan trigger kmk adalah bila 196. kehilangan.
Afifah	197. Lagipun cuncun juak macam your father meninggal so makinla polah ktk 198. overthinking.
R4	199. Betul sebab kmk fikir, dahla bapak sekda, camne mun gerak kmk pun sama juak 200. nyawa. So benda ya macam aduh, hilang duak orang dah sosok laki yang kmk 201. perlukan macam ya.
Afifah	202. Okay so yang tok adalah soalan kmk yang terakhir untuk haritok, so kmk mok 203. tanyak, selalunya if ktk rasa insecure dalam relationship ktk, macam ne ktk akan 204. behave?
R4	205. Ahh mun kmk, kmk mok sik mok, kmk perlu juak padah ngan nya sebab kmk 206. perlu satu tek, kmk perlu reassurance daripada nya, macam sikpatut pun kmk 207. insecure pasal benda ya and then kmk perlukannya untuk berik sokonganlah 208. untuk keyakinan masa ya so that kmk dapat kurangkan rasa insecure and kmk sik 209. memandangkan dirik kmk dengan orang lain, dengan apa-apalah. Mungkin dari 210. segi pendidikan orang yaka, career orang yaka apa ka.
Afifah	211. So kiranya bila ktk mintak reassurance ngan partner ktk, nya memang akan selalu 212. have positive feedback la?
R4	213. Aok betul. Kadang-kadang mun kmk nak meluah, kmk akan marah marahla, 214. kenak macamtok macamtok, kmk macamtok macamtok tapi senanya apa yang 215. kmk rasa ya sikbetul pun. So, bila gerak kmk berik response yang positive ya, ya 216. yang membantu kmk untuk fikir balit secara baitlah. Kmk akan rasa macam kmk 217. sikpatut insecure dengan benda benda macam ya.
Afifah	218. Okay okay, faham faham. Okay, ya jak soalan yang kmk ada untuk haritok.
R4	219. Okay, ada agik soalan lain ka?
Afifah	220. Sekda, tapi incase kelak tengah tengah polah report ka, kmk tiba tiba ada soalan 221. lain, kelak kmk reach out balit ngan ktk lah oh?
R4	222. Okay boleh boleh.
Afifah	223. So, before kita tamat, kmk mok padah thankyou sebab sudi luangkan masa untuk 224. kmk interview.
R4	225. No problem.

RESPONDEN 5

	Bahasa Sarawak
Afifah	1.Assalamualaikum participant, kmk akan introduce dirik kmk dolok, nama kmk 2.Afifah student y3 kaunseling, kmk interview tok untuk fyp kmk, interview tok 3.kmk record untuk sv kmk dgn polah transcript lah, pasya throughout the session 4.mun ada question ktk sik selesa ktk boleh mintakkan pass soalan yalah ktk boleh 5.pilih untuk siik jwb soalan ya
R5	6.Okay
Afifah	7.Sebelum ya boleh ktk introducekan dirik ktk dolok?
R5	8>Nama kmk Afiyah Fikriyah binti Mohamad, boleh panggil kmk afiyah, kmk 9.pelajar tahun 3 kaunseling
Afifah	10.Mun dari segi father absence, boleh kmk tauk dah berapa lamak ktk berada dala 11.situation father absence ya?
R5	12.Parents kmk divorce since kmk umo 5 tahun sampe sekarang
Afifah	13.So ktk boleh dicategorikan dalam father absence in both kategori la which is 14.emotinally and physically
R5	15.Aok betol
Afifah	16.So untuk soalan yang pertama, boleh ktk share experience ktk membesar without 17.your father figure?
R5	18.So far experience kmk membesar tanpa seorang bapak sikda gilak memberik 19.kesan la tapi bila kmk dah kawen kmk rasa nya mcm bagik impact yang besar 20.senanya and very disturbing juak la sebenarnya
Afifah	21.Boleh kmk tauk, impact yang besar ya impact yang mcm ne oh?
R5	22.Contoh mcm bila nak kawen, kmk knk fikir nya as wali kmk and kmk perlu carik 23.nya balit tapi masa kecik dolok kmk sik pernah juakla becarik pa indah
Afifah	24.So kiranya tek ktk fully okay jak membesar without your father?
R5	25.Aok betol
Afifah	26.So kiranya mcm ne ktk definekan father absence tok dalam idup ktk?
R5	27.Kmk define father absence ya bila seorg bapak ya dimana tugas seorg bapak ya 28.ptt polah, tapi sikda, dipolah oleh org lain contohnya dipolah oleh mak kmk dan 29.skrng dipgg oleh gerak kmk, so kmk berasa la father absence ya
Afifah	30.Adakah perception ktk terhadap bapak ktk tok berubah dari masa ke semasa? 31.which is mcm ktk padah dari kecik ktk fully okay ktk membesar ktk rasa nya 32.makin berubah makin berubah
R5	33.Aok betol
Afifah	34.Adakah ktk kaitkan perception tek dengan ktk pun part bila ktk padah bila ktk 35.nak kawen ktk rasa mena-mena father absence ktk tek ka sik? Ktk boleh tolong 36.huraikan agik
R5	37.Bagik kmk masa kmk kecik, kmk ras amcm father absence ya kmk just curious 38.“cne bapak kmk?”, “knk mak kmk tinggalkan bapak kmk?” and then bila dah 39.growing up kmk rasa mcm “oh tok idup aku” so kmk sik becarik and bila dah 40.peggi ke adult part, kmk mcm kadang kmk rasa kesian juak, kadang kmk rasa mcm 41.sikda rasa kesian sikda rasa rindu, kadang kmk rasa mcm penat juak sbb kmk 42.rasa knk fikir pasal kawen ya juak tek, so nya mcm berubah-ubah la
Afifah	43.Nya ekot ktk pun situation waktu-waktu ya juak la?
R5	44.Aok
Afifah	45.Contoh la bila ktk padah tek ktk rasa rindu rah bapak ktk, pernah kah ktk reach 46.out to nya untuk padahkan ktk rindu nya?

R5	47.Sik pernah
Afifah	48.Oh, ktk mmg boleh dikatakan completely cut off dgn bapak ktk la?
R5	49.Aok, sbb rindu ya nya bukan rindu yang kita rasa nya rindu yang questionable
Afifah	50.Oh nya mcm “aih knk ku rasa rindu dengan bapak aku?” mcm ya ka?
R5	51.Aok betol
Afifah	52.Sebenarnya apa yang ktk mok yang bapak ktk ada waktu ktk membesar mcm 53.what role of bapak yang ktk maok sebenarnya?
R5	54.Untuk seorang bapak ka untuk pasangan kmk?
Afifah	55.Untuk bapak
R5	56.Untuk kmk la, kmk mok seorg bapak yang bukan hanya baik dengan kmk, tapi 57.baiik dgn mak kmk, and kmk pun seorg bapak yang very protective towards me 58.sbb kmk salu pike kmk daddy’s girl
Afifah	59.Tapi ktk sikpat mok melunaskan daddy’s girl ktk ya ka oh?
R5	60.Aok betol
Afifah	61.Adakah ktk rasa if bapak ktk ada waktu ktk membesar, hidup ktk akan berubah?
R5	62.Maybe
Afifah	63.Berubah dari segi?
R5	64.Maybe dari segi kewangan or dari segi love
Afifah	65.Mun dari segi love boleh ktk huraikan gik?
R5	66.Mun dari segi love, mcm kmk padah tadik la kmk anggap kmk tok sebenarnya . daddy’s girl tapi kmk sik sempat dan sik pernah merasa pun benda ya so nya mcm 68.ya la
Afifah	69.Okay tapi mun dari in terms of romantic relationship, adakah ktk rasa father 70.absence tok dah mempengaruhi ktk pun romantic relationship?
R5	71.Yes
Afifah	72.Dari segi?
R5	73.Sebab kmk akan rasa mcm kmk sikmok carik lelaki yang mcm bapak kmk
Afifah	74.Sekiranya father figure tok dah membentuk certain kind of lelaki yang ktk mok 75.la?
R5	76.Yes
Afifah	77.Contohnya?
R5	78.Contohnya, mcm yang kmk padah tadik sebagai seorg bapak, bapak ya 79.sepatutnya jadi protective, tapi kmk sikda father figure ya jadi kmk mok 80.protective ada dalam bakal suami kmk
Afifah	81.Oh laki yang mampu protect ktk
R5	82.Aok apa yang kmk mok dari bapak kmk, kmk mok laki kmk ada
Afifah	83.Throughout the journey ktk pun romantic relationship ya, pernah ka ktk 84.experience trust issue or fear of abundance?
R5	85.Yes pernah
Afifah	86.Mun discale 0 sampe 10 tahap kekerapannya?
R5	87.9
Afifah	88.Oh 9, selalu lah tok?
R5	89.Aok
Afifah	90.If ktk ada trust issue tok nak, mcm ne la most of the time ktk akan behave? Your 91.behaviour mcm ne?

R5	92.Kmk akan jadi sangat anxious, kmk jadi overthinking, kadang-kadang kmk 93.sampe mcm bila kmk dah start rasa anxious ya dah start rasa trust issue 94.overthinking semua ya nya akan affect daily life kmk sampe kmk rasa mcm kmk 95.sikmok socializing dengan org sbb kmk terlalu fikir pasal ya, nya relate dengan 96.fear of abundance ya la sebab bagi kmk fear terbesar kmk, kmk takut kehilangan
Afifah	97.Apa contoh situation yang boleh triggered ktk pun trust issue ya?
R5	98.Bila nya bulak kmk contoh nya padah lain, tapi kmk tauk benda lain, or kadang- 99.kadang bila partner kmk cakap benda yang benar, kmk tetap juak akan rasa mcm 100. "kau bulak tok sebenarnya" mcm ya
Afifah	101.Oh mcm sikmok percayak
R5	102.Aok sangat-sangat
Afifah	103.Walaupun nang mena-mena dah jujur paling jujur dah nya
R5	104.Aok
Afifah	105.Mun ktk ada masalah-masalah trust issue ka anxious ka apa-apa ka adakah ktk 106.rasa mcm susah untuk communicate dengan partner ktk tentang feelings ktk? 107. Ka ktk rasa senang jak
R5	108.Depends, sometimes kmk okay nak teruskan sometimes kmk akan rasa susah 109.tapi bagi kmk nya depends dengan org ya lah
Afifah	110.Dengan ktk pun gerak ka?
R5	111. Aok betol, mun mcm partner kmk ya someone yang senang untuk tolerate then 112. kmk senang untuk luahkan perasaan kmk mun partner kmk ya someone yang 113. mcm akan marah kmk balit bila kmk meluah, kmk akan jadi takut nak meluah
Afifah	114.Tapi most of time if dengan current partner ktk, ktk senang nak meluah la?
R5	115. Senang, kmk akan jujur apa mek rasa tapi bfr kmk jujur ya kmk tend to berik 116. nya silent treatment la
Afifah	117. Oh okay, ada silent treatment dolok baruk ktk confront nya baruk ktk meluah 118. semua
R5	119.Aok betol
Afifah	120. Incase la ktkduak bekelaie nak dalam relationship ktk, mcm ne ktk react ataupun 121. respond dengan kelaie ya?ka sama mcm tadik which is ktk berik silent treatment 122. dolok baruk krk confront baruk ktk settle adakah mcm ya? Sbb mcm certain org 123. bila nya bekelaie, nya direct terus mok settle tapi ada certain org bertenang 124. dolok baruk nya mok settle, mun ktk mcm ne?
R5	125.Mun tgh bekelaie ya, kmk direct dolok baruk kmk berik silent treatment
Afifah	126.Mcm ne oh?
R5	127. Sebab kmk tend to guna emosi dolok bfr kmk berfikir bila kmk bekelaie, so bila 128. kmk menggunakan emosi dolok, kmk akan luah everything and then bila kmk 129. dah meluah ya kmk berik silent treatment baruk kmk berfikir "oh aku sik sptnya 130. padah mcm tok dengan nya" and then kmk akan reflect dirik kmk time silent 131. treatment ya sampe kmk rasa kmk puas ati sampe kmk rasa kmk dah maafkan 132. nya baruk kmk get back to him again
Afifah	133. Tapi if contoh la nak, mun bekelaie ya ktk pun partner ya nak mcm sik carik 134. ktk, sik carik polah effort apa-apa mok pujok ktk, adakah ktk akan tetap juak 135. take the first move untuk settle down everything?
R5	136.Sik, sebab makin nya sik carik kmk, makin kmk akan lamak lagik silent 137. treatment

Afifah	138. Adakah bagik ktk, ktk rasa ktk emotionally dependent ka emotionally distance 139. dengan partner ktk?
R5	140. Dependent
Afifah	141. So bila ktk emotionally dependent tok adakah ktk rasa selesa ka ktk rasa another 142. feelings ktk rasa being protected ka, rasa being supported ka mcm ne?
R5	143. Aok, kmk mmg depend dengan nyala everything
Afifah	144. Okay faham, so kiranya adakah ktk pun salu seek for reassurance dari partner 145. ktk?
R5	146. Yes
Afifah	147. Mun dari segi scale boleh ktk berik dari 0 ke 10?
R5	148. 10, sebab pileh baju raya pun kmk pileh dari nya
Afifah	149. Oh, everytime ktk mok seek for reassurance from ktk pun partner, nya mmg 150. akan always berik positive feedback la?
R5	151. Aok
Afifah	152. Ka pernah certain time nya berik negative feedback?
R5	153. Sik pernah, tapi bagik kmk nya akan bagik negative impact dgn kmk, contoh 154. mcm kmk minat baju kurong wana pink tapi nya pileh yang wana biru so kmk 155. jadi anxious “knk nya pileh wana biru? Knk nya sik pileh wana pink?” so 156. dsbbkan benda ya kmk tetap juak pileh wana biru, sbb kmk mok dari nya
Afifah	157. Walaupun ktk sebenarnya berminat dengan benda lain?
R5	158. Aok
Afifah	159. Ktk akan ekot fully apa yang nya pileh?
R5	160. Aok, kadang-kadang
Afifah	161. Tapi pernah juak ka ktk opposite?
R5	162. Pernah
Afifah	163. So kiranya bila ktk opposite benda ya, mcm ne ktk rasa?
R5	164. Anxious, sejujurnya kmk anxious kmk akan tanyak nya balit, “tapi tok ok ka?” 165. “yang tok ok ka?” “kenak sik pileh yang tok dari tadik?” ha mcm ya la
Afifah	166. Tapi contoh la bila ktk dah tanyak nya continuously nak nya pernah ka nya 167. tunjok yang nya annoyed ka nya mcm “ish” mcm ya ka?
R5	168. Sik pernah nya ok jak
Afifah	169. Contoh la bila ktk mok ktk pun partner ya ada emotionally waktu ktk seek for 170. reassurance ka masa ktk nak meluah ka tapi nya sikda, mcm ne ktk react, mcm 171. ne benda ya affect ktk?
R5	172. Setakat tok, sentiasa ada
Afifah	173. Mun ktk boleh imagine, mcm ne ktk rasa?
R5	174. Kmk akan rasa down la sebab mcm yang kmk kata tadik kan kmk emotionally 175. dependent dengan nya, so if nya sikda time kmk meluah ya if kmk tgh down ya, 176. kmk nang akan rasa lost la
Afifah	177. Contohla ktk nang bergantung ngan nya, so bila partner ktk bergantung ngan 178. ktk, apalah yang ktk rasa?
R5	179. 50 50 juak senanya, separuh ya kmk rasa suka sbb atleast kmk ada peranan 180. dalam idup nya sbb kmk ada role dalam idup nya la kiranya, setengah ya kmk 181. rasa sik suka sbb kmk rasa mcm it should be me yang kmk dependent dengan 182. nya mcm yang kmk cakap tadik kmk mok father figure ya, sptnya anak 183. dependent dgn bapak, mcm ya juak dgn partner kmk, kmk tend to fikir mcm ya 184. so bila partner kmk dependent dengan kmk, kmk akan rasa mcm “apala guna 185. kau as lelaki?”

Afifah	186. So tok adalah soalan terakhir kmk untuk aritok, contohla bila ktk rasa insecure 187. dalam relationship ktk, mcm ne la ktk selalu behave?
R5	188. Insecure?
Afifah	189. Aok, contohla bila ktk nangga nya kaka ngan ompuan lain ka alu ktk rasa mcm 190. “knk ktk kaka ngan ompuan ya? Adakah kmk tok sik kacak? Adakah nya kacak 191. gik dari kmk?” ha mcm ne ktk akan behave dengan benda2 yang mcm ya?
R5	192. Kmk akan rasa mcm ya tek, kmk anxious and kmk cakap tadik la nya akan affect 193. kmk pun daily life, nya kan polah kmk rasa gelisah kmk keep on thinking benda 194. non stop sbb kmk jenis yang sangat overthinking, overthinker
Afifah	195. Tapi selalu ka ktk rasa insecure dalam relationship ktk?
R5	196. Yes
Afifah	197. Mun dari scale 0 sampe 10?
R5	198. 10
Afifah	199. And then, bila ktk rasa nok ya adakah ktk rasa day by day nya bekurang ataupun 200. nya sama jak?
R5	201. Berkurang la kmk rasa sekarang sbb kmk jenis yang sangat insecure pasal 202. physical, so kmk sikpernah kelua tanpa makeup tapi kinek bila kmk dengan nya 203. kmk dah dapat kelua sik bermakeup depan nya, cuma mun insecure part 204. relationship socializing nya dengan org lain ya maybe sama jak kot sampe kinek
Afifah	205. And then nya pun mcm ktk padah ktk insecure dari segi fizikal, so kiranya 206. partner ktk pun sik pernah mention apa-apa pasal fizikal ktk so far?
R5	207. So far sikda
Afifah	208. Okay faham, okay ya jak soalan kmk untuk ktk haritok, klk incase kmk ada 209. soalan lain kmk reach out ke ktk agik okay
R5	210. Okay
Afifah	211. Okay, makseh

RESPONDEN 6

	Bahasa Sarawak
Afifah	1. So, first of all, kmk mok padah thankyou sebab sudi jadi participant kmk and then 2. kmk mok introduce kan dirik kmk doloklah. Nama mek Afifah and then kmk 3. student year 3 kaunseling. So, the purpose kmk polah imterview tok adalah untuk 4. to collect data for my fyp. Before kita start, kmk mok inform juak dengan ktk yang 5. our conversation tok dalam meeting tok kmk record as a proof untuk kmk pun sv 6. kmk and untuk kmk buat transkrip juakla lepas tok.
R6	7. Okay boleh.
Afifah	8. Okay so kelak incase during our interview session ada a few question ktk macam 9. rasa sik comfortable mok jawab, ktk boleh jak mintak kmk pass kan the question. 10. So kelak ktk feel free jak to padah oh.
R6	11. Okay
Afifah	12. So, sebelum ya boleh ktk introduce kan dirik ktk dolok?
R6	13. Nama kmk Hana Humaira and what else?
Afifah	14. Maybe kmk boleh mok tauk berapa lamak dah experience ktk without a father 15. figure?
R6	16. Okay jadi, my parents, nya divorce masa kmk umur dalam 1 tahun macam ya so 17. kmk memang diam dengan my mom. Tapi, adalah juak jumps dengan ayah mek 18. untuk beberapa masa such as mun hari raya ka, apa ka, nya ada datang macam 19. bulan puasa ya, nya ada datang untuk beli barang raya ka apa ka. Tapi, selain 20. daripada ya, kmk memang fully tinggal dengan mak mek la.
Afifah	21. Ohh so kiranya memang dari kecil la ktk sekda terlalu expose dengan your 22. father?
R6	23. Yes.
Afifah	24. Okay so, bolehkah ktk share a few experiences growing up without your father 25. figure?
R6	26. Okay jadi, macam kmk padah tadik, my parents divorce time umur kmk dalam 27. setahun macam ya and kmk memang tinggal dengan mak mek dari mek kecil 28. and ayah kmk, nya tinggal dekat betong and kmk orang tinggal dekat kuching, 29. so memang jaranglah jumpa dengannya. Mungkin dalam once or twice a year 30. jak, masa hari raya and maybe kadang-kadang nya ada pergi kuching. Ya pun 31. sekejap-sekejao jak, dalam a few hours untuk pergi beli barang and then balik, 32. macam ya. And I spend my whole life with my mom and the only guy that I have 33. around masa kmk membesar adalah my uncles and my grandpa. So, nya might 34. be simple la tapi with guys especially, kan orang selalu padah, a daughter's first 35. love is their father kan? Tapi macam I don't get that first love so yeah.
Afifah	36. Oh so mun macam ya, macam ne ktk define kan father absence dalam dirik ktk?
R6	37. For me, personally, father absence tok nya sik restricted to certain situation where 38. their father passed away ka, tapi nya turut applicable to those who growing up 39. without a father. Sik kisah la nya masih hidup ataupun nya dah meninggal dunia, 40. but to make it worse, ada some of my friends, nya macam even though parents 41. nya sik divorce, nya sama dengan nya pun both mak ngan bapak, but she still rasa 42. macam, the father absence ya is still there sebab maybe macam attitude of the 43. father towards them, macam bapak sidak sik menjaga sidak betul-betul or not, 44. emotionally there so bagik mek, father absence tok, nya bila mana, a kid nya 45. sikrasa kehadiran bapak nya dikpun even though he's there sometimes, camya.
Afifah	46. Mun kiranya dari your case, ktk anggap dirik ktk tok father absence dari in terms 47. of emotionally or physically? Atau pun both?

R6	48. Yes, emotionally.
Afifah	49. Ah emotionally. So macam ne ktk pun perception of your father and his absence 50. change over time? Incase netauk waktu ktk kecik, ktk tengok father absence tok 51. dari sudut lain then bila ktk dah membesar, ktk tengokmfatger absence dari sudut 52. lain. Adakah nya berubah?
R6	53. Em for me, kmk rasa macam when I was a kid, nya macam sekda impact me gilak 54. sebab macsm kita gik kecik, so kita sekda paham gilak ngan benda benda 55. macam ya kan? But, when I started pergi ke alam macam teenager, kmk start 56. macam rasa a bit la, kmk rasa macam kmk sekda someone for me to cry on ka 57. apa ka sebab sometimes kan kita perempuan lebih rapat dengan bapak kan? 58. Macam my friend nya banyak bercerita dengan her dad compared to their mom, 59. kmk rasa macam I do not have that and I also start rasa sekda benda ya bila kmk 60. start mok carii that father figure from someone else, outside of my family. Tapi, 61. so far, alhamdulillah, kinek tok bapak kmk dah start berubah and nya macam mok 62. spend more time dengan kmk. Maybe sebab nya dah realise yang nya dah hilang 63. banyak masa when I was growing up ka apa ka, I don't know for sure lah. Tapi 64. kinek better lah, much better from before.
Afifah	65. Okayy fahamm. So kiranya, sebenarnya what role did you expect dari bapak ktk?
R6	66. Macam kmk, I don't expect much la sebab macam kmk, if kmk la, kmk sekda 67. mintak nya spend money ka apa tapi I just want someone yang to have a man 68. yang kmk tauk he always be there untuk protect kmk and sayang kmk with all 69. his heart. Nya juak sik betray kmk in any ways ka apa sebab the only guy yang 70. kita tauk boleh sayang kita with all his heart adalah kita pun bapak kan so, if I 71. don't have that, then siapa gik? So yajaklah yang k k expect from a father.
Afifah	72. Okay faham. Kiranya bagik ktk, if bapak ktk ada waktu ktk kecik dolok, in term 73. of emotionally or physically, adakah ktk rasa your life would be different from 74. kinek tok?
R6	75. Em personally kmk sikpernah la terfikir soalan tok tapi maybe if lah, the situation 76. have been different kan, kmk rasa the only perubahan adalah mungkin kmk 77. sikkkan carik love daripada outsider terlalu awal. Sebab kmk start ada crush, kmk 78. start ada boyfriend, masa kmk darjah 3 tauksik so macam mungkin if lah bapak 79. kmk ada masa ya, mungkin kmk sikkkan easily fall in love. Sebab septutnya budsk 80. budak lebih fikir kepada perkara yang budak budaklah, bukan tentang love or 81. mok begerek awal gilak camya.
Afifah	82. Faham faham. Macam ne juak father absence tok dah influence ktk pun romantic 83. relationship?
R6	84. Macam mek padah, I fall in love too early which affect me personally and also 85. affect my social life. Macam kmk terlalu awal involve dalam drama percintaan 86. so kan kita gik kecik supposedly fikir benda yang macam tentang life budak tapi 87. masa kmk gik kecik, kmk dah start fikir tentang romantic relationship so benda 88. ya affect kmk la juak. And also macam bila dah masok tentang romantic 89. relationship tok, kmk tend to give it all for the sake of love macam I don't care 90. about myself, yang penting I make him stay. Nya macam, kmk sik kesah pasal 91. perasaan kmk ka, janji kmk boleh happykan nya and nya stay dengan kmk, ya 92. kmk pun mentality dolokla.
Afifah	93. Kiranya kinek tok ktk dah slowly sik terlalu prioritise your partner la?
R6	94. Aok betul.
Afifah	95. So kiranya, if ktk boleh bagik scale, tahap selalu ktk experience trust issue dengan 96. fear of abandonment ngan partner ktk ya, ktk boleh bagik berapa?
R6	97. Kmk rasa, mun nya out of 10, sebelum the current boyfriend, kmk rasa nya 8? 98. Tapi kinek tok, kmk sik kisahla, mana kata nya lah.

Afifah	99. Adakah sebab the current one tok nya macam selalu berik ktk reassurance sebab 100. ya ktk macam dah sik kisah gilak?
R6	101. Yes. Nya selalu berik k k reassurance tapi at the same time, kmk pun dah 102. improve so kmk sik kisah. Mun nya mok cau, nya cau jak. Its his loss, not mine.
Afifah	103. Ah betul betul. So kiranya, bila ktk ada negative feelings throughout ktk pun 104. relationship tok, adakah bagik ktk, ktk rasa senang untuk communicate benda 105. ya dengan partner ktk?
R6	106. Em actually dari ex kmk yang before tok nak, nya senang untuk kmk express 107. my feeling macam if kmk ada terasa ka, apa ka, nya senang untuk kmk luahkan 108. dekat nya tapi kmk rasa nya susah untuk communicate to solve the problem. 109. Macam everytime kmk luahkan mungkin kmk ada masalah macam, kmk boleh 110. luah tapi kmk sikpat mok faham apa nya pun needs and cara reactionnya, kmk 111. secepat faham so benda ya akan berubah menjadi gaduh. So, everytime kmk luah, 112. mesti akan gaduh so kmk rasa kmk senang mok express feeling tapi kmk siktau 113. macam ne mok listen to their need at the same time.
Afifah	114. Ohh so kiranya if bila ktk orang gaduh, most of time time, ktk selalu the one 115. yang luahkan perasaan dolokla?
R6	116. Yes yes.
Afifah	117. Okay faham. So contohla macam ktk orang gaduh, sebelum ktk mok luahkan 118. your feelings, adakah ktk ada polah a few things dolok before luahkan? Sebab 119. for certain people kan nya lebih memilih untuk mendiamkan dirik dolok baruk 120. nya confront. Mun ktk macam ne?
R6	121. Mun kmk, mun kmk ada apa apa, kmk akan terus directly padah. Mungkin ya 122. kot sebab ex kmk pernah padah bila it comes to conflict nak, kmk akan polah 123. something or kmk polah keputusan without thinking so mungkin betul kot apa 124. nya padah. Tapi, ada jak masa yang contoh benda ya besar kan, yang macam 125. involve him, kmk akan take some time untuk observe dolok and bila dah 126. siktahan, then baruklah kmk akan luahkan, camya lah.
Afifah	127. Okay faham. Tapi mun ngan the current boyfriend, pernahkah nya padah 128. macam setiap kali conflict, ktk buat decision without thinking?
R6	129. The current relationship tok okayla. Communication okay sebab cam kmk dah 130. belajar daripada yang lepas kan and my current boyfriend pun, nya okay part 131. communicate. If ada apa apa conflict, kmk boleh luahkan and at the same time, 132. nya faham and nya luahkan. Benda ya sik sampe ke gaduh sebab mekrang sama 133. sama mok solve.
Afifah	134. Ohh okay okay. Mun dari segi ktk nak, ktk rasa, adakah father absence tok nya 135. dah membentuk dirik ktk so that attracted to certain kind of people?
R6	136. Em yes, absolutely. Sebab macam when everyone is looking for someone yang 137. handsome ka apa ka, mun kmk, kmk sik kisah pun benda ya, kmk just mok carik 138. orang yang caring, loving pun type of guy. So, macam kmk sik kisahlah mun 139. nya kacak ka sik ka, janji nya ada that personality and traits so bila laki nya care 140. about me, nya show love, treat me well, kmk akan terus, “okay aku suka kau”. 141. Ah camya.
Afifah	142. Terus rasa attracted bila camya.
R6	143. Yes yes. Sebab ya jak, mun even though nya jenis yang berolah ka apa ka, mun 144. nya bait ka caring ka, “oh okay gas jak”.
Afifah	144. So kiranya, mcm ktk dengan current boyfriend ktk tok, adakah ktk lebih 146. emotionally dependent dengannya ataupun distance?

R6	147. Kmk rasa untuk current relationship tok, mok padah nya emotionally dependent, 148. nya siklah that much tapi nya macam tengah tengahla. Nya siklah emotionally 149. distance, tapi nya siklah emotionally dependent juak sebab kan from the 150. previous relationship, kmk dah terbiasa handle my feelings dikpun sebab nya 151. jenis yang siklalek, so kmk dah terbiasa benda ya semua. So for this 152. relationship, gerak kmk jenis yang “padahla padahla” macam ya, jadi bila kmk 153. rasa benda ya kmk perlu luahkan dekat nya, then kmk luahka . If kmk rasa 154. macam benda ya simple, then kmk settle sendirik jakla.
Afifah	155. Tapi, contohla macam, kiranya waktu ktk memang perlukan ktk pun boyfriend 156. ya emotionally tapi nya sekda, macam ne ya akan affect dirik ktk?
R6	157. Mun kmk, kmk jenis yang mun kmk ada problem, kmk perlu luahkan. So mun 158. kmk ada problem and kmk perlu gilak nya, tapi nya busy ka, nya sik free ka, 159. kmk just luahkan dekat chat, kmk chat panjang panjang kakya dah settle. Kmk 160. akan free, better and if nya macam dah free kelak baruk nya reply, them im okay 161. with that. Kmk okay jak, km, flexible.
Afifah	162. Ahh so ktk bukan jenis yang nya perlu on the spot ada?
R6	163. Yes sebab kmk dah terbiasa dengan gerak sebelum tok, nya kan busy so kmk, 164. mun ada apa apa, kmk akan luahkan dolok then kelak if, nya dah free nya baca. 165. Cuma, yang kmk akan rasa macam sikokay bila, contohla, nya dah baca tapi 166. nya sik validate kmk pun feelings so ya yang kmk sikokay. If nya sik baca on 167. the spot tapi nya boleh faham kmk, im okay.
Afifah	168. Faham so, mun macam ktk, adakah ktk rasa macam bila ktk dependent dengan 169. nya, ktk rasa comfortable and bila partner ktk dependent dengan ktk, ktk rasa 170. comfortable? Okay ka ktk with depending with each other?
R6	171. Macam current relationship, kmk rasa kmk dah okay sikit la dalam aspect ya 172. sebab macam sebelum tok, kmk comfortable if kmk depend dengan gerak kmk 173. tapi kmk siktauik macam ne mok react if partner kmk depend dengan kmk, ah 174. macam ya. nya akan jadi masalah juakla sebelum tok, tapi kinek, kmk dah 175. slowly belajar sebab gerak mek, nya jenis yang beriktauik, kedak “ktk perlu 176. polah macam tok, macam tok” so kmk cam okay okay. So kinek mek dah okay 177. la.
Afifah	178. Mun dari segi perasaan anxious ataupun fearful yang your partner will leaving 179. you, adakah ktk selalu rasa that kind of feelings?
R6	180. Dolok sentiasa tapi kinek sik gik. Macam kmk ada padah tekla, my recent ex, 181. nya ajar mek macam, bila nya polah hal, kmk realise yang macam I should have 182. love myself more than anyone else sebab bila nya polah hal nak, nya polah kmk 183. rasa macam, sik kisahla berapa try hard ne kita mok suruh orang ya sayang kita, 184. nya sikkkan stopkan orang ya dari polah hal dengan ktk. Cheat on you ka, betray 185. ktk ka, so better kita sayang dirik kita mpun nak? Sebab yalah kinek cam mun 186. gerak kmk kinek, nya molah hal, mana kata nya lah tapi once nya molah hal, 187. kmk memang akan cau, kmk sikkkan begging for you to stay ka apa ka, sik kisah 188. sebab kmk tauk, kmk dah polah sebaik mungkin and if nya still choose to 189. cheated on me, so its his loss not mine. So kmk rasa kinek sekda giklah, nya 190. adalah sikit tapi not that much.
Afifah	191. Mun dari scale?
R6	192.1?

Afifah	193.Ah memang jarangla oh?
R6	194.Aok. Mun dapat 0.5 kali.
Afifah	195. Okay, so tok adalah last question kmk untuk haritok, so how do you typically 196. behave bila ktk rasa insecure dalam ktk pun relationship?
R6	197. Kmk akan ask for reassurance. Nya sikla setiap hari tapi nya cam ada jedda la, 198. minggu tok kmk masih gik rssa insecure ya so kmk akan nanyak gik tapi 199. selalunya, mun nya insecure yang biasa biasa jak, kmk akan pendam pendam 200. dikpun jak kot. Kecuali mun rasa nang macam perlu juak mintak reassurance, 201. then kmk akan mintak.
Afifah	201. Tapi so fat, ktk pun boyfriend, if ktk mintak, nya memang akan willingly bagik 202. la oh?
R6	203. Yes, kmk nanyak jak, nya berikla panjang panjang. So okay jak. Untuk ktk pun 204. research, maybe you can try to carik responden lelaki , might be nya ada 205. different opinion or pov sebab gerak kmk pun tinggal with his mom jak, so kmk 206. rasa that's why nya lebih senang mok faham kmk.
Afifah	207.Okay boleh juakk seronokk. Next timee boleh try.
R6	208.Yes yes.
Afifah	209. Okay so ya jak question mek pake ktk haritok, so sekali gik mek mok bagiktau 210. thank you so much sebab sudi jadi participant kmk. Kelak incase ada papa gik, 211. kelak mek reach out ke ktk agik la oh, thankyou once again.
R6	212.Sama sama, no problem.

