



## The Impact of The Fatherless on Gen Z in The Era of Society 5.0

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**Abstract:** Parents and family are the main foundation for the growth and development of children. The parenting pattern given by parents will have an impact on the behavior and moral intelligence of children. If in the care of children there is a dominant figure, then maximum child growth will not be obtained. The father's duty as the head of the household is not only to earn a living, but the father is also tasked with playing a role in the pattern of parenting for children. Especially when the child has entered adolescence, the father figure as a friend and father as a parent is needed so that unwanted things do not happen to the child. Fatherless occurs due to lack of interaction between father and son and lack of awareness of his duties as a father as well as inappropriate parenting factors. For this reason, good parenting and cooperation between father and mother is needed to make preventive efforts so that children do not experience fatherlessness and that undesirable things do not happen.

**Keywords:** *Fatherless, Adolescent, Parenting, Father Role, Prevention*

### INTRODUCTION

When married, a husband and wife will long for the presence of a child. Every effort is made for the presence of the baby. There are those who get it quickly, there are also those who get it for quite a long time. However, when they have children, many couples think that taking care of children is the mother's responsibility at home. The father is only tasked with earning a living for the family. So there is rarely any intense interaction between father and child.

Children often tend to be closer to their mothers. Because his mother was the one who was often with him. Child care is predominantly carried out by the mother, while the father's role is very minimally involved. Even though fathers and mothers both have an important role in children's growth and development. Parenting is not just a mother's job. But it's the father and mother's job together. For this reason, fathers and mothers must continue to learn about parenting to be able to understand character and good parenting patterns so that children can grow and develop optimally. Fatherlessness is a fact that should make us aware of the importance of the role of fathers in children's growth. Fathers who are busy working so that the intensity of the relationship between father and child is reduced means that the child does not grow optimally. It can even cause social or psychological problems for children in the future. Lack of moral intelligence, lack of self-confidence, even being involved in criminal cases can be the impact of a father's lack of role in a child's growth.

The family is the main foundation for the individuals within it, especially children. Home should be the most comfortable place for children. Fathers have many important roles, such as teaching children about moral intelligence, increasing children's self-confidence, teaching children responsibility, and teaching children life values. When the relationship between father and child is going well, the child will use the father as a role model and idolize his father. Which will make children not easily influenced by unfavorable environments, be able to determine what they want, and be able to separate good and bad things.

The Indonesian Child Protection Commission (KPAI) report noted that there were 123 cases of children facing the law (ABH) as perpetrators as of August 2020. With the most cases being 30 cases of physical violence and 28 cases of sexual violence (Databoks, 2020). Meanwhile, data from the last 11 years (2012-2023) also found that there were 2,112 suicide cases in Indonesia. And as many as 985 cases (46.63 percent) were committed by teenagers (Kompas, 2023).

A child's personality is a form of the parenting pattern of his parents. In the parenting process, father and mother figures are equally important and have their own duties. If only one person is dominant in parenting and inequality occurs then this will have a huge impact on the child's psychology, especially his morals (Kiromi, 2023). Currently we live in the digital 5.0 era where we can easily get information from various corners of the world. Every day, every hour, even every minute we are bombarded with tens, thousands or even millions of pieces of information. We can get information from important to unimportant information from the gadgets that we always use. And the danger of this information is regardless of age. Everyone from small children, teenagers to adults can access this information.

If children do not get lessons on how to sort and select the information they get and there is no supervision from both parents. This can cause several problems such as hyperinformation, self-diagnosis, and juvenile delinquency. According to Ni'ami in her journal discussing cyberporn, she said that the high use of gadgets in Indonesia as well as easy access and lack of parental supervision are the main factors in the occurrence of cyberporn. In girls, the lack of closeness between father and daughter will make them seek out the need for affection from a father figure through peers or people who are more mature than them. This causes children to be easily influenced by their friendship environment and can fall into negative things such as free sex and drugs (Ni'ami 2021).

Jean Piaget divided children's cognitive development into several stages. According to him, children's thinking and mental abilities will be different at each stage. Piaget believes that a child's cognitive development is influenced by the potential within him and the experiences he gets from his environment (Alon Madimpu Nainggolan 2021). The behavior rules given by parents, even their actions, will greatly influence the child's cognitive development.

## **METHOD**

This study used descriptive qualitative method. The data for this writing comes from various literature, both print and online. Research was carried out by collecting literature studies with appropriate themes. The author uses a parenting coaching approach. It will explain the character, impact and parenting methods of parents so that children avoid being fatherless and avoid things they don't want.

## RESULTS AND DISCUSSION

### Factors and Prevention that Parents Can Take to Prevent Fatherlessness

According to (Shefali 2023) in her book entitled *The Parenting Map*, there are 5 types of toxic parenting responses, namely:

#### 1. The Fighter

The Fighter or fighter type occurs in parents who raise their voices or nag excessively. Usually through threats, punishment, shouting, and even insults. Parents in this category may often get into conflicts and arguments with their children or other people. This is because they cannot control their emotions well so that these emotions must be accepted by their children. This has a big impact on children, for example, children become afraid and anxious when they are close to their parents, or children can even learn to respond to conflicts that occur with anger according to what they see from their parents.

#### 2. The Fixers

Fixers or repairing types are parents who often panic and get nervous because of their child's problematic behavior and then rush to solve the child's problems quickly without involving the child. They often interfere with problems faced by their children and make decisions unilaterally without involving the children. They think that they are doing this with the aim of helping and making it easier for children to solve their problems, which in fact can make children less independent and unable to resolve the conflicts they face themselves. Children become dependent on their parents and they may feel less confident in facing new challenges because they are not used to doing it themselves.

#### 3. The Feigners

The Feigners refer to the type of parent who tends to pretend that everything is fine. When a conflict or problem occurs, they act as if they don't know and ignore the problem. Parents often avoid conflicts in order to maintain their reputation so that it appears that everything is going well and harmoniously in front of other people.

This type of parent tends to avoid discussing current problems, tries to appear positive and happy in front of other people, and also thinks that their problems will go away by themselves. This will of course have an impact on children, namely, children will suppress and ignore their own feelings, and the problem will not resolve itself, and can even get bigger if left unchecked.

#### 4. The Freezers

Parents with the freezer type often do not show their emotions so they appear cold and unresponsive towards their children. They may hold back feelings of anger, sadness, disappointment, frustration, or love for various reasons. Like thinking that expressing emotions is a bad thing and will make them lose control, or maybe they were raised in an environment where they never expressed their emotions.

Parents like this can make children feel unheard, not considered, and feel that expressing emotions is a mistake. Children have difficulty understanding the emotions within themselves and have difficulty expressing their emotions or feelings to other people, this is because children do not get examples or models from their parents.

#### 5. The Fleers

This is a parenting style that tends to avoid problems, confrontations or uncomfortable situations. Parents with the fleeing type often avoid conflict or difficult situations by running away either emotionally or physically. They usually ignore the problem or assume that the

problem will go away by itself. This can cause children to feel neglected and not supported emotionally by their parents.

Parents definitely want the best for their children. But sometimes the way they convey it is not quite right. And because of a lack of communication, what is best according to parents is not necessarily what is best for their child. The wishes of the child and the parents must be discussed properly, so that there are no misunderstandings which ultimately make the child feel that his parents do not care about him and the parents think that their child is a rebellious child. Moreover, the father as the head of the household is the final decision maker in the family. If the father's decision is only made unilaterally without involving the child or is a dictator, then it will cause the child to become lazy in interacting with the father and create distance between the child and the father.

The parenting style given by parents to children will shape the child's personality. Teenagers who are still in the process of finding their identity are often carried away by the social currents of the environment around them. If there is no supervision from parents and the child is not open to his parents, then it is not impossible that the child can join in bad company from his circle of friends. For this reason, parents must continue to learn and evaluate themselves and their parenting patterns which may still be wrong.

If fatherlessness occurs due to the lack of a full father figure in the family, especially in parenting patterns, both emotionally, physically and psychologically. So the father's complete presence in a family and his closeness to his children is the solution to fatherlessness (Nihayati 2023). If everything has happened, it is not impossible that father can improve the situation. With self-awareness from a father that a father is not only responsible for earning a living but also plays a role in the child's parenting pattern and the father wants to improve it, the closeness between father and child will slowly build, making the family more harmonious.

As in one of the approaches in Family Counseling, namely the client-centered approach which focuses on the client or counselee, which in this case means the child. This client center approach can be used by parents in parenting their children. In this approach, Rogers, the originator of this theory, said that humans tend to be able to solve their own problems and clients, in this case children, are the best experts for themselves (Hamzanwadi 2020). The job of parents is only as a facilitator and support system that supports the child and guides everything that happens so that the child can grow and develop optimally and can also increase the child's self-confidence.

One thing a father can do to improve or prevent a less close relationship with his child is to improve communication between the two. In the author's interview session with one of the parenting coaches in Bandar Lampung, namely coach Yuda Roseptalia, he said that the main factor in disharmony in the family is a lack of communication. In parenting coaching, there are several approaches that parents can take at home, including: Active Listening, good communication is not just about how we can talk. It's not just parents who have to talk a lot about their children. But also how can parents listen to their children actively and be fully present when discussing with their children. By listening actively, parents can find out what their child is feeling and not judge what their child says. Ask enthusiastically. Open and enthusiastic questions can build closeness between father and son. This can also help parents find out what the child wants and if the decision the child makes is deemed inappropriate then parents can guide the child through these questions. If something like that happens, parents should not advise their children directly, judge the decisions their children make and make decisions unilaterally. However, parents can ask open questions to

children and listen actively until the child understands his own aims and objectives and achieves the goals he wants to achieve based on the child's own awareness and will.

Especially for teenagers who often feel that they are adults and already understand many things. However, in reality, sometimes decisions are made that are wrong, but they don't want to be blamed or judged, which can sometimes make children disobey their parents and possibly lead them to be carried away by negative currents in their environment. For this reason, awareness is needed in the child, this awareness arises from the child himself without any coercion from any party. One thing parents can do is create comfort in the house by maintaining communication, active listening and asking smart questions

### **The Impact of Fatherlessness on Children**

Family is the main foundation in forming a child's character. An immature relationship between children and their families will have a negative impact on children's psychology, especially teenagers. The absence of a father figure in the family can have several psychological impacts on children. Children who experience fatherlessness will usually grow up with feelings of low self-esteem, feelings of anger, shame, loneliness, and envy. Position (grief) and loss (lost) at an excessive level, difficulty controlling oneself, also difficulty taking the initiative (Nihayati 2023)

In research conducted by Rachmanulia (Nurafifa Rachmanulia 2023), it was found that the lack of closeness between father and child as well as communication that only went in one direction made children jealous, angry and disappointed with their father. He also stated that physical violence committed by the father in the past would traumatize the child until he became an adult. The child becomes afraid of being close to the father and becomes closed to the father. In some serious cases, a father's failure to be a good father to his children and a leader in his family can create fear for daughters in a marriage. Children may think that marriage is scary and that all men are just like their fathers.

### **CONCLUSION**

The father plays the role of protector and guardian of the family both physically and psychologically. The father's role as a whole in the family has a big role in family harmony. In parenting patterns for children there must be cooperation between father and mother. Don't let there be gaps or only one figure is dominant. Because children need the role of father and mother as a whole. Not only physically, but also emotionally present to accompany the child's growth.

In this research, it has been explained that wrong parenting patterns or toxic parenting will hinder children's growth and also create distance between parents and children. For this reason, there must be awareness that arises from parents, especially fathers, that the previous behavior or parenting was wrong. When the father is aware and wants to fix it, there are several steps that can be used. Such as through a coaching parenting approach, namely active communication and asking enthusiastic questions to children. Don't immediately judge and advise your child, but build active communication with open questions and be a good listener until your child finds his goal. The parent's job is only to guide and supervise the child, but in a relaxed style, like being a friend and friend to the child. Parents can also put their trust in their children. Believe that children can make their own decisions and can solve their own problems well. The job of parents is only to guide and provide support or support system to children.

The impacts of children experiencing fatherlessness include, among other things, children becoming less self-confident, lacking a sense of self-acceptance (self-esteem), being more easily

angry, jealous, having difficulty controlling themselves, and having difficulty participating. Physical violence that the father has committed in the past will also leave an imprint on the child's memory and cause trauma until he becomes an adult. In some serious cases, fatherlessness can even make daughters afraid of marriage and think that all men are the same as their fathers.

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