

GAMBARAN *EMOTIONAL DEPENDENCY* PADA PEREMPUAN DEWASA AWAL DENGAN LATAR BELAKANG *FATHERLESS* AKIBAT PERCERAIAN DALAM MENJALIN HUBUNGAN BERPACARAN

¹ Chandrina Anindita Putri, ² Annisa Andriani, ³ Dessy Pramudiani

¹ Jurusan Psikologi, Universitas Jambi/ cindychandrina@gmail.com

² Jurusan Psikologi, Universitas Jambi/ annisa.andriani@unja.ac.id

³ Jurusan Psikologi, Universitas Jambi/ dessy.79_psikologi@unja.ac.id

ABSTRAK

LATAR BELAKANG *Emotional dependency* adalah bentuk ketergantungan afektif ekstrem. Kondisi ini kerap dialami oleh perempuan dewasa awal dengan latar belakang *fatherless* akibat perceraian, di mana ketiadaan figur ayah memunculkan kekosongan emosional yang mempengaruhi dinamika hubungan berpacaran. Penelitian ini penting karena kajian mengenai *emotional dependency* pada konteks *fatherless* masih terbatas, padahal berdampak pada kesehatan psikologis, kualitas hubungan romantis, dan pola relasi jangka panjang.

TUJUAN Mengetahui gambaran *emotional dependency* pada perempuan dewasa awal dengan latar belakang *fatherless* akibat perceraian dalam menjalin hubungan berpacaran.

METODE Penelitian menggunakan pendekatan kualitatif fenomenologi dengan teknik *Interpretative Phenomenological Analysis* (IPA). Partisipan terdiri dari tiga perempuan dewasa awal *fatherless* akibat perceraian yang sedang berpacaran. Data diperoleh melalui wawancara mendalam, observasi, dan studi dokumen.

HASIL *Emotional dependency* pada partisipan tergambarkan melalui pola pikir disfungsional, reaksi emosional intens, upaya mempertahankan hubungan, perilaku maladaptif, serta kebutuhan afektif tinggi. Faktor-faktor yang berkontribusi antara lain disebabkan karena kehilangan figur ayah dan peran lingkungan sosial.

KESIMPULAN *Emotional dependency* muncul sebagai kompensasi atas kebutuhan emosional yang tidak terpenuhi, dengan lima tema utama, yaitu pola pikir disfungsional, reaksi emosional intens, upaya mempertahankan hubungan, perilaku maladaptif, dan kebutuhan afektif. Ditemukan pula dua faktor yang mempengaruhi, yakni dampak kehilangan figur ayah dan peran lingkungan.

Kata Kunci: *Emotional Dependency*, *Fatherless*, Perceraian, Perempuan Dewasa Awal, Hubungan Berpacaran

**EMOTIONAL DEPENDENCY IN EARLY ADULT WOMEN WITH
A FATHERLESS BACKGROUND DUE TO DIVORCE
IN DATING RELATIONSHIPS**

¹ Chandrina Anindita Putri, ² Annisa Andriani, ³ Dessy Pramudiani

¹ Departement of Psychology, University of Jambi/ cindychandrina@gmail.com

² Departement of Psychology, University of Jambi/ annisa.andriani@unja.ac.id

³ Departement of Psychology, University of Jambi/ dessy.79_psikologi@unja.ac.id

ABSTRACT

BACKGROUND Emotional dependency is a form of extreme affective dependence. This condition is often experienced by young adult women who grew up without a father due to divorce, where the absence of a father figure creates an emotional void that affects the dynamics of romantic relationships. This research is important because studies on emotional dependency in the context of fatherlessness are still limited, even though it has an impact on psychological health, the quality of romantic relationships, and long-term relationship patterns.

PURPOSE To describe emotional dependency in early adult women with a fatherless background due to divorce in dating relationships.

METHODS This study used a qualitative approach with a phenomenological design and Interpretative Phenomenological Analysis (IPA). Participants were three early adult women who grew up fatherless due to divorce and were in dating relationships. Data were collected through in-depth interviews, observation, and document review.

RESULTS Emotional dependency appeared in dysfunctional thinking, intense emotions, efforts to maintain relationships, maladaptive behaviors, and strong affective needs. Contributing factors included the loss of a father and social environment influence.

CONCLUSION Emotional dependency arises as compensation for unmet emotional needs, with five main themes, namely dysfunctional thinking patterns, intense emotional reactions, efforts to maintain relationships, maladaptive behavior, and affective needs. Two influencing factors were also found, namely the impact of losing a father figure and the role of the environment.

Keywords: Emotional Dependency, Fatherless, Divorce, Early Adult Women, Dating Relationships