

ABSTRAK

HUBUNGAN *FATHERLESS* DENGAN KESEHATAN MENTAL PADA REMAJA DI SMA NEGERI 1 BAREGBEG

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Latar Belakang: Fenomena *fatherless* semakin meningkat di Indonesia dengan prevalensi 25,8% (2025), tertinggi di Jawa Barat sebesar 29,5% (BKKBN, 2025). Sekitar 33% remaja Indonesia mengalami masalah kesehatan mental namun hanya 4,3% orang tua yang menyadarinya (I-NAMHS, 2022), dengan angka di Kabupaten Ciamis mencapai 12,8% (Dinkes Ciamis, 2025). **Tujuan:** Menganalisis hubungan antara *fatherless* dengan kesehatan mental remaja di SMA Negeri 1 Baregbeg. **Metode:** Kuantitatif deskriptif korelasional, desain *cross-sectional*, 76 responden kelas X dan XI dipilih dengan *purposive sampling*. Instrumen menggunakan *Father Presence Questionnaire* (FPQ) dan *Depression Anxiety Stress Scales* (DASS-21), dianalisis dengan uji Spearman. **Hasil:** Sebagian besar responden pada kategori kehadiran ayah sedang (63,2%). Dimensi depresi: 70% normal, 25% ringan, sedang 5%. Dimensi kecemasan: 51% normal, 39% ringan, 9% sedang. Dimensi stres: 43% normal, 45% ringan, 12% sedang. Terdapat hubungan negatif signifikan antara *fatherless* dengan kesehatan mental ($r = -0,490$, $p = 0,000$). **Kesimpulan:** Semakin rendah kehadiran ayah maka semakin tinggi gejala depresi, kecemasan, dan stres pada remaja. Diperlukan skrining kesehatan mental berbasis sekolah dan edukasi bagi ayah tentang pentingnya keterlibatan emosional dalam pengasuhan.

Kata Kunci: *Fatherless*, Kesehatan Mental, Remaja, Depresi, Kecemasan, Stres

ABSTRACT

***FATHERLESS* RELATIONSHIP TO MENTAL HEALTH IN ADOLESCENTS AT SMA NEGERI 1 BAREGBEG**

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Background: The phenomenon of *fatherlessness* is increasing in Indonesia with a prevalence of 25.8% (2025), the highest in West Java at 29.5% (BKKBN, 2025). Around 33% of Indonesian adolescents experience mental health problems but only 4.3% of parents are aware of it (I-NAMHS, 2022), with the figure in Ciamis Regency reaching 12.8% (Ciamis Health Office, 2025). **Objective:** To analyze the relationship between *fatherlessness* and adolescent mental health at SMA Negeri 1 Baregbeg. **Methods:** Quantitative descriptive correlation, *cross-sectional design*, 76 respondents of classes X and XI were selected by *purposive sampling*. The instrument used *the Father Presence Questionnaire* (FPQ) and *Depression Anxiety Stress Scales* (DASS-21), analyzed with the Spearman test. **Results:** Most respondents in the category of moderate father attendance (63.2%). Depression dimensions: 70% normal, 25% mild, 5% moderate. Dimensions of anxiety: 51% normal, 39% mild, 9% moderate. Stress dimension: 43% normal, 45% mild, 12% moderate. There was a significant negative association between *fatherlessness* and mental health ($r = -0.490$, $p = 0.000$). **Conclusion:** The lower the father's presence, the higher the symptoms of depression, anxiety, and stress in adolescents. School-based mental health screening and education for fathers about the importance of emotional involvement in parenting is needed.

Keywords: *Fatherless*, Mental Health, Teens, Depression, Anxiety, Stres