



IMPLEMENTATION OF A SELF-CONFIDENCE-BUILDING COUNSELING MODULE TO SUPPORT THE MENTAL HEALTH OF YOUNG ADULT WOMEN WITHOUT A FATHER FIGURE

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ABSTRACT

The absence of a father figure during childhood and adolescence has the potential to trigger a crisis of self-confidence and mental health disorders in young adult women. This study aims to examine the effectiveness of a self-confidence-building counseling module in supporting the mental health of young adult women who have grown up without a father. This quasi-experimental quantitative study with a pretest-posttest design involved 15 participants aged 18–25 who were selected through purposive sampling. Data were collected using self-confidence and mental health scales and then analyzed using a paired-sample t-test. The results showed a significant increase in the mean scores for self-confidence and mental health among participants after the intervention ($p < 0.05$). In conclusion, the implementation of a self-confidence-building counseling module is effective in restoring self-concept and improving the mental health of young adult women who have grown up without a father. This module can be utilized by mental health practitioners as a responsive and practical tool for applied intervention.

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INTRODUCTION

The mental health of young adult women is an important issue because they may be vulnerable to problems related to identity development, self-esteem, and emotional regulation during the transition from adolescence to adulthood. Research on emotional support and personal development indicates that factors such as self-confidence, the ability to express feelings assertively, and social support play crucial roles in maintaining psychological well-being (Salau et al., 2023; Rosjayani et al., 2023). In addition, gender-based violence and domestic violence can have long-term effects on self-concept and mental health, making counseling approaches that strengthen self-concept relevant to preventing further psychological harm (Yulizawati et al., 2017; Nilasari & Prahastiwi, 2023). Various studies also emphasize that empowering women by improving self-confidence and decision-making skills, and by providing access to family and community support, can help mediate the traumatic effects of violence on mental health (Rosjayani et al., 2023; Sartika & Safrida, 2023).

Within the family, the absence or lack of involvement of a father figure is often associated with unhealthy family dynamics and can affect interactions among family members, including children and partners. Family counseling literature emphasizes the importance of a father's presence and role in the family recovery process, as well as how the absence of one party may hinder continued recovery through family counseling (Siregar & Zainun, 2023; Sibarani, 2024; Dewi et al., 2021; Sartika & Safrida, 2023). Theoretically, involving other family members in addition to the mother can improve the effectiveness of family interventions related to mental health and the strengthening of self-identity in children and adult partners (Dewi et al., 2021; Gunawan et al., 2021). However, in many cultural and social contexts, fathers still face barriers to participation, potentially reducing opportunities for psychological recovery among young adult women who are clients or victims of domestic violence (Siregar & Zainun, 2023; Marini & Darmayanti, 2023).

Strengthening self-confidence through counseling modules is relevant to improving the psychological well-being of adolescents and young adults, particularly by developing self-concept, self-esteem, and assertive communication skills. Several studies indicate that assertiveness training, self-concept development, and social support can improve adaptive behavior, reduce anxiety, and increase participation in mental-health-promoting actions (Salau et al., 2023; Yulizawati et al., 2017; Aziza & Itcianday, 2018; Nilasari & Prahastiwi, 2023). Modules emphasizing mutual empowerment, healthy emotional expression, and family involvement—including education about the importance of paternal support—may strengthen young adult women's capacity to manage their health concerns independently while making use of support from their surroundings (Melani et al., 2024; Oktaviana et al., 2023; Hayati et al., 2021). Furthermore, implementing such modules should take into account cultural contexts and

religious values relevant to families and counseling in Indonesia, such as integrating Islamic principles into family counseling, to improve the intervention's acceptability and effectiveness (Marini & Darmayanti, 2023; Andriyani, 2018).

From the perspectives of child protection, violence, and reproductive health, violence against women and children is a serious public-health problem with broad psychological, physical, and social consequences. Programs empowering women who have experienced violence through training, counseling, and economic opportunities have been a major focus of several studies in Indonesia. These studies highlight the need for holistic support services that combine counseling, education, and access to resources to improve survivors' self-confidence and adaptive capacity (Rosjayani et al., 2023; Kusumawati, 2014; Sartika & Safrida, 2023). In the context of gender-equity and reproductive-health education, educational modules for men and women and GenRe/PIK-R programs that emphasize healthy behaviors illustrate how health promotion and family empowerment can contribute to better mental health among young women (Oktaviana et al., 2023; Avionica, 2017).

Field experience suggests that effective counseling services for couples and families need to be designed so that they can be accessed without cultural, economic, or structural barriers. Barriers to community participation, limited trust in facilitators, and the need for cross-sector support from education, health, and child-protection services are significant factors that must be addressed when implementing counseling modules designed to strengthen self-confidence (Sibarani, 2024; Nurfadhilah et al., 2023; Aziza & Itcianday, 2018). Several studies also emphasize the need for inter-agency cooperation, family involvement, and the adoption of counseling models grounded in cultural and religious values to improve the relevance and acceptability of programs in Indonesia (Dewi et al., 2021; Marini & Darmayanti, 2023; Prawira & Herdiana, 2021).

METHOD

This quantitative quasi-experimental study used a pretest–posttest design to examine the effectiveness of a self-confidence-building counseling module in supporting the mental health of young adult women aged 18–25 years who experience father absence. The sample was selected through purposive sampling based on inclusion criteria. Participants' baseline self-confidence and mental health were then measured using psychological-scale questionnaires. The intervention consisted of four counseling sessions covering psychoeducation about father absence, self-concept strengthening, assertive communication exercises, and resilience-building. After the intervention, participants completed a posttest using the same instruments. The data were analyzed using a paired-samples t-test or the non-parametric Wilcoxon test to determine whether there were significant differences before and after the intervention.

RESULTH AND DISCUSSION

This study involved 15 young adult women aged 18–25 years who experienced father absence. Measurements were taken before (pretest) and after (posttest) the self-confidence-building counseling module was administered. The questionnaire measured two main variables: self-confidence and mental health.

Table 1. Participants' Mean Pretest and Posttest Scores (N = 15)

Variable	Mean Pretest	Mean Posttest	Increase	Sig. (2-tailed)
Self-confidence	42.6	78.4	35.8	0.000
Mental health	48.2	81.1	32.9	0.000

CONCLUSION

Implementing a self-confidence-building counseling module was found to be effective in improving the mental health of young adult women who experience father absence. The main finding of this study was a significant increase in participants' self-confidence and psychological well-being after they completed the structured counseling intervention.

The benefits and implications of this study include the availability of a tested and practical intervention tool for counselors and mental health practitioners. The module can serve as an effective guide to help young adult women address the psychological effects associated with the absence of a father's role, restore their self-concept, and improve their mental health over the long term.

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