

ABSTRACT

Emotion regulation is an individual's ability to recognize, manage, and control emotions when facing various academic, social, or personal pressures. One factor influencing emotion regulation is the condition of being fatherless, defined as the physical or emotional absence of a father figure in an individual's life. This study aims to determine the levels of fatherlessness and emotion regulation, as well as the impact of fatherlessness on the emotion regulation of students at the Faculty of Ushuluddin, Adab, and Dakwah at UIN Sultanah Nahrasiyah Lhokseumawe. A quantitative method was employed, utilizing a sample of 88 students selected through probability sampling. Data were collected using a Likert Scale and analyzed via simple linear regression. The results indicate that the students' level of fatherlessness fell into the high category (67.0%), while their level of emotion regulation fell into the low category (60.3%). Hypothesis testing showed that the null hypothesis (H_0) was rejected, indicating a significant influence of fatherlessness on the students' emotion regulation. Simple linear regression analysis yielded a significance value of 0.000 (< 0.1) with a negative regression coefficient, demonstrating that higher levels of fatherlessness experienced by students corresponded to lower levels of emotion regulation. The coefficient of determination (R^2) of 0.439 indicates that fatherlessness contributes 43.9% to emotion regulation, while the remaining 56.1% is influenced by factors outside the scope of this study. The study highlights the importance of counseling services for students experiencing fatherlessness to foster more optimal development of their emotion regulation skills.

Keywords: *Fatherlessness, Emotion Regulation, University Students.*

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