

Reluctance Towards Counseling in Indonesian Fatherless Young Adults

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Abstract. The presence of both parents is essential for a child's development, yet various factors can lead to fatherlessness, placing individuals at risk of mental health issues. However, despite the risks faced, fatherless Indonesian young adults display relatively low participation in counseling. This study aimed to assess the impact of fatherlessness on Indonesian young adults aged 19-29 years and investigate their reluctance towards counseling. Through semi-structured qualitative interviews with 10 participants, this research seeks to explore the nature of fatherlessness, its emotional and social impacts, coping mechanisms, and attitude toward mental health and counseling while also determining the barriers faced by the participants to attend counseling, which includes stigma and negative perception, lack of information and awareness, financial barriers, and procedural complexities were identified as barriers to attend counseling programs. Recommendations include increased promotion of free counseling programs and the development of more accessible mental health programs. This study contributes to enriching the literature on fatherlessness, highlights the need for better mental health awareness, and provides insights for improving counseling services for Indonesian fatherless young adults.

Keywords: reluctance, fatherless, counseling, young adults, mental health

1 Introduction

It is widely known that the role of both parents in nurturing their children is equally important. However, several factors could influence a parent's involvement in raising their children, including divorce from the parents and childbirth outside of wedlock [1]. Nevertheless, other than previously mentioned factors, another research has also found that the patriarchal values adhered to by the majority of Indonesian society have placed Indonesia as a "fatherless nation" [3].

In recent times, there has been an increase in research on fatherlessness as a psychological phenomenon, especially in Indonesia. The spike in this phenomenon can be considered a result of circulating news ranks of fatherless countries, where Indonesia is ranked third [2]. However, the information from which research this data was obtained remains to be seen, causing a debate amongst Indonesian psychologists as well as the Indonesian child protection committees.

Nevertheless, despite the unclear information about Indonesia as a fatherless country, it has been known that an absence of the role of a father can affect an individual's attitude toward intimacy, responsibility, sexual behavior, peer behavior, and level of mental health [3, 18, 19]. Indeed, with such risks faced by fatherless children, they may be required to seek professional help. However, unfortunately, despite the exposure to the previously mentioned risks, many fatherless young adult Indonesians are still reluctant to seek help through counseling, even though many non-profit organizations and psychological clinics provide free counseling services.

Until the present day, even though there is an increase in research interest in the fatherless population, especially on the consequences and causes of fatherlessness [3, 11, 18, 19, 21] as well as research in reluctance towards counseling in young adults [15, 28, 26, 27, 29], no research has been done to evaluate and investigate the psychological help-seeking behavior of fatherless young adults as their population despite the consequences of fatherlessness themselves. Therefore, the presence of this research helps to enrich the literature on fatherlessness, increasing awareness of fatherlessness and its consequences, specifically in mental health, and, at the same time, addressing the gap in research on the causes of reluctance toward counseling services in Indonesian society.

This research aimed to assess and analyze the impacts of fatherlessness on young adults and the reasons behind the reluctance of fatherless Indonesian young adults towards free counseling by answering the question the following research question:

1. What are the causes of fatherlessness?
2. What does the nature of fatherlessness look like?
3. What are the impacts of fatherlessness? How do fatherless young adults cope with the impact of fatherlessness?
4. How do fatherless young adults perceive relationships and marriage?
5. How good is the fatherless young adult's knowledge of mental health and counseling?
6. What are the obstacles faced by Indonesians in attending counseling?
7. What improvement can be made to increase the quality of free counseling programs in Indonesia?

This research also aimed to look for a blueprint for possible programs that can be used to address the problems based on the participants' answers. This study will attempt to answer the questions mentioned above using a qualitative method through semi-structured interviews.

2 Methodology

This study utilized a qualitative approach in order to be able to explore the reluctance of Indonesian fatherless young adults toward counseling services more profoundly. This study aimed to acquire the participants' perceptions, experiences, and barriers to mental health support through in-depth interviews. The population for this study was Indonesian young adults aged 18-29 who identify as fatherless due to various circumstances such as death, separation, or emotional absence of a father figure. A non-probability sampling approach, combining convenience, snowball, and purposive sampling methods, was implemented to recruit participants who met the specific criteria. Initially, 12 participants were recruited for this study, however, due to the sensitive nature of the study, 2 participants withdrew, leaving a final sample size of 10 participants consisting of 9 female participants and 1 male participant, which still

ensures a focused but varied representation of experiences within the fatherless young adults' demographic in Indonesia.

A semi-structured interview was used to collect qualitative data. The interview guide included 18 open-ended questions that target themes including perceptions of mental health, attitudes towards counseling, and personal experiences related to fatherlessness. This allowed for conversation flexibility while maintaining consistency in the core topics addressed across all interviews. The data collection took place over an eight-month period from October 2023 to June 2024. Each participant participated in a 30-minute to 1-hour online semi-structured interview session through the online meeting platform Microsoft Teams or an online call on WhatsApp to maintain the privacy and accessibility of the participants. Prior to the interviews, informed consent was obtained to ensure the participants' rights and privacy, including their rights to withdraw from the study, given the sensitive nature of the study.

Interviews were audio-recorded with the participant's permission and then transcribed into verbatim. Thematic analysis was used to identify recurring patterns and additional themes in the interview using the NVivo software to facilitate the coding process. The analysis focused on the major themes related to the nature of fatherlessness, effects of fatherlessness, coping mechanisms, perception towards counseling, and cultural or societal influences on participants' mental health perceptions. To enhance result validity and reliability, this study uses member checking by providing the participants with the complete result of the research to confirm the accuracy of the data and triangulation by cross-referencing the findings with existing literature to ensure the strength and consistency of the findings.

This study assumed that participants were honest and reflective in their responses and that their perspectives provided accurate representations of their experiences. Furthermore, this study assumes that online interview settings provided a sufficient sense of safety and comfort for discussing participants' personal issues related to fatherlessness and possible struggles with mental health.

This study uses a qualitative approach, a small-sample approach limits the generalizability of the findings. Additionally, the sampling relied on online recruitment and may have excluded participants with limited internet access. Furthermore, online interviews potentially reduced opportunities to capture non-verbal physical cues, which might have provided additional context to participants' responses. Future research should consider a larger sample size and additional data collection methods, such as in-person interviews or focus groups, to increase the comprehensiveness of research findings.

3 Results

This study explores various factors contributing to counseling reluctance among fatherless young adults in Indonesia, identifying significant influences ranging from personal beliefs to societal and cultural factors. The findings are organized according to key questions addressed by the study.

Reasons for Fatherlessness. It can be safely concluded that there are three major causes of fatherlessness, which includes:

Illness or Health Issues. Many participants are experiencing fatherlessness due to their father's health issues that lead to death or physical and cognitive disabilities, for example, a prolonged stroke that causes disability, and eventually death, or a sudden illness despite not having any previous history of an illness.

Divorce and Marital Problems. The second prominent reason for fatherlessness is divorce and the participant's parents' marital problems, including infidelity or divorce. However, one participant mentioned that her parents had just legally divorced after around 2 or 3 years of separation:

"My parents divorced in—what year it was? Oh, when I was in 2nd grade of elementary school, they were separated; however, they officially divorced while I was around 4th or 5th grade... yeah, I live with my father now." – Participant AU.

Nevertheless, despite her now living with her father, she was mainly raised by her grandparents, which indicates an absence of a father figure. This participant also explained that her father had remarried several times. However, these marriages never lasted for a long time; the participant also highlights instability in her father's behavior before and after marriage:

"Well, my dad, he remarried so several times. However, it only lasts for a few months before he divorces... he was nice to me when he just got married—I don't know if it really (comes) from his heart or if he was told by his wife (to treat me well)." – Participant AU.

Economic and Occupational Demands. Some participants experience fatherlessness due to a paternal absence caused by work or financial demands. This commonly happens when a father figure has to leave for another city or country for work for an extensive amount of time.

Nature of Fatherlessness. The nature of fatherlessness mainly revolves around these themes; physical and emotional absence and changes in family dynamics. However, some participants, are also able to find an alternative to a father figure in other family members.

Physical, Emotional, and Financial absence. One of the prevalent characteristics of fatherlessness is the absence of a father figure, most of the participants are experiencing the physical absence of a father figure due to sickness, divorce, or even death. However, some participants still feel the absence of a father figure despite living with their father and still see the physical presence of their father due to their father's emotional and financial absence.

Changes in Family Dynamics. In some cases, for some participants, fatherlessness can result in significant changes in family dynamics and even roles. These changes usually occur in families who lost their father figure due to an illness or death. However, these changes in family dynamics are not always bad. One participant explained that the changes in family dynamics and roles allow her to be able to see a more positive side to other family member's points of view, even allowing her to repair her relationship with other family members who are still alive:

"I just realize those changes now as an adult, and because of that, I became closer with my mom because she always tells me about her struggle as someone who had to fight the negative societal stereotype and labeling as a widower, and how she had to raise 4 children all by herself... I can also see that my oldest brother is trying to be a substitute for my father after he was gone." – Participant AN.

Discovery of A Replacement for A Father Figure. Even though the participants have lost a father figure, for some participants, this loss creates the presence of someone who would step up to replace the void caused by the absence of a father figure, which mainly comes from close extended family members such as grandparents, aunts, and uncles.

Impacts of Fatherlessness and Coping Mechanisms. Findings from the interviews demonstrate a very distinctive impact of fatherlessness on the participants. However, it cannot

be denied that these impacts of fatherlessness can also occur as a result of more than one factor that may or may not be linked with fatherlessness.

Impacts on Emotional Condition. Most participants who are experiencing fatherlessness due to death tend to be experiencing a prolonged emotional reaction. These emotional reactions include feelings of loss, even to the point where they can overwhelm the participants, making it difficult for them to cope with their feelings.

Impact on Mental Well-Being. It can be concluded that almost all participants' mental well-being is affected by fatherlessness. However, the nature of this effect is quite different in every participant. This topic will be explored in the following:

Issues in Establishing Healthy Boundaries. One participant reported difficulties in setting a healthy boundary, especially in a romantic relationship, after her experiences with fatherlessness. Distrust Towards Individuals of Men. In contrast, two female participants reported having a negative perception of individuals of the opposite sex as a result of a father's emotional absence.

- 3.1 Low Self-Esteem and Problem-Solving Inability.** A participant also mentioned that fatherlessness has caused her to have relatively low self-esteem and an inability to solve problems since she had no father figure who could help her develop such skills.
- 3.2 Avoidance Towards Family.** One other participant noted that the absence of her father's involvement, as well as her family's broken dynamics, are causing her to feel uncomfortable being home with her family and prefer alone solitude in her dorm.
- 3.3 Loneliness.** As a result of her father's emotional absence, a participant reported a tendency to feel lonely despite her not feeling a sense of loss of a father figure.
- 3.4 Resilience and Independence.** In contrast to the several points above, some participants stated that fatherlessness had affected their mental condition positively. They are reporting that fatherlessness has allowed them to grow into a more adaptable and independent individual; which allows them to be more resilient in handling life hardships.
- 3.5 Impact on Social Interaction.** Based on the research findings, there is a large variance in terms of social interaction patterns. Where some participants stated difficulty socializing either before or after fatherlessness due to various contributing factors, which include having an introverted personality, and the presence of Attention-Deficit Hyperactivity Disorder (ADHD). In terms of trust, some participants find it quite hard to be able to trust other people, especially female participants who found it hard to trust people who are either of the opposite sex or people from older generations due to their fatherlessness.
- 3.6 Coping Mechanisms.** Various coping strategies that the participants use to cope with the impacts of fatherlessness include seeking validation and emotional stability from external sources, such as individuals who are of the opposite sex, their family, or even themselves, by fostering personal growth; seeking distraction by playing games, watching TV, or spending time with friends; seeking social support from other people by building a social support system that consists of the participants' closest friends or family members whom they trust most to help her regulate her emotions by having conversations with them; lastly, some participants also chose to cope by seeking help to support their mental well-being through professional mental health services, the participants who use this coping approach, tend to recognize the benefits of attending these services to their well-being.

Attitude and Feelings Towards a Father Figure. According to the result findings, it can be concluded that the participants are experiencing quite intense emotions towards their father that will be less intense as time goes by. However, for one participant, such intense emotions did not emerge until he eventually grew up and learned about what happens that leads to feelings of regret. Meanwhile, some participants whose fathers were absent or those who did not have a good relationship with their fathers during their lives tended to feel more intense emotions such as anger and dejection as a result of the nature of fatherlessness that they experienced.

Nonetheless, these intense emotions did not last that long; over time, these emotions are somehow becoming more “lenient.” However, the results of these emotional progressions are very contrasting; some participants feel acceptance and can somehow forgive their father figure, but one participant explained feeling indifferent instead of forgiving towards their father figure.

Perceptions of Relationships and Marriage. Referring to the statements of the participants of the study, we can see how their attitudes towards relationships and marriage are mainly influenced by their experiences of fatherlessness, but it is not limited to just that specific factor. 9 out of 10 participants in the study express statements that indicate reluctance and caution in forming new relationships due to distinctive factors, including the experience of betrayals. In choosing a romantic partner, participants also apply a very strict caution when interacting with individuals of the opposite sex; they try their best to avoid people who exhibit similar characteristics to their father and reflect an even more significant skepticism towards men in general.

In terms of views on marriage, most of the participants tend to avoid the idea of getting married due to fear of making a lifetime commitment with the wrong person as well as repeating their parents’ mistakes. However, these fears may also be caused by the exposure to negative news about marriage media and the negative stories about marriage that the participant heard from her environment. Nonetheless, these fears and avoidance may not be forever; some participant stated their openness to a commitment if they met the right person. In contrast, a fatherless participant who used to have a healthy relationship with her dad tends to have a more positive example of how to be a good parent, which also leads to a more secure approach to marriage while still holding a strong understanding of their worth, which indicates that a good father-children relationship may help build a strong foundation on what a good partner should look like. However, despite the various attitudes towards marriage, all participants seemed to agree that marriage is a sacred commitment that needs to be taken into full consideration before committing to it.

Mental Health Knowledge and Attitude Towards Counseling. Findings regarding participants’ knowledge of mental health and counseling can be divided into three main categories: understanding and self-awareness, skepticism, and their experiences in attending counseling services.

Understanding and self-awareness. Participants show varying levels of knowledge of the concept of mental health and awareness of their mental health condition. They received information about mental health from diverse sources, including the Internet. This leads to participants feeling confident that they have enough knowledge when faced with issues that are related to mental health conditions which indicates a good mental health literacy amongst most of the participants.

Skepticism. However, one participant is showing a more negative attitude towards counseling, even though he has good self-awareness and calls himself as having a good knowledge of mental health, showed a more negative sentiment towards counselors (and psychologists) than psychiatrists, his mother also shares this negative sentiment. He questioned the effectiveness of his treatments with a psychologist while comparing it to the treatment he

received from a psychiatrist, which shows a perceived ineffectiveness towards the psychological therapies.

Experiences in Attending Counseling. Some participants also mentioned their experiences while attending a counseling program; the findings showed mixed sentiments in the participants' experience with counseling; some participants who showed positive sentiments even highlighted their surprise at how a free counseling program is not as bad as they think. Still, one participant mentioned that even though her experience in counseling was good, she does not deny that the issues she experiences are not completely cured, and she will experience them again later. Another participant mentioned that she had to go through a long journey to look for a psychologist who could make her feel comfortable, this also shows that therapist-client compatibility also plays a part in the effectiveness of a counseling session. Meanwhile, a participant who expresses a more negative sentiment toward counseling tends to highlight how a psychologist tends to give them generic advice and how the therapies that they receive are ineffective. From the results discussed above, it can be safely concluded that almost one's expectations towards counseling will also affect the outcome of the counseling; participants who don't have any high expectations towards counseling tend to have a better experience than ones who do. Also, their determination to look for a perfect match in therapy is varied.

Barriers to Counseling Faced by Fatherless Young Adults in Indonesia. This part of research will describe several barriers that is faced by the participants and the barriers that the participants believed are also faced by many other Indonesians in attending counseling services.

Access to Counseling. Most of the participants who haven't attended any counseling services seemed to agree that they do not have access to counseling. However, some of them are aware that there is a paid online counseling service such as the one in the Halodoc application. However, one participant believes that she had access to counseling since the use of technology and internet have made it quite easy for her to access counseling services. Nevertheless, these perceptions of limited access to counseling can also be a result of the little to no attempt to promote such programs, one participant reported her experience of having to look thoroughly to find access to counseling.

Skepticism and Fear of Being Triggered. For example, one participant who exhibits skepticism toward counseling, states that his biggest barrier to attending counseling is money; therefore, he chose not to go to counseling because he did not think that it was worth it to invest his money in something that he found useless. He is also very concerned about being triggered when being asked questions in counseling.

Procrastination and Denial. Nevertheless, the most prominent pattern of barriers that is seen among the participants is procrastination and denial; many of them tend to procrastinate on seeking mental help due to many reasons, two participants explained that they tend to procrastinate on going to a counseling session due to fear of uncertainty and not meeting the right counselor while one participant explained that sometimes she procrastinate on going to a counseling session due to the feeling of not in an urgent need of it yet; However, after being told about free counseling programs, her answer seemed to shift, indicating that her procrastination and reluctance were a result of her lack of knowledge of free counseling programs. Meanwhile, one participant is reporting feelings of denial of their condition, causing them to not seek help through counseling, they explained feelings of uncertainty towards their mental condition whenever they decided to attend a counseling session.

Lack of Information and Awareness. Two participants of the study also mentioned the lack of information on a free counseling program. One participant, despite her being a psychology student, also believes that the information on the free counseling program is not that widespread

yet. The lack of awareness of mental health is also causing many people to not be able to determine whether or when they have to go seek mental health support.

Good Self-Reliance. Meanwhile, one participant believes that her only barrier to counseling is because she thinks that she does not need it yet and that she can still handle her problems, which can also indicate a good level of resiliency.

Presence of Trusting Individuals. Meanwhile, some other participant believes that she still does not require counseling, especially for problems that are related to her fatherlessness, because she could just handle it by having conversations with her friends, showing that a good support system can also help one in handling their mental health concerns.

Procedural Complexity. Two participants noted that the complexity in the procedure of booking a session of free counseling can be considered as a barrier, instead of making it accessible, the complexity of this specific procedure is just making counseling less accessible.

Time Constraints. For one participant, time can also be a barrier for her to attend a counseling session; she finds it hard to be able to secure a time when she could attend a counseling session due to her tight schedule

Fear and Unreadiness. Some other participants also mentioned the presence of fear of being judged by others which sometimes can cause them to be feeling unreadiness to open up to people, including counselors and psychologists.

Stigma and Negative Perceptions. One of the most mentioned barriers to counseling experienced by other Indonesians is the presence of stigma, especially the ones who are held by older generations of Indonesians. Many older Indonesians tend to perceive people who seek mental health help as someone who is weak, or someone who does not have faith in their own beliefs.

Distrust Towards Therapists. Two participants report that many people are still underestimating the ability of psychologists to handle mental health issues, and many other Indonesians are still skeptical about how a psychologist can help their problems just by talking. Furthermore, this finding can also be used to explain J's attitude towards psychologists, where he is skeptical about whether counseling can be helpful. Additionally, another participant highlighted her skepticism towards the peer counseling program; she believes that even though peer counselors have already been given training on counseling, people would still question their credibility due to their status as college students.

Financial Barriers. Lastly, many participants have stated that the high cost of counseling can also be a barrier for them to be able to attend it. Not to mention that most of the participants have no previous knowledge of free counseling programs and only know about the ones that are paid; this specific barrier can also be a reason that held a significant role in the participants' reluctance, this reason can also be the reason that amplifies the previously mentioned barriers, making the participants to be more reluctant to go to a counseling session.

Recommendations for Program Improvement. All participants of this study have given their suggestions on how to improve the quality of the free counseling programs in Indonesia. Most of the participants of this study agreed that the current programs that are being developed in Indonesia are already good and they also found them to be really helpful; however, they also believed that these programs need to be promoted more since even the participants themselves haven't heard about the presence of the program:

"I think it should be more on the promotion—I mean, they have to put more focus on promoting these programs because essentially, turns out those (free counseling) programs exist if you really look for it, and somehow these programs never seemed to appear to the surface. Maybe they can try to use media sources as a promotional platform, make a lot of

creative promotional content as well so that people will know that such programs exist and it's good.” – Participant AT.

“Um, maybe they can be more proactive—like reaching out to all layers of society. Because, you know, so far, people who can access this information are only people who really look for it.” – Participant AN.

Furthermore, some participants are even suggesting it be promoted through socialization in educational institutions, such as schools and universities.

“... I think, maybe, through socialization in schools since, well because it can be done face-to-face, the information can also be spread so easily without even needing access through another media ...” – Participant O.

“Hmm, I think it's already good, I mean if there are organizations or free counseling programs uh, maybe they can partner up with universities so that they can spread the information to many college students ... or maybe in schools, they can partner up with guidance and counseling teachers so that they can also spread the information to parents or guardians of the students ...” – Participant R.

Another participant also emphasizes a need for psychoeducation due to the low level of mental health awareness:

“... I believe that people should also be given an education of the parameters of when they should see a professional ... we should also help them to understand that “Oh, it's not toxic,” or “Oh, turns out it's not healthy for our mental condition.” So maybe we can provide them with knowledge; you know, just give them the outline.” – Participant F.

Other participants who either have knowledge of counseling or have done counseling, tend to give more procedural and technical procedures; one participant suggests an improvement in the registration procedure:

“... and also, they should limit the registration quota, because if they don't, it will lead to an overload that will decrease the overall quality of the program.” – Participant AL.

Meanwhile, another participant suggests that the development of these free programs from an online-only program to a program that offers offline services can also be done to cater to the need of clients who prefers face-to-face counseling:

“I think it will be helpful if these free counseling programs can be done face-to-face will also be helpful, so clients and therapists can meet.” – Participant N.

Lastly, one participant suggests that a psychologist should be able to gain the trust of their clients before asking questions about clients' problems:

“I think it's really simple—don't jump straight to the point, they must try to slowly gain their client's trust so the client would feel safe to tell them their story.” – Participant J.

4 Discussion

This research has found a similar pattern of psychological and social difficulty among the participants as a result of fatherlessness, including emotional difficulties and issues with

social interactions. These findings are similar to what past research had documented about the psychological and social impacts of fatherlessness on young adults, including issues with attachment, self-esteem, and mental health [6, 18]. This study reinforces the findings on past research that showed how stigma affects the help-seeking behavior of young adults, especially the ones who are fatherless [27, 28], findings of this study also contribute to a more significant understanding of the influence of culture in stigma and is able to provide information on how stigma operates within the Indonesian society. This study's findings on barriers to psychological seeking, which include lack of awareness, fear of being judged, and financial constraints are consistent with past research [14, 30]. Additionally, this research helps contribute to the literature by adding insight into the unexpected positive perceptions of free counseling services among some participants, which provides a new point of view, suggesting that high-quality free services can alter negative attitudes towards counseling services. Past research [26] has also emphasized the role of cultural and societal values in shaping attitudes toward mental health services. This study supports the findings in past research by demonstrating how Indonesian cultural values, specifically patriarchal norms, influence reluctance towards counseling. The identification of alternative father figures within extended family members aligns with studies on family dynamics and resilience. Past research has shown that extended family members can play crucial roles in providing emotional support and stability [24]. The result of this research confirms the findings in this literature and also highlights its relevance in the Indonesian context. Lastly, research findings on mental health literacy [42] that highlighted the importance of mental health literacy in help-seeking behavior align with the findings of this research. However, the lack of awareness about free counseling services, even among psychology students, helps fill in the gaps that were not addressed in past literature.

The data obtained from this study suggest that the reluctance toward counseling among fatherless young adults may also be caused by many factors and not limited to fatherlessness only. The findings of this study also highlight the need for a greater awareness of fatherlessness and its impact on one's mental well-being, raising awareness on this specific matter will help reduce the stigma and negative perception that revolves around fatherlessness and mental health issues, which can help encourage one's help-seeking behavior. Furthermore, the results of the study also suggested several improvements for existing free counseling programs, such as better promotion and increased accessibility through social media and educational institutions, which could help increase the accessibility of the free counseling service, especially for those who require it. One practical application for this suggestion is to create a social media campaign that aims to promote mental health awareness and free counseling services to a wider audience using engaging content such as videos and interactive Q&A sessions. This study can also be used by policymakers to advocate for increased support for mental health services, especially the ones targeted at fatherless young adults. Collaboration between the government and psychological organizations and institutions can help enhance the scope and effectiveness of this program.

This study only involved a relatively small sample size of 10 participants with the inclusion of just one male participant; while the smaller sample size allows for an in-depth qualitative analysis, the findings may not apply to the broader population of Indonesian fatherless young adults, especially male fatherless young adults. Therefore, future research with a bigger and more diverse sample size is recommended to be able to provide stronger data that can be generalized. This research's data collection uses mainly interviews from online platforms, despite its accessibility, this method of data collection has its limitations; for example, the lack of nonverbal cues that may be obtained in face-to-face direct interviews. Hence, it is recommended for future research in similar fields of interest to be able to collect

their data through offline, direct interviews instead. Lastly, the nature of this study is also quite for many Indonesians, where most of the interview questions revolved around participants' family issues; as a result, many potential participants refused to be included in the study; additionally, 2 participants of this study also chose to withdraw their participation to the study due to the sensitive nature of this study. Therefore, more anonymity in the data collection process is recommended for future studies.

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