



# Physical and Emotional Impacts of Paternal Absence on Young Men in College

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## Abstract

Literature regarding paternal absence infers that young men who experienced childhood are a great risk.

Paternal Absence has additionally been connected to various personal issues, such as, substance abuse (Bryson, 2010), psychological distress, and emotional instability.

However, research under-stresses the defensive components that distinguish the ones who resist, or conquer the effects of paternal absence from the individuals who experience the impacts of its risk elements

## Main Argument: What factors make adolescents resilient?

Prior research has viewed resilience from several perspectives (Moore, 2010; Bryson, 2010) and viewed it as the ability to viably adjust to various conditions, despite adverse challenges or the debilitating encounters (Moore, 2010); yet others trust that resilience is experiencing childhood in an unsafe and dangerous community, resisting inimical influences, and developing their own identities, (Vargas, Taylor, Harris, & Ponterotto, 2010). Despite the perspective that one receives, viewing resilience from a solitary point of view neglects to consider the effect of the complementary relationships of emotional and physical elements.

Resilience is more than occasions where one can bear witness, for example, graduating college, avoiding incarceration, and sustaining employment. It is additionally the improvement of a positive feeling of self, a capacity for close relationships, and an inclination that life is significant. Garbarino (1999) shows that there are a few elements related with youth and resilience: 1) steady, constructive passionate connections, 2) the capacity to adapt effectively to stressors, 3) insight, 4) emotional stability, and 5) constructive social support from role models. In regards to various concepts related to resilience, it is the sum of the components that make individuals human and the compass that aides them through adversity.

## Paternal Absence and Resilience Interview Questions

- Have you ever heard of the idea of "resilience"? Other terms that include resilience include rebounding from bad times, surviving in spite of negative/unfavorable circumstances, thriving, survival against the odds and survival of the fittest.
- Tell me what you know or have heard about resilience.
- Tell me about your father. How do you feel about him not being around? In what way has his absence affected who you are today?
- Do you think your life would be different if he were involved?
- Do you think he loves you? How do you know?
- How often do you see him? or How often have you seen him in your life?
- What is your relationship like with your mother?
- Does your mother speak negatively about your father?
- Who is supportive of you (aunts, grandmother, older cousins, etc.)?
- Do you have any male role models in your life? If so, who are they? What is your relationship like with them/him (positive, stressful, etc.)? How long have you known them/him?
- How do you deal with failures in your life?
- How do you deal with losses in your life? What is the most significant loss of your life? Describe it.
- Do you consider your father not being around is a loss?
- What has kept you from giving up on yourself?
- How do you feel about forgiving your father for not being there for you?

## Consequences of Paternal Absence

It is evident that paternal absence adversely influences adolescent's socio-emotional formative stage, especially by increased externalized conduct (Moore, 210). These impacts are more articulated when paternal absence happens amid early childhood through pre-adulthood. There is substantial evidence where paternal absence impacts an adolescent's psychological capacity with respect to resilient outcomes (McLanahan, Tach, and Schneider, 2013).

Prior research revealed that behavioral issues in pre-adult males are an outcome of paternal absence, where there exist more challenges with social conformation, and will probably report conflicts in making friends, and experience a lack in conduct regulation; many build up an assertive persona attempting to camouflage their basic feelings of trepidation, disdain, tensions, and despondency (Kruk, 2010).

There is an increase in substance abuse causing them to consume alcohol, and drugs, enhancing psychological issues, causing an absence of self-sufficiency, and irregulate emotions (Bryson, 2010). Evidently, adolescent's experience reduced self-concept, physical and emotional security having encountered paternal absence; where they feel abandoned due to the absence of a male role model or paternal figure, battling intra-psychoic distress, emotional instability, and early responsibilities as young men.

## Conclusion

It is recommended that more research is necessary to understand if the impacts of paternal absence on an adolescent male's development, has changed throughout the years. If stigmatizing has reduced, as paternal absence has become normal, then the negative impacts possibly have lessened.

More focus should be directed towards the experience of paternal absence from the adolescent's perspective, and futuristic Clinical Practitioners ought to consider in-depth analyses of the contrasts between people who triumph and flourish, despite paternal absence. Studies that concentrate on the narrative aspects of those impacted by paternal absence, can contribute significantly to the advancement of viable projects that discuss the innate issues connected with encouraging resilience in the populace.

## References

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## Introduction

The initial goals of this research are to gain a better understanding of characteristics, that set the seemingly unaffected father absent males, apart from those who manifest the risk factors associated with paternal absence such as, substance abuse, irregulate emotions, and psychological distress (Moore, 2010). The purpose behind this review, is to include participant's convictions of how their father's absence was a factor in their development. This review likewise is endeavoring to comprehend how emotional regulation, and resilience impact an individual's reaction to paternal absence. Prior research proposed that emotional regulation is a pertinent aspect, since it is vital to the advancement of competency, connected to resilience, and can fill in as a mediator of environmental experiences (Moore, 2010). Consequently, these aptitudes can fill in as defensive variables when youth are in displeasing conditions that related to paternal absence. Few reviews have shown that paternal absence must have simply, a nominal and indirect impact on the previously mentioned risks, recommending that a father's denial can adversely influence the adolescent's viewpoint on life, self-esteem, aptitude to control themselves or conquer adversity, and could ultimately cause various intra-psychoic issues (Moore, 2010; Bryson 2010).