

**THE EXPERIENCE OF PARENTING AMONG MUSLIM
SINGLE FATHERS**

NURUL IZZATI BINTI MOHD REZAL

UNIVERSITI SAINS ISLAM MALAYSIA

**THE EXPERIENCE OF PARENTING AMONG MUSLIM
SINGLE FATHERS**

Nurul Izzati Binti Mohd Rezal

Dissertation submitted in fulfillment for the degree of
MASTER OF COUNSELING
(FAMILY COUNSELING)

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APPROVAL PAGE

I certify that I have supervised and read this study and that in my opinion, it confirms to accept standards and fully adequate in scope and quality as dissertation for the Master of Counselling (Family Counselling).

Dr Dini Farhana Baharudin
Supervisor

This dissertation was submitted to the Faculty of Leadership and Management and is accepted as fulfillment of the ABK 8406 course requirement for the Master of Counselling (Family Counselling).

Prof. Dr. Mohd Yahya Mohamed Ariffin
Dean
Faculty of Leadership and Management



AUTHOR DECLARATION

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

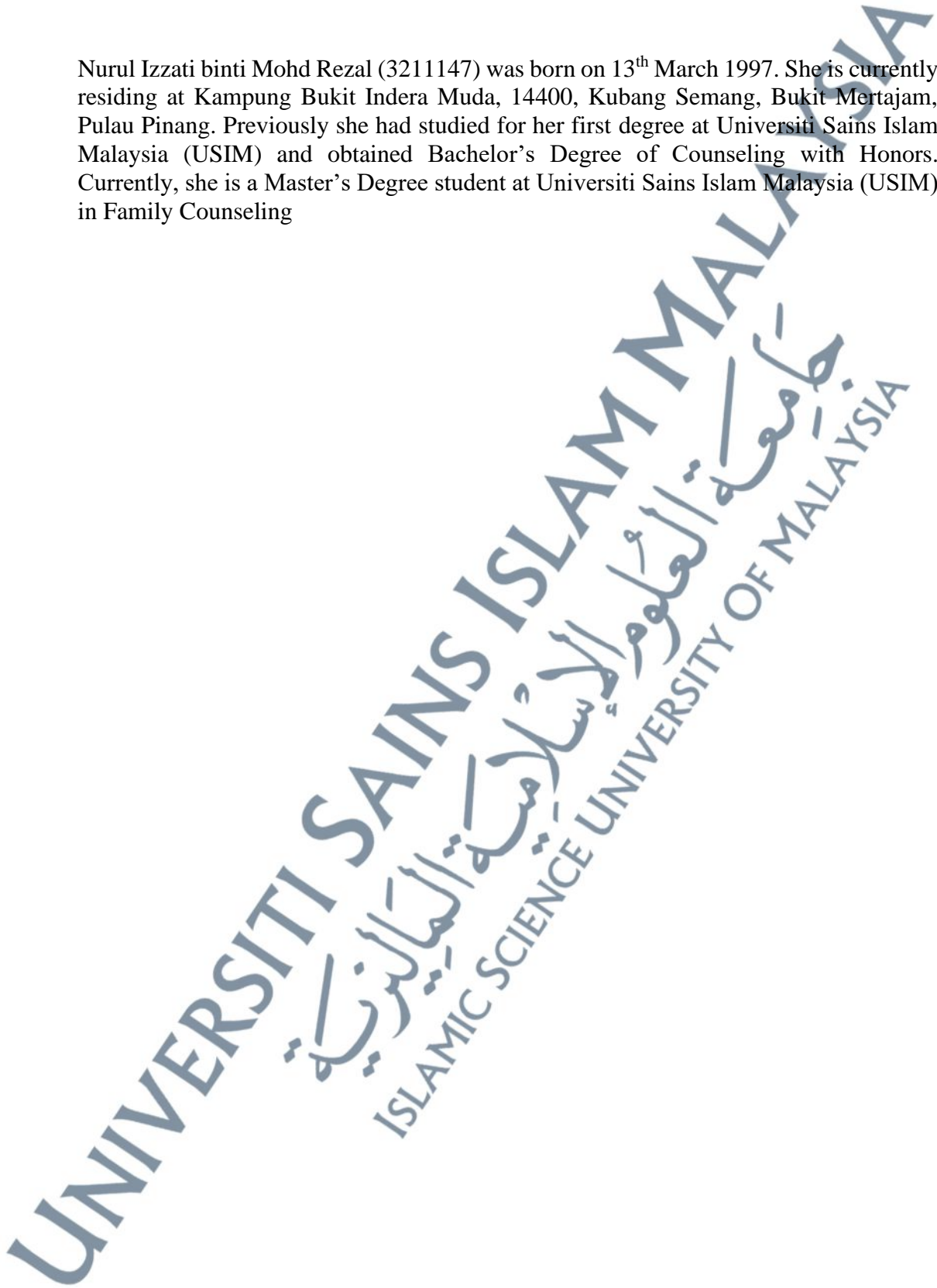
I hereby declare that the work in this dissertation is my own except for quotations and summaries which have been duly acknowledged.

Date: _____
Signature :
Name : Nurul Izzati binti Mohd Rezal
Matric No : 3211147
Address : _____
Muda, 14400, Kubang Semang,
Bukit Mertajam, Pulau Pinang

UNIVERSITI SAINS ISLAM MALAYSIA
جامعة العلوم الإسلامية
ISLAMIC SCIENCE UNIVERSITY OF MALAYSIA

BIODATA OF AUTHOR

Nurul Izzati binti Mohd Rezal (3211147) was born on 13th March 1997. She is currently residing at Kampung Bukit Indera Muda, 14400, Kubang Semang, Bukit Mertajam, Pulau Pinang. Previously she had studied for her first degree at Universiti Sains Islam Malaysia (USIM) and obtained Bachelor's Degree of Counseling with Honors. Currently, she is a Master's Degree student at Universiti Sains Islam Malaysia (USIM) in Family Counseling



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ABSTRAK

Bapa tunggal merupakan golongan minoriti yang seringkali diabaikan dan tidak diberi perhatian oleh masyarakat dan komuniti di Malaysia. Hal ini adalah kerana, bilangan mereka yang sedikit berbanding ibu tunggal serta pandangan masyarakat kepada bapa tunggal menyebabkan mereka disisihkan. Walaubagaimanapun, tidak dinafikan, saban tahun, bilangan bapa tunggal di Malaysia semakin meningkat. Hal ini menyebabkan adanya keperluan yang penting untuk pengkaji menjalankan kajian untuk lebih memahami pengalaman dan mendalami kehidupan bapa tunggal dengan lebih terperinci terutamanya dalam aspek keibubapaan, didikan serta pengurusan anak-anak itu sendiri. Oleh itu, objektif kajian ini adalah untuk meneroka kefahaman bapa tunggal terhadap keibubapaan, untuk memahami pengalaman yang dilalui sebagai bapa tunggal dan untuk mengenalpasti hubungan antara bapa tunggal dan anak-anaknya. Kajian ini menggunakan kaedah kualitatif dengan pendekatan fenomenologi. Wawancara berstruktur digunakan untuk mengumpulkan data dari dua orang bapa tunggal kematian isteri. Hasilnya diserlahkan i) persepsi bapa tunggal terhadap keibubapaan, ii) pengalaman bapa tunggal dari sudut menghadapi kehilangan, beradaptasi dengan perubahan peranan, menguruskan cabaran dan stress ser strategi daya tindak, dan iii) hubungan antara bapa tunggal dan anak-anak dalam aspek gaya keibubapaan dan komunikasi. Implikasi dan cadangan untuk kajian masa depan juga termasuk.

Kata kunci: Bapa Tunggal, Keibupaan

ABSTRACT

Single father is a minority group that commonly be ignored and given less attention by the community in Malaysia. This is because, the number of single fathers is less compared to single mother and the perception of society towards single father itself. However, it had been found that the number of single fathers is increasing rapidly years by years. Hence, it is crucial and important for researchers to investigate and study about single father in order to gain deeper understanding on the experience of single fathers as well as exploring the life of single fathers in detail. Especially in the aspect of parenting and managing the children. Therefore, the objectives of this study are to explore single parents understanding on parenting, to understand the experience of parenting among single fathers, and to study the relationship between single fathers and their children. This research is conducted by using Qualitative Method with phenomenological approach. A structured interview had been conducted to obtain the data from two single fathers. The result of study had identified three findings which are i) single fathers' perception or understanding on parenting, ii) experience of single father in various aspect such as dealing with grief, adapting with new role, managing challenges and stressors and coping strategies of single fathers. Implication and suggestion for future research had been included.

Keywords: Single Father, Parenting



ملخص البحث

الأب العازب هو مجموعة أقلية يتم تجاهلها عمومًا وإيلاء اهتمام أقل من قبل المجتمع في ماليزيا. وذلك لأن عدد الآباء غير المتزوجين أقل مقارنة بالأم العازبة وتصور المجتمع تجاه الأب العازب نفسه. ومع ذلك ، فقد وجد أن عدد الآباء غير المتزوجين يتزايد بسرعة سنوات بعد سنوات. ومن ثم ، فمن الأهمية بمكان أن يقوم الباحثون بالتحقيق والدراسة حول الأب العازب من أجل اكتساب فهم أعمق لتجربة الآباء المنفردين وكذلك استكشاف حياة الآباء المنفردين بالتفصيل. خاصة في مجال تربية الأطفال وإدارة شؤونهم. لذلك ، فإن أهداف هذه الدراسة هي استكشاف فهم الآباء الوحيدين للأبوة ، وفهم تجربة الأبوة والأمومة بين الآباء غير المتزوجين ، ودراسة العلاقة بين الآباء غير المتزوجين وأطفالهم. يتم إجراء هذا البحث باستخدام المنهج النوعي مع منهج الظواهر. تم إجراء مقابلة منظمة للحصول على البيانات من أبوين منفصلين. حددت نتيجة الدراسة ثلاث نتائج هي: (1) إدراك أو فهم الأب الوحيد للأبوة ، (2) تجربة الأب الوحيد في جوانب مختلفة مثل التعامل مع الحزن ، والتكيف مع الدور الجديد ، وإدارة التحديات والضغوطات ، واستراتيجيات التكيف للآباء المنفردين. تم تضمين التضمين والاقتراح للبحوث المستقبلية.

الكلمات المفتاحية: أب أعزب ، أبوة

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