

The Impact of Presence or Absence of Father on Daughters' Marital Relationship: Pakistani Perspective

Maham Shahzad*

Abstract

This research explores how the presence or absence of father impacts daughters' marital relationship, how daughters with absent father view men, what qualities they idealize and how they cope and adjust with the situations they face with their spouse and what are the perceptions of daughters whose father is present. While previous research has largely concentrated on the effects of father absence or presence on daughters' self-esteem, developmental outcomes, sexual behaviour, and changing parental roles, limited data exist on how both father absence and presence shape daughters' views of men and their ideas of spousal relationships. The present study includes the sample of fifteen daughter who voluntarily participated in the research. The results suggest that fathers, whether present or absent, have a great influence on daughters' perception about men and based on those ideas how they choose their partners. It explains the factors which are related to the absence and presence of father during childhood that could stay with individuals as they grow up. Most daughter showed a fear of getting attached and getting hurt but at the same time they praised their husband's affection and support towards them. Whereas, daughter who reported a positive and consistent presence of father explained great trust in men, clear expectations of mutual respect, and a strong sense of emotional security within their marriages. The findings further explained that the early relational pattern with fathers, either characterized by absence and inconsistency or presence and support, can persist into adulthood and shape marital adjustment. The biggest implication of the study falls for the multicultural perspective because different cultures have different values and belief systems and their relationship emerged differently with fathers. It could also serve as a help to single mothers to induce the idea that how to shape their daughters' ideals by becoming an example of a healthy marital relationship.

* Visiting Faculty National University of Modern Languages, Rawalpindi
Campus Email: shahzadmaham037@gmail.com

Introduction

Daughters' relationships with their fathers are thought to have a major impact on a woman's emotional development, relational expectations, and subsequent marital adjustment. In Pakistan's social and cultural setting, where patriarchal family systems predominate and the father's role extends beyond nurturing to include influence, protection, and moral guidance, all of which are deeply ingrained in religious and collectivist traditions. Fathers, who are often viewed as the primary providers and decision-makers, influence daughters' perceptions of male roles and marital expectations from an early age. (Rizvi, 2015; Zia, Malik, & Ali, 2015).

In Pakistan, family harmony and stable marriages are valued as socially acceptable. Marriage is both an individual connection and a link between families, and it is often influenced by gender, cultural, and socioeconomic norms. In this perspective, the father's presence is associated with emotional security, financial stability, and social legitimacy. According to empirical research done in Pakistan, positive father-daughter relationships are highly associated with better academic accomplishment, higher self-esteem, and healthier psychosocial development in teenage females (Zia et al., 2015). Similarly, Rizvi (2015) found that daughters who perceived their fathers as communicative and emotionally supportive had more relationship confidence than daughters who perceived their fathers as emotionally distant or autocratic.

Attachment theory offers a crucial basis for understanding how early parental ties impact adult relational outcomes. According to Bowlby (1988), early interactions with carers produce internal working models that shape expectations in subsequent intimate relationships. Despite the fact that the majority of attachment research comes from Western contexts, studies carried out in Pakistan have also demonstrated that insecure attachment styles are linked to lower psychological well-being in young daughters (Khan & Munaf, 2022). These findings suggest that father emotional availability facilitates the development of secure attachments, which may then enhance communication, trust, and marital satisfaction.

Economic implications worsen the effects of parental absence even more. Since fathers are frequently the primary breadwinners in Pakistani households, their absence can result in social humiliation, financial difficulty, and fewer educational opportunities, particularly for daughters (Zia et al., 2015). These stressors may indirectly affect partner choices and marriage expectations by emphasizing concerns about stability and financial security. Furthermore, perceptions in the community that

associate fatherless daughters with fragility may have an impact on their prospects of getting married in traditional societies.

The majority of studies focus on teenage behavioural outcomes, academic performance, or self-esteem, despite the fact that the volume of research on father engagement in Pakistan is growing. There is currently a lack of empirical research on the consequences of father presence or absence on daughters' expectations of spousal relationships, how they perceive men, and how they cope with adult marriage. Growing up with a father who is present and encouraging increases the likelihood that daughters will look for similar qualities in their husbands, resulting in stable marriages. On the other hand, when a father is absent, daughters may either struggle with diminished expectations or idealize an unachievable marital bond, which can result in marital discontent (Ali, 2016).

Given Pakistan's strong emphasis on gendered family obligations and stable marriages, it is crucial to comprehend the long-term relational implications of father-daughter dynamics. Examining both father presence and father absence allows for a more comprehensive and culturally grounded understanding of how early paternal interactions affect daughters' marriage satisfaction, coping strategies, and perceptions of men. By examining the psychological, social, and interpersonal aspects via which paternal ties impact married daughter's relational experiences in Pakistan, this study aims to close this gap. The aim of this study is to:

- Examine how, in the Pakistani context, father presence and the nature of the father-daughter bond affect daughters' expectations for marriage, partner choice, and views of males.
- Examine how daughters' perceptions of males, attachment styles, and marriage aspirations are impacted by father absence (due to death, divorce, abandonment, or emotional unavailability).
- Examine the connection between daughters' marriage satisfaction, adjustment, and coping mechanisms and early paternal experiences (presence or absence).
- Compare the attitudes toward marriage and the results of relationships between daughter who were raised with their fathers and those who were not.

Literature Review

A daughter's self-esteem, psychosocial growth, and relationship perception are all greatly influenced by the father-daughter bond. The effects of a father's presence or absence on daughters' growth, attachment styles, and potential romantic relationships have been the subject of

numerous research. Daughters' emotional growth, attachment styles, and future relationships as adults are greatly influenced by their father-daughter bond. According to attachment theory, early encounters with caregivers serve as internal working models for associations that develop later. While insecure attachment (anxious or avoidant) is linked to worse well-being and relational outcomes in adulthood, daughters who experience secure attachment with fathers typically develop stronger trust and emotional regulation.

A cross-sectional study conducted in Pakistan on daughters from Islamabad and Rawalpindi, ages 18 to 25, revealed a correlation between the daughters' psychological well-being and their attachment styles with their fathers. Lower well-being ratings were associated with insecure attachment, which is characterized by less communication and emotional intimacy. This suggests that the quality of father-daughter relationships continues into adulthood. Fewer research directly connect attachment patterns to partner choosing and marital perspectives, despite the fact that these patterns are well-established. Instead of examining relationship expectations in married contexts, the majority of work stays descriptive.

In a sample of 321 teenage daughters in Pakistan, Zia et al. (2015) investigated the effects of father-daughter relationships on academic achievement and self-esteem. Strong father-daughter relationships, stronger self-esteem, and improved academic performance were found to be positively correlated using the Quality of Relationship Inventory and Rosenberg Self-Esteem Scale. In the same manner, Rizvi (2015) investigated how daughters' opinions of their fathers were influenced by masculinity ideology. Using the Fatherhood Scale and the Male Role Norms Inventory Revised (MRNI-R), the study discovered that fathers who were emotionally expressive and tolerant were seen as more involved, whereas fathers who were restrictive and dominant were seen as less involved. Fathers were seen as being more involved by younger teenagers than by older ones.

Research conducted in Pakistan shows that the presence of parents, particularly fathers, promotes social and emotional development. Adolescents with both parents at home showed higher emotional maturity and less loneliness than peers from single-parent households, according to one study on parental presence. This suggests that parental participation improves coping and interpersonal abilities. Fathers' co-parenting duties are highlighted by regional research in rural communities, which demonstrates that active paternal participation promotes both maternal well-being and child development, indicating wider advantages to the family system. According to Pakistani cultural norms, there is still no

concrete evidence connecting parental support to daughters' marital adjustment, partner choice, and relationship satisfaction, despite this research showing the positive effect of father presence for psychosocial development.

According to research from Pakistan, children's and teenagers' behavioral and psychological problems are strongly associated with father absence. A comprehensive descriptive study from District Buner (Khyber Pakhtunkhwa) that compared families with and without dads (N = 500) discovered that social support acted as a mitigating factor in the relationship between father absence and behavioral issues and susceptibility. Increased emotional and behavioral risks may result from the lack of fathers, who protect against maladaptive developmental outcomes. In the field of education, Pakistani moms and instructors observed that pupils in father-absent households had greater rates of behavioral problems and truancy, indicating that paternal presence aids in control and supervision.

There is not much research linking father absence to adult relationship models and marriage-related expectations in Pakistani daughter, despite the observed behavioral implications. Few research look at adult relational outcomes in addition to childhood behavior. The patriarchal family customs of Pakistan place a strong emphasis on fathers as money contributors, moral leaders, and authority figures. Daughters' early relational scripts are shaped by these societal expectations, which also have an impact on how they subsequently understand masculine responsibilities in close relationships. However, there is still a dearth of cultural studies that specifically connect daughters' marital goals, partner selection standards, and marital functioning to the presence or absence of fathers. Father-daughter interactions are not specifically examined as predictors of adult intimate relationships in many local research, which instead concentrate on family patterns in general.

Regional research often looks into how father presence affects daughters' marital satisfaction, spouse choice, or marital communication styles, despite abundant evidence linking father involvement to favorable psychological outcomes. Research on father absence in Pakistan frequently concentrates on youth behavioral consequences rather than adult relational expectations or marital coping. Qualitative and mixed-methods research is needed to document the lived experiences of married daughter with or without dads, particularly how expectations of men are shaped by early experiences. By critically analyzing how father presence or absence affects daughters' views of males, ideal partner characteristics,

emotional coping, and marital adjustment within Pakistan's sociocultural setting, this study fills in these gaps.

By critically analyzing how father presence or absence affects daughters' views of males, ideal partner characteristics, emotional coping, and marital adjustment within Pakistan's sociocultural setting, this study addresses those gaps. The purpose of this study is to investigate how daughters' views of men and relationships are affected by father absence, whether these effects are favorable or unfavorable, and the importance of a father figure in comprehending marital dynamics.

Methodology

In order to understand how daughter interpret and make sense of their early relationships with their fathers—whether they were marked by emotional presence or absence—and how these early relational experiences influence their marital relationships as adults, this study uses a qualitative phenomenological methodology. Phenomenology was selected since the study's goal is to understand the lived experiences and subjective meanings connected to paternal relationships rather than to measure behavioural outcomes. The interpretive character of the study focuses on how participants develop their beliefs regarding intimacy, conflict, trust, and attachment in marriage.

The study's theoretical underpinning is attachment theory, which was initially developed by John Bowlby and later refined by Mary Ainsworth. According to attachment theory, early carer interactions build internal working models of closeness and emotional regulation that impact romantic relationships in adulthood. In this context: Consistent emotional participation, availability, and relational engagement during childhood are all considered aspects of father presence. Father absence encompasses both substantial emotional unavailability and physical absence (caused by separation, desertion, or death). Examining the similarities and differences between daughter who experienced father presence and those who experienced father absence is made possible by this comparative approach.

Sample

Fifteen married or engaged daughter between the ages of 21 and 35 made up the sample. Purposive sampling was used to choose participants in order to guarantee the following information:

- Daughter who grew up with a father's constant presence.
- Daughter who had substantial emotional unavailability or early father absence.

Because the study needed participants with certain childhood connection experiences pertinent to the research objectives, purposeful selection was selected. The inclusion of both relationship categories would not have been guaranteed by random sampling.

Research Design

A qualitative phenomenological design that was comparative was implemented. Because the study examines intensely personal and emotional events, this approach was chosen. The purpose of the study is to compare the relational outcomes of the father-present and father-absent groups. To comprehend internal perceptions and marital dynamics, rich narrative data are necessary. This design allows for the investigation of meaning patterns across lived experiences instead of statistically comparing variables.

Research Questions

- How do daughters' views and experiences of marriage relationships in adulthood depend on the nature of father-daughter connections during childhood, whether they are marked by presence or absence?
- What impact does a father's presence or absence have on daughters' views and expectations toward marriage?
- How does paternal involvement affect marital relationships in terms of attachment, trust, and emotional control?
- What are the differences in how daughter from father-present and father-absent backgrounds handle conflict and adjustment in their marriages?

Procedure

Prior to their participation, participants were informed of the study's goals and purpose, and they were recruited through personal networks and recommendations. To ensure ease of expression and depth of narrative, interviews were conducted in each participant's preferred language in a quiet, private environment that was selected for their comfort, such as their home or a neutral site that was mutually agreed upon. A semi-structured guide based on research on adult attachment and father-daughter interactions was used for each interview, which lasted between 45 and 60 minutes.

With follow-up probing questions to elicit more in-depth information, the guide included open-ended questions about childhood memories of father involvement or absence, emotional experiences related to the father

relationship, perceptions of men and marital roles, current experiences in marriage or engagement, and conflict resolution and coping mechanisms. Written informed consent was acquired prior to the interviews. Permission was obtained to record the interviews on audio, and field notes were maintained to gather nonverbal cues and contextual observations. For analysis, every interview was verbatim transcribed. In this non-participatory study, the researcher encouraged meaningful discussion without interfering with the connections between the participants.

Ethical issues were prioritized because the subject matter was sensitive. Data was securely saved, participants were informed of their right to withdraw at any time, confidentiality was maintained by employing pseudonyms, and any emotional distress observed during interviews was handled carefully and with pauses. The researcher also practiced reflexivity by taking careful notes after each interview, bracketing personal assumptions, and ensuring that interpretations were based on participant narratives rather than researcher expectations in order to boost credibility and decrease bias.

Data Analysis

Thematic analysis was used to examine the data after an organized procedure that started with familiarization, in which the researcher read the transcripts several times to become fully immersed in the material. In order to find significant remarks about paternal ties and marital experiences, first open coding was carried out. These codes were then sorted into more general conceptual groups. In order to find parallels and contrasts in the experiences of the father-present and father-absent groups, a comparative study was conducted. To guarantee coherence, internal consistency, and conformity with the study goals, each theme was examined, improved, and precisely defined.

Results

Fifteen people were interviewed extensively for the study's findings. An interview guide that examined daughters' opinions and perceptions of their fathers, how the presence or absence of fathers affected their marital lives, issues with spouses when adjusting to new environments, coping strategies used, and whether positive father-daughter relationships had a negative impact on daughters' marital relationships was used after demographic questions.

Image of an Ideal Father and Expectations from Spouse

The participants had a clear idea of what a father ought to be: understanding, helpful, protective, and caring. Their expectations of a husband were frequently influenced by this ideal. A participant said, "Fathers should be understanding, they should become like your friend, support you in your decisions, and protect you." While daughter with fathers who were present but distant frequently had higher materialistic expectations, daughter whose fathers were away passionately craved these attributes and occasionally expressed emotional longing or weeping. "Fathers merely fulfill your needs; you tell them what you want, and that thing immediately arrives," said one such participant.

The daughters with absent fathers really had an urge to look for these ideal qualities in their father and even one of them cried while telling because she missed her father a lot. Daughters whose fathers were present but live abroad had some sort of negative feelings and their ideals were very materialistic.

According to the study, daughters' perceptions of ideal male behavior and marital duties are influenced by their early father-daughter encounters. To understand the expectations wives have of their husbands and how these ideals are developed, it was necessary to understand the definition of an ideal partnership.

Perception of own Father

Throughout infancy and into adulthood, every daughter has a basic need to feel safe. Daughters' personalities and ideologies were permanently impacted when this demand went unfulfilled. The need for protection surfaced as the most important requirement across all replies on the ideal father or how a father should be, followed by the needs for security, trust, and support. "I always wished that if only my father were with me, I would have had protection," said one participant. People view us daughters without a father or brother as utterly defenseless, making it even harder for us to survive. My father's absence has always been very noticeable to me.

Participants who had absent or emotionally unavailable fathers reported feeling insecure and unprotected as children, which had an impact on their independence and self-assurance in establishing stable marriages. While others experienced difficulties as a result of overprotection, participants who had loving and present fathers recalled good influences. Relationship behaviors in adulthood reflected unfulfilled childhood needs, especially those related to safety, support, and trust. Daughters naturally

want to rely on their fathers, but in this study, the absence of fathers left participants' reliance requirements unfulfilled, which had an effect on their personalities. They had several challenges in building trustworthy connections with their wives as a result of learning to live alone. They had different perspectives on what society and people in their immediate vicinity should comprehend. Although participants eventually overcame these obstacles, this taught habit from infancy caused problems in marriage relationships.

Mother's Influence on Perception of Fathers and Men

A daughter's comprehension of spousal relationships and the formation of a comprehensive vision of men can be greatly influenced by the mother's perspective of her spouse and the father of her child. Participants gave various and distinct answers when asked what their moms had said about their fathers. Some talked about how their mothers' portrayed fathers as loving, supportive, and caring; others talked about abusive marriages; and some said that their mothers had no influence on how they formed their opinions because they had seen their parents' relationships firsthand and developed their own opinions of men.

"My father was a very good husband," said one participant. "We lived in a joint family system, which made things very challenging, so as far as I can recall, dad used to bring items covertly for mother, but father was incredibly kind and considerate." How a daughter's mother characterized her father may have an impact on their connection. The researcher found that daughters of mothers who made favorable remarks had positive ideas about their fathers, but daughters of mothers who made critical comments had negative or unclear thoughts.

"As far as I remember, my father's relationship with my mother didn't develop properly during the time he lived with us," said another participant. There was a lot of yelling, screaming, and breaking going on in this abusive relationship. This caused mental disturbances for all of us siblings, making it impossible for us to concentrate on our academics. My little brother was going to withdraw entirely out of fear. What could I tell him, as I was also young? I was terrified too, but once my father moved overseas, our relationship is now limited to him providing us money to meet our necessities."

Memorable Father-Daughter Moments and Emotional Impact

The participants were asked to describe a meaningful or memorable event they had spent with their father. Some could not remember a single

event and some had a list of events in which they lived wholly with their father. Everyone displayed different types of emotions which could be observed by their tone of voice and their eyes. One of them were into tears while explaining the event because their father expired when she was a child. The participant did not want to shed tears but she could not control herself as she missed her father a lot.

The moment she recounted was regarding her father's cancer battle. "I recall that last moment when he was lying in bed, his body completely lifeless from cancer," she stated. I was with him in his last moments, therefore it meant a lot to me to sit with him, give him hand and foot massages, and feed him. Others grinned as they recalled memorable and enjoyable events.

Living Environment and Adjustment

The researcher asked the participants about the living environment they prefer. Apparently, everyone wanted to live in healthy, nourishing environment where relationship emerge with great understanding. "I never liked living alone because I come from a family where uncles and aunts lived together and we cousins would gather, play, and enjoy ourselves," one participant responded. I truly enjoy everyone living together since, thank God, my in-laws' home was also like that. Living alone doesn't work." Some participants expressed that they had trouble at first adjusting to their marriages since they had little understanding of men and having grown up without their fathers. "I come from a family where nobody cares about anyone else; everyone is just focused on themselves," one person said in response. However, my in-laws think that everything should be done collaboratively, with mutual consultation and forward motion. They had to learn every single thing about how to stay with a person by understanding his needs but all were happy that their in laws supported them. Living environment is very important factor to ensure easy adjustment.

Qualities in Partner

Participants were questioned about the traits they looked for in a mate and how they compared their spouses' traits to those of their fathers. Given that fathers are the first people to teach daughters morality and how to select compatible spouses, the replies were remarkably prevalent. The majority of participants thought of men as kind, helpful, and caring spouses but lacked a thorough grasp of males. "Your life partner should be supportive, stand by you, and not always impose his own way but listen to

you too," one participant clarified. Above all, they ought to respect you and be reliable. Respect is crucial to a relationship's survival.

One responded, "I wish I could say that my father possesses qualities that my husband has," when asked about traits in their husbands that they compared to those of their fathers. My spouse is a very helpful individual. I was terrified of getting married after witnessing my father's terrible relationship, which made me hate even the existence of men. However, I am overjoyed to see my spouse and always hope that he never turns into my father."

Memory when you Missed your Father the Most

Participants were questioned about the times in their lives when they missed their fathers the most. Every participant whose father was absent or had passed away had the same response: they missed their fathers the most when they were getting married and signing the nikkah form. On this particular occasion, they felt a strong need for their fathers to be there. A participant responded, "I missed my father a lot at the time of my nikkah, and whichever daughter you ask, she will give the same answer because nikkah is that time when a daughter needs her father the most."

When asked about childhood recollections, the majority said that they missed their fathers the most on days of school results or parent-teacher conferences. Another replied, "I really wanted to share my achievements with my father, but he had no interest in his children—he didn't even remember which class I was in." They wanted to share their achievements with their father but unfortunately, they were not able to do that. The question about the living environment was really necessary to ask as it had a huge impact on daughters' adjustment with the spouse, the problems she faced and how she coped up with it. Although a huge percentage wanted to live in a joint family system as to fulfill the loss of love, protection and care they had in their childhood. The initial needs from their father which were not fulfilled were on the priority list while choosing the mate.

Difficulty in Adjustment

Due to their lack of knowledge about the demands of men, participants had trouble adapting to new surroundings. Before they could respond, they had to comprehend. Since they were unable to go back to their mothers' houses and did not want to cause them any more trouble, they decided to make a compromise. "If my father were alive, I wouldn't hesitate a second to go back because of the kind of fights that happen here; I don't feel like staying," said one participant. However, I don't want to go back and bother

my mother, who already had to deal with a lot of hardships while raising us as children before arranging our marriages. I can't go back and disturb her now. I don't even remain there for extended periods of time because she becomes concerned."

Coping Strategy

Coping mechanisms turned out to be crucial for resolving the challenges and struggles daughters encountered when adjusting to new surroundings. Some had trouble handling events and were unable to control their anger, which led to arguments with their spouses. "I get very angry when someone doesn't understand what I'm saying and that person shouts at me without understanding," remarked one participant. God knows how many items in the house I've shattered during this process."

Someone else said, "I know that things will get better on their own after a while, so I remain quiet because his anger only lasts a short time."

Positive Father Daughter Relationship influences Daughters

A daughter's relationship with her father has a variety of effects on her, both good and bad. One participant said, "My father raised me with great love because I'm the only sister among four brothers and the only daughter, so all the love came to me," in response to the researcher's question regarding these repercussions. I've never been asked to work at my home; therefore, I'm not used to handling housekeeping. However, my future in-laws demand that I complete all tasks on my own, which worries me a little because I really can't."

"I didn't have a strong bond because he died when I was a child, but as far as I remember, I feel like I would have had a lot of support if my father was here," another participant stated. However, I have to give in on everything here.

All the data indicated that father do play an important role in a daughter's life to look for how his daughter understand a male personality, how she developed a sense about spousal relationship, how she perceived a person as an ideal. Father plays an important figure in daughter life who tells her about the right and wrong way by supporting and stopping her respectively.

Discussion

The findings suggest the important influence of father-daughter

connections on daughter's experiences and expectations in marriage. The ideal spouse is frequently modeled after fathers. According to attachment theory, daughter who had emotionally supportive fathers in their lives typically reported feeling more secure emotionally, having clearer expectations about their responsibilities in marriage, and feeling more confident about their ability to rely on and trust their partners. However, the results also indicate that fathers' emotional detachment or overprotection may occasionally lead to problems with relational balance or autonomy. Conversely, daughters who experienced parental absence often reported unmet emotional needs for care, protection, and support. They occasionally had issues with emotional sensitivity, trust, and reliance in married relationships, despite the fact that many of them developed resilience and independence.

The study additionally demonstrated that mother influence and the home environment affected daughters' perceptions of their father's presence or absence. Mothers who spoke positively about fathers or modelled healthy relationships increased trust and optimism about men, but parental criticism or conflict exposure caused bewilderment and mistrust. Memorable father-daughter connections, whether they were tragic, loving, or characterized by absence, left lasting emotional imprints that affected the daughter's expectations of partners and coping strategies in marriage. While daughters of absent fathers often required more adjustment but demonstrated resilience through compromise and negotiation, daughters of supporting fathers generally settled into married households with better assurance. These results imply that fathers' presence or absence has a significant impact on partner preferences, relational expectations, emotional coping, and adult marital adjustment.

Conclusion

This study shows that father-daughter interactions have a significant impact on daughters' expectations, opinions, and behaviours in married relationships. Fathers who are emotionally available help daughters understand masculine roles and relationships by fostering stronger emotional regulation, healthier relational expectancies, and secure attachment. However, even while father absence may foster independence and resilience, it is often associated with early relational concerns, fear of abandonment, and challenges transitioning to marriage.

Additionally, mothers' views and verbal messages about fathers have an impact on daughters' impressions of men and relationships, either strengthening or lessening the effects of father presence or absence.

Positive or poor, early paternal experiences typically leave long-lasting emotional imprints that affect coping strategies, partner selection, and the ability to build satisfying adult marriages.

Limitations

The depth and generalizability of the results are affected by the constraints of this study. The sample consisted of only 15 individuals from a specific socioeconomic and cultural background, and the use of prospective self-reports may have introduced memory bias and emotional reconstruction. Some interviews were conducted over the phone rather than in person, which decreased the depth of engagement. People often struggled to recollect specific childhood memories with their fathers or to define the emotions connected to those experiences, making it difficult to record a range of perspectives. Furthermore, many of the individuals' responses were the same. Cultural norms pertaining to father duties and gender expectations may have also had an impact on responses.

Furthermore, some potential participants were reluctant to share personal information about their dads and marriages, and the unequal representation of father-present and father-absent groups may have limited fair comparisons. Despite these shortcomings, the study has important ramifications for how father presence and absence affect daughters' relationship development. The findings emphasize how crucial it is to recognize how fathers affect daughters' perceptions of men, expectations for marriage, and coping strategies. Future study may involve cross-cultural and longitudinal studies to further understand how father engagement or absence interacts with social views and effects long-term relationship outcomes.

The results also suggest practical uses, such as family-based therapies to promote effective parenting, parental counselling to promote healthy relational modelling, and therapeutic assistance for daughters who have experienced paternal absence or emotional estrangement. In addition to addressing their daughters' concerns about relationships and connection, guidance for single mothers could help them cultivate more optimistic attitudes toward men and marriage.

References

- Jeong, J., Siyal, S., Fink, G., McCoy, D. C., & Yousafzai, A. K. (2018). "His mind will work better with both of us": a qualitative study on fathers' roles and coparenting of young children in rural Pakistan. *BMC public health*, 18, 1-16.
- Allgood, S. M., Beckert, T. E., & Peterson, C. (2012). The role of fathers in adolescent development: A review. *Journal of Family Studies*, 18(1), 45-59.
- Lee, S.A. (2018). Parental Divorce, Relationships with Fathers and Mothers, and Children's Romantic Relationships in Young Adulthood. *Journal of Adult Development* 25, 121-134. <https://doi.org/10.1007/s10804-017-9279-4>
- Bowlby, J. (1988). *A secure base: Parent-child attachment and healthy human development*. Basic Books.
- East, L., Jackson, D., O'Brien, L., & Peters, K. (2006). Father absence and adolescent development: A review of the literature. *Journal of Child and Adolescent Health*, 12(3), 175-190.
- Finley, G. E., & Schwartz, S. J. (2007). The father involvement and nurturant fathering scales: Retrospective measures for adolescent and adult children. *Educational and Psychological Measurement*, 67(1), 12-29.
- Krampe, E. M., & Newton, R. R. (2006). The father presence questionnaire: A new measure of the subjective experience of being fathered. *Fathering: A Journal of Theory, Research, and Practice about Men as Fathers*, 4(2), 159-190.
- Roach, A. J., Frazier, L. P., & Bowden, S. R. (1981). The marital satisfaction scale: Development of a measure for intervention research. *Journal of Marriage and Family*, 43(3), 537-546.
- Amato, P. R., & DeBoer, D. D. (2001). The transmission of marital instability across generations: Relationship skills or commitment to marriage? *Journal of marriage and family*, 63(4), 1038-1051.
- Butler, J. (2019). *Psychological well-being and academic adjustment of young adult children of divorce (YACOD): a systematic review and meta-analysis* (Doctoral dissertation, Memorial University of Newfoundland).
- Ali, A., A. (2016). Early Father- Daughter Relationship and Demographic Determinants of Spousal Marital Satisfaction. *Dove Press Journal: Psychology Research and Behaviour Management*, 9(1), 61-70.

- Fraley, R., C. (2020). Adult Attachment theory and Research: A Brief Overview. Retrieved from <http://labs.psychology.illinois.edu/~rcfraley/attachment.html>
- Guardia, A., Nelson, J., & Lertora, I. (2014). The impact of Father Absence on Daughter Sexual Development and Behaviors: Implications for professional counselors. *The Family Journal*, 22(3), 339-346.
- Hazan, C., & Shaver, P. (1987). Romantic love conceptualized as an attachment process. *Journal of Personality and Social Psychology*, 52(3), 511-524.
- Jain, N. (2015). Father-Daughter Attachment Pattern and its Influence on Daughter's Development. *The International Journal of Indian Psychology*, 2(2), 75-82.
- Rizvi, S. S. (2015). Fathers' Masculinity Ideology and their Adolescent's Perception of Fathers' Love. *International Journal of Information and Education Technology*, 5(1), 14-20.
- Webster, P. S., Orbuch, T. L., & House, J. S. (1995). Effects of childhood family background on adult marital quality and perceived stability. *The American Journal of Sociology*, 101(2), 404.
- Zia, A., & Malik, A. A., & Ali, S. M. (2015). Father and Daughter Relationship and its impact on Daughter's Self-Esteem and Academic Achievement. *Academic Journal of Interdisciplinary Studies*, 4(1), 311-316

INTERVIEW GUIDE

- س : آپ کے دماغ میں کیا تصویر آتی ہے جب آپ اپنے والد کے بارے میں سوچتی ہیں؟
- س : آپ کے نزدیک ایک مکمل رشتے کی کیا تعریف ہے؟
- س : جب آپ نے ہوش سنبھال تو کیا آپ کے والد حیات تھے؟
- س : آپ کی زندگی کا کتنا عرصہ آپ کے والد کے ساتھ گزرا؟
- س : آپ کی والدہ نے آپ کے سامنے آپ کے والد کی کیا تصویر کھینچی ہے؟
- س : آپ کا اپنے والد کے ساتھ گزارا گیا کوئی خاص لمحہ؟
- س : اپنے والد کے ساتھ گزارا ہوا کوئی ایسا لمحہ جو آپ کے لیے بہت یادگار ہو؟
- س : آپ کے والد کے ساتھ آپ کا رشتہ کس نوعیت کا ہے / تھا؟
- س : اس نوعیت کے رشتے کے مطابق آپ کے نزدیک ایک مکمل مرد کی کیا تعریف ہے؟
- س : آپ کے خیال میں ایک ازدواجی رشتے میں کیا چیز اہم ہے؟
- س : آپ اپنے ہمسفر میں کیا خوبیاں دیکھتی ہیں؟
- س : کیا آپ اپنے والد میں موجود خوبیوں کا موازنہ اپنے شوہر / منگیتر سے کرتی ہیں؟
- س : آپ کو کس طرح کا رہن سہن پسند ہے؟
- س : کیا آپ کو لگتا ہے کہ سسرال کی مداخلت کی وجہ سے آپ کی ازدواجی زندگی میں مسائل پیدا ہو سکتے ہیں؟
- س : آپ کے خیال میں کیا سسرال سے الگ رہنے سے آپ کے اور آپ کے شوہر کے درمیان بہتر ہم آہنگی ہو سکتی ہے؟
- س : آپ کی بچپن کی کوئی ایسی یاد جس میں آپ نے اپنے والد کو بہت یاد کیا ہو؟
- س : آپ کے بچپن کا کوئی ایسا واقعہ جس میں آپ کو اپنے والد کی بہت کمی محسوس ہوئی ہو؟

- س: اگر والد حیات ہیں تو) آپ کا دن کا کتنا حصہ اپنے والد کے ساتھ گزرتا ہے؟
- س: آپ کے حساب سے بچپن سے لیکر اب تک آپ کا اپنے والد سے رشتہ کتنا تبدیل ہوا ہے؟
- س: آپ کے اور آپ کے والد کے رشتے میں کتنا اعتبار ہے؟
- س: کیا آپ کو لگتا ہے کہ آپ کے والد سے آپ کے رشتے کی مضبوطی آپ کے ازدواجی زندگی پر کسی بھی طرح اثر انداز ہو سکتی ہے؟
- س: آپ کے والد آپ کے فیصلوں میں آپ کا کتنا ساتھ دیتے ہیں؟
- س: آپ کے خیال میں ایک ازدواجی رشتے کو کیا چیز مضبوط بناتی ہے؟
- س: آپ کے خیال میں ایک رشتے کو بننے اور سنبھلنے میں کتنا وقت لگتا ہے؟
- س: وقت کے ساتھ مرد کے بارے میں آپ کی سوچ میں کیا تبدیلی آئی ہے؟
- س: پہلے کی سوچ اور اب کی سوچ میں کبھی موازنہ کیا ہے کیا
- س: پہلے مرد کے بارے میں آپ کی کیا سوچ تھی اور اب کیا سوچ ہے؟
- س: کیا آپ کی یہ سوچ کبھی بھی آپ کی ازدواجی زندگی پر اثر انداز ہوئی ہے؟
- س: شادی کے بعد اپنا نیا ماحول سمجھنے میں آپ کو کیا مشکلات پیش آئیں؟
- س: آپ نے ان مشکلات کا سامنا کیسے کیا؟
- س: ان مشکلات کو حل کرنے کے لیے آپ نے کیا طریقہ اپنایا؟
- س: کیا ان مشکلات کی وجہ سے آپ کے ازدواجی رشتے پر کبھی اثر پڑا؟
- س: ازدواجی رشتے کو سمجھنے کے لیے آپ نے کس سے مدد لی؟
- س: کیا ان کی مدد آپ کے کام آئی؟
- س: اگر آپ کے ازدواجی رشتے میں کوئی دشواری آتی ہے تو آپ اس کو ذہنی طور پر کس طرح سے لیتی ہیں؟

- س : آپ کے والد کے ناہونے سے آپ کو اک ازدواجی رشتے کو س مجھے میں کیا مشکل پیش آئی؟
- س : آپ کے والد کی موجودگی نے آپ کو ازدواجی رشتے کو سمجھنے میں کتنی مدد دی؟
- س : کچھ لوگوں کا کہنا ہے کہ جن لڑکیوں کے بھائی ہوں ان کو والد کی اتنی کمی نہیں کھلتی اور وہ رشتوں کو بھی آسانی سے سمجھ جاتی ہیں۔ اس بارے میں آپ کا خیال ہے؟