

The Influence Of Gender Role Conflict, Loneliness, And Father Involvement On Subjective Well-Being Among Male University Students
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Abstrak

This study examines the influence of gender role conflict, loneliness, and fatherless on the subjective well-being of male university students in Indonesia, a population that faces unique psychosocial demands during the transition from adolescence to emerging adulthood. The increasing tension between traditional masculine norms – emphasizing emotional restraint, autonomy, and strength – and contemporary expectations that value emotional openness and social connectedness may place male students at heightened risk for lower well-being. Using a quantitative correlational design, this research involved 227 male students selected through purposive sampling. Four standardized instruments were employed: The Gender-Role Conflict Scale, the Revised UCLA Loneliness Scale, the Fatherhood Scale, and two well-being measures (SWLS and SPANE). Data were analysed using SEM-PLS to assess the simultaneous and relative contributions of each predictor. Results indicate that loneliness and fatherless significantly and negatively predict subjective well-being, with loneliness emerging as the strongest predictor. In contrast, gender role conflict does not significantly influence subjective well-being in this sample. The model explains 26.9% of the variance in subjective well-being, supported by robust regression diagnostics, including acceptable VIF values and the absence of heteroskedasticity. These findings highlight the central role of emotional and relational factors – particularly loneliness and the presence of a supportive father figure – in shaping well-being among male students. The nonsignificant effect of gender role conflict suggests that masculine norm pressures may not directly reduce well-being but could influence it indirectly through other psychological mechanisms. The study underscores the need for university counselling services and family-based interventions to address loneliness and strengthen father-son relationships as protective factors that can enhance the psychological well-being of male students.

Kata kunci: Gender Role Conflict, Loneliness, Fatherless, Subjective Well Being

INTRODUCTION

Subjective well-being is an important construct in positive psychology that encompasses individuals' overall evaluation of their lives (life satisfaction) and their affective experiences (levels of positive versus negative emotions) (Balane & Tirol, 2015). During the university years, the transition from adolescence to emerging

adulthood brings various demands – academic, social, and identity-related – that can significantly influence subjective well-being (Alifa & Handayani, 2021). Pressures such as academic achievement demands, the need for independence, changes in social relationships, and the development of gender identity make students' subjective well-being a highly relevant topic, as low subjective well-being affects not only mental health but also academic performance, interpersonal relationships, and study persistence (Sari & Aminatun, 2021).

Research focusing specifically on male university students becomes essential because they face dual pressures: on one hand, traditional masculinity norms demand strength, independence, and restricted emotional expression; on the other hand, social changes and gender equality require role flexibility, social competence, and emotional skills (Bogdescu, n.d.). The tension between old norms and new expectations may lead to internal conflicts that directly or indirectly reduce subjective well-being (Yantono, 2016).

One of the main mechanisms explaining the decline in subjective well-being among male students is gender role conflict (Siregar, 2020). This concept describes situations in which men feel that the roles they occupy are inconsistent with the masculinity norms they have internalized or with shifting social expectations (Dick, 2004). For example, when male students feel the need to appear emotionally "tough" and independent while simultaneously being expected to be open, socially engaged, and willing to seek support, such conditions may trigger GRC (Fuadi, Sudjanto, & Kamaluddin, 2018). Research indicates that GRC is negatively associated with psychological well-being; for instance, men reporting high GRC tend to be reluctant to seek psychological help or to form deep social relationships (Yantono, 2018), and such factors plausibly impact the subjective well-being of male university students.

The impact of GRC does not stop there – this conflict also increases the likelihood of loneliness. Loneliness is defined as the subjective experience of a discrepancy between desired and actual social relationships (E Hermawan, Pratiwi, & Fadhillah, 2021). Male students who internalize masculinity norms that suppress emotional expression or help-seeking tend to hold back, suppress psychological burdens, or avoid close relationships perceived as "too emotional" (Endang Hermawan, Pratiwi, & Fadhillah, 2021). Such conditions heighten the risk of loneliness (Diener, Emmons, Larsen, & Griffin, 1985). International research further confirms a significant negative association between loneliness and subjective well-being – for example, Özdogan (Taufik, 2025) found that social and emotional loneliness affects university students' subjective well-being through meaning in life. In other words, the pathway is as follows: male students with high GRC are more likely to feel lonely, which in turn reduces their subjective well-being (Dwiputra & Kusumiati, 2021). In terms of

mitigation, father involvement emerges as a protective factor that can enhance male students' subjective well-being (Syuaib, 2023).

Father involvement includes emotional presence, motivational support, quality interactions, and modelling of adaptive masculinity roles (Özdoğan, 2021). Studies on adolescents show that greater father involvement correlates with higher subjective well-being—for example, an Indonesian study by Alifa & Handayani found that perceived father involvement positively influences subjective well-being among adolescents living with their fathers (Diener et al., 2009). Although research specifically targeting male university students remains limited, it is reasonable to assume that strong father involvement can (1) reduce gender role conflict—by modelling a form of masculinity that is not only “tough” but also emotionally open, (2) reduce loneliness—through emotional/social support and stronger relational bonds, and (3) directly enhance subjective well-being—through improved life satisfaction and positive emotional experiences (Permana & Astuti, 2021).

This study is particularly important in Indonesia, where sociocultural changes related to gender are accelerating, yet male university students as a subgroup have received limited attention in well-being research (Prawiranegara, Meiza, & Gamayanti, 2023). Most previous studies have examined university students in general or focused on female students or adolescents, whereas the combination of gender role conflict, loneliness, and father involvement in relation to subjective well-being among male university students has rarely been explored simultaneously. By examining these variables within a single research model, this study seeks to provide a more comprehensive and contextual understanding of how male students' subjective well-being is shaped and influenced by internal factors (GRC) and external factors (father involvement) through emotional-social mechanisms (loneliness) (Russell, Peplau, & Cutrona, 1980).

The benefits of this research are both theoretical and practical. Theoretically, this study enriches the literature on subjective well-being among Indonesian male university students by introducing a model of simultaneous influence comprising gender role conflict, loneliness, and father involvement, which may serve as a foundation for future research or meta-analyses (Tohitin & Qudsyi, 2025). Practically, its findings may assist higher education institutions, campus psychological service units, and families—particularly fathers—in designing more targeted intervention programs, such as gender role awareness training for male students, social relationship skill workshops to reduce loneliness, and strategies for strengthening father-child relationships to enhance family support (Silvana & Hastuti, 2024). These programs are expected to reinforce male students' subjective well-being, which in turn may improve academic performance, social engagement, mental health, and student

retention. Therefore, this study holds significant potential to contribute to improving the quality of life of male university students and supporting the development of more gender-inclusive campus policies.

Research Question:

The research question of this study is: *Do gender role conflict, loneliness, and father involvement simultaneously influence the subjective well-being of male university students?*

METHOD

This study employed a quantitative correlational approach. The quantitative research approach was used to test objective theories by examining how variables are interrelated. These variables were measured using standardized instruments, producing numerical data that could be analysed through statistical methods (Ulhaq & Alfian, 2025). The purpose of this study was to examine the simultaneous influence of gender role conflict, loneliness, and father involvement on the subjective well-being of male university students (Victoriana, Manurung, Azizah, Teresa, & Gultom, 2023). The dependent variable in this study is subjective well-being, while the independent variables are gender role conflict, loneliness, and father involvement (Sugiyono, 2013).

A non-probability sampling method, specifically purposive sampling, was used because the researcher had predetermined target individuals who met the criteria and were willing to participate (Hammoudi Halat, Soltani, Dalli, Alsarraj, & Malki, 2023). The sampling criterion was: male university students enrolled at higher education institutions in Indonesia (Alifa & Handayani, 2021). The total number of participants in this study was 227 (Waningsih, Formen, & Pranoto, 2025).

Data were collected using four psychological scales measuring gender role conflict, loneliness, father involvement, and subjective well-being (Cabrera, Volling, & Barr, 2018).

- a. To measure gender role conflict among male university students, the Gender-Role Conflict Scale developed by O'Neil et al. (Bireda & Pillay, 2018) was used, consisting of 37 items. The scale comprises four indicators assessing men's experiences of gender role conflict: Restricted Emotionality (RE), which reflects men's fear and limitations in expressing emotions and their difficulty using words to express feelings; Restrictive Affectionate Behaviour Between Men (RABBM), defined as limitations in expressing feelings and thoughts to others and difficulties engaging in physical contact with other men; Success/Power/Competition (SPC), which reflects personal attitudes toward competition and power in achieving success; and Conflict Between Work and Family Relations (CBWFR), which describes difficulties in balancing academic/work commitments with family and peer relationships—often leading to limited leisure time, health problems, stress, and overwork. Based

on the reliability test, the scale had a Cronbach's alpha of 0.863 (Wallace, Wallace, Elliott, Davies, & Pontin, 2022).

- b. Loneliness was measured using the Revised UCLA Loneliness Scale (R-UCLA), which consists of 20 items developed by Russell, Peplau, and Cutrona (1980). The scale includes three indicators: intimate others, which reflects loneliness arising from low-quality or limited intimate relationships; social others, which measures loneliness due to the absence of a social network that provides companionship; and the affiliative environment, which measures experiences of loneliness related to social or group-oriented contexts. The reliability test showed a Cronbach's alpha of 0.859.
- c. Father involvement was measured using the Fatherhood Scale (FS), containing 64 items developed by Dick (Seigfried-Spellar, 2018) to assess the types of relationships adult men had with their fathers during childhood and adolescence. The Fatherhood Scale comprises nine indicators: Positive Engagement, Positive Paternal Emotional Responsiveness, Negative Paternal Engagement, The Moral Father Role, The Gender Role Model, The Good Provider Role, The Androgynous Role, Responsible Paternal Engagement, and The Accessible Father. Reliability testing indicated a Cronbach's alpha of 0.951.
- d. Subjective well-being was assessed using two scales: The Satisfaction with Life Scale (SWLS) and the Scale of Positive and Negative Experience (SPANE). The SWLS, developed by Diener et al. (Ramos et al., 2021) consists of five items designed to measure individuals' global cognitive judgments of their life satisfaction. The reliability coefficient for this scale in the present study was 0.895 (Cronbach's alpha). The SPANE is a 12-item questionnaire comprising six items assessing positive feelings and six items assessing negative feelings. For both the positive and negative subscales, three of the items represent general affective descriptors (e.g., positive, negative), while the remaining three represent more specific feelings (e.g., joyful, sad). The SPANE was developed by Diener et al. (Jayaraja, Tan, & R., 2017) and in this study, it demonstrated a reliability coefficient of 0.825 (Cronbach's alpha).
- e. Data analysis was performed using SEM-PLS (Structural Equation Modelling-Partial Least Squares). Multiple linear regression with PLS is a statistical method used to analyse relationships between multiple independent variables (predictors) and one or more dependent variables (Kumar, Pillai, Kumar, & Tabash, 2023). This method is particularly useful when independent variables are highly correlated (multicollinearity) (Mohr, Hammer, Brady, Perry, & Bodner, 2021). PLS works by projecting the independent and dependent variables into a new latent space in which the components are uncorrelated,

allowing for more reliable predictions despite the presence of high multicollinearity among predictors.

RESULTS AND DISCUSSION

Result

Table 1. Descriptive Statistics

	N	Min	Max	Sum	Mean	Std. Deviation
Gender Role Conflict	227	71	177	27624	121.69	16.857
Fatherless	227	63	210	32088	141.36	34.967
Loneliness	227	20	82	11554	50.90	10.998
Subjective Well Being	227	14	43	6767	29.81	4.692
Valid N (listwise)	227					

This study involved a total of 227 respondents, all of whom provided valid data for analysis. In general, descriptive statistical analyses were conducted to provide an overview of the distribution of scores for each research variable, namely Gender Role Conflict, Fatherless, Loneliness, and Subjective Well-Being.

For the Gender Role Conflict variable, respondents' scores ranged from 71 to 177, with a mean score of 121.69 and a standard deviation of 16.857. This mean score indicates that the level of gender role conflict among respondents tends to fall within the moderate to high category, with a relatively moderate degree of variation between individuals.

The Fatherless variable showed a wider score range, from 63 to 210, with a mean of 141.36 and a standard deviation of 34.967. The relatively large standard deviation suggests substantial variation in fatherless experiences among respondents, indicating that the variability within this variable is considerably high (Ryan, R. M., & Deci, 2000).

For the Loneliness variable, respondents' scores ranged from 20 to 82, with a mean of 50.90 and a standard deviation of 10.998. This mean score suggests that respondents generally experienced a moderate level of loneliness, with an intermediate degree of variability across individuals (Sao, Chandak, Barhate, & Mondal, 2024).

The Subjective Well-Being variable showed a score distribution ranging from 14 to 43, with a mean of 29.81 and a standard deviation of 4.692. The relatively small standard deviation indicates that respondents' levels of subjective well-being were fairly homogeneous, suggesting that most respondents reported similar levels of subjective well-being (Supriatna & Septian, 2021).

Overall, these descriptive statistics demonstrate that each variable exhibits distinct distribution characteristics. Fatherless appears as the variable with the greatest variability, while Subjective Well-Being is the most homogeneous variable in terms of score distribution.

Table 2. Gender Role Conflict Scale

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rendah	23	10.1	10.1	10.1
	Sedang	171	75.3	75.3	85.5
	Tinggi	33	14.5	14.5	100.0
	Total	227	100.0	100.0	

Based on the results of the descriptive statistical analysis of the Gender Role Conflict Scale, an overview of the distribution of gender role conflict levels among the 227 respondents was obtained. The categorization results indicate that the majority of respondents fell into the moderate category. A total of 171 respondents (75.3%) were classified as having a moderate level of gender role conflict, suggesting that most individuals in this study experienced gender role conflict at a mid-range intensity. This category represents the largest group and reflects the most common condition within the study population (Yulianty et al., 2015).

Furthermore, 33 respondents (14.5%) were categorized as having a high level of gender role conflict. This proportion indicates that a smaller subset of respondents experienced relatively strong or intense gender role conflict in their daily lives. Meanwhile, 23 respondents (10.1%) were classified in the low category, meaning that only a small portion of respondents experienced minimal levels of gender role conflict (Seravim, 2023).

Overall, this distribution suggests that gender role conflict among respondents generally falls within the moderate range, with only a small proportion reaching low or high levels. These findings indicate that gender role conflict is relatively common, although its intensity varies across individuals (KAMARA, 2021).

Table 3. Fatherless Scale

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rendah	34	15.0	15.0	15.0
	Sedang	144	63.4	63.4	78.4
	Tinggi	49	21.6	21.6	100.0
	Total	227	100.0	100.0	

The descriptive analysis of the Fatherless Scale provides an overview of the degree of fatherless experienced by the 227 respondents. Overall, the majority of respondents fell into the moderate category, indicating that they experienced fatherless at a mid-level intensity. A total of 144 respondents (63.4%) were classified in the moderate category. This substantial proportion shows that most respondents reported fatherless experiences that were neither very low nor at an extremely high level. The moderate category thus represents the most common pattern observed among participants in this study (Caesariano, Wulandari, & ..., 2022).

Meanwhile, 49 respondents (21.6%) fell into the high category, indicating that approximately one-fifth of the respondents experienced relatively strong or more intense fatherless compared to the other groups. In the low category, there were 34 respondents (15.0%), suggesting that only a small portion of the respondents had a low level of fatherless, or in other words, experienced minimal absence or limited involvement of a father figure (Ulhaq & Alfian, 2025).

Overall, the distribution shows that fatherless among respondents predominantly falls within the moderate range, with smaller proportions in both the low and high categories. This pattern provides an important depiction that fatherless experiences vary across individuals, though they tend to fall within the mid-range level in this study population.

Table 4. Loneliness Scale

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rendah	30	13.2	13.2	13.2
	Sedang	173	76.2	76.2	89.4
	Tinggi	24	10.6	10.6	100.0
	Total	227	100.0	100.0	

The descriptive analysis of the Loneliness Scale provides an overview of the level of loneliness experienced by the 227 respondents. The score distribution shows that

most respondents fall into the moderate category, indicating that feelings of loneliness are fairly common but not experienced at an extreme level.

A total of 173 respondents (76.2%) were classified in the moderate category. This substantial proportion demonstrates that the majority of respondents experienced a moderate level of loneliness – not too low, yet not reaching a very high level. This suggests that loneliness is a relatively prevalent experience within the study population.

In the low category, there were 30 respondents (13.2%). This indicates that only a small portion of respondents had low levels of loneliness, meaning they did not frequently experience feelings of loneliness (Sekhsaria & Pronin, 2021).

Meanwhile, 24 respondents (10.6%) were in the high category. Although the number is not large, this group remains important as it reflects the presence of respondents who experienced a fairly serious or intense level of loneliness.

Overall, the distribution indicates that the respondents' loneliness levels tend to fall within the moderate range, with smaller proportions experiencing low or high levels. This pattern suggests that loneliness is a common experience, although its intensity is more frequently situated at a moderate level.

Table 5. Subjective Well Being Scale

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rendah	24	10.6	10.6	10.6
	Sedang	164	72.2	72.2	82.8
	Tinggi	39	17.2	17.2	100.0
	Total	227	100.0	100.0	

The descriptive analysis of Subjective Well-Being (SWB) provides an overview of the level of subjective well-being experienced by the 227 respondents. Overall, most respondents fall into the moderate category, indicating that their psychological well-being is at a mid-level. A total of 164 respondents (72.2%) were classified in the moderate category. This substantial percentage suggests that the majority of respondents have relatively stable levels of subjective well-being – neither too low nor exceptionally high. This indicates that most individuals experience a fairly balanced emotional condition and a moderate level of life satisfaction (Kindness et al., 2014).

In the high category, there were 39 respondents (17.2%). This figure indicates that a portion of respondents reported good levels of subjective well-being, which may reflect higher life satisfaction, more frequent positive emotions, and better adaptive functioning.

Meanwhile, 24 respondents (10.6%) fell into the low category. Although this number is not large, this group is important to highlight because it indicates the presence of respondents with low levels of subjective well-being, potentially associated with stress, lower life satisfaction, or more dominant negative emotions.

Overall, the distribution of subjective well-being levels among respondents shows a pattern dominated by the moderate category. This suggests that subjective well-being within the study population tends to lie at a mid-level, with smaller proportions experiencing high or low levels.

Table 6. Summary coefficients

	Unstandardiz ed coefficients	Standardize d coefficients	SE	T value	P value
Gender Role Conflict	-0.004	-0.013	0.016	0.228	0.820
Fatherless	-0.030	-0.227	0.008	3.647	0.000
Loneliness	-0.166	-0.390	0.027	6.252	0.000
Intercept	43.026	0.000	2.415	17.81 8	0.000

The regression analysis results illustrate how the three independent variables – Gender Role Conflict, Fatherless, and Loneliness – are associated with Subjective Well-Being among the respondents. Overall, the model indicates that not all variables contribute equally to explaining the variation in subjective well-being.

First, Gender Role Conflict does not show a meaningful effect on subjective well-being. This is reflected in its very small and negative regression coefficient ($B = -0.004$) along with a high significance value ($p = 0.820$). In other words, the level of gender role conflict experienced by respondents does not significantly predict increases or decreases in subjective well-being. This suggests that although some individuals may face pressures related to gender roles, the impact is neither strong nor consistent enough to influence their psychological well-being within this statistical model.

In contrast, the Fatherless variable demonstrates a significant contribution. The regression coefficient is negative ($B = -0.030$) and statistically significant ($p < 0.001$). This indicates that higher levels of fatherless are associated with lower levels of subjective well-being. The negative effect is further supported by the standardized coefficient ($\beta = -0.227$), positioning fatherless as an important predictor within the model. Psychologically, this finding reinforces the understanding that the absence of

a father figure—physically, emotionally, or functionally—can have a substantial impact on an individual's psychological well-being (Dani & Aryono, 2019).

The third variable, Loneliness, emerges as the strongest negative predictor of subjective well-being. Its regression coefficient is relatively large ($B = -0.166$) and highly significant ($p < 0.001$), while the standardized coefficient ($\beta = -0.390$) shows that loneliness has the most dominant effect compared to the other predictors. These finding highlights that higher levels of loneliness correspond to lower subjective well-being. Loneliness appears to be the emotional factor most strongly influencing how individuals evaluate their happiness and overall quality of life (Tarigan & Apsari, 2022).

The intercept value of 43.026 represents the baseline level of subjective well-being when all independent variables are set to zero. However, in social and psychological interpretation, this value is not as meaningful as the direction and strength of each predictor's effect.

Overall, the findings show that subjective well-being is more strongly influenced by internal emotional conditions such as loneliness and by key relational experiences such as the presence or absence of a father figure. Meanwhile, gender role conflict does not make a significant contribution within this model. These results underscore that efforts to improve psychological well-being among young men may need to focus more on enhancing interpersonal relationship quality and reducing loneliness rather than addressing gender role conflict, which may be less relevant in the context of this study's respondents.

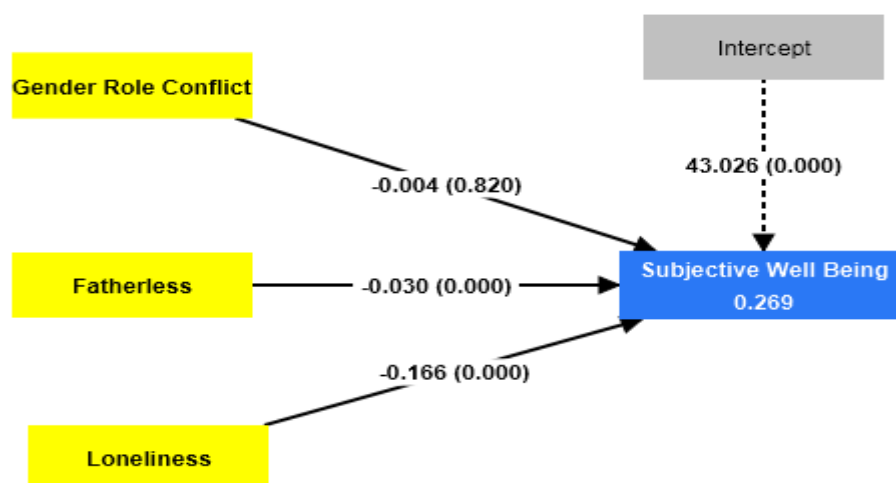


Figure 1. hasil analisis regresion pls

Table 7. Summary ANOVA

	Sum Square	Df	Mean Square	F	P Value
Total	4974.855	226	0.000	0.000	0.000
Error	3637.716	223	16.313	0.000	0.000
Regression	1337.138	3	445.713	27.323	0.000

The ANOVA results show an F-value of 27.323 with $p < 0.001$, indicating that the overall regression model is significant and that the independent variables collectively have an effect on the dependent variable.

Table 8. R-square

	Subjective Well Being
R-square	0.269
R-square adjusted	0.259
Durbin-Watson test	1.927

The R^2 value of 0.269 indicates that approximately 26.9% of the variance in Subjective Well-Being can be explained by the three independent variables in the model, while the remaining variance is accounted for by other factors outside the model.

Table 9. VIF

	VIF
Gender Role Conflict	1.036
Fatherless	1.181
Loneliness	1.184

All VIF values were below 10 (ranging from 1.036 to 1.184), indicating that there were no multicollinearity issues among the independent variables.

Table 10. Breusch-Pagan Test

	Test-Statistic	df	P value
Breusch-Pagan Test	3.183	3	0.364

The p-value of 0.364 (> 0.05) indicates that the model does not exhibit heteroscedasticity, suggesting that the error variances can be considered homogeneous.

Table 11. Correlations

	Subjective Well Being	Gender Role Conflict	Fatherless	Loneliness
Subjective Well Being	1.000			

Gender Role Conflict	-0.034	1.000		
Fatherless	-0.368	-0.099	1.000	
Loneliness	-0.474	0.111	0.366	1.000

The correlation results show that Subjective Well-Being has a negative relationship with Fatherless ($r = -0.368$), Loneliness ($r = -0.474$), and Gender Role Conflict ($r = -0.034$). This indicates that higher levels of fatherless, loneliness, and gender role conflict are associated with lower levels of Subjective Well-Being. The weakest correlation was observed between Gender Role Conflict and Subjective Well-Being, whereas the strongest correlation was found between Loneliness and Subjective Well-Being.

Discussion

The findings of this study indicate that among the three variables examined – gender role conflict, fatherless, and loneliness – only fatherless and loneliness significantly influence the subjective well-being of male university students. Meanwhile, gender role conflict did not show a meaningful effect. This pattern provides deeper insight into the psychological dynamics of young adult men in Indonesia, particularly in relation to identity development, social relationships, and family experiences.

The first key finding is the non-significant effect of gender role conflict on subjective well-being. This suggests that the pressures associated with traditional male gender roles – such as expectations to appear strong, independent, emotionally restrained, and self-reliant – do not directly influence their level of subjective well-being (Akbar & Abdullah, 2021). In other words, gender role conflict may not serve as a primary factor that diminishes well-being, especially for male university students who are navigating a developmental phase marked by identity exploration and increasing flexibility toward traditional masculine norms. Additionally, cultural shifts within Indonesian society, which is gradually becoming more accepting of emotional expression and gender equality, may also reduce the influence of gender role conflict on well-being among younger generations.

In contrast, fatherless was found to have a significant negative effect on subjective well-being. This indicates that the absence of an engaged father figure – either physically or emotionally – has a substantial impact on the well-being of male students. Individuals who grow up with low paternal involvement often experience limited emotional support, reduced feelings of security, and fewer opportunities to

internalize positive masculine role models. This aligns with findings by Cabrera et al. (TRANGGONO, 2022) who highlight that father involvement plays a critical role in shaping emotional development, self-regulation, and social functioning from childhood into adulthood. Studies by Alifa and Handayani (Ramadhan & Coralia, 2022) similarly indicate that perceived paternal involvement is positively correlated with subjective well-being, especially among adolescents living without their mothers. In the context of male university students, the father figure continues to influence emotional stability, identity formation, social competence, and the ability to cope with academic and relational challenges. Thus, the absence of a responsive paternal figure may undermine emotional regulation and contribute to lower levels of subjective well-being.

Furthermore, loneliness emerged as the strongest predictor of subjective well-being in this study. The large regression coefficient demonstrates that loneliness is a highly significant emotional factor affecting how individuals evaluate their life satisfaction and overall well-being. This finding is consistent with research showing that loneliness is one of the most robust predictors of low well-being among university students. Özdoğan (Dwiputra & Kusumati, 2021) reported that both social and emotional loneliness directly reduce subjective well-being by increasing negative affect and reducing life meaning. Similarly, studies by Tohitin and Qudsyi (Özdoğan, 2021) and Permana and Astuti (Russell et al., 1980) indicate that during emerging adulthood, loneliness has a stronger influence on mental health than most other psychosocial variables. This is understandable considering that male university students may face social barriers in expressing emotional needs or forming deep interpersonal connections due to masculine norms that emphasize independence and self-control. When these emotional and relational needs are unmet, loneliness increases and subsequently reduces subjective well-being.

Overall, the findings suggest that relational and emotional variables – fatherless and loneliness – play a far more significant role in determining subjective well-being than internal pressures related to gender role conflict (Filho et al., 2023). This has important practical implications: if educational institutions aim to improve the well-being of male students, interventions that focus on strengthening social connections, improving family relationships (particularly the paternal relationship), and reducing loneliness will be more impactful than programs focused solely on gender role issues (Kobayashi, Sledjeski, & Delahanty, 2019).

Moreover, the study reinforces the notion that subjective well-being is not solely determined by internal factors such as identity or gender role perceptions but is strongly influenced by the quality of an individual's relationships with parents and their social environment (Nwafor, H., Tariah, & (2022, 2022). The presence of a

supportive father and healthy interpersonal relationships serves as a protective buffer against stress, anxiety, and academic pressures. Conversely, emotional disconnection—whether from the father figure or from peers—makes individuals more vulnerable to loneliness, which in turn significantly diminishes subjective well-being (Humairoh, Annas, & Zein, 2023).

In conclusion, these findings demonstrate that comprehensive psychological interventions—emphasizing social support, emotional regulation, and healthy family relationships—are more appropriate for enhancing the subjective well-being of male university students. The study also contributes valuable insights to the psychological literature in Indonesia, particularly regarding the emotional, social, and relational foundations of well-being among young adult men.

CONCLUSION

Based on the findings of this study, an important conclusion can be drawn: the subjective well-being of male university students is more strongly shaped by relational and emotional factors than by pressures arising from gender role conflict. The analysis revealed that gender role conflict does not significantly influence subjective well-being, suggesting that expectations and demands related to masculinity do not directly diminish individuals' evaluations of their life quality. This may reflect the dynamics of younger generations who interpret gender roles more flexibly and therefore do not perceive these pressures as substantial threats to their psychological well-being.

In contrast, the absence of an engaged father figure or low paternal involvement was found to significantly and negatively affect subjective well-being. Individuals who experience fatherless tend to have lower emotional support, weaker attachment, and reduced relational security, all of which contribute to lower subjective well-being. Additionally, loneliness emerged as the strongest predictor in the model, indicating that emotional and social disconnection is one of the most distressing conditions faced by male students. Unaddressed loneliness has the potential to weaken positive affect, decrease life satisfaction, and impair an individual's ability to appreciate meaningful aspects of life. Overall, these findings underscore that the quality of interpersonal relationships and emotional experiences plays a far more dominant role in shaping subjective well-being than normative pressures related to gender roles.

RECOMMENDATIONS

The conclusions of this study offer several directions for future research and practical applications. Given the strong influence of loneliness and paternal involvement on subjective well-being, educational institutions and campus counselling services should prioritize programs that foster healthy social connections,

strengthen peer relationships, and provide safe spaces for men to express their emotional needs. The significant negative impact of fatherless highlights the importance of paternal engagement in psychological development, suggesting that future research should further examine the quality of father-child relationships and the forms of paternal involvement that most enhance psychological well-being.

For the advancement of psychological science, future studies should consider more complex models by incorporating potential mediators or moderators – such as emotion regulation, social support, or modern masculinity identity – to deepen the understanding of how gender role conflict relates to well-being. Longitudinal research is also recommended to observe how the effects of fatherless and loneliness evolve over time. Furthermore, expanding research to diverse regions and cultural contexts would provide richer insight into the dynamics of subjective well-being among male university students in Indonesia. Through deeper investigation and more targeted interventions, understanding of the factors influencing subjective well-being can be strengthened and applied to create more supportive environments for students' psychological development.

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