

THE ROLE OF FATHER INVOLVEMENT TOWARDS WELL-BEING ADOLESCENT

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Abstract: This research aims to determine the factors that can play a role in development of psychological well-being in adolescents. Recent research development shows that the role of the father is very important in the parenting process to minimize negative parenting, develop responsibility, autonomy, and resilience in facing the challenges, and guide how the child gives a positive or negative evaluation of himself. This research used quantitative correlational and used purposive sampling with 153 adolescence (12-15 years old) who own and live with their fathers. The instrument used in this study are Psychological Well-being Scale (PWB) by Ryff and Father Involvement scale developed by the researcher. The analysis technique used is the spearman correlation. The result show value ($p = 0.514$ and $p < 0.05$), meaning that there is a significant relationship between Father Involvement and Psychological well-being in adolescents.

Keywords: Adolescent, Father Involvement, Psychological Well-Being, Developmental Psychology

INTRODUCTION

Adolescence is a phase of development which is full of turbulence. Adolescence is a phase of physical, hormonal, and cognitive changes that occur so drastically. Changes that occur in adolescents and their interactions with the environment have an impact on their cognitive, social and personal development (Santrock, 2016). In addition, adolescence process of finding their identity to continue their developmental tasks in early adulthood phase often perform various

behaviors that are not in accordance with the prevailing norms in society. They also often lose their "self" in the process of searching for their own identity.

"Juvenile delinquency" seems to have become a common and frequent phenomenon, various cases of juvenile delinquency often end up becoming a quite serious social problem. According to a WHO survey, juvenile delinquency in Indonesia reaches 50% of the total number of adolescents (Iro, 2018). One of the phenomena of juvenile delinquency that continues to occur is brawl among students, as recently happened such as clashes between school students.

Apart from brawls, teenagers are also often targeted in drug trafficking. Reported from the Ministry of Health in 2017, there were 3.8 percent of students involved in drug use (Iro, 2018), while according to a survey conducted by the National Narcotics Agency in 2019, it revealed that 2.3 million Indonesian students consumed drugs.

Not only is the phenomenon of violence and drug abuse worrying among teenagers. currently, the psychological condition of Indonesian adolescents is also increasingly in the spotlight with the increasing trend of suicide among adolescents. The suicide rate among teenagers continues to increase every year (Mustofa, 2020).

Various adolescent problems such as brawls, drug abuse, depression, suicide trends, etc are behavior of a psychological mechanism of these adolescents. These phenomena actually provide a description of how the psychological condition of adolescents, this psychological condition is part of the psychological well-being of an individual, in this case a teenager. Good psychological well-being affects adolescent development in fostering positive emotions in adolescents, helps adolescents feel satisfied with their lives and also feel happiness, can reduce depression, and reduce negative behavior in adolescents (Prabowo, 2016).

Psychological well-being is a condition in which a person can function psychologically well enough to be able to realize his/her best potential (Ryff, 1995). Ryff explained that psychological well-being is a multi-dimensional construction formed from attitudes towards one's life and is

a concept related to what a person feels about activities in daily life, and leads to the disclosure of personal feelings for what is felt by a person as a result of his life experiences (Ryff, 1989). psychological well-being is an individual's psychological state that is formed from daily life experiences, as well as the extent to which individuals subjectively assess their ability to manifest themselves (Wardani & Astuti, 2019).

According to Ryff (2013, cite in Wardani, Jeanne, Mardhiyah, Komarudin, Istiqomah, & Rozi, 2021) a person who has a high psychological well-being is expected to be able to face the bad experiences he has experienced so that he can avoid adverse emotional conditions due to the bad experience. In addition, Ryff (2013, cite in Wardani, Jeanne, Mardhiyah, Komarudin, Istiqomah, & Rozi, 2021) also stated a person with good psychological well-being will not depend on others in determining his future, individu also has good relationships with other people because he is able to manage the conditions of his external environment, knows his life goals, and can develop himself in a better direction.

Good Psychological well-being (PWB) condition can make teenagers creative and understand what they are doing, while bad psychological well-being will make them easily give up and cannot develop their own potentials (Astuti & Indrawati, 2017), resilience (Risnawati, Arisandi, & Dawanti, (2019) and predict succesfull carrier in future (Wardani, & Anwar, 2019; Wardani, Wulandari, Triasti, & Sombuling, 2020).

Several studies have revealed that PWB is closely related to parenting styles (Khodabakhsh, Kiani, & Ahmedbookani, September 2014), closeness to parents (Abqori, & Risnawati, 2018) as well as parental involvement in parenting (Arulsubila & Subasree, 2017).

The parenting process is a long process that involves the role of not only the mother but also the father. The research with 550 respondents showed only 26.4% of teens who perceived that the fathers role and are involved in parenting, the remaining 74% still have enough and less perception about their father's involvement in parenting (Risnawati, Aulia, & Aqmarina, 2020)

Previous research explained that the development of PWB is closely

related to parenting, especially Father involvement (Allgood & Beckert, 2012; Sebokova, 2018). Previous research show that Father involvement has significant role in adolescent development (Risnawati, Nuraqmarina, & Wardani, 2021). The research on Father involvement shows its role in developing positive attitudes in children such as responsibility, autonomy, resilience in facing various challenges (Mallers & Neupert, 2010; Jia & Schoppe-Sullivan, 2011) and minimizing social anxiety (Henderson, Gilbert, & Zimbardo, 2014; Risnawati 2018).

Goncy and Dullman (2010) argue that Father Involvement is the involvement of the father in the parenting process which includes three dimensions, namely:

- 1) Communication between father and son
Communication that occurs between father and son is not only from quantity but also from the quality of communication between them. Discussion with fathers about various situations and challenges in the outside world is one of the factors that influence children adapts to social situations (Phares, 1993).
- 2) The emotional closeness of the father-son. The father plays a very important role in the child's emotional development (Mallers & Neupert, 2010). Therefore, the closeness between father and son is very important in a parenting process.
- 3) Activities with father and son. The father's involvement in various children's activities has a positive impact on children's development both in cognitive and emotional aspects. Father plays an important role in the process of children's independence, develop children's competence and resilience in accepting challenges and fighting in difficult social conditions Mallers & Neupert, 2010).

Previous study show that the role of father is very important in the development of adolescents, but so far, no research has looked at the correlation between father involvement and psychological well-being in adolescents.

METHOD

Respondents

Respondents in this study are adolescents aged 12-15 years. Selection of participants uses purposive sampling, which is based on certain characteristics. In this study, the characteristics of research participants

include: (a) Students aged 13-20 years (b) students who live with their biological father. One of the characteristics of the participants is living with their biological father and being involved in parenting because in this study it seeks to see how the father's role in parenting. The respondents obtained by the researcher are 145 respondents.

Respondents successfully obtained in this study are 153 respondents, but only 145 respondents are able to use in data processing, 8 others are excluded because they do not meet the criteria and incomplete responses on the given scale.

Table 1: Demography

		f	%
Age	12	17	11,1%
	13	80	52,3%
	14	52	34,0%
	15	4	2,6%
sex	Boys	8	5.2%
	Girls	145	94.8%
Parents income	< 5 milion	41	26,8%
	5-15milliom	93	60,8%
	>15million	19	12,4%
Ethnic	Betawi	23	15,9%
	Batak	18	12,4%
	Javanese	83	57,2%
	Sundanese	18	12,4%
	Bugis	1	0,7%
	Aceh	1	0,7%
	Minahasa	1	0,7%

Based on table 1 above, the majority of participants is 13 years old as many as 77 people with 52, 3%. Parents' income of respondents is 60% in range 5-15 million. Based on table 1 above, it can be seen that the majority of participants is Javanese as many as 83 people with 57.2%.

Instrument

This study uses two scales, namely the father involvement scale compiled by researcher based on the theory of Gony and Dulman (2010) and the scale of Psychological Well-Being from Ryff. Both

scales have gone through the process of evaluating from three expert judgments to validate the content of each item. After going through expert judgment, the two scales are tested for reliability and have been proven to be valid and reliable.

Father involvement scale developed by the research team based on the theory of Gony & Dulman (2010) which consists of three aspects, namely communication, emotional closeness and joint activity. The answer choices are 1-4 Likert scale. The number of items on the Father Involvement scale was tried out is 45 items, of the 45 items there are 15 items that are failed and 30 items are received with validity values moving from the numbers .338 - .631. As for the reliability of the measuring instrument, it was obtained Cronbach alpha of .904, which means the scale is reliable and can be used.

Psychological well-being scale compiled by Ryff (1989) consists of 6 dimensions (42 items) namely Self-acceptance, Positive relations with others, Autonomy (independence), Environmental Mastery, Purpose of Life, Personal Growth. The reliability of the measuring instrument is obtained Cronbach alpha .806 with 35 valid items, which means that the scale is reliable and can be used.

RESULTS

Table 2: Hypothetic Categorization

	Range	%
Father Involvement	Low	1.3 %
	Moderate	26.8 %
	High	71.9 %
Well-being	Low	
	Moderate	71%
	High	82%

Table 3: Spearman Correlation

Spearman Correlation	P	Note
.514	.000	Significant

Based on the result of the Spearman Correlation, it is obtained value ($p = .514$ and $p < .05$), which means that there is a significant relationship between Father Involvement and Psychological well-being in adolescents. This relationship shows a positive direction, meaning that the higher the father involvement, the higher the psychological well-

being.

Table 6: Correlation analysis based on Tribe

Variable	Value	Sig	Note
Father Involvement	.272	.000	Significant

From this study with the results .272 and $p < .05$, it means that there is a relationship between tribe and father involvement. In this study, it can be seen that the majority of participants is Javanese, as many as 83 students with a percentage of 57.2%.

Based on the results of hypothesis test, the results of the analysis test of Spearman Correlation are .514 ($p = .514$ and $p < .05$), which means that there is a significant positive relationship between Father Involvement and Psychological Well-Being in adolescents. This also means that the higher father involvement in parenting, the higher the PWB in adolescents.

The result of this study is in line with previous research that PWB is closely related to parenting styles (Khodabakhsh, Kiani, & Ahmedbookani, September 2014), attachment with parents (Abqori & Risnawati, 2018) as well as parental involvement in parenting (Arulsubila & Subasree, 2017).

DISCUSSION

This study shows that there is a significant relationship between Father Involvement and Psychological well-being in adolescents. This relationship shows a positive direction, meaning that the higher the father involvement, the higher the psychological well-being.

This study provides a novelty that in parenting the father's role is very significant in individual development because so far parenting only focus on the mother as the main caregiver. Further, this study is in line with research on Father involvement which plays a role in developing positive attitudes in children such as responsibility, autonomy, resilience in facing various challenges (Mallers & Neupert, 2010; Jia & Schoppe-Sullivan, 2011).

This study illustrates that father is an important contributor to the

development of their daughters. As in Lestari's research (2018) describing the relationship between fathers and children's development, it shows that there is a significant positive relationship between fathers' involvement in parenting and self-concept of adolescent. The higher the involvement of the father in parenting, the higher the positive self-concept of adolescents; this surely supports the psychological well-being of these adolescents.

In general, a father acts as the head of the family who is in charge of earning a living to meet the needs of clothing, food and shelter. Palkovits stated involvement in parenting is also defined as how much effort a father puts in thinking, planning, feeling, paying attention, monitoring, evaluating, worrying and praying for his children. Toth & Xu (1999) stated that fathers' involvement is influenced between race or ethnicity and cultural ideology (Cruz, King, Widaman, Leu, Cauce, & Conger, 2011). In this study, the result of the Pearson correlation is .272 and $p < 0.05$ meaning that there is a relationship between ethnicity and father involvement.

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