

The Role of Father Involvement in Social Adjustment of Female Adolescents

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Abstract. Previous research has shown that this process of social adaptation is related to the process of parenting and its relationship with parents. In parenting, of course, there is not only the role of the mother but there is the role of the father who participates in the parenting process. This study aims to determine the role of father involvement in teen girls' adjustment. The study used quantitative methods with purposive sampling technique methods. The participants were 145 female adolescents, aged 12-15 years, who had fathers living together. The instruments used in this study are the scale of social adjustment compiled from the theory of Schneiders and the scale of Father involvement, from Risnawati, Fihadinata, and Wardhni. Data analysis using simple regression. The results showed that there was a relationship between Father Involvement and Social Adjustment in teen girls with $R = 0.240$, $p(0.000) < (0.05)$, which showed that father involvement played a role of 24% in the social adjustment of teen girls. This research presents a new paradigm that fathers have a significant role in the social development of adolescents, especially teen girls.

Keywords: *father involvement, social adjustment, development. teen girls, adolescence*

Introduction

Adolescence is a transitional period in the human life span, from childhood to adulthood. Adolescence is an attempt to understand oneself and seek identity (Santrock, 2014). One of the efforts in finding identity is by obtaining education and interacting with peers. In this search for identity, parents cannot always provide control and supervision, nor can parents always limit whom they associate with at school or outside of school.

Based on preliminary studies conducted by researchers, it was found that several problems that are often experienced by young women in a new environment are problems of social adjustment. Social adjustment is important for adolescents to be accepted in their social environment. The importance of good social adjustment with peers will also have a

good impact on achievement motivation at school (Sapti, 2007). In Susilowati's research (2013) social adjustment is very important for adolescents, especially for accelerated students, because accelerated students are no longer introverted and feel lonely, because they are able to adjust to their social environment.

Lazarus (1991) argues that adjustment means preparing oneself in a new environment and adapting to the environment according to what is needed. Forms of social adjustment for students who have not yet developed include difficulty adapting to roommates, fights between friends (Ni'mah, 2016), breaking rules, lying to cover up mistakes, and some even running away from the boarding school (Sulistio, 2018). Another problem is the difficulty in making friends with peers, working in groups, and difficulties in dealing with new social situations which are a form of lack of social adjustment for students (Khoirunafik, 2018).

Several studies of social adjustment in low-teen girls. Nurhadi (2013) showed that as many as 34% of female students had a poor adjustment to the new environment. In line with this, Laely's research (2017) found that 47.5 young women had low social adjustment at school, and 53.4% according to Adyarusta's research (2018). Pritaningrum (2013) explained that young female respondents who were less able to adjust to school generally showed some antisocial behavior, such as rarely socializing, preferring to be alone, silent and less responsive to other people, both teachers and friends, not paying attention to teacher explanations, not participating in groups, and not doing schoolwork responsibilities.

The condition of young women described by Pritaningrum (2013) is in contrast to the tasks of adolescent development, because adolescents need interaction with peers (peer groups) of peer groups and the influence of crowds and groups becomes increasingly important during adolescence (Santrock, 2010). Social development in adolescence involves more peer groups than parents.

The smallest individual social environment, namely the family, has a role in the development of social adjustment. Previous research found that adolescent psychosocial development is influenced by various factors, one of which is parenting (Horvath & Lee, 2015; Risnawati, 2021; Risnawati, Nuraqmarina, et al., 2021; Sorano et al., 2022)

Previous research on the type of parenting style on children's self-adjustment explained that the type of children who grow up in an authoritative care environment show better self-adjustment in their social environment, further in Sorano's research (2022) explaining that good adjustment is due to positive adolescent self-concept and development. good emotional.

The social environment includes the family environment (Nurhusni, 2017) school, and peers (Sapti, 2007) according to Ni'mah (2016) social adjustment is related to attachment to parents. More specifically, Putra's research (2018) explains that the father's role in parenting is related to social adjustment (Risnawati, Permatari, Sa'diah, 2022).

The father is the most important element for a healthy and successful family. Without a father, daughters will lose a tremendous amount of love, confidence, and self-worth. Fathers must prepare time to accompany children to build and prepare for their lives (Risnawati, Nuraqmarina, et al., 2021). Girls who lack parental care tend to have less developed experiences, girls without support from their fathers will give up more easily (Lestari, 2018).

Research by Cookston (2006) reveals that social adjustment is correlated with how the father's role in the family such as the father's involvement in interacting with children, being responsive to children's movements, and responsibilities such as providing care for children. Goncy and Dulmen (2010) revealed that father involvement is direct contact between fathers and children through various ways like fathers which include joint communication, joint activities, and emotional closeness. Social adjustment according to Schneiders (1960) is defined as a process that includes mental and behavioral responses in overcoming social demands that burden him and are experienced in relation to the social environment.

Social adjustment is one of the most difficult developmental tasks of adolescence, the ability of adolescents to adapt to adults outside the family and school environment and react quickly to social conditions and situations that occur by adhering to social values and norms in society (Hurlock, 1980). Goncy and Dulmen (2010) revealed that father involvement is direct contact between fathers and children through various ways like fathers which include joint communication, joint activities, and emotional closeness.

Method

This study uses a quantitative method by looking at the causal relationship between father involvement and social adjustment in female adolescents.

Participants

In this study, respondents were obtained using purposive sampling, namely the technique used in selecting respondents based on certain criteria. The criteria set for respondents in this study were female adolescents aged 12-17 years, who had complete parents (father and mother), lived with father and mother. Data collection was carried out online using a questionnaire at a school. the total number of participants in this study was 150 young women but only 145 were included in the data analysis because the data were incomplete.

Table 1.
Respondents' description

Age	N	%
12	15	10, 3%
13	77	53, 1%
14	49	33, 8%
15	4	2, 8%
Total	145	100%
Ethnicity	N	%
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%
Total	145	100%

As seen in Table 1, the age of the respondents in this study was in the range of 12-15 years, with a percentage of 12 years of age 10.3% (N=15), 13 years 53.1% (N=77), 14 years 33.8% (N=49) and 15 years 2.8% (N=4). As for ethnicity, respondents in this study consisted of various tribes in Indonesia with the highest proportion being Javanese 57.12% (N=83), Betawi 15.9% (N=23), Batak and Sundanese 12.4 % (N=18)

Instruments

This study uses two research instruments, namely the father involvement scale (Risnawati, Fihadinata, Wardani, 2018) and the social adjustment scale. The father involvement scale was compiled by researchers based on the theory of Gony and Dulman (2010) which consists of 3 dimensions, namely: shared communication, joint activities, and emotional closeness. Sakla Father Involvement first went through a content validity test process with three expert judgments in the field of developmental psychology and reliability testing obtained a Cronbach alpha value of .906 indicating that the measuring instrument had good reliability. The second scale in this study is the social adjustment scale which was compiled based on the theory of Schneiders (1960) which consists of 4 aspects namely Participation Recognition, Social approval, and Conformity. The social adjustment scale also goes through an expert judgment process and a reliability test with an alpha Cronbach value of .850. Both instruments use a Likert scale with 4 answer choices from strongly agree and strongly disagree.

Result

Before conducting the data analysis test, a classic assumption test was carried out first to find out which analysis would be used next. The first classic assumption test is the normality test. The Kolmogorov-Smirnov value was .041 ($p > 0.05$), which means that the data in this study were normally distributed. Furthermore, in the homogeneity test, the Levene Statistical value was 1.478 ($p = .075$). These results indicate that the data is homogeneous, which means that the respondent's data is obtained from the same population.

Table 2.
Pearson Correlation

<i>Pearson correlation</i>	<i>p</i>	
0,490	0,000	Significant

Based on the results of statistical tests that have been carried out using Pearson Correlations analysis and with the help of the SPSS 24 for Windows computer program, the correlation coefficient (r) is 0.490 and $p = 0.000$. This shows that there is a significant

positive correlation between father involvement and the social adjustment of female adolescents.

Table 3.
Simple Regression

<i>R Square</i>	<i>%</i>
0,240	24%

The regression analysis used in this study is simple linear regression, which is to find out how much the contribution/influence of the Father Involvement (X) variable has on social adjustment (Y). This data analysis was carried out using SPSS version 24 for Windows. The results of the R square value of 0.240 or 24%. Thus, it can be concluded that the influence of father involvement on social adjustment is 24%, while the remaining 76% is influenced by variables outside this study.

Discussion

The results of the study show that there is a significant positive correlation and the contribution of father involvement to teen girl social adjustment of 24%. This is in line with Basuki & Indrawati's research (2017) which found a significant positive correlation between Father Involvement and Social Adjustment in adolescents in general. Previously, Gusnita (2014) also found that there was a very significant positive relationship between father involvement in parenting and social adjustment in male adolescents. Whereas Maldini (2016) in his research found that there was a positive relationship between father attachment and social adjustment in young women of TKW children in the Patebon sub-district and Putra (2018) There was an influence of father involvement in parenting on the social adjustment of adolescents in Malang City.

The positive contribution of the father's role to parenting is presumably because the father plays a role in developing a good self-concept for the child. Risnawati et al., (2021) explained that fathers who are involved in parenting have a more positive impact on adolescent self-esteem so that they can face various challenges that surround them, including environmental adaptation. Subsequent research also found how fathers in their care contribute to adolescent well-being (Risnawati, 2021) and bring a positive role to the family (Risnawati, Permatasari, et al., 2021).

This study illustrates that fathers are important contributors to the development of their daughters. As in research, Lestari (2018) describes the relationship between fathers and the development of their children, especially daughters. Based on previous research, it shows that there is a significant positive relationship between father's involvement in parenting and female adolescent self-concept (Abqori & Risnawati, 2018; Nurmaria & Risnawati, 2022; Risnawati, 2021). The higher the father's involvement in parenting, the higher the self-concept of female adolescents.

In general, a father acts as the head of the family whose job is to make a living to meet the needs of clothing, food, and shelter. Palkovits (in Hidayati & Karyono, 2011) involvement in parenting is also interpreted as how much effort is made by a father in thinking, planning, feeling, paying attention, monitoring, evaluating, worrying and praying for his child. Toth & Xiaohe Xu (1999) stated that father involvement is influenced by race or ethnicity and cultural ideology. In this study, the results of the R square value were 0.240 or 24% which stated that the influence of father involvement on social adjustment was 24% and the remaining 76% was influenced by variables outside this study. As in Putra's research (2018) Father's involvement in parenting affects the social adjustment of adolescents by 16.6%. Schneider Putra (2018) states that there are other factors that influence social adjustment, namely physical conditions (health and nervous system), development and maturity (intellectual, social, moral, and emotional), psychological conditions (experience, learning process, frustration, and conflict), environmental conditions (family and community), and cultural factors.

Conclusion

The results of this study found the contribution of Father Involvement to Social Adjustment in young women. Through this research, it is hoped that fathers and the family system will pay great attention to the quality of time their children have with their fathers, especially their daughters.

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