

The Greater Father Involvement in Parenting, The Better Self-Esteem Develops

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Abstract. This research investigates the impact of father involvement on the self-esteem of individuals in early adulthood. Employing a quantitative approach, the study utilized a father involvement scale adapted from Risnawati et al. grounded in the theoretical framework of Gancy and Van Dulman, alongside a modified version of Rosenberg's Self-Esteem Scale as adapted by Maroqi. The sample consisted of 188 male and female participants aged 18 to 25 who currently reside with their fathers. Participants were selected through an accidental sampling technique. Data analysis using simple linear regression revealed a statistically significant relationship between father involvement and self-esteem. These findings indicate a positive and meaningful contribution of father involvement to the development of self-esteem during early adulthood.

Keywords: *father involvement, self-esteem, early adulthood, parenting*

Introduction

One characteristic of early adulthood described by Arnett, namely identity explorations, where individuals decide who they are and what they want in life (work, school and love). Santrock (see Putri, 2018) says that early adulthood is a term used in the transition to early adulthood with an age range of 18-25 years. Furthermore, early adulthood is an individual who can determine the future and is considered capable of managing his life independently. Given the nature of this transition, early adulthood may be a time when self-esteem will change (Chung et al., 2014).

Self-esteem or self-esteem is a concept that is in a person. Rosenberg said that self-esteem is an evaluation of oneself as a whole, both positively and negatively (Risnawati, Nuraqmarina, & Wardani, 2021). An increase in self-esteem is one of the favorite studies in various areas, which causes high self-esteem to be able to assess problematic behavior in early adulthood (Herawati, I., & Hidayat, A, 2020). such as

quarter life crises, and is related to social anxiety (Sowislo & Orth, 2013; Sharma & Agarwala, 2014 ; Risnawati et al., 2021).

Self-esteem is conceptualized as the result of a lifelong developmental process in personality development theory. One of the most important factors in shaping individual self-esteem is support from parents (Kiviruusu et al., 2015). The process of developing self-esteem is very dependent on the attention, acceptance, and recognition that is obtained from people around an individual's environment since childhood. When an individual's self-esteem is not fulfilled, they will tend to feel insignificant and lower. But an individual whose self-esteem is fulfilled will feel that he is meaningful and useful and then experience positive developments.

Crocker and Park (2004) in their research that individuals who have high self-esteem are able to regulate themselves, understand their strengths and weaknesses, and set strategies to achieve the targets achieved, then high self-esteem can also make an individual have good psychological well-being so that they are able to adapt to the challenges that are being faced. Various studies show that the development of self-esteem has a relationship with parenting roles in the family (Miller et al., 2002; Zaman & Fivush, 2013; Multahada & Mabelle, 2015; Ranjana & Moudgil, 2017; Nahema & Joëlle, 2018; Risnawati et al., 2021). Then in parenting there are roles consisting of father and mother. Pleck, (2020) explains that childcare is not only carried out by a mother, but the father's presence has an important role in child development.

Based on Gancy and Van Dullman's theory of father involvement, (Risnawati et al., 2021) a father's high concern can be used as a model for an individual in motivating, developing, and being able to solve a problem faced by individual. In addition father involvement can be explained by the father's involvement in providing positive activities, warmth and responsiveness, control, indirect care, and fulfillment of responsibilities to children (Pleck, 2010). Father involvement can be studied with Cognitive Social theory by Bandura in 1960 which explains that father involvement has factors that influence a child's behavior and personality, where a father is a role model that is very likely to be imitated by the child in behavior compared to those around him.

Because children also find it easier to remember what activities they did with their fathers because of the long-term togetherness and closeness between children and fathers (Unlu, 2010). Then other factors were also explained by, Cabrera et al. (2007) and Geddes (2008) that father involvement is given by a father to his child in terms of playing, discipline, communications, emotional and economic support.

The involvement of a father in childcare will produce children who have positive characteristics. Then cognitively, children will have higher intelligence, be more competent in solving a problem, better academic performance and show a positive attitude (Aston & McLanahan in Allen & Daly, 2007). The results of a survey conducted by KPAI (Indonesian Child Protection Commission) in 2015 regarding the involvement of fathers in childcare in Indonesia is currently still relatively low, around 27.9% of the quality and quantity of time, which fathers use to have time or communicate with children, only 1 hours per day. This problem is due to the limited knowledge of fathers in parenting, so that its application is still not optimal.

Based on the phenomena and results of previous research where there is a relationship between father involvement and self-esteem in children. Therefore, the purpose of this study is to find out how much influence father involvement has on the development of self-esteem in early adulthood. Researchers hope that parents, especially father figures, will realize how important father involvement is in raising children and can prevent negative behavior from arising.

Method

Respondents in this study were early adults aged 18-25 years, both men and women who still lived with their fathers. This type of research uses a quantitative approach to examine the influence between father involvement and self-esteem variables. The father involvement instrument developed by Risnawati (2021) consists of the dimensions of communication, Joint Activities and Emotional Closeness as many as 45 items, with a range of choices from strongly agree to strongly disagree. Measuring self-esteem uses an instrument developed by Rosenberg (1965) and modified by Maroqi

(2019) with the dimensions of work performance, physical self-esteem and social self-esteem and consists of 10 items using a Likert scale with 4 answer choices, namely strongly disagree to strongly agree. The technique used in determining the sample is accidental sampling, which is a technique that determines the sample on the basis of coincidence and then the sampling technique is non-probability sampling where some techniques do not provide equal opportunities for each member selected to be the sample.

Validity test in this study was carried out with content validity through the assessment of 3 experts who are experts in the field of psychology. The reliability of both measurement tools shows a Cronbach Alpha score of .957 for the father involvement scale and .818 for the self-esteem scale. This study uses a simple regression analysis to see how the role of father involvement in self-esteem.

Result

Total of respondents are 188, there were 69 (36.7%) male and 119 (63.3%) female. age range of respondents is 18-25 years. There were 13 (6.9%) at the age of 18 years, at the age of 19 with a total of 16 (8.5%), then followed by 20 years of 22 (11.7%), 21 years of 48 (25.5%), 22 years of 48 (25.5 %), 23 years of 24 (10.6%), and 25 years of 15 (8.0%).

Table 1.

Descriptive Respondents

		f	%
Gender	Male	69	36.7
	Female	119	63.3
Age	18-21	57	30
	22-25	105	70

Table 2.

Respondents Categories

	n	%
father involvement		
Range		
Low	3	1.6
Middle	65	34.6
Strong	120	63.8
self esteem		
Low	1	.5
Middle	61	32.4
High	125	67.0

Based on the table 2, it is known that the respondent's hypothetical value on the father involvement scale is in the low category of 3 respondents, the medium category is 65 respondents and the high category is 120 respondents. The hypothetical value for self-esteem has a low score of 1 respondent, for the medium category it gets a value of 61 respondents, and the final result is in the high category which gets a value of 126 respondents with a percentage of 67.0% of the total respondents.

Table 3.
Result of F Study

Variabel	F	Sig.	R Square
<i>Father Involvement</i> <i>dan Self-Esteem</i>	60.121	.000	.240

The results of the linearity test in this study show that the significant linearity value is .904. Therefore it can be said that the two variables father involvement and self-esteem have a linear relationship, with a result $> .05$. From the table above, it is known that the calculated F value is 60,121 where $f \text{ count} > f \text{ table}$ ($60,121 > 3.89$), then at a significance value of $.000 < .05$ which means it is significant. Then as a whole, the variable

father involvement affects self-esteem. So from these results it has been proven that the hypothesis is accepted, it can be seen that the variable father involvement and self-esteem is known to have an R square value contributing as much as 24% and the remaining 75.6% is explained by other factors not examined

Table 4.
Dimension correlation

		Communic ation	Activity	Emotional
Worthiness and Ability	Pearson	.372**	.323**	.397**
	Correlation			
	Sig. (2-tailed)	.000	.000	.000
	N	188	188	188

Based on the table results, the results show that communication correlates with worthiness with a sig value of .000 and a value of .372, in this case the higher the communication, the higher the value. Next, joint activities are also significantly correlated with worthiness with a sig value of .000 and a correlation value of .323 meaning that the higher the activity, the higher the worthiness, followed also by emotional closeness with a sig value of .000 and has a value of .397 which means it is correlated with worthiness.

Discussion

The results of this study are in line with Risnawati et al. (2021) in their previous research which showed that there is a relationship that the three dimensions of father involvement have a significantly positive correlation with self-esteem. Other demographic results indicate that the respondents who distinguished this study from other studies were the respondents who participated in this study were early adults aged 18 to 25 years where in previous studies were adolescents. The majority of self-esteem scores experienced by early-adult individuals are in the high category which indicates

that the respondents in this study fathers have a close relationship with early-adult individuals. Individuals also have a high level of self-esteem.

This result is in line with research conducted by Diori and Handayani (2018) which said that. when there is father involvement in activities with children, both in the form of communication and emotional closeness, then this can increase self-esteem in children. Based on this, it can be seen that there is a concordance between the results of this study and the quote from the theory. This proves that father involvement has an influence on self-esteem in early adulthood.

Furthermore, the researcher also conducted a correlation test between dimensions to see whether there was a relationship between the dimensions of the two variables. The results found that the three dimensions of father involvement have a positive correlation with the self-esteem dimension. For the results of the communication dimension and the dimensions of ability and worth have positive and strong correlation results. This can also be interpreted if the communication that exists between father and son is good then the individual's belief in one's own abilities and self-esteem values also increases. Furthermore, the dimensions of joint activity also have a strong and positive correlation with the dimensions of ability and worth, meaning that when fathers and children often do activities together, it can also increase the ability and worth of these individuals. Furthermore, the emotional closeness dimension also has a strong and positive correlation with ability and worth, which has a value of .397, which means that when a child can express his feelings to his father, he can increase his ability and worth. Based on the results above, it can be said that this research is in line with Risnawati et al. (2021) that each dimension of father involvement has a correlation with the dimension of self-esteem. The closeness of father and child in the emotional aspect can develop an attitude of responsibility, autonomy, and toughness in facing challenges (Biller & Solomon, 1993; Phares, 1993; Mallers & Neupert, 2010).

After that, children who are close to their father will experience the various roles of a father towards the family which builds a positive perception of a child towards his father. Positive perception is enhanced by a child with interaction between child and

father who can fulfill the need for affection (Saiful, 2020). In research conducted by Diori and Handayani (2018) said that affective quality in a father's involvement contributes to rational self-esteem. This means that it can increase self-esteem and emotional closeness between children and fathers and then produce a positive correlation with psychological well-being and it will be easier to express the emotions they feel, such as anger, shame, inferiority, and lower emotional suppression. This has a positive impact on self-esteem on him (Risnawati et al., 2021).

Based on the results of global self-esteem analysis data, the overall self-evaluation is both negative and positive (Rosenberg, 1965; Murk, 2006). Rosenberg's theory measures global self-esteem in adolescence and early adulthood. Self-esteem is not innate that someone has from birth but is a personality component that develops from the beginning of a child's life and slowly develops through interactions with parents, peers, and other people (Erikson, 1963; Santrock, 2011). This was explained by (Harter & Brooks, 1999) who said that self-esteem has two factors, namely, the individual's feeling that he is capable and important, and the second is the amount of social support the individual receives from other people. Someone with high self-esteem will feel able to overcome feelings of disappointment, depression, and disappointment, confident that other people will support and accept them.

Conclusion

From the study of the effect of father involvement on early adult self-esteem, it can be concluded that most respondents were first-born women with a maximum age of 20-24 years, in this study most of the respondents were at moderate levels. There is a significant influence between father involvement on self-esteem, the result indicated that father involvement has 24.4 % influence on self-esteem.

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