

## THE ROLE OF FATHER'S INVOLVEMENT IN PARENTING ON THE SELF-ESTEEM OF LATE ADOLESCENTS EXPERIENCING PARENTAL DIVORCE

**Tamara Pradnya Paramitha <sup>\*1</sup>**

Study Program of Psychology Faculty of Psychology Airlangga University  
tamara.pradnya.paramitha-2019@psikologi.unair.ac.id

**Wiwin Hendriani**

Study Program of Psychology Faculty of Psychology Airlangga University

### **Abstract**

*This research aims to determine whether there is a role of father's involvement in parenting on the self-esteem of adolescents whose parents have divorced and live with their mother. Father's involvement in parenting plays a crucial role in shaping adolescents' self-esteem. Losing one parent due to divorce can hinder the development of self-esteem in adolescents. Father's involvement in child-rearing includes aspects of time, interaction, and attention. This study employs a quantitative approach with a survey method involving late adolescents aged 18-22. The total number of respondents is N=130, using the Perceived Father Involvement Questionnaire and Rosenberg's Self-Esteem Scale. Data analysis is conducted using simple linear regression analysis. The results of the analysis show that father's involvement in parenting has an influence on the self-esteem of late adolescents students. Father involvement contributes as much as 37.7%. Father's involvement in parenting significantly affects the self-esteem of late adolescents.*

**Keywords:** Father's Involvement, Self-esteem, Late Adolescents, Divorce Family

### **INTRODUCTION**

Divorce can cause a lot of pain and sadness, especially for children involved in such situations (Purwaningsih & Nurelasari, 2023). Divorce is a burden in itself for adolescents, and it has a psychological impact on them.

Throughout the year 2021-2022, there was a 15.31% increase in the divorce rate in Indonesia (Angka Perceraian di Indonesia terus meningkat » DIALEKSIS :: Dialetika dan Analisis, 2022). The Indonesian Statistical Report shows that there were 516,344 divorces in Indonesia in 2022. The number of divorce cases reached its highest point in the last six years. The majority of divorces in the country in 2022 were contested divorces filed by wives and already decided by the courts. In Indonesia, single-parent families with the mother as the sole parent have a significant percentage, with 80% of 24% of female household heads being single mothers (Badan Pusat Statistik, 2015).

Adolescents growing up in single-parent families tend to have a lower ability to perform tasks well compared to children from intact families (Alif Hidayatul Lail et al., 2022). When adolescents have low self-esteem, they find it challenging to socialize with peers because they feel ashamed and anxious (Álvarez-García et al., 2018). Additionally, having low self-esteem can lead to other social problems such as juvenile delinquency (Yadav & Iqbal, 2009), violence, criminality, and illicit drug use (Aunillah et al., 2015). Adolescents with low self-esteem tend to believe that they are incapable and worthless (Rohmah, 2012).

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<sup>1</sup> Corresponding author

In Rosenberg's book (1965), it is mentioned that in broken homes where the father is absent, adolescents are often required to take responsibility for tasks that should not be expected of someone their age. However, when their mother remarries, adolescents may feel that some of their responsibilities will be lifted because their stepmother and stepfather will help shoulder those responsibilities. At the same time, adolescents may feel that life is harsh, that they are small, that they lack a sense of worth, and that their lives are meaningless.

Building self-esteem in divorced families is not easy, especially during late adolescence, when they still need support from their environment. During adolescence, if they encounter serious and heavy problems, changes in their behavior will become evident. During adolescence, their feelings are not consistent. These feelings will fluctuate between self-acceptance and low self-esteem (Wangge et al., 2013).

In the case of adolescents experiencing their parents' divorce and living with their mother, those who cannot feel their father's attention tend to have a negative perspective of their father. This is due to the emergence of negative emotions within them, and these negative emotions will grow into feelings of low self-esteem, anger, shame, loneliness, envy, and loss to an excessive degree. They have a low ability to control themselves, face difficulties in taking initiatives, and experience unstable mental states, leading to a neurotic tendency (Nihayati, 2023).

Based on the literature above, it can be concluded that one of the causes of low self-esteem in adolescents whose parents have divorced is the presence or absence of a father. In Indonesia, the concept of a father cannot be separated from social roles and cultural constructs. According to Saparinah Sadli, an expert in the field of gender (cited in Rahayu, 2016), based on a social construction deeply rooted in history, men are perceived as individuals who do not need to contribute to domestic matters such as child-rearing. Father's involvement in parenting can be defined as the attitude exhibited by a father toward his child in terms of play, discipline, communication, emotional support, economic support, closeness, and the amount of time spent together (Cabrera & Tamis-LeMonda, 2013). Research conducted by Scott & Hunt (2011) on the importance of a father's role in a child's life shows that fathers have a significant role in aiding social-emotional, cognitive, language, and motor development.

This study assumes that when an adolescent faces the divorce of their parents and lives with their mother, they lose the role or figure of their father in their life, which affects their self-esteem. This study can also answer whether father's involvement in parenting has an impact on whether the self-esteem of adolescents becomes low or high in the context of their parents' divorce and choosing to live with their mother.

## **METHOD**

### **Research Design**

This research is a quantitative study that employs a survey data collection method. Surveys in the form of questionnaires were prepared using Google Forms and distributed online through social media. Since the objective of this study is to explore the relationship between father's involvement (independent variable) and self-esteem (dependent variable), the author used correlation techniques to investigate the relationship between these two variables.

## **Participant**

The participant criteria in this study are late adolescents aged 18 to 22 years who live with their biological mother and have experienced parental divorce. The sampling technique used is purposive sampling. The total sample size is 130 participants. Before providing their information in the questionnaire, participants are required to fill out an informed consent form provided within the Google Form.

## **Measurement**

In this study, the measurement tools used to assess father's involvement are the Perceived Father Involvement Questionnaire – PFIQ, which is based on the concept of father involvement by Pleck (2010) and has been adapted by Feliciano (2019) into the Indonesian language. It consists of 41 items and has a reliability coefficient of ( $\alpha=0.951$ ). There are 5 response options (1="not at all appropriate", 5="very appropriate").

To measure self-esteem, this research employs the Rosenberg's Self-Esteem Scale (RSES), which has been adapted by Rohmadhani (2023) to align with the Indonesian language and culture. It consists of 10 items and has a reliability coefficient of ( $\alpha=0.851$ ). There are 5 response options (1="not at all appropriate", 5="very appropriate").

## **Data Analysis**

To address the research hypothesis, the author conducted a descriptive statistical analysis to obtain information regarding Mean, SD, Min., Max. Before conducting hypothesis testing, the author performed assumption tests, such as normality and linearity. The normality test was used to check if the data had a normal distribution using the Shapiro-Wilk analysis technique. Data is considered normally distributed if the significance value is  $>0.05$ . The linearity test was used to assess whether the relationship between variables is linear or not. If the linearity significance value (Sig.)  $< 0.05$ , it indicates a linear relationship. In this study, the data can be considered normally distributed ( $p=0.100$ ) and have a linear relationship ( $p=0.100$ ).

Based on the assumption tests, which are prerequisites for regression analysis, the technique used for hypothesis testing is simple regression. This analysis process was performed using the IBM SPSS Statistics 23.0 for Windows program.

## **RESULT AND DISCUSSION**

### **Result**

#### **Descriptive Test**

The descriptive analysis in this study involved 130 participants. For the variable "father involvement," the lowest value was 41, and the highest value was 205. The variable "self-esteem" had the lowest value of 10 and the highest value of 50. The study also calculated the mean and standard deviation for both variables. For the "father involvement" variable, the mean ( $M_x$ ) was 123, and the standard deviation ( $SD_x$ ) was 27.33. As for the "psychological well-being" variable, the mean ( $M_y$ ) was 30, and the standard deviation ( $SD_y$ ) was 6.66.

The author also categorized the data for each variable. For the "father involvement" variable, the majority of participants fell into the "moderate" category, comprising 78 participants (60%). For the "self-esteem" variable, the majority were categorized as "high," with 69 participants (53%).

### Regression Analysis

Based on the results of the regression analysis, it is evident that problem-focused coping significantly influences adaptational outcomes ( $r^2(130) = 0.377$ ;  $p < 0.000$ ), indicating that father's involvement in parenting has an impact of approximately 37.7% on self-esteem.

### Discussion

This research examined 130 adolescents within the age range of 18-22 years. From the data analysis conducted, it was found that there is a role of father's involvement in parenting in relation to the self-esteem of late adolescents whose parents are divorced and living with their mothers. To answer this question, a simple linear regression test was performed. Based on the results of the simple linear regression analysis that has been conducted, it showed that father's involvement in parenting has an influence on the self-esteem of adolescents whose parents are divorced and living with their mothers. Self-esteem represents an adolescent's subjective evaluation of themselves, both positively and negatively (Rosenberg, 1965).

This research indicates that father's involvement in parenting has been proven to influence the self-esteem of adolescents by 37.7%. This is in line with the study conducted by Isnani et al. (2013), which shows that fathers who are involved in parenting will have an impact on the self-esteem of adolescents. High father involvement in child-rearing enhances the adolescent's acceptance of the father's role in their upbringing, contributing to the development of self-concept and self-esteem in adolescents. This research states that 15 subjects (12%) have low father involvement in parenting, 78 subjects (60%) have moderate father involvement in parenting, and 37 subjects (28%) have high father involvement in parenting. This indicates that almost all respondents have a high level of father involvement in parenting.

Furthermore, this research also indicates that 5 subjects (4%) have low self-esteem, 69 subjects (43%) have moderate self-esteem, and 56 subjects (53%) have high self-esteem. This statement is in line with a study conducted by Bajaj et al. (2016), which shows that self-esteem tends to gradually increase as adolescents begin to transition out of adolescence. This research is consistent with Deutschrs' study (2001), stating that fathers who contribute highly to raising children with attention, firmness, and emotional involvement have a higher impact on their children's self-esteem. This is supported by research indicating that the more involved fathers are in adolescent development, the higher the self-esteem of adolescents (Su et al., 2017).

Based on the descriptions and explanations provided, it can be concluded that the results of this research have addressed the research problem, which is the relationship between father's involvement in parenting and self-esteem in late adolescents whose parents are divorced and living with their mothers. With this influence, it is explained that the higher the father's involvement in parenting, the higher the self-esteem of late adolescents whose parents are divorced and living with their mothers.

## CONCLUSION

Based on the results of the data analysis, it can be concluded that the research hypothesis has been answered, which is the influence of father's involvement in parenting on the self-esteem of late adolescents whose parents are divorced and living with their mothers. It can be concluded that the higher the father's involvement in parenting, the higher the level of self-esteem.

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