

The Role of Father Involvement on Adolescent Self Esteem

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Abstract—Self-esteem is the way individuals evaluate themselves positively or negatively. Individuals with high self-esteem are individuals who feel they are valuable, able to respect themselves, do not consider themselves far superior to others, and have the willingness to develop and improve themselves. Adolescents need high self-esteem to help the process of change and transition during their development. This study is a comparative quantitative study that aims to determine differences in self-esteem in terms of the role of father involvement in adolescents. The subjects involved in this study amounted to 195 adolescents who attended high school and lived with their biological father. Data collection instruments used self-esteem scale and father involvement scale. The results of data analysis using the comparative T-Test technique showed a value of $t = 0.305$ and $p = 0.001$, which means that there is a significant difference between adolescents' self-esteem with high father involvement and adolescents' self-esteem with low father involvement. Adolescents with high father involvement have higher self-esteem than adolescents with low father involvement, where the average value of adolescents with high father involvement is 98.93 while the average value of adolescents with low father involvement is 65.71.

Keywords— Father involvement, self-esteem, adolescents.

I. INTRODUCTION

Individuals experience various stages of development and growth throughout the course of their lives, starting from when they are in the womb to growing into adult individuals. One of the stages of development that individuals will inevitably go through is the adolescent stage of development. This stage is considered as a transition period for a person from childhood to adulthood which includes changes in various aspects and functions as a human being. One of the positive aspects that is important for individuals to have in adolescence is the formation of self-esteem. Self-esteem describes an individual's assessment of themselves, namely how a person loves themselves, understands their emotions, understands their behavior, and believes in themselves. Self-esteem in adolescents needs to be considered because it plays an important role in shaping adolescent behavior. Teenagers with high self-esteem tend to have various benefits in their lives. Some of the positive impacts of high self-esteem on adolescents include optimism, self-adjustment, positive social relationships, and better academic performance. Conversely, low self-esteem often makes adolescents vulnerable to maladaptive behavior, namely behavior that is not in accordance with the demands of their environment and shows antisocial behavior.

According to Santrock (2007), self-esteem is a comprehensive evaluative dimension of a person and can be

interpreted as self-confidence, self-esteem, and self-image. In other words, self-esteem is the way individuals evaluate themselves positively or negatively. A person with high self-esteem is an individual who feels that they are valuable, able to respect themselves, do not consider themselves far superior to others, and have a willingness to develop and improve themselves. He also explained that high self-esteem is an accurate perception and comes from one's worth as an individual and the achievements and successes achieved. While low self-esteem reflects an accurate perception of one's weaknesses or it can also be insecurity and inferiority.

Adolescents need a positive self-perception and high self-esteem to help the process of change and transition during their development (Heaven & Chiarrochi, 2007). Parenting, which includes the involvement of the father's role in parenting, is one of the factors that influence the formation of self-esteem. Fathers carry a big responsibility in the family as a leader for all family members. Fathers are not only financially responsible, but also responsible for their wives and children in every way. A father's involvement in childcare is known as father involvement. Father involvement is the involvement of fathers in activities that interact directly with their children, provide a sense of warmth in the middle of the family, and monitor and supervise children's activities, as well as being responsible for the needs and needs of children.

The role of father involvement in parenting includes communication between father and child, emotional closeness between father and child, and joint activities between father and child. Quality communication between fathers and children will affect children's ability to deal with challenging social situations in their lives as social beings. Joint activities between fathers and children will have a positive impact on children's development in various aspects, including cognitive and emotional aspects. Fathers are expected to be leaders and executors of family life who can provide roles, demonstrate authority or authority over discipline, and are also able to make wise decisions. Father's involvement in parenting will help shape positive aspects in children. However, not all children get the role of the father even though the father is physically present.

II. LITERATURE REVIEW

According to Santrock (2007), self-esteem is the way individuals evaluate themselves positively or negatively. According to Guindon, (2010) self-esteem affects motivation, functional behavior, and life satisfaction, and is significantly related to well-being throughout life. Everything related to a person, always gets an assessment based on certain criteria

and standards, attributes inherent in others in the process of interaction where the process can test individuals who show internalized standards and self-values from society and others. Khalek (2016) defines self-esteem as a descriptive evaluation and conceptualization that individuals make about themselves. Self-esteem is the most important concept in everyone's personality which concerns self-acceptance and how a person views himself in the life he lives (Yeni, 2017).

There are several factors that affect self-esteem (Budiman et al., 2011), including:

1. The parenting factor, which is the attitude of parents in interacting with their children which includes the way parents provide rules, rewards and punishments, how parents show their authority and how parents pay attention and parents' responses to their children. This parenting factor is the attitude of parents, both father and mother, in interacting with their children. The interaction between father and child is part of the definition of father involvement.
2. Experiential factors, which include parental rejection, unrealistic parental expectations, repeated failures, lack of personal responsibility, dependence on others and unrealistic self-ideals.
3. Environmental factors that have a major impact on adolescents through good relationships between adolescents and their parents, peers and the surrounding environment to foster a sense of comfort in social acceptance and self-esteem.
4. Socio-economic factors, which are something that underlies a person's actions to fulfill social urges that require financial support that affects daily needs.

According to Coopersmith (in Andarini et al., 2012), there are several aspects of self-esteem which are strengths in a person, among others:

1. Strength, namely the ability to control and regulate behavior so that individuals can attract attention and get recognition from those around them. The greater the recognition of others of an individual's abilities, the more positively the individual views himself.
2. Meaningfulness, related to the care, attention, affection, and expressions of love that individuals receive from others. Meaningfulness is a manifestation of others' acceptance of the individual. The meaningfulness given by parents to their children greatly influences children in seeing themselves as meaningful or not, because the acceptance of others towards individuals provides a sense of warmth and gives individuals an idea of how much the surrounding environment is interested in their presence.
3. Virtue, indicating an adherence to following moral standards and religious ethics that give individuals an idea of how to behave regarding things that should be done and should not be done. Virtue is used as an evaluation material to judge a person. A person who behaves in accordance with religious morals and ethics will give a positive assessment of himself. The assessment given by the environment around the individual, both from parents and society, will provide guidelines for individuals to assess their self-esteem.

4. Ability, aimed at high performance to meet one's needs in achieving achievements in accordance with their developmental tasks. Someone who faces problems and can solve them, will increase their self-esteem.

Fathers' positive participation in activities in the form of direct interaction with their children, providing warmth, monitoring and controlling children's activities, and being responsible for children's needs and needs is the definition of father involvement (Septiningsih et al., 2019). According to Lamb (1987), father involvement is explained as a form of father's participation in childcare which is manifested in the dimensions of engagement (direct interaction between the father and the child being cared for which is carried out in the form of playing behavior, reading, and other parenting activities), accessibility (the availability of the father's presence in the life of the child being cared for, both physically and psychologically), and responsibility (the fulfillment of parenting responsibilities by the father to the child being cared for which can be done in the form of decision-making behavior by the father in daily childcare).

Doherty (in Thompson et al., 2002) argues that aspects of father involvement include:

1. Engagement. This aspect is defined as the time spent by the father to be able to interact directly with the child.
2. Accessibility. This aspect is defined as the presence of the father and the ease with which the child can establish communication with his father.
3. Responsibility. This aspect is defined as the father's role in building children's welfare both psychologically and materially.

III. METHODOLOGY

This type of research is comparative quantitative research involving 195 adolescents who attend SMA "A" Medan and live with their biological father. Data collection was carried out using a self-esteem scale which was compiled based on aspects according to Coopersmith (in Andarini et al., 2012) including strength, meaningfulness, virtue and ability, and a father involvement scale which was compiled based on aspects according to Doherty (in Sanderson & Thompson 2002) including engagement, accessibility, and responsibility. The self-esteem scale in this study is a modification of the Rosenberg Self Esteem Scale, where the arrangement of the items is adjusted to the needs of the study. The self-esteem scale is arranged using the Likert scale method divided into groups of favorable and unfavorable statements. Favorable statements are given a score of 4,3,2,1 and unfavorable statements are given a score of 1,2,3,4 (Azwar, 2019). While the father involvement scale was modified from The Fatherhood Scale by Gary L. Dick, it was compiled using the Guttman scale method which has gradations from positive to negative, the choices are Yes and No. Each choice has its own value, for each choice has its own value. Each choice has its own value, for favorable items on the Yes option will get a score of 2 (two) and No will get a score of 1 (one). As for the unfavorable score, the Yes option will get a score of 1 (one) and No will get a score of 2 (two). The data analysis used in this study is the T-test analysis. The entire data analysis was

carried out using the SPSS 23.00 for Windows computerized facility.

IV. RESULT

1. Normality Test

The normality test of the distribution was analyzed using the One Simple Kolmogrov-Smirnov test which can be seen in the following table.

TABLE 1. Distribution of Normality Test Results

Variabel	Mean	K-S	SD	Sig	Description
Self Esteem	96.73	2.216	20.351	0.324	Normal

Notes:

- Mean : Average value
- SD : Standard Deviation
- S-W : Kolmogorov-Smirnov coefficient Z
- P : Significant at a significant level of 0% or P> 0.05

2. Homogeneity Test

Based on the data homogeneity test using the Levene Test technique, the p value is different > 0.050. The following is a summary table of the results of the homogeneity test calculation of variance

TABLE 2. Results of Variance Homogeneity Test Calculation

Variable	F	P	Description
Self Esteem	19.565	0.425	Homogeneous

Notes:

- F : Homogeneity Test Numbers
- p : Significance

3. Hypothesis Test

Based on the results of the T-Test analysis calculation, it is known that there are differences in self-esteem between 2 groups of adolescents, namely adolescents with high father involvement and adolescents with low father involvement. The T-Test difference coefficient value is 0.305 with a significance of 0.001 (p < 0.05). The following is a table summarising the results of the hypothesis test calculations

TABLE 3. Results of Hypothesis Test

Source	t	df	p	Description
Between Groups	0.305	193	0.001	Between Groups 0.305 193 0.001 There is a difference in adolescent self-esteem with high father involvement and low father involvement.

Notes:

- t : Coefficient of Difference
- p : Significance
- df : Degree of Freedom

4. Calculation Results of Hypothetical and Empirical Mean

a. Hypothetical Mean

The self-esteem variable in this study was revealed using a scale of 35 items and formatted using a Likert scale with 4 answer choices, so the hypothetical mean is $\{(35 \times 4) + (35 \times 1)\} / 2 = 87.5$.

b. Empirical Mean

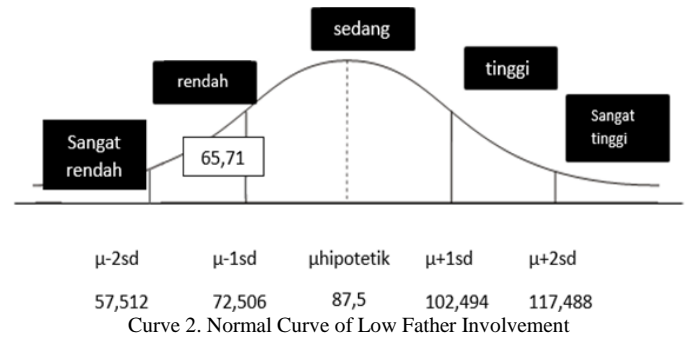
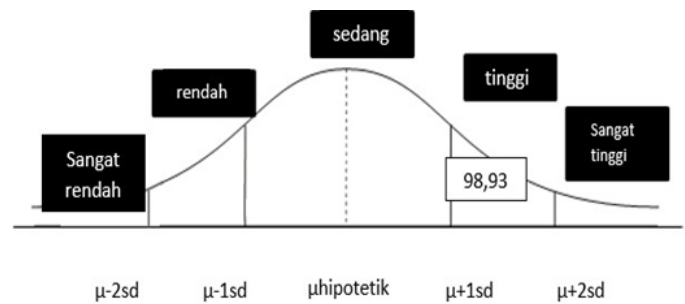
Based on data analysis, the empirical mean of the self-esteem variable is 96.73 with a standard deviation (SD) of 20.351.

c. Criteria

The following is the condition of adolescent self-esteem by making a comparison between the empirical mean / average value and the hypothetical mean / average value by considering the magnitude of the SD number.

TABLE 4. Calculation Results of Hypothetical Mean and Empirical Mean

Variable	SD	Mean		Description
		Hipotetik	Empirik	
Adolescents with father high involvement	10.409	87.5	98.93	High
Adolescents with low father involvement	14.994	87.5	65.71	Low



V. DISCUSSION

Based on the analysis of research data on hypothesis testing, the results show that there are differences in self-esteem between adolescents with high father involvement and adolescents with low father involvement. This can be seen from the significance value obtained which is p=0.001 where p<0.05. In accordance with the basis for decision making in the independent sample T-Test data analysis, namely if the significance value <0.05, it can be stated that there is a significant difference between the two groups tested. So, it can be concluded that the hypothesis in this study is 'accepted'.

The difference in self-esteem between adolescents with high father involvement and adolescents with low father involvement can also be seen from the average value obtained. Adolescents with a high father involvement role have a value of M = 98.93 with SD = 10.409, while adolescents with a low father involvement role have a value of M = 65.71 with SD = 14.994, t value = 0.305 and p = 0.001, it can be seen that the mean value of adolescents with a high father involvement role is greater than the mean value of adolescents with a low father involvement role. This means that the self-esteem of

adolescents with a high father involvement role is higher than that of adolescents with a low father involvement role.

The role of fathers in the family has long been traditionally associated with the figure of a breadwinner and a tough leader. However, in the modern era there are significant social and cultural changes that ultimately affect family dynamics and the concept of masculinity. The emergence of movements related to gender equality, shifts in the role of women in the workplace, and changes in family demands triggered changes in the role of fathers as household fathers (Durham & Kellner in Maulana, 2023). The role of parents, especially in this case the role of the father is needed in the development of adolescent self-esteem. The development of adolescent self-esteem is strongly influenced by the role of both parents in carrying out their main duties and functions. This means that if a father is unable to fulfil his role as a father, then the development of adolescent self-esteem will be hampered and will then form a low self-esteem. Michael Borba (in Sa'adah et al., 2023) said that parenting is a mandate for parents throughout their lives, where parenting is carried out endlessly, from the child in the womb, early childhood, adolescence to adulthood. In other words, it can be interpreted that the role of fathers needed by children is not limited to starting and ending at a certain age.

Previous research by Nikmarijal & Ifdil (2021) stated that adolescents' relationships with family members are related to their views and evaluations of themselves and are closely related to self-esteem. The formation of self-esteem in adolescents requires the role of the family, especially parents, this role includes parental support, parental control, and the relationship between parents and adolescents. A literature study by Fauzana (2023) which aims to find out what impact father involvement has on adolescents in parenting, shows the results that father involvement can influence adolescents, one of which is on adolescent self-esteem. Other research on the role of father involvement on adolescent self-esteem is also discussed in Fauzana & Pratama's research (2023), whose analysis results prove a significant and positive role between father involvement on self-esteem. The results of data analysis show the result that the magnitude of the role of father's involvement on self-esteem in adolescents is 5.9%. So, it can be concluded that the involvement of a father in the care of adolescents will affect adolescent self-esteem. Another study by Salsabila et al., (2021) shows the effect of father's role on self-esteem, based on data analysis it can be concluded that the father's role has an effect of 32.6%. The results of this study provide additional information that is relevant and supports the finding that the father's role has a significant effect on children's self-esteem. From the results of data analysis in this study which shows that there is a significant difference, it can be interpreted that adolescents who get a high father involvement role will have high self-esteem. Conversely, adolescents who get a low father involvement role, then they will have low self-esteem. In line with the results of this study, previous research conducted by Risnawati et al., (2021) showed results that support the hypothesis in this study. The results of data analysis in this study indicate that the magnitude of the role of father involvement on adolescent

self-esteem is 38%. This confirms that the greater the father's role in parenting, the higher the adolescent's self-esteem.

According to Santrock (2007), there are several good ways to increase self-esteem, namely identifying domains of competence that are considered important to children, emotional support and social approval, achievement, and coping. Harter (in Santrock, 2007) argues that children can have high self-esteem when they can perform competently in domains that are considered important to them. Therefore, children should be encouraged to identify and value arenas where they can perform competently, for example by giving praise for children's achievements but not excessively. Graham (in Santrock, 2007) mentioned that many children and adolescents growing up receive empty praise, and hence they have false self-esteem. They too often receive praise for mediocre or even poor achievements. In the end, they will find it difficult to compete or accept criticism. Another thing that children need to boost their self-esteem is emotional support and social approval.

Some children with low self-esteem come from troubled families, have experienced abuse, neglect, or situations where they did not receive emotional support. Apart from parents, children can get alternative sources of emotional support and emotional approval from informal sources such as teachers, sports coaches, or other adults. In adolescence, peer approval is also important. Self-esteem will also increase when children try to face problems and try to overcome them rather than avoid them. If children choose to face problems rather than avoid them, they will be realistic, honest and non-defensive. This will result in a good self-evaluation and will then result in self-approval which can ultimately increase self-esteem.

Coopersmith (in Santrock, 2007), states that there are several attributions from parents that are related to the high self-esteem of children. These attributions include expressions of affection, showing attention to the problems faced by children, harmonious households, participation in activities carried out by all family members, always being ready to provide competent and organised assistance to children when needed, applying clear and fair rules and obeying and carrying them out, and also allowing children to be free as long as they are within clear limits so that they can form high self-esteem in children. Based on the discussion of the research results described above, it is found that the difference in the high and low levels of self-esteem in adolescents is also influenced by the high or low role of father involvement they get. The higher the role of father involvement received by adolescents, the higher the self-esteem. Conversely, the lower the role of father involvement received by adolescents, the lower the self-esteem. Therefore, it is important for parents, especially fathers, to always provide the role of father involvement in adolescents' daily lives so that it can support the development of self-esteem in adolescents.

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