

THE INFLUENCE OF FATHER INVOLVEMENT ON THE PSYCHOLOGICAL WELL-BEING OF EARLY ADULT WOMEN RAISED WITHOUT A FATHER FIGURE

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ARTICLE INFO	ABSTRACT
Diterima: 05 juni 2025 Direvisi: 10 Juni 2025 Disetujui: 18 Juni 2025 Tersedia Daring: 22 Juli 2026 Keywords: <i>Father, Involvement, Psychological Well-Being, Women</i>	<i>This study aims to determine the Influence of Father Involvement on the Psychological Well-Being of Early Adult Women Raised Without a Father Figure. Based on research conducted by researchers, with the title of research on the influence of father involvement on the psychological well-being of early adult women raised without a father figure. It can be concluded that: Based on descriptive results, most respondents have a moderate level of father involvement. This shows that even though respondents have lost a father figure, some of them still have sufficient experience of father involvement before their father died. The level of psychological well-being of respondents is also mostly in the moderate category. This shows that respondents have a fairly good psychological well-being condition, although not optimal in various aspects such as self-acceptance, social relationships and independence. The results of the hypothesis test show that there is a significant influence between father involvement on psychological well-being in early adult women raised without a father figure. This is proven by a significant value of 0.000 ($p < 0.05$). The coefficient of determination (R square) value of 0.402 shows that father involvement contributes 40.2% to psychological well-being, thus the higher the level of father involvement felt by the individual, the better the level of psychological well-being. The remaining 59.8% is influenced by other factors not examined in this study.</i>

	ABSTRAK
Kata Kunci : <i>Father, Involvement; Psychological Well-Being; Perempuan</i>	Penelitian ini bertujuan untuk mengetahui Pengaruh Father Involvement Terhadap Psychological Well-Being Perempuan Dewasa Awal Yang Dibesarkan Tanpa Sosok Ayah. Berdasarkan penelitian yang dilakukan oleh peneliti, dengan judul penelitian tentang pengaruh father involvement terhadap psychological well being perempuan dewasa awal yang dibesarkan tanpa sosok ayah. Maka dapat disimpulkan bahwa: Berdasarkan hasil deskriptif, sebagian besar responden memiliki tingkat father involvement dalam kategori sedang. Hal ini menunjukkan bahwa meskipun responden kehilangan sosok ayah, sebagian dari mereka masih memiliki pengalaman keterlibatan ayah yang cukup sebelum ayah meninggal. Tingkat psychological well being responden juga mayoritas berada pada kategori sedang. Hal ini menunjukkan bahwa responden memiliki kondisi kesejahteraan psikologis yang cukup baik, meskipun belum optimal dalam berbagai aspek seperti penerimaan diri, hubungan sosial dan kemandirian. Hasil uji hipotesis menunjukkan bahwa terdapat pengaruh yang signifikan antara father involvement terhadap psychological well being pada perempuan dewasa awal yang dibesarkan tanpa sosok ayah. Hal ini dibuktikan dengan nilai signifikan sebesar 0,000 ($p < 0,05$). Nilai koefisien determinasi (R square) sebesar 0,402 menunjukkan bahwa father involvement memberikan kontribusi sebesar 40,2%, terhadap psychological well being, dengan demikian semakin tinggi tingkat father involvement yang dirasakan individu, maka semakin baik pula tingkat psychological well beingnya. Sisanya



1. INTRODUCTION

According to Santrock (Aulia & Aulia, 2024) adults beginning or emerging adulthood is a transitional period from adolescence going to mature with range aged 18-25 years, the characteristics shown in the stage development beginning that is individual as age productive, as a troubled period, as a full period tension and times of change individual values mature beginning Ready For look for roles, responsibilities, time to work, get involved in connection social in community and establish connection with against type. Each individual own task development in his life, since childhood until mature end, adult tasks the beginning is very important For completed, if task development can completed so can minimize occurrence problem as well as moment undergo afterlife happy (Alfajati & Tresnawaty, 2024).

There is difference between women and men in gender exploration. The gender form experiences in adulthood initially, this gender difference explained as women and men during his studies, especially moment enter work and relationships. Adult stage beginning woman that is a individual make something decision with independent who has connection with problem finance, work, education or other people.

One of indicator important for success individual in undergo age mature beginning is psychological well being. Psychological well being or welfare psychological is A the concept put forward by Ryff and Keyes (Aulya Purnama & Wahyuni, 2018) when compile scale measurement well being. Achieving well being in life is desire everyone. Someone who has it is said himself No only Keep going continuously feel sad or Keep going continuously feel happy, but own balance emotion positive and negative. Ryan & Deci (2001) classify two approach main in examine, namely approach hedonic (the hedonic approach) which focuses on happiness and describes related For effort get happiness, enjoyment, satisfaction life. And the second approach is approach eudaimonics which focuses on meaning and realization self and define relate with to what extent someone functioning in a way comprehensive in (Azis & Alwi, 2026). According to Diener (Callista Elvaretta, 2022) Women in adulthood early face challenges and pressures psychologically, when them no can overcome condition that, then possibility big, they will experience stress and experience emergency. When individual have that okay, then it will more positive, adaptable with good, and ability more cognitive good deep Hannani et al., (Azwar, 2022).

Ahmadi, et al (2014) stated that that individuals who have Good can seen from ability in create good relationship with others and help more emotions positive. According to Ryff & Singer (1996) there is

a number of factors that can influence level of psychological well-being individual namely age, type gender, social status economy and culture. The number of duties & responsibilities as well as the pressure experienced moment phase mature beginning can influence health physical and mental. Every individual own different levels of psychological well-being. One of them is family which is predictor important from psychological well-being. Individuals who have good psychological well-being can seen from ability in create good relationship with others and build more emotions positive. Absence the role of the father in general will impact on trust self, ability adapt, take risk, maturity emotional and psychosocial for child especially for women in the phase mature early. Father became key in grow flower children (Azis & Alwi, nd).

One of factor important factors that influence psychological well-being is family, especially role parent as figure emotional, social and parenting children. The role of the father optimally contributes in formation of a sense of security, trust self, and regulation emotions, as well as ability weave healthy interpersonal relationships.

According to Lamb (1985), father involvement in parenting covers three dimensions main, namely : 1. engagement or involvement direct in interaction, 2. accessibility or availability and presence of father for children, and 3. related responsibilities with fulfillment not quite enough father's answer to needs and welfare child (Garcia et al., 2023).

Reported from the Population and Family Agency National Planning Agency (BKKBN) father's involvement is very important for development child. The involvement played by a father in relation with task For direct child become independent and growing in a way positive, good in a way physique and psychological. So parenting child No only become responsibility Mother only. Father's involvement in parenting child is 1. As seeker living For fulfil need family, good primary needs and secondary 2. Playmates children, father's interaction with child will help child explore and love challenge. 3. Giving attention, which is where child will feel safe and warm If with father. 4. Educator, discipline, and role model for the child to whom the father gives good and bad examples to child. 5. Protector son, father does supervision if child behave deviant. 6. Supporters interest child, father supports child in reach ideals in accordance with interest and talent child.

Father involvement is draft a husband involved in responsibility For parenting child everyday and meaningful importance from the parenting process said. Palm, (1993) said that involvement This is participation positive shaped activities in the form of interaction direct with his children like build warmth, monitoring and control activity child, responsible to needs and requirements children. Father involvement can increase ability child in empathize, grow attitude attention, building connection social with more okay, dad gave attention and support to child so that He will own feeling accepted, cared for and increase trust self (Hannani & Cahyanti, 2019).

Individuals who experience grow flower without the role of the father is condition Where individual grow with minimal or without existence the role of fathers in grow the flowers are good in a way physique or psychological, conditions that cause matter the is death, divorce, conflict, or an absent father responsible. Absence of father during

development child potential term long to formation draft self, regulation emotions, as well as interpersonal relationships in adulthood (Hawkins et al., 2022).

Based on data from the Central Statistics Agency (BPS) of Medan City in 2024, the number of Woman aged 18-25 years reached 278,612 people, this This show amount size group age productive who are in a crucial period development psychological. On the other hand, UNICEF (United Nations Children's Fund) data for 2021 shows that Indonesia is one of the countries with the highest a sufficient level of fatherlessness height where father is not involved in parenting many children caused by death and divorce parents, namely around 20%. This is show that a number of big children in Indonesia grow without involvement the role of the father, so that placing Indonesia as a country with level fatherless highest Thirdly, Medan City is one of the regions in Indonesia that is also facing condition said, where the children experiencing a growth process flower without optimal father presence, both from aspect physique and emotional. This is become attention important remember impact term long from father's involvement in psychological well-being children, especially women who enter phase mature beginning (Kasmiati & al., 2021).

Respond from phenomenon father's involvement that has described, then researchers do interview to 2 respondents Woman mature beginning in the city of Medan. Following two results interview :

"I 've So child orphan since 7 years old, starting moment That's it, only Mama takes care of it me and my younger siblings, we grew up without figure father. At that time I still very young, but I Already no place tell a story, that's why I envy very if There is my friend who talked question his father. Mama became the only one my motivation during all of these My business is handled by my mother. At this time I often very feel not enough believe self and easy anxious, especially If must interact with man."

" At that time I Still 7 years old not enough more, sir die because sick, we never can love Darling from figure father since He died, many memories that still I remember moment father Still alive, but That ca n't anymore repeated. If before I Not yet Can accept my condition like this, me Still ashamed and sad because my family is incomplete, me of course Still easy be friends However Still difficult put trust to men, sort of there is a trust issue, plus at age me who already ripe it 's me even Not yet think For Marry Because Afraid abandoned "

Interview results show that in women mature early raised without father figure, problems main No only father's lack of involvement, however No fulfillment optimal role of the father. The absence of father's involvement which includes involvement, presence and responsibility have a big impact on sharing psychological well-being aspect like trust self, regulation emotion.

Santrock (Lamb & Elster, 2020)said that between ages 6-15 years represents childhood, which can called as a child middle and is stage towards adolescence in (Mustikhatul et al., 2025). At this time, attachment with parent very much important things that can help competence social and welfare visible psychological from height price self, have adjustment emotional and health physical needs will attachment to father has role important, is it child will form the attachment that will form ongoing relationship

lifetime life. Individuals who have attachment especially with father will show various type characteristics positive, such as become more clever in finish problems and more own competence social as well as more cooperative, obedient to parents and have healthy relationship with Friend peers (Lamb & Tamis-LeMonda, 2024). The absence of a father during childhood can hinder fulfillment need emotional and social deep child term long contribute to the low dimensions of Psychological Well Being such as self-acceptance, autonomy, and positive relations with others in adulthood beginning.

The father's non-involvement influence on the Psychological Well-Being aspect of respondents. In the interview, both show challenges in some Ryff's (Mustikhatul et al., 2025) dimensions, such as reception self, independence, and relationships positive with other people. Respondents disclose existence vulnerability in build belief, tendency experience anxiety, as well as difficulty weave interpersonal relationships, especially with men (Pedhu, 2022). This is show that experience grow flower without father figure gives impact significant emotional.

In the study entitled " Dynamics father's involvement in Self -Development of Adolescent Girls at MAN 2 Model Medan". In adolescents women at MAN 2 Model Medan through interview is respondents lost father figure in grow the flower throughout life Because death, they easy offended If currently angry, because No existence place For moan kesah, results found that respondents Already lost the role of father since 3 years old, which is not seldom make respondents Like crying, and wanting know it feels like How it feels like cared for by a father and feel pity with hard- working mother For his son. (Tata arbiya, 2024).

Phenomenon increasing paternal non-involvement increase in a number of year lastly, especially caused by the 2 most common factors that is divorce and death. father's death resulted lost in a way permanent without possibility restoration relations.

Research result previously about partial father involvement big Still focus on conditions father's absence as a status, without study to what extent is the father's role carried out or No carried out, especially on women mature early, besides That study about The Influence of Father Involvement on Psychological Well Being with approach quantitative based Ryff's theory, (1995), with conditions in the city of Medan are still limited (Pleck, 2017).

Based on description from background back, can concluded that which becomes problem primary in women mature growing start without father figure due to death No solely absence father figure, but rather quality of father involvement that is not fulfilled optimally. Therefore that, research This focus on " the influence of father involvement on psychological well-being" Woman mature early raised without father figure "

2. METHOD

This research use method quantitative, which is where study This For see The influence of father involvement on women's psychological well-being mature early raised without father figure. The data obtained analyzed use calculation statistics simple linear regression For reveal how much big The influence of father involvement (X) on women's psychological well-being (Y) mature early raised without father figure.

This research involving Woman mature early 18-25 year olds with condition No raised without father figure because death at age span of 1 year-15 years and had time own involvement. They is female born between 2001-2008 because has enter age mature beginning based on Santrock's theory (Romadhona & Kuswanto, 2024) and is currently go through education and starting career and domiciled in Medan City.

According to (Rachmanulia & Dewi, 2024) the population is a generalization area consisting of on object or subjects who have quality or characteristics certain conditions determined by researchers For studied and drawn conclusion. Population No only just people, but also objects or object other nature. Population not just the amount present in the object being studied but also includes all over characteristics / traits possessed by the subject or object That.

The sample is part from representative population the amount and characteristics it has. If population too big so that difficult For investigated in a way comprehensive, for example Because limited funds, time, or power researchers can use samples taken from population The data obtained from sample This Then can used For make applicable conclusions for all over population (Azwar et al., 2012) Sampling technique samples used in study This is purposive sampling, namely method election sample in a way on purpose based on consideration certain, where the subject or sample unit chosen in accordance with criteria or relevant characteristics with objective study (Ryff, 2020b)

Methods used in study This is scale psychological, where participants requested For fill in the scale that has been adapted and translated by researchers based on aspect Psychological wellbeing (Ryff & Singer, 2018) uses Ryff Psychological wellbeing scale and Father involvement theory (Lamb, 1985) using Inventory of father involvement (IFI) scale, respondents requested fill in with choose the most appropriate answer with condition self they. Researchers compose a Google Form that contains scale regarding father involvement and psychological well-being, which is later will shared to sample study through social media platforms, groups community, institution education / work.

3. RESULT AND DISCUSSION

Research Subject Overview

Subject study in study This totaling 350 women mature the beginning who lives in the city of Medan. Based on research, then researchers get description subject based on age, status, range age of father's death, range education child when father died.

Table 1. Description Respondents Based on Age

Age	Frequency	Percentage
18 years	15	4.6%
19 years old	30	8.5%
20 years	37	10.5%
21 years	62	17.7%
22 years	105	29.9%
23 years	56	16%
24 years old	24	6.8%
25 years	21	6%

Total number	350	100%
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Based on table 1 is known that part big respondents is 22 years old as many as 105 people (29.9%), followed by 21 years old as many as 62 people (17.7%), and 23 years old as many as 56 people (16%), while amount the fewest respondents is 18 years old that is as many as 15 people (4.6%). This show that majority subject be in range 22 years old, so results in study This more represent condition *psychological well-being* and experience *father involvement* in groups age the

Assumption Test

After research finished implemented, then the next stage carried out is an assumption test. Assumption test in research This consists of on the normality test and linearity test.

Normality Test

Normality test is a test that is carried out For know is the research data normally distributed or no. In the research This use *One Sample Kolmogorov Test* with help *SPSS Version 25 For Windows*. Based on the normality test can stated normally distributed or fulfil normality test requirements with p -value >0.05. So the results of the normality test in the study This can seen from table under This (Sugiyono, 2019):

Table 1. Results of normality test

Variables	Sig.	KS
Father involvement Psychological well-being	0.238	0.05

Based on normality test data on known that sig. value of variable *father involvement* and *psychological well being* of 0.238 ($p > 0.05$), then can known that the research data normally distributed or fulfil normality test requirements.

Linearity test

Linearity test done For know whether variables study own influence linear relationship or no. Linearity test in research This use *test for linearity* with *SPSS 25 for windows*. If the sig value. *deviation from linearity* <0.05 then No there is a linear relationship between independent variables with dependent variable (Ryff, 2020a). Meanwhile If mark *sig. deviation from linearity* > 0.05 then there is linear relationship between variables independent with variables dependent. Linearity test results can presented in the table following This (arbiya, 2024):

Table 3. Trial linearity

Variables	Deviation From Linearity	Sig.	Note:
X against Y	3,210	0.126	Linear

Based on results in the table above, can seen that mark significant deviation from linearity of 0.126 and p value of 0.000 or more small of 0.05 or ($p < 0.05$) so can it is said

that there is a linear relationship between variables *father involvement* with behavior *psychological well-being* (Ryan & Deci, 2020).

Table 4. Simple Linear Regression Results

R square	Unstandardized B	T	Sig.
0.402	38,656 (constant) 0.684	11,267	0,000

From the results regression between variables *father involvement* and variables *psychological well-being* find r square value of 0.402 or by 40.2% while the remaining 59.8% is influenced factors that are not investigated in study this, from sig. value is more than 0.000 small from 0.05 to can concluded there is influence between *father involvement* to *psychological well-being* (Kamboj & Garg, 2021).

Based on number *constant* 0.402 which means If No There is intensity *father involvement* (x) then mark from *psychological well being* (y) of 0.402. The coefficient value regression of 0.684 which means every improvement *father variable involvement* (x) then *psychological well-being* will increase around 0.684, with thus so can it is said that *father involvement* influential positive to *psychological well being* which means that the more increase *father involvement* will increase *psychological well-being*. equation model regression obtained is (Neagu & Vieriu, 2025).

$$Y=a+bx+e \quad Y=38.656+0,684$$

Ket: Y= Variabel *dependent (psychological well being)* A= Konstanta

X=variabel *independent (father involvemen*

It means if there is increase One unit *father involvement* so *psychological well-being* experience improvement as much as 0.684 (van Dierendonck & Lam, 2023). Then the value *father involvement* of $Y=38.656+0.684$ is 39.340 which means that *father involvement* own influence to *psychological well-being* in women who are raised without father figure (Ramachandran et al., 2023).

Discussion

This research aim For know influence *father involvement* to *psychological well-being* in women adults growing start big without father figure. In the study This respondents who participated as many as 350 women mature beginning (Udayanga, 2021). Based on analysis of data that has been done with use technique analysis simple linear regression obtained that mark from $t_{count} > t_{table}$ is $39,340 > 1.646$ so taken decision that H_0 is rejected which shows existence influence between *father involvement* to *psychological well-being* Woman mature early raised without father figure of 40.2% (Obrenovic et al., 2020).

As for the direction influence between *father involvement* and *psychological well being* is positive which means The more tall *father involvement* so the more tall *psychological well being* (Nguyen et al., 2024). That's it on the contrary If the more low *father involvement* so the more low *psychological well-being* (Pasyola et al., 2021). This is

also supported by research conducted by Cindy Aurielle (Takizawa et al., 2024) namely *father involvement* own connection positive with *psychological well-being* of 0.629.

Based on hypothesis testing show that there is significant influence between *father involvement* to *psychological well being*. This indicates that the more tall perceived father involvement individual, then the more high welfare too psychological characteristics that are owned (Nurhikmah et al., 2022).

Based on empirical data on variables *father involvement* obtained that the empirical mean *father involvement* more big compared to its hypothetical mean ($92.5 > 87$), this shows that adult women the beginning in the city of Medan has high father involvement. In the *psychological well-being variable*, the empirical mean more small compared to with its hypothetical mean ($93 < 96$), p This means that adult women early in the city Medan own *psychological well being* that is (Annishaliha, 2018).

Based on categorization *father involvement* based on age, researcher find that category age is in the category moderate, based on categorization of father involvement based on status, researchers find that is in the category moderate, Based on categorization range age child when father died is in the category moderate, based on categorization range class child when the father died, the researcher find that is in the category currently (Zahira & Savira, 2024).

Based on categorization *psychological well-being* based on age, researcher find that age is in the category currently based on categorization *father involvement* based on status, researcher find that is in the category currently Based on categorization range age child when the father died, the researcher find that is in the category moderate, based on categorization range class child when the father died, the researcher find that is in the category currently (Handayani & Joeliaty, 2023).

4. CONCLUSION

Based on research conducted by researchers, with title study about influence *father involvement* to *psychological well-being* Woman mature early raised without father figure. Then it can concluded that :

- a. Based on results descriptive, partial big respondents own level *father involvement* in category moderate. This is show that although respondents lost father figure, partly from they Still own experience sufficient father involvement before father died.
- b. Level of *psychological well being* respondents are also the majority is in the category moderate. This is show that respondents own condition welfare sufficient psychological well, though not optimal in various aspect like reception self, relationship social and independence.
- c. Hypothesis test results show that there is significant influence between *father involvement* to *psychological well-being* in women mature early raised without father figure. This is proven with mark significant of 0.000 ($p < 0.05$).
- d. Coefficient value determination (R square) of 0.402 indicates that *father involvement* give contribution by 40.2%, against *psychological well being*, with thus the more tall level perceived *father involvement* individual, then the more good level too *psychological well being*.
- e. The rest 59.8 % is influenced by factors others who don't investigated in study This.

SUGGESTION

Based on results research that has been done, there is some suggestions that researchers submit that is ;

- a. For researchers next. For researchers furthermore Can add characteristics study for example the man who will later Can become comparator How influence *father involvement* to *psychological well-being* between men and women.
- b. For individuals especially Woman mature beginning expected can increase *psychological wellbeing* with method develop reception self, building positive and growing relationship open with environment around.
- c. For candidates parents, especially fathers. Present in life child, not only just " there " but truly present and listening How child said, becomes motivation for child For go ahead, kid is a gift given by God to guarded

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