

The Importance of Father's Involvement in Growing a Mentally Healthy Generation

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Abstract: Parenting challenges are increasingly diverse. Parents have to deal with parenting challenges in the real world, digital world, and parenting challenges that arise along with changing times. It takes cooperation between parents to create both physically and mentally healthy children. However, in Indonesia, parenting is mainly focused and only emphasizes the mother's side, while the father is still labeled as the breadwinner. In fact, father's involvement is needed in the parenting process to create a mentally healthy generation. This article aims to 1) Explain how father involvement can create mentally healthy children, and 2) As a reference that can motivate fathers to be more involved in parenting. This article was written using a literature review technique with seven articles that matched the criteria. The result of this literature review is that the father's involvement plays an essential role in children's mental health, which can also be seen through good self-control, mental wellbeing, life satisfaction, and good emotional regulation.

Keywords: Father's involvement, Father role, Parenting challenges, Children's mental health

1. Introduction

Father has an essential role in every child's life. Children also tend to look for a father figure to give a sense of security, both physical and emotional. Research shows that a loving father and supporting children's activities significantly affects children's cognitive and social development and raises awareness of self-confidence and a sense of well-being. Sarkadi et al. (2007) explains that father involvement has a positive impact in reducing behavioral problems in boys, and psychological problems in girls. Other than that, father involvement will also impact on increased cognitive development, reduced mischievous, and harmful behavior in the family, even in families with lower socioeconomic status. Research also proves that stimulation from the father is important in child development (Chiarello dalam Trinurmi, 2014).



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Nowadays, there are still many fathers who are reluctant to play a role and consider that their obligations are limited on making money for living his family only, and most of the domestic roles are left to the mother, including parenting problems, even though there have been many studies related to the importance of the role of fathers in the family, for children development since childhood to adulthood. Allah Subhana hu wa ta'ala has also warned in the Qur'an Surah At Tahrim verse 6, which reads "Oo you who believe, take care of yourselves and your family from the fire of hell whose fuel is man and stone; guardian angel, harsh and does not disobey Allah for what He has commanded to them and always do what they are told". The verse shows the importance of taking care of the family, which is addressed to the head of the family. Moreover, in the Quran there is more dialogue between father and son that shows if father has a great role in teaching, shaping personality, making a bond with children can be a trusted source of children and as a protector who protects children (Hasri, 2019).

One of the parties that examine the role of fathers is the Indonesian Child Protection Commission (KPAI). KPAI issued a book on the Quality of Indonesian Child Parenting in 2015. The book states that the role of fathers related to knowledge and parenting patterns in the family is less enough. Researchers see that the father's lack of involvement in parenting is also due to the patriarchal culture rooted in Indonesia. According to Hidayat's (in Trinurmi, 2014), the culture of the Indonesian people places the fulfillment of children's daily needs, maintenance of children's health, and stimulation of preschool-aged children is the responsibility of the mother (female). It can be seen that 69.5 percent of respondents said that educating and caring for children at home is the mother's responsibility. In the patriarchal culture, fathers often get a role as the breadwinner. This patriarchal tradition has been very partial so that the father's role is only felt in the financial aspect or the head of the family, even though the father's role is also crucial (KPAI).

Currently, mental health is still a significant health problem in Indonesia. Data from Riskesdas, 2018 shows that the prevalence of mental-emotional disorders in adolescents (15-24 years) has a depression percentage of 6.2% for major depression who will experience a tendency to self-harm to suicide. 80-90% of suicides are the result of depression and anxiety. Suicide cases in Indonesia can reach 10,000 or the equivalent of every one hour there is a suicide case. Depression in adolescents can be caused by several things such as pressure in the academic field, bullying, family factors, and economic problems.

The World Health Organization (WHO) defines it as "a state of well-being in which a person realizes his abilities, can cope with everyday stressors, can work productively and happily, and can contribute to his community. Meanwhile, Kartono (in Nurrohim, 2016) mentions that a person is mentally healthy if he can display adequate behavior and can be accepted by society in general. His life attitude is under the norms and patterns of community groups, to satisfy interpersonal and intersocial relationships.

2. Method

This research was conducted based on a narrative literature review approach obtained from seven national and international papers. The search for data in this study was carried out using several

databases. The databases used in this study are the Google search engine, Google Scholar, Science Direct and Psychological. Research articles that meet the following criteria.

Table 1. Several databases about father's involvement

No.	Researcher	Variable	Participant	Results	Country
1.	(Twamley et al., 2015)	Father's involvement, Mental well being	Various studies from the millennium cohort study	Positive correlation between father's involvement and mental well being of children's well being	UK
2.	(Sarkadi et al., 2007)	Father's involvement, Child developmental Outcomes	24 paper, based on 16 longitudinal studies from birth to early adulthood Paternal	involvement predicts positive development in children.	US, UK
3.	(Wu et al., 2021)	Father's involvement, paternal and maternal attachment	613 LBC at primary schools	Significant effect between paternal involvement on life satisfaction and prosocial behavior LBC	China
4.	(Tasaufi et al., 2021)	Attachment father, self-control, subjective well-being and psychological well-being	245 Undergraduate students	well-being and psychological well-being as mediators of the relationship between father attachment and self-control	Indonesia
5.	Subjective (Vinayastri, 2017)	Parenting and its impact		positive effect of father involvement on development children, social skills, relationships with others and mental health	Indonesia
6.	(Brillyana, 2021)	Father involvement and juvenile delinquency trend	201 adolescents in Surabaya	Father involvement shows a significant influence on the tendency of juvenile delinquency in adolescents	Indonesia
7.	(Rahma et al., 2019)	Father involvement and emotion regulation in adolescents	248 Adolescents 15-18 years	There is a significant positive relationship between father involvement and emotional regulation in adolescents	Indonesian.

3. Results and Discussion

The data search process in this article was carried out from 1-4 October 2021 and 13 articles were obtained. A total of 8 articles did not meet the inclusion criteria. It is due to the existence of the same article and not a research article. So as many as seven articles were selected for review.

The first source of literature is research from Twamley et al. (2015) The involvement of fathers in this study includes attachment, accessibility and responsibility. Overall, research shows that fathers who are attached to their families, have good accessibility and knowledge of children's needs and are fully responsible for children and wives can improve the mental health of mothers and children. The following Millennium Cohort Study-based research aimed to see whether fathers' involvement in parenting can also improve their mental well-being. Thus, if it is proven, the hope is that it can motivate fathers to be involved in parenting, considering the impact is not only for their children and wives but for themselves as well.

The second study from Sarkadi et al., (2007), The father's involvement in this study included attachment, accessibility and responsibility. In this study, both the biological father and the substitute for the biological father figure were included. The results show that fathers who are actively and regularly engaged with their children can predict a variety of positive outcomes, although there is no evidence that one form of involvement is better than the other. The positive results of father involvement include: reducing the frequency of behavioral problems in boys and psychological problems in young women, increasing cognitive development while reducing delinquency.

The third study showed significant results between life satisfaction on LBC with paternal involvement. Father-daughter engagement also mediates the relationship between paternal involvement and positive indicators of LBC mental health. So, it can be concluded that in LBC father involvement can impact on mental health. The hope is mainly for children who are not left behind.

The fourth article from the UII *Psychologica* journal conducted by Tasaufi et al., (2021), aims to look at the psychological dynamics of these students. The results showed that paternal attachment did not have a direct effect on self-control, but subjective well-being and psychological well-being could act as mediators of the relationship between paternal attachment and self-control.

The fifth research is a research with a descriptive analysis writing method in a description of natural phenomena. The results showed, among other things, that family education is the primary and first education in every human life starting from parents and fathers acting as principals who are responsible for the success of an educational process. The study also discusses the existence of 14 dialogues between fathers and children in the Qur'an showing that fathers have an essential role in giving meaning to the values of life, fathers and mothers work together as the main role in the formation of their children's behavior. The article written that research on fatherhood showed a positive influence of father involvement on the achievement of child development, social skills and relationships with others.

The sixth study was conducted by Brillyana (2021), with 201 teenagers in Surabaya as subjects who used a quantitative approach with a survey method. From this study, it can be concluded that there is a negative relationship between father involvement and the tendency of juvenile delinquency, which means that the higher the involvement of the father, the lower the juvenile delinquency and vice versa.

The last article was obtained from research conducted by Rahma (2019) which showed a significant positive relationship between father involvement in parenting and emotion regulation in adolescents. This means that the higher the intensity of a father's involvement in parenting, the higher the ability of adolescents to regulate their emotions. Additional analysis that has been carried out shows that the aspect of father involvement in parenting that contributes the most to emotion regulation in adolescents is the aspect of discipline and educating children to be responsible. In addition, there are two aspects of father's involvement in parenting that also contribute to adolescent emotional regulation, namely support for school and support for mothers.

4. Conclusion

Based on seven research articles that researchers have reviewed, it can be concluded that father's involvement in parenting is crucial in creating mentally healthy children. Father involvement is also able to have a significant positive impact on children's development in terms of cognitive, social and emotional factors. The diversity of subjects in the seven studies that have been reviewed, shows that the impact of father involvement is continuous. Fathers who are involved in early childhood can shape the child's personality which will also carry over into adolescence, even adulthood.

Not all of the articles selected by the researchers directly demonstrated the relationship between the importance of father involvement and children's mental health. Several articles have shown that father involvement can increase aspects that are indicators of mentally healthy individuals, as in the second study which showed that father involvement reduced the frequency of behavioral problems in boys and psychological problems in young women. One of the characteristics of a mentally healthy person is the individual's ability to adapt and behave under the surrounding environment.

The fourth, sixth and seventh studies also did not directly show the relationship, but these studies contained variables that could predict mental health, such as subjective well-being and psychological well-being, self-control, emotional regulation ability and mental health. also reduced the tendency to commit juvenile delinquency. This is in line with research conducted by Horn in Eastin (2003) which found that individuals who grow and develop without a father figure experience many problems in their lives.

Morris et al (2007), argue that parents have a role as educators in emotion regulation. It shows that discipline in educating children regarding emotional regulation is a crucial role of a father. Morris et al (2007) also revealed that parents can influence the development of children's emotional regulation by shaping the emotional climate in the family. Emotional support given

by fathers to mothers and fathers who encourage children to respect mothers is an effort that creates a positive emotional climate in the family. In addition, it produces a positive self-concept in children, making children more confident and mentally prosperous.

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