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The Relationship of Father Involvement with Self-Control in Adolescents Dating in Regency X

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Abstrak

Fase remaja ditunjukkan dengan tahap telah mencapai kematangan organ seksual sehingga menyebabkan ketertarikan terhadap lawan jenis yang dapat diwujudkan dalam perilaku berpacaran. *Self-control* menjadi hal yang penting pada remaja yang berpacaran, apabila tidak mempunyai kontrol diri yang baik maka remaja tidak dapat mengatur dan mengarahkan perilaku sehingga rentan pada perilaku menyimpang termasuk menyalurkan hasrat seksual dalam berpacaran. *Self-control* salah satunya dipengaruhi oleh *father involvement*. Adapun tujuan dari penelitian yaitu melihat korelasi antara *father involvement* dengan *self-control* pada remaja yang berpacaran di Kabupaten X. Penelitian menggunakan pendekatan kuantitatif korelasional. Teknik pengambilan sampel yaitu *snowball sampling* dengan jumlah partisipan penelitian sebanyak 151 orang remaja yang berpacaran. Dalam penelitian ini, teknik analisis data menggunakan uji korelasi *product moment* yang dikembangkan oleh Karl Pearson. Hasil penelitian mengungkapkan bahwa terdapat korelasi positif yang signifikan antara *father involvement* dengan *self-control* pada remaja yang berpacaran di Kabupaten X dengan nilai koefisien korelasi yaitu 0,550.

Kata Kunci: *Father Involvement, Self-Control, Remaja*

Abstract

The adolescent phase is indicated by the stage of having reached the maturity of the sexual organs, causing attraction to the opposite sex which can be manifested in dating behavior. Self-control is important for adolescents who are dating, if they don't have good self-control, adolescents cannot regulate and direct their behaviors so that they are vulnerable to deviant behavior including channeling sexual desires in dating. Self-control is influenced by father involvement. The objective of the research is to see the correlation between father involvement and self-control in adolescents who are dating in Regency X. The research employed a quantitative correlational approach. The sampling technique is snowball sampling with the number of research participants as many as 151 teenagers who are dating. In this study, the data analysis technique used the product moment correlation test developed by Karl Pearson. The results revealed that there is a significant positive correlation between father involvement and self-control in adolescents dating in Regency X with a correlation coefficient value of 0.550.

Keywords: *Father Involvement, Self-Control, Adolescents*

INTRODUCTION

Adolescence is a period of life that occurs between infancy and maturity and is marked by changes in psychological, physically, sexual, and social development. In this phase, adolescents are considered to have reached the maturity of the sexual organs so that sexual desire arises which leads to attraction between the same sex or even the opposite sex (Papalia, Old, & Feldman, 2009). Attraction to the opposite sex is often realized in a relationship called dating. Dating behavior is an action taken by lovers in order to express their love and affection for their partner (Sibarani, et al., 2022). Today, dating behavior has become a common phenomenon found in adolescents, both boys and girls. The dating style of today's teenagers has also changed. Teenagers have become bolder and consider that expressing affection in public places in the form of intimacy is normal because one of them is the influence of social media which has become a reference for dating styles (Wahyudi, 2019).

Data from the Performance and Accountability Survey of the KKBPK Youth Program by Bkkbn (2019) shows that 44% of adolescents have dated with an average age of first dating of 15 years. The survey also shows that the way adolescents express affection during dating is 71% holding hands, 26% hugging, 11% kissing lips, and 4% fingering and stimulating. It is also known that the average age of the first time teenagers have sexual intercourse is 18 years old. According to the findings of a preliminary poll that researchers carried out on teenagers in Regency X between the ages of 13 and 21, it is known that 33 out of a total of 49 respondents or 67.3% of subjects have been or are currently in a dating relationship. There were 18 teenagers who admitted that they liked holding hands and

posting moments of togetherness with their boyfriends on social media as a manifestation of love. Even 4 teenagers who do not live with their fathers are reckless in engaging in sexual behavior such as kissing their partners and sending unnatural photos of themselves to their boyfriends.

The phenomenon that the researcher found through data collection by distributing questionnaires in the form of open questions through google form to five teenagers who have dated or are currently dating in Regency X. All subjects agreed that they felt the adverse effects of dating. All subjects agreed to feel the adverse effects of dating. Two teenagers admitted to feeling the physical health effects of sexual behavior when dating, namely pregnancy at a young age. Respondents had experienced miscarriages and felt pain in the uterus. The decision to marry at the age of 16 in 3 respondents had an emotional impact because they often fought with their families and found it difficult to accept the fact that they were married and soon became mothers at a young age. The four teenagers could not continue their education to the next level because they stopped going to school. Meanwhile, another teenager admitted to being a victim of cyber-based sexual violence by her boyfriend in the form of revenge porn. Finally, one teenager who was involved in a sexual relationship with her boyfriend experienced pressure caused by the surrounding environment because she was humiliated when she was caught engaging in indecent behavior with her boyfriend.

Self-control is very important for adolescents who are dating, especially adolescents from non-Western cultures who are more emphasized to be able to control their desires in romantic behavior (Harahap, 2023). When adolescents who are dating do not have self-control, it will make these adolescents lack the ability to direct and control behavior so that they are vulnerable to deviant actions including channeling sexual desires in dating. High sexual behavior in dating is significantly impacted by a lack of self-control and it's increases the risk of adolescents committing acts of dating violence (Putri & Ariana, 2021; Fristian, Astuti, & Ahyani, 2022).

According to Zimmer-Gembeck & Helfand (2008), the risk of premarital sexual behavior is greater in adolescents who are involved in serious dating than adolescents who do not have relationships such as dating. According to data from the X Regency Health Office, there were 34 cases of premarital sexual behavior among adolescents in 2022 which increased compared to 25 cases in 2020. Sexual behavior in teenagers dating often leads to early marriage. DPPKBPPPA Kabupaten X reported that there were 113 marriages under the age of 19 in 2020 and 69 marriages in 2023. One of the physical effects of teenage sexual activity at a young age is pregnancy outside of marriage and even abortion (Sarwono, 2012).

DPPKBP3A Kabupaten X reported that in 2021 there were a total of 107 cases of pregnancy and childbirth in adolescents aged 15-19 years spread across 13 districts and 304 cases of unwanted pregnancies, which are considered still high.

Nevid (2021) suggests that a factor related to adolescent sexual self-control is living in an intact family with low levels of conflict. An intact family is generally led by a head of the family, namely the father. Father involvement is defined as the father's positive involvement which is seen from the father's interaction with the child actively and directly (Lamb, 2010). Fathers who are actively involved in parenting tend to be firm in enforcing rules and discipline so as to help children build self-control (Volker & Gibson, 2014). Aini's (2019) findings show that the absence of a father figure in an adolescent's life is linked to a decline in the teen's capacity for self-control. Research conducted by Putri & Fardana (2024) shows the results that father involvement plays a role of 20.3% on the self-control of late adolescents. Supported by research by Yuliana, Khumas, & Ansar (2023) which says that there is a positive influence of father's involvement with self-control of adolescents who are not at home with their father.

Based on the explanation above, this research aims to see "The Relationship between Father Involvement and Self-Control in Adolescents Dating in Regency X". This is corroborated by the lack of prior research that look at relationship between father involvement in parenting and adolescent self-control with more specific conditions, namely adolescents who are dating.

RESEARCH METHOD

This study is a quantitative research with a correlational research design that sets two variables, namely father involvement (X) and self-control (Y). This study examines the correlation between father involvement and self-control among adolescents dating in Regency X. The study's population consists of Regency X teens who are dating. The sampling technique that researchers choose is a non-probability sampling technique with the snowball sampling method, which is a sample taken by selecting one or two respondents who are then asked for information about other respondents and so on. Determination of the sample size if the total population is not known with certainty is using the Lemeshow formula (Riyanto & Hatmawan, 2020). Then the minimum sample size is 96 adolescents.

This study uses a questionnaire or questionnaire distributed via google form as a data collection technique. The scale used in measuring father involvement is a measuring instrument constructed by Dinata (2023). Furthermore, the scale used in measuring self-control in adolescents who are dating is a measuring instrument constructed by Hermanda

(2018). Data analysis was done with IBM SPSS 23 software for hypothesis testing using Pearson product-moment correlation.

RESULT AND DISCUSSION

Results

According to the completed research questionnaire, 151 teens are the responders who are dating in Regency X. The following table shows how the data in this study was distributed.

Table 1. Description of Subject Demographic Characteristics

Category		Quantity	Percentage
Gender	Male	61	40,4%
	Female	90	59,6%
Age	13 y.o.	4	2,6%
	14 y.o.	11	7,3%
	15 y.o.	23	15,2%
	16 y.o.	27	17,9%
	17 y.o.	35	23,2%
	18 y.o.	19	12,6%
	19 y.o.	10	6,6%
	20 y.o.	9	6%
	21 y.o.	13	8,6%

Table 1 demonstrates that the majority of research participants were teenage girls, namely 90 people (59.6%) and the rest were male adolescents totaling 61 people (40.4%). Age data indicates that the vast majority of study participants are 17 years old (23.2%) and the least is 13 years old (2.6%).

Table 2. Categorization of Father Involvement and Self-Control Data

Formula	Score	Category	Subject	
			F	%
<i>Father Involvement</i>				
$M + 1SD \leq X$	$84 \leq X$	High	80	52,98
$M - 1SD \leq X < M + 1SD$	$56 \leq X < 84$	Medium	65	43,05
$X < M - 1SD$	$X < 56$	Low	6	3,97
<i>Self-Control</i>				
$M + 1SD \leq X$	$45 \leq X$	High	54	35,76

$M - 1SD \leq X < M + 1SD$	$30 \leq X < 45$	Medium	85	56,29
$X < M - 1SD$	$X < 30$	Low	12	7,95

Table 2 above shows that the majority of the subjects are included in the high father involvement category, namely 80 people (52.98%) followed by a medium category of 65 people (43.05%), and subjects in the low category with a total of 6 people (3.97%). Furthermore, it is also known that the majority of subjects are included in the moderate self-control category with a total of 85 people (56.29%), followed by a high category of 54 people (35.76%), and subjects in the low category with a total of 12 people (7.95%).

Table 3. Hypothesis Test Results

		Correlations		
		<i>Father involvement</i>	<i>Self-control</i>	Desc.
<i>Father involvement</i>	Pearson Correlation	1	,550	Significant
	Sig. (2-tailed)		,000	
	N	152	151	
<i>Self-control</i>	Pearson Correlation	,550	1	
	Sig. (2-tailed)	,000		
	N	151	151	

Through table 3. which contains the results of the product moment correlation test with a significance value of $0.000 < 0.05$, it can be seen that there is a significant relationship between father involvement and self-control in adolescents who are dating in Regency X. The correlation coefficient value of the two variables is 0.550, which means that there is a positive relationship between father involvement and self-control of adolescents who are dating in Regency X. The correlation coefficient also demonstrates how closely the variables are related to one another. The correlation coefficient of father involvement and self-control variables is in the moderate category, namely 0.550. This is based on the third level correlation interval of 0.40 - 0.599 (Nugroho, 2005).

Discussion

This research seeks to ascertain the relationship between father involvement and self-control in adolescents who are dating in Regency X. After testing the hypothesis, the results show that there is a significant relationship between father involvement and self-control in adolescents who are dating in Regency X. This is based on a significance value of 0.000. This is based on a significance value of 0.000. It is also known that the correlation value is 0.550 which shows a positive relationship direction. This implies that teenagers dating in Regency

X have better self-control the more involved their fathers are. This is in line with the research of Putri & Fardana (2024) that father's involvement in parenting through interaction with children, providing a sense of comfort, understanding children, paying full attention to children, accompanied by a sense of responsibility for children's needs so as to increase self-control in late adolescents.

Dating adolescents who feel good father involvement can increase self-control ability because the father's role as a guide to what is allowed or not allowed can shape adolescents to act according to applicable moral standards as a form of self-control (Maslina et al., 2022). Studies on adolescent behavior have shown that father involvement significantly influences adolescent self-control in romantic relationships (Rimbing, Lumapow, & Kumaat, 2024). The study of the father's role by Yuliana, Khumas, & Ansar (2023) explains that when adolescents do not feel the presence of the father's role, they will be encouraged to act freely because they feel they have no role model, but if the father is able to be present in the life of adolescents, they are able to control themselves. In accordance with Lamb's (2010) statement that the father's role in parenting serves as a behavioral model that models positive behavior in healthy relationships for adolescents.

In light of the self-control categorization analysis's findings, it is known that most of the teenage participants who are dating in Kabutapen X show self-control in the moderate category. This means that teenagers who are dating are able to control behavior that is preceded by consideration before making decisions. These results are in line with the research of Maza & Aprianty (2022) who obtained moderate self-control data results which means that adolescents have the ability to deal with unwanted urges, but not infrequently adolescents also have difficulty limiting the stimulus that takes place because it is difficult to determine who controls their behavior. Yuliana, Khumas, & Ansar (2023) also said that moderate self-control is in the range towards high or low self-control, meaning that in certain situations and conditions adolescents can control themselves but in other situations adolescents are considered less able to control themselves against an impulse. This can occur because in the adolescent phase the brain is still maturing, especially in the executive function of the brain so that the ability to make decisions in certain conditions based on reasoning and problem solving is not an easy thing for adolescents (Alaydrus, 2017).

Father involvement is the father's involvement in various aspects of the child's life. Father involvement can play a role in the lives of adolescents including in controlling behavior and making decisions in dating. The father involvement variable found in adolescents dating in Regency X is mostly in the high category. Father involvement in parenting can be influenced by cultural factors and father's background, where fathers in

Indonesia are considered to have played a role in childcare by being involved in parenting activities (Hedo, 2020). Father involvement has a dominating data distribution, namely positive engagement activities in the form of fathers spending time interacting with adolescents. Fathers who engage in positive activities with their children help adolescents develop the ability to manage emotions and make better decisions. The less dominating data distribution is warmth and responsiveness. This aspect relates to the father's sense of responsibility along with warmth. This may occur because fathers' parenting style is identified as focusing more on discipline so that dads are less likely to engage in emotional warmth such as showing affection (Syafiyah & Primanita, 2024).

Based on the explanation above, it is known that the strength of the relationship between father involvement and self-control in adolescents who are dating is moderate with a high father involvement category and moderate self-control. This can be interpreted that there are still factors other than parents that also correlate with self-control that are not discussed in this study, one of which is the influence of peers. Putro (2017) states that during adolescence, individuals are more easily influenced by their friends than by parents. At this time there is also a change that adolescents do not depend entirely on parental control but begin to develop self-control independently. According to the belief that peers are crucial in guiding one's life where if adolescents are wrong in choosing peer relationships, it will have an impact on uncontrolled self-control (Yunita & Sholohah, 2021). In addition, several other factors from within adolescents such as age and emotional intelligence also affect adolescent self-control (Ghufroon & Risnawita, 2010; Cahyani & Siswati, 2020).

CONCLUSION

Considering the findings of studies pertaining to the relationship between father involvement and self-control in adolescents who are dating, it can be concluded that there is a significant relationship with a positive direction between father involvement and self-control in adolescents who are dating in X Regency. This means that if father involvement is higher, the self-control of adolescents who are dating will also be higher, and vice versa.

It is recommended that future researchers to increase the sample size to encourage exploration of similar research. Researchers can also continue by examining other internal factors or variables related to self-control such as self-compassion, spiritual quotient, and emotional stability. The weakness of this study lies in the measurement of self-control in the form of a scale filled in directly by the subject. For this reason, it is recommended that future researchers use different instruments.

CONCLUSION

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