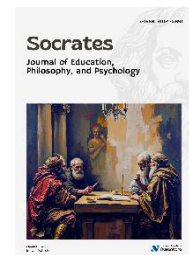




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Father Involvement as a Predictor of Self-Esteem at Puberty

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Abstract: This study was motivated by the importance of self-esteem during puberty as a psychological aspect that plays a significant role in adolescents' identity development. One factor presumed to influence self-esteem is father involvement in parenting. This study aimed to determine whether father involvement serves as a predictor of self-esteem during puberty. A quantitative research method with simple linear regression analysis was employed. The sample consisted of 103 adolescents in the pubertal stage who lived with or had a biological father and resided in Bekasi Regency. Participants were selected using a convenience sampling technique. The instruments used in this study were the Father Involvement Scale based on Lamb's theory and the Self-Esteem Scale based on Mruk's theory. The results showed that father involvement was a significant predictor of self-esteem during puberty ($p < 0.001$). The correlation coefficient (R) was 0.552, indicating a moderate positive relationship between father involvement and self-esteem. Furthermore, the coefficient of determination (R^2) was 0.304, indicating that father involvement contributed 30.4% to the prediction of self-esteem, while the remaining 69.6% was influenced by other factors not examined in this study. These findings suggest that higher levels of perceived father involvement are associated with higher levels of self-esteem among adolescents.

Keywords: Father Involvement, Self-Esteem, Puberty, Adolescents.

INTRODUCTION

Puberty is a developmental period characterized by rapid physical, emotional, social, and cognitive changes. During this stage, adolescents begin to develop their identity and evaluate their abilities and self-worth. One of the most important psychological aspects during puberty is self-esteem, which refers to an individual's evaluation of themselves and reflects the extent to which they perceive themselves as capable and valuable Mruk (2006). Positive self-esteem contributes to psychological well-being, whereas low self-esteem increases vulnerability to various psychological problems.

In Indonesia, adolescent mental health has become an increasingly important issue. Data from the Central Bureau of Statistics BPS (2024) indicate that the population aged 10–16 years exceeds 43 million, accounting for approximately 15% of the total population. Meanwhile, the

Indonesia National Adolescent Mental Health Survey I-NAMHS (2023) reported that one in three Indonesian adolescents experiences mental health problems. Low self-esteem has also been associated with an increased risk of depression, self-harm, and suicidal behavior among adolescents. Adolescents with low self-esteem tend to feel worthless, lack self-confidence, and experience difficulties in accepting themselves Wahyuni et al., (2025).

According to Mruk (2006), self-esteem consists of two main dimensions: competence, which refers to confidence in one's abilities, and worthiness, which refers to feelings of personal value. The development of self-esteem is influenced by various factors, one of which is the family environment. As the primary social environment, the family plays a crucial role in an adolescent's psychological development. Warm, accepting, and supportive relationships with parents contribute to the development of positive self-esteem. Conversely, a lack of parental support and involvement may lead to lower self-evaluations among adolescents.

Within the family context, father involvement is considered an important factor influencing the development of self-esteem. Lamb (2010) defined father involvement as a multidimensional construct consisting of three components: engagement (direct interaction with the child), accessibility (the father's availability to the child), and responsibility (the father's responsibility in meeting the child's needs). Father involvement extends beyond financial provision and includes emotional support, communication, guidance, and active participation in the child's daily life.

However, limited father involvement remains a concern in Indonesia. World Health Organization (2021) reported that approximately 20.9% of Indonesian children grow up without optimal paternal involvement, leading Indonesia to be frequently identified as a country with a high prevalence of fatherlessness. This condition is characterized by minimal emotional interaction between fathers and their children, even when fathers are physically present in the family. Insufficient father involvement may negatively affect adolescents' psychological development, including their self-confidence and self-esteem.

Previous studies have demonstrated a positive relationship between father involvement and adolescent self-esteem. Diori & Handayani (2018) found that higher perceived father involvement was associated with more positive self-evaluations among adolescents. Similarly, Yunanto & Kristinawati (2025) reported that greater father involvement was associated with higher levels of adolescent self-esteem. Saenab et al., (2024) further found that emotional support, warm communication, and active paternal participation significantly contributed to the development of self-esteem.

Preliminary interviews conducted with eleven pubertal adolescents in Bekasi Regency revealed that adolescents who perceived greater support, attention, and communication from their fathers tended to have a more positive self-image and higher self-confidence when facing pubertal changes. In contrast, adolescents who reported limited interaction with their fathers due to work commitments or a lack of emotional communication tended to experience feelings of embarrassment, confusion, and self-doubt. These findings suggest that father involvement may play a significant role in the development of self-esteem during puberty.

Although numerous studies have examined the relationship between father involvement and self-esteem, most have focused on late adolescents or university students. Research specifically investigating father involvement as a predictor of self-esteem among adolescents in the pubertal stage remains limited. Considering that puberty is a critical period for identity formation and self-esteem development, further investigation is needed. Therefore, this study aims to examine whether father involvement serves as a predictor of self-esteem among pubertal adolescents.

METHOD

This study employed a quantitative approach with a correlational design using simple linear regression analysis to examine the role of father involvement as a predictor of self-esteem

among pubertal adolescents. The independent variable in this study was father involvement, while the dependent variable was self-esteem.

The population consisted of adolescents aged 11–16 years who had a living biological father and resided in Bekasi Regency. Since the exact population size was unknown, the sample size was determined using the Lemeshow formula with a 10% margin of error, resulting in a minimum sample requirement of 96 participants. To anticipate incomplete data, a total of 100 respondents were recruited. Participants were selected using a non-probability sampling technique, specifically convenience sampling, which involved recruiting adolescents who were easily accessible and willing to participate in the study.

Data were collected through questionnaires administered both online via Google Forms and offline using printed questionnaires. Self-esteem was measured using a scale adapted from Ilahi (2015) based on Mruk (2006) theory of self-esteem, which consists of two dimensions: competence and worthiness. Following the validation process, the scale consisted of 16 valid items and demonstrated good reliability with a Cronbach's Alpha coefficient of 0.867.

Father involvement was measured using a scale adapted from Zein (2024) based on Lamb (2010) theory, encompassing three dimensions: engagement, accessibility, and responsibility. The validity test indicated that 27 out of 36 items met the validity criteria, while the reliability analysis showed a Cronbach's Alpha coefficient of 0.925, indicating excellent internal consistency.

All items were rated using a four-point Likert scale. Data analysis was conducted using IBM SPSS. Prior to hypothesis testing, assumption tests, including normality and linearity tests, were performed. Subsequently, simple linear regression analysis was used to examine the effect of father involvement on self-esteem among pubertal adolescents. The hypothesis was accepted when the significance value was less than 0.05 ($p < .05$).

RESULTS AND DISCUSSION

RESULTS

Based on the data obtained, descriptive statistical results were obtained for each variable. This is illustrated in the table below:

Tabel 1. Profile of Research Respondents

Variabel	Mean	Median	SD
Father Involvement	68,73	37,88	9,202
Self-Esteem	70,00	38,00	4,933

Based on the results of descriptive data analysis, the father involvement variable obtained a mean value of 68.73 and a standard deviation value of 9.202. Meanwhile, the self-esteem variable had a mean value of 70.00, a median value of 38.00, and a standard deviation value of 4.993.

Research Assumption Test

The assumption testing in this study was analyzed using IBM SPSS Statistics for Windows version 27 software. The series of tests included normality tests using the Kolmogorov-Smirnov technique and linearity tests using Deviation From Linearity.

Tabel 2. Research Assumption Test

	Kolmogorov-Smirnov Normality Test	Regression Linearity Test
Father Involvement	0,040	>0,069
Self-Esteem	0,105	
Data Description	Non-normal	Linear

Based on Table 2, the results of the Kolmogorov-Smirnov normality test showed that the father involvement variable had a significance value of $p = 0.040$, while the self-esteem variable had a significance value of $p = 0.105$. The significance value of father involvement was below 0.05, indicating that the data were not normally distributed. Meanwhile, the linearity test indicated that the relationship between father involvement and self-esteem was linear. Therefore, the relationship between the variables was analyzed using Spearman's rho correlation as a non-parametric statistical technique.

Hypothesis Testing

Correlation Test

To determine the relationship between father involvement and self-esteem, a non-parametric correlation analysis using Spearman's rho was conducted, given that previous normality tests indicated that the data were not normally distributed. This analysis was conducted to examine the direction and strength of the relationship between the two main variables in the study.

Tabel 3. Correlation Test

		Correlation Test Spearman
Correlation Coefficient		0,568
Sig.		<.000
Note		Correlation Exists

Based on Table 3, the results of Spearman's rho correlation analysis revealed a significant positive relationship between father involvement and self-esteem among pubertal adolescents ($R_s = 0.568$; $p < 0.000$). The correlation coefficient indicates a moderately strong relationship between the two variables. This finding suggests that adolescents who perceive higher levels of father involvement tend to report higher levels of self-esteem.

Uji Regresi

This study uses simple linear regression analysis as a robust approach to see the predictive ability of father involvement on self-esteem at puberty.

Tabel 4. Regression Hypothesis Analysis Results

Model		Sum Of Square	df	Mean Square	F	P
1.	Regression	755.719	1	755.719	44.200	<0.000
	Residual	1726.883	101	17.098		
	Total	2482.602	102			

The calculated F value shows 44.200 with a significance of <0.000 ($p < 0.05$), so the regression model is declared significant and father involvement is proven to influence self-esteem at puberty.

Tabel 5. Model Summary

Model	R	R Square	Adjusted R Square	RMSE
1	0.552	0,304	0,298	4.135

The R Square value in the model summary table of 0.304 shows that the father involvement variable has an influence of 30.4% on self-esteem at puberty, while the remaining 69.6% is influenced by other factors not examined in this study.

Tabel 6. Regression Equation Results (Coefficients)

Model		Unstandardized	Robust SE	Standardized	t	p	95% CI
1	Intercept	17,553	4,020		4,366	0,000	
	X	,296	,056	,568	5,268	0,000	9,578 ;0,184

Based on the coefficients table, a simple linear regression equation is obtained:

$$Y = a + bX$$

$$Y = 17.553 + 0.296X$$

The results of the regression analysis indicate a positive effect of father involvement on self-esteem during puberty. This is indicated by the regression coefficient value of 0.296, indicating that every 1-unit increase in father involvement will increase self-esteem by 0.296. Furthermore, the constant value of 17.553 indicates the predicted value of self-esteem when father involvement is assumed to be constant. These results indicate that father involvement can be a predictor of self-esteem during puberty.

DISCUSSION

This study aimed to examine whether father involvement could predict self-esteem among pubertal adolescents. The proposed hypothesis stated that father involvement serves as a predictor of self-esteem during puberty. This hypothesis was developed based on preliminary interview findings, in which several adolescents reported that limited father involvement made them feel less confident, less valued, and emotionally uncomfortable.

Prior to hypothesis testing, assumption tests were conducted. The normality test results indicated that the father involvement variable had a significance value of $p = .040$, while the self-esteem variable had a significance value of $p = .105$. These findings showed that the father involvement data were not normally distributed because the significance value was below .05. Therefore, the relationship between the two variables was analyzed using Spearman's rho correlation as a non-parametric statistical technique.

The correlation analysis yielded a Spearman correlation coefficient of $R_s = .568$ with a significance value of $p < .001$. This result indicates a significant positive relationship of moderate-to-strong strength between father involvement and self-esteem among pubertal adolescents. The findings suggest that the higher the level of father involvement perceived by adolescents, the higher their level of self-esteem. Conversely, lower levels of perceived father involvement were associated with lower levels of self-esteem.

Furthermore, a simple linear regression analysis using a robust regression approach was conducted to determine the contribution of father involvement to self-esteem. The results revealed an R value of .552 and an R^2 value of .304. These findings indicate that father involvement accounted for 30.4% of the variance in self-esteem among pubertal adolescents in Bekasi Regency, while the remaining 69.6% was explained by other factors not included in the present study. The ANOVA test showed a value of $F = 44.200$ with $p < .001$, indicating that the regression model was statistically significant and suitable for explaining the relationship between father involvement and self-esteem. The regression coefficient ($B = .296$) demonstrated a positive effect, suggesting that higher levels of father involvement were associated with higher levels of self-esteem. Therefore, the alternative hypothesis was accepted.

The categorization results showed that the majority of participants reported high levels of father involvement (88.35%). This finding suggests that most adolescents perceived their fathers as being involved in their lives. However, high father involvement in this study was not always reflected in frequent direct interactions. Some participants reported that their fathers had limited time due to work demands, yet they still perceived their fathers as providing attention, support, guidance, and responsibility for family needs. These findings indicate that father involvement is not merely defined by physical presence but also by the support and responsibility fathers provide to their children.

These findings are consistent with Lamb's (2010) theory, which conceptualizes father involvement as a multidimensional construct consisting of engagement, accessibility, and responsibility. Within the context of this study, father involvement was reflected not only through direct interaction with children but also through fathers' availability when needed and their responsibility for ensuring family well-being. Consequently, although some participants reported limited interaction with their fathers, they still perceived them as actively involved in their lives.

The preliminary interviews also revealed that several adolescents viewed their fathers as important figures because they continued to provide emotional support, advice, and resources for education and daily living. These findings suggest that adolescents' perceptions of father involvement are influenced not solely by the frequency of interaction but also by the quality of care, support, and responsibility demonstrated by fathers.

The categorization analysis further indicated that the majority of participants demonstrated high levels of self-esteem (57,3%). High self-esteem reflects positive self-evaluations, confidence in one's abilities, and a sense of personal worth. According to Mruk (2006) self-esteem consists of two primary components: competence and worthiness. Individuals with high self-esteem tend to believe in their capabilities and perceive themselves as valuable and worthy of acceptance by others.

The high level of self-esteem observed in this study may be associated with the high level of father involvement perceived by participants. Fathers who provide support, attention, guidance, and acceptance can help adolescents develop confidence in their abilities and foster positive self-evaluations. When adolescents feel valued and appreciated by their fathers, they are more likely to develop stronger self-confidence and a more positive perception of themselves.

The findings can also be explained through Social Learning Theory Bandura (2020), which posits that individuals learn behaviors, values, and beliefs by observing significant figures in their lives. Within the family context, fathers serve as important social models for adolescents. Through observing their fathers' behaviors, problem-solving strategies, decision-making processes, and family responsibilities, adolescents develop perceptions of their own competence and self-worth.

The results of this study are consistent with previous findings. Risnawati et al., (2021) reported that father involvement significantly influenced adolescent self-esteem, contributing 38% of the variance. Similarly, Saenab et al., (2024) found that father involvement contributed 26.2% to adolescent self-esteem. Fauzana & Pratama (2023) also reported a positive influence of father involvement on self-esteem. The consistency of these findings strengthens the conclusion that father involvement is an important factor in the development of adolescent self-esteem.

Nevertheless, the coefficient of determination ($R^2 = .304$) indicates that father involvement is not the sole factor influencing adolescent self-esteem. Approximately 69.6% of the variance in self-esteem was explained by variables outside the scope of this study. These factors may include maternal relationships, peer social support, academic experiences, social environments, individual characteristics, and other developmental experiences.

Several limitations should be acknowledged. First, most participants reported high levels of father involvement and self-esteem, which may limit the representation of adolescents experiencing low father involvement. Second, the study did not examine demographic and family-related factors that could influence father involvement and self-esteem, such as parental education, fathers' occupations, socioeconomic status, and family relationship quality. Third, the data were collected through self-report measures, making the findings dependent on participants' subjective perceptions and honesty.

Based on these limitations, future studies are encouraged to investigate additional variables related to adolescent self-esteem, such as family communication patterns, social support, attachment, maternal involvement, and parenting styles. Examining these factors may provide a more comprehensive understanding of the determinants of self-esteem among adolescents.

CONCLUSION

This study demonstrated that father involvement serves as a significant predictor of self-esteem among pubertal adolescents. The findings revealed that the higher the level of father involvement perceived by adolescents, the higher their level of self-esteem. These results emphasize that a father's role extends beyond providing financial support and meeting physical needs, as it also contributes to the development of positive self-evaluation, self-confidence, and a sense of self-worth in adolescents.

The majority of participants reported high levels of both father involvement and self-esteem. This suggests that fathers' attention, support, availability, and responsibility play an important role in helping adolescents develop more positive perceptions of themselves. The findings are consistent with previous theories and empirical studies highlighting the importance of father involvement in adolescent psychological development. However, father involvement accounted for only a portion of the variance in self-esteem, indicating that other factors also contribute to the development of adolescent self-esteem. Therefore, future research is recommended to examine additional variables, such as social support, family communication patterns, attachment, and parenting styles, in order to gain a more comprehensive understanding of the factors influencing self-esteem among adolescents. The conclusion should relate to the title and answer the research formulation or objectives. Do not make statements that are not adequately supported by your findings. Write down improvements made to the field of industrial engineering or science in general. Do not make further discussions, repeat the abstract, or simply list the results of the research. Do not use bullet points, use paragraph sentences instead.

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