

Understanding “Daddy Issues”: Low Father Involvement and its Effects on Attachment Styles in Future Romantic Relationships

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Abstract. Indonesia’s stereotype that taking care of children is entirely a mother’s responsibility is still strongly held, where fathers are busy working so they do not have time to spend with their child. This study’s objective is to explore low father involvement in Indonesians, their attachment styles and adult romantic relationships, and to analyze the patterns found. The method that was used is qualitative research with a generic qualitative research approach. 2 participants and their 2 fathers were involved, where participant sampling was done through non-probability purposive sampling. Data collection was done by interviewing the participants and their fathers. Thematic analysis was used to analyze the data. Results of this study show that low father involvement results in several negative outcomes in the child’s development and attachment style, which negatively influences how they handle their romantic relationships. In conclusion, we should raise awareness about the importance of father involvement in Indonesia and how low father involvement affects child development, attachment style, and their romantic relationships negatively.

Keywords: *attachment style, low involvement, romantic relationships*

Abstrak. Orang Indonesia masih memiliki keyakinan yang kuat bahwa pengasuhan anak adalah tugas seorang Ibu sepenuhnya, dimana para Ayah sibuk kerja hingga tidak memiliki waktu bersama anak mereka. Objektif dari penelitian ini adalah untuk mengeksplorasi rendahnya keterlibatan ayah pada masyarakat Indonesia, *attachment style* dan hubungan romantis mereka, dan menganalisis pola yang ditemukan. Metode yang digunakan adalah penelitian kualitatif dengan pendekatan penelitian kualitatif generik. Dilibatkan 2 orang partisipan dan 2 orang bapaknya, dimana pengambilan sampel partisipan dilakukan melalui *non-probability purposive sampling*. Pengumpulan data dilakukan dengan



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mewawancarai partisipan dan ayah mereka. Analisis tematik digunakan untuk menganalisis data. Hasil penelitian ini menunjukkan bahwa keterlibatan ayah yang rendah menimbulkan beberapa dampak negatif pada perkembangan dan *attachment style* anak, yang berdampak negatif pada cara mereka menangani hubungan romantis. Kesimpulannya, kita harus meningkatkan kesadaran mengenai pentingnya keterlibatan ayah di Indonesia dan betapa rendahnya keterlibatan ayah berdampak negatif pada perkembangan anak, *attachment style* anak, dan hubungan romantis mereka.

Keywords: *attachment style, keterlibatan rendah, hubungan romantis*