



THE ROLE OF FATHER INVOLVEMENT IN YOUNG ADULTS PSYCHOLOGICAL WELL BEING

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Abstract. Young adulthood is a critical developmental stage marked by identity exploration, increased independence, and major life transitions that can challenge emotional stability. Supportive parental relationships, particularly with fathers, play a crucial role in helping individuals navigate these transitions and maintain psychological well-being. This study investigates the role of father involvement in shaping the psychological well-being of young adults in Indonesia. By employing a quantitative design, data were collected from 420 participants aged 18 to 25 through online surveys. Father involvement was measured using the Inventory of Father Involvement (IFI), while psychological well-being was assessed with the Psychological Well-Being (PWB) Scale. Results from simple linear regression revealed a significant positive relationship between father involvement and psychological well-being ($\beta = 0.567$, $p < .001$), explaining 71.7% of the variance ($R^2 = 0.717$). Results from the multiple regression analysis indicated that Attention, Discipline and Responsibility, and Talents and Future were significant predictors of psychological well-being, highlighting the importance of emotional availability, structured guidance, and future-oriented support from fathers. These findings underscore the multidimensional role of paternal involvement as a protective factor against psychological distress and a promoter of emotional resilience in young adulthood.

Keywords: *father involvement, psychological well-being, young adult*

Abstrak. Masa dewasa awal merupakan tahap perkembangan penting yang ditandai dengan eksplorasi identitas, meningkatnya kemandirian, serta berbagai transisi kehidupan yang dapat menantang kestabilan emosional. Hubungan orang tua yang suportif, khususnya dengan ayah, berperan penting dalam membantu individu menghadapi masa transisi ini dan menjaga kesejahteraan psikologis. Penelitian ini bertujuan untuk mengetahui peran keterlibatan ayah terhadap kesejahteraan psikologis pada dewasa muda di Indonesia. Menggunakan desain kuantitatif, data dikumpulkan dari 420 partisipan berusia 18–25 tahun melalui survei daring. Keterlibatan ayah diukur dengan Inventory of Father Involvement (IFI), sedangkan kesejahteraan psikologis diukur menggunakan Psychological Well-Being (PWB) Scale. Hasil analisis regresi menunjukkan adanya hubungan positif yang signifikan antara keterlibatan ayah dan kesejahteraan psikologis ($\beta = 0.567$, $p < .001$), dengan kontribusi



sebesar 71,7% terhadap varians kesejahteraan psikologis ($R^2 = 0.717$). Analisis regresi berganda menemukan bahwa dimensi Perhatian, Disiplin dan Tanggung Jawab, serta Bakat dan Masa Depan menjadi prediktor signifikan, menekankan pentingnya dukungan emosional, arahan terstruktur, dan bantuan ayah dalam perencanaan masa depan. Temuan ini menegaskan peran keterlibatan ayah sebagai faktor pelindung terhadap tekanan psikologis dan penunjang ketahanan emosional pada masa dewasa muda.

Keywords: *keterlibatan ayah, kesejahteraan psikologis, dewasa muda*