

## HUBUNGAN ANTARA KETERLIBATAN AYAH DALAM PENGASUHAN DENGAN PERILAKU IMPULSIF PADA SISWA SMP DI KECAMATAN CANGKRINGAN

### INTISARI

**Latar Belakang:** Masa remaja merupakan periode transisi antara masa kanak-kanak dan dewasa. Keterlibatan ayah dalam pengasuhan memiliki pengaruh yang signifikan terhadap perkembangan temperamen remaja termasuk perilaku impulsif. Penelitian ini secara khusus bertujuan untuk mengetahui bagaimana keterlibatan ayah dalam pengasuhan berkontribusi terhadap perilaku impulsif pada remaja. Dengan demikian, penelitian ini tidak hanya menyoroti peran ayah sebagai figur pengasuh, tetapi juga menggali dampaknya secara langsung terhadap aspek kontrol diri dan perilaku impulsif, yang menjadi isu penting dalam perkembangan psikologis remaja.

**Tujuan Penelitian:** Mengetahui hubungan keterlibatan ayah dalam pengasuhan dan perilaku impulsif pada remaja SMP.

**Metode Penelitian:** Penelitian dilakukan dengan pendekatan observasional analitik, dengan rancangan *cross-sectional*. Subjek penelitian adalah siswa SMP di Kecamatan Cangkringan (N=148). Keterlibatan ayah akan diukur dengan instrument *Reported Father Involvement Scale (R-FIS)* versi Bahasa Indonesia dan perilaku impulsif akan diukur dengan *Barratt Impulsiveness Scale-11 (BIS-11)* versi bahasa Indonesia. Analisa data menggunakan uji *korelasi pearson* dan regresi linier dengan tingkat kemaknaan yang disepakati signifikan secara statistik adalah nilai  $P < 0,05$ .

**Hasil:** Gambaran keterlibatan ayah cukup seimbang yaitu keterlibatan rendah 49% dan tinggi 51%. Perilaku impulsif rendah sebesar 51% dan tinggi 49%. Hasil uji korelasi koefisien korelasi antara keterlibatan ayah dalam pengasuhan dan perilaku impulsif sebesar  $r = -0,546$ . Nilai koefisien korelasi sebesar  $-0,546$  menunjukkan bahwa hubungan yang terjadi berada pada kategori sedang hingga kuat. Semakin rendah keterlibatan ayah dalam pengasuhan, maka perilaku impulsif siswa cenderung semakin tinggi. Adapun hubungan antara domain keterlibatan ayah (*Expressive, instrumental dan mentoring*) dengan tiga domain perilaku impulsive (*Attentional, Motor, dan Non Planning*) menunjukkan hubungan negatif dan signifikan ( $p < 0,01$ ). dimana domain advising memiliki nilai paling signifikan dengan perilaku impulsif *attentional* ( $r = -0,481$ ), *motor* ( $r = -0,527$ ), dan *non-planning* ( $r = -0,508$ )

**Kesimpulan:** Terdapat korelasi signifikan antara keterlibatan ayah dan perilaku perilaku impulsif pada siswa SMP di Kecamatan Cangkringan, dimana seluruh domain keterlibatan ayah yaitu *expressive*, *instrumental* dan *mentoring/advising* dalam pengasuhan terbukti berhubungan negatif dengan berbagai aspek perilaku impulsif (*Attentional*, *Motor*, dan *Non Planning*) pada siswa SMP.

**Kata Kunci:** Keterlibatan ayah, Kedekatan Ayah dan Anak, Impulsivitas, Perilaku Berisiko Remaja.

***RELATIONSHIP BETWEEN FATHER INVOLVEMENT IN PARENTING WITH IMPULSIVE BEHAVIOR IN JUNIOR HIGH SCHOOL STUDENTS IN CANGKRINGAN DISTRICT***

***ABSTRACT***

**Background:** Adolescence is a transitional period between childhood and adulthood. A father's involvement in parenting has a significant influence on the development of adolescents' temperament, including impulsive behaviour. This study specifically aims to investigate how a father's involvement in parenting contributes to impulsive behaviour in adolescents. Thus, this study not only highlights the role of the father as a caregiver but also explores its direct impact on aspects of self-control and impulsive behaviour, which are key issues in adolescent psychological development.

**Research Objective:** To examine the relationship between father involvement in parenting and impulsive behaviour among junior high school students.

**Research Method:** The study employed an analytical observational approach with a *cross-sectional* design. The research subjects were junior high school students in Cangkringan Sub-district (N=148). Father involvement will be measured using the Indonesian version of the *Reported Father Involvement Scale* (R-FIS), and impulsive behaviour will be measured using the Indonesian version of the *Barratt Impulsiveness Scale-11* (BIS-11). Data analysis utilised the *Pearson correlation* test and linear regression, with a significance level of  $P < 0.05$  agreed upon as statistically significant.

**Results:** The profile of father involvement was fairly balanced, with 49% showing low involvement and 51% high involvement. Impulsive behaviour was low in 51% of cases and high in 49%. The results of the correlation test showed a correlation coefficient between fathers' involvement in parenting and impulsive behaviour of  $r = -0.546$ . A correlation coefficient of  $-0.546$  indicates that the relationship falls within the moderate to strong category. The lower the fathers' involvement in parenting, the higher the students' impulsive behaviour tends to be. Furthermore, the relationship between the domains of father involvement (*Expressive, Instrumental* and *Mentoring*) and the three domains of impulsive behaviour (*Attentional, Motor* and *Non-Planning*) showed a negative and significant relationship ( $p < 0.01$ ). The advising domain showed the most significant correlation with impulsive behaviour in the *attentional* ( $r = -0.481$ ), *motor* ( $r = -0.527$ ), and *non-planning* ( $r = -0.508$ ) domains

**Conclusion:** There is a significant correlation between father involvement and impulsive behaviour among junior high school students in Cangkringan Sub-district, where all domains of father involvement—namely *expressive, instrumental* and *mentoring/advising*—in parenting were found to be negatively associated with various aspects of impulsive behaviour (*Attentional, Motor, and Non-Planning*) among junior high school students.

**Keywords:** Father's involvement, Father-child closeness, Impulsivity, Adolescent risk behaviour.