

## ABSTRAK

Pengasuhan anak merupakan tanggung jawab bersama antara ayah dan ibu. Ayah menghadapi berbagai kendala dalam pengasuhan anak usia prasekolah. Keterlibatan ayah dapat dipengaruhi beberapa faktor, antara lain persepsi dukungan istri dan regulasi emosi. Tujuan penelitian ini adalah untuk menguji hubungan persepsi dukungan istri terhadap keterlibatan ayah melalui regulasi emosi. Alat ukur yang digunakan adalah Skala Keterlibatan Ayah, Skala Persepsi Dukungan Istri, dan Skala Regulasi Emosi yang diisi secara daring. Total partisipan berjumlah 124 orang. Analisis data menggunakan *simple mediation model* dengan PROCESS. Hasil penelitian menunjukkan bahwa dalam mengasuh usia anak prasekolah, ayah membutuhkan dukungan dari istri dan regulasi emosi yang adaptif. Semakin tinggi dukungan istri, maka semakin adaptif regulasi emosi. Selanjutnya, semakin adaptif regulasi emosi, maka semakin tinggi keterlibatan ayah. Temuan tambahan menunjukkan bahwa hubungan tersebut khususnya terjadi pada pasangan *dual-earner* dengan anak laki-laki. Pengukuran hanya berdasarkan dari penilaian ayah menjadi keterbatasan dalam penelitian ini.

Kata kunci: Keterlibatan Ayah, Dukungan Istri, Regulasi Emosi, *Fathering*

## ABSTRACT

*Parenting is a shared responsibility between father and mother. Fathers faced many obstacles in parenting of preschool child(ren). Father involvement can be influenced by many factors, such as fathers' perception of maternal support and emotion regulation. The purpose of this study was to examine the relationship of perceived maternal support toward father involvement mediated by emotion regulation. Measuring instruments were Father Involvement Scale, Perception of Wife's Support Scale, and Emotion Regulation Scale, which were filled out online. Total participants were 124 fathers. Data were analyzed by simple mediation model with PROCESS. The result showed that father need maternal support to be involved and adaptive emotion regulation. The higher maternal support, the more adaptive emotion regulation will be. Furthermore the more adaptive emotion regulation, the higher father involvement. Additional findings suggest that the association was particularly prevalent in dual-earner couples with boys. Measurement based solely on father's judgment was a limitation in this study.*

*Keywords: Father Involvement, Maternal Support, Emotion Regulation, Fathering*