

The Relationship of Masculine Ideology with Father Involvement in Fathers Who Have a Business at Home in Bukittinggi City

Viola Alya Zahra. S^{1*}, Zulian Fikry², Yuninda Tria Ningsih³, Maya Yasmin⁴
Padang State University

Corresponding Author: Viola Alya Zahra. S violazahra40@gmail.com

ARTICLE INFO

Keywords: Masculine Ideology, Father Involvement, Childcare, Masculinity, Fathers Working At Home

Received : 27, February

Revised : 28, March

Accepted: 30, April

©2026 Zahra. S, Fikry, Ningsih, Yasmin: This is an open-access article distributed under the terms of the [Creative Commons Atribusi 4.0 Internasional](https://creativecommons.org/licenses/by/4.0/).



ABSTRACT

The role of fathers in childcare is an important factor in cognitive, emotional, and social development, but paternal involvement is still low due to the influence of patriarchal culture and the increasing phenomenon of fatherlessness. This condition shows a gap between the potential involvement of fathers and parenting practices, including in fathers who have a home business that theoretically has higher time flexibility. This study aims to analyze the relationship between masculine ideology and father involvement in fathers who have a business at home in Bukittinggi City. The study used a quantitative approach with a correlational descriptive design, involving 97 respondents selected through purposive sampling, with data collection using questionnaires and analyzed using Pearson Product Moment correlation. The results showed a significant negative relationship between masculine ideology and father involvement ($r = -0.380$; $p < 0.001$), meaning that the higher the traditional masculine ideology, the lower the father's involvement in parenting. In conclusion, masculine ideology plays an important role in determining the quality of father's involvement, so a change in the perspective of masculinity that is more flexible is needed to improve the quality of childcare.

INTRODUCTION

The role of the father is one of the fundamental factors in determining the quality of children's growth and development, both cognitively, emotionally, socially, and morally. In the modern family, fathers not only function as economic providers, but also as educators, protectors, and partners of mothers in parenting (Hidayati et al., 2011). In an Islamic perspective, fathers have broader responsibilities as family leaders who ensure the child's birth and inner well-being through compassion, communication, and example. Istiyati et al., (2020) emphasized the five main functions of fathers, namely as providers, protectors, decision makers, educators, and companions, which show the strategic role of fathers in the emotional and moral balance of children. However, in practice, paternal involvement in Indonesia is still relatively low due to a strong patriarchal culture that places parenting as the main responsibility of mothers (Harmaini et al., 2014).

Low paternal involvement gives rise to the phenomenon of fatherlessness, which is the absence of a father figure psychologically and emotionally in the child's life (Wibiharto et al., 2021). Globally, UNICEF (2017) reported that about 40 million children in 74 countries do not get fathers involved in play and learning activities. In Indonesia, around 20.9% of children grow up without the presence of an active father (Antara, 2025), even in West Sumatra the fatherless rate reaches 28.5% (BKKBN, 2025). This condition has an impact on child development, such as language delays, social-emotional disorders (Wulandari et al., 2023), increased risk of juvenile delinquency (Ntoma & Kusmawati, 2024), to depression and academic difficulties (Wibiharto et al., 2021). This shows that the involvement of the father is not only economically important, but also crucial in the psychological and social stability of the child.

Theoretically, father involvement is defined as the father's participation in the child's life that includes affective, cognitive, and moral aspects (Hawkins et al., 2002). Lamb (2010) explained that father's involvement includes three main dimensions, namely engagement, accessibility, and responsibility. Research shows that father's involvement contributes positively to children's social-emotional development, academic achievement, and confidence (Mauluddia, 2024; Nurhani & Atika Putri, 2020). However, these engagements still face various obstacles, such as job demands, traditional role sharing (Wijayanti & Fauziah, 2020; Bernhardt et al., 2022), as well as low awareness of the role of fathers in parenting (Nurjanah et al., 2023).

In the context of fathers who have a business at home, there is theoretically a greater opportunity to be involved in parenting due to the flexibility of time and physical proximity to the child (Diniz et al., 2023; Amalia et al., 2022). However, reality shows that physical closeness is not always followed by emotional involvement. Preliminary findings in Bukittinggi, which has earned the title of Child-Friendly City (Bukittinggi, 2025), show that fathers tend to continue to prioritize the role of breadwinner and decision-maker, while emotional parenting is still considered a mother's responsibility. The interactions that occur are more functional than affective, so the quality of father's involvement is still limited.

One of the factors that is suspected to affect this condition is masculine ideology. Offer & Kaplan (2022) show that traditional masculinity tends to limit paternal involvement, while modern masculinity encourages emotional involvement in parenting. These findings are supported by Petts et al., (2018) and Schoppe-Sullivan et al., (2021) who show that the stronger the traditional masculinity values, the lower the paternal involvement. Thompson & Pleck (1986) explain that traditional masculinity consists of norms of status, toughness, and anti-femininity, which often makes parenting considered the realm of women. However, other studies show different results, where the quality of partner relationships (Vadgama, 2017) as well as economic and employment factors (Stykes, 2015) can be more dominant in influencing paternal involvement than masculine ideologies.

Based on this study, there is a research gap, namely there are still limited studies that specifically examine the relationship between masculine ideology and paternal involvement in the context of fathers who have a business at home, especially in Indonesia. Most of the previous studies (Petts et al., 2018; Offer & Kaplan, 2021; Offer & Kaplan, 2022; Schoppe-Sullivan et al., 2021) were carried out in a Western context and have not taken into account variations in the type of work as well as the local socio-cultural context. In fact, flexible working conditions and proximity to the family environment can create different masculinity dynamics.

Based on these backgrounds and gaps, this study aims to find out the relationship between masculine ideology and father involvement in fathers who have a home business in Bukittinggi. This study seeks to understand how masculinity values shape the way fathers interpret their role in parenting and how it affects their level of involvement.

This research is expected to make a theoretical and practical contribution. Theoretically, this study enriches the study of family psychology, especially related to the relationship between masculine ideology and paternal involvement in the Indonesian cultural context. Practically, the results of this study are expected to increase fathers' awareness of the importance of involvement in parenting, help families build more balanced relationship patterns, and become the basis for the formulation of family education policies and programs that support optimal father's involvement.

LITERATURE REVIEW

Conceptualization of Father Involvement in a Theoretical Perspective

Father involvement is one of the important constructs in the study of family psychology that emphasizes the role of fathers in supporting children's overall growth and development. Lamb et al. (1985) define paternal involvement as paternal participation in the child's life which includes three main dimensions, namely interaction, availability, and responsibility. The interaction dimension refers to the direct involvement of the father in the child's activities such as playing, caring, and communicating. Meanwhile, availability describes the presence of the father physically and psychologically that allows interaction, and

responsibility reflects the father's responsibility in ensuring that the child's needs are met, both materially and emotionally.

Lamb (2010) then developed the concept by emphasizing the importance of the quality of emotional relationships in paternal involvement. He stated that father's involvement is not only measured by the frequency of presence or interaction, but also by the meaning of the relationship formed, including attention, communication, and psychological support. Thus, father involvement is understood as a dynamic and contextual process, which is influenced by psychosocial, cultural, and relational factors in the family.

Hawkins et al., (2002) expand this perspective by integrating affective, cognitive, moral, and behavioral dimensions in paternal involvement. Involvement is not only seen from visible activities, but also from the quality of relationships, emotional support, and the father's contribution to the child's development. Therefore, in this study, the Hawkins framework was used because it was able to describe the involvement of fathers in a more comprehensive way, covering psychological and relational dimensions that are not only limited to physical presence.

Dimensions and Aspects of Father Involvement

In a more operational study, the involvement of fathers can be analyzed through various aspects. Lamb (2010) identifies three main dimensions, namely interaction, accessibility, and responsibility, which are the basis for understanding father's involvement structurally. However, Hawkins et al., (2002) developed a more detailed model with nine aspects of paternal involvement.

These aspects include discipline and teaching responsibility, which emphasizes the role of fathers in instilling the values of discipline and responsibility; school encouragement, which relates to support for academic achievement; and mother support, which reflects cooperation in parenting. In addition, there is an aspect of providing that shows the role of the father as a provider of needs, time and talking together which emphasizes communication and togetherness, and praise and affection which reflects the expression of affection.

Other aspects such as developing talents and future concerns, reading and homework support, and attentiveness show that the involvement of the father not only has an impact on the current condition, but also the long-term development of the child. These nine aspects show that father involvement is a multidimensional phenomenon that includes the emotional, social, academic, and future development dimensions of children.

Determinan Father Involvement

Paternal involvement does not occur automatically, but is influenced by a variety of individual, social, and structural factors. Offer & Kaplan (2022) identified several key factors, including sensitivity to masculinity threats, sociodemographic characteristics, job characteristics, and masculine ideology.

Sensitivity to masculinity threats describes the extent to which fathers feel their masculine identity is threatened when involved in domestic activities or

parenting. Fathers with high sensitivity tend to avoid such activities, despite having time and opportunity. In addition, sociodemographic factors such as age, income, and the age of the child also affect the level of involvement. The work factor also plays a significant role, where long working hours can reduce involvement, while work flexibility increases the chances of fatherhood involvement in parenting.

Among these various factors, masculine ideology is the most powerful determinant because it influences the way fathers interpret their role in the family. This ideology determines whether fathers see parenting as part of their responsibilities or as a role that mothers are supposed to play.

Masculine Ideology as a Social Construct

Masculine ideology is a social construct that shapes the standards of male behavior in society. David & Brannon (1976) explain that masculinity is not an innate trait, but rather the result of cultural constructs that govern how men should act. They identified four main norms, namely No Sissy Stuff, The Big Wheel, The Sturdy Oak, and Give 'Em Hell, which emphasized strength, success, toughness, and dominance.

Thompson & Pleck (1986) then formulated the theory of Male Role Norms which simplifies masculinity into three main norms, namely status norms, toughness norms, and anti-femininity norms. These norms serve as social standards that are used to assess whether men's behavior matches societal expectations. In this perspective, masculinity is understood as the result of internalizing social values that influence individual behavior.

Pleck (1995) through the Gender Role Strain Paradigm added that masculine norms can cause psychological pressure when individuals are unable to meet these standards. These pressures can be in the form of discrepancy strain, dysfunction strain, and trauma strain, which impact men's psychological well-being as well as the way they carry out their role in the family.

Dimensions of Masculine Ideology

Masculine ideology has various dimensions that reflect the values internalized by men. David & Brannon (1976) put forward four main aspects, namely rejection of femininity (No Sissy Stuff), orientation to status (The Big Wheel), emotional toughness (The Sturdy Oak), and courage and aggressiveness (Give 'Em Hell).

Meanwhile, Thompson & Pleck (1986) formulated three main aspects that are more operational, namely status, toughness, and anti-femininity. The status aspect emphasizes the importance of achievement and success, toughness emphasizes physical and emotional strength, while anti-femininity emphasizes the rejection of behaviors that are considered feminine. These three aspects form the boundaries of male behavior, including in the context of parenting.

The Dynamics of Masculine Ideology and Father Involvement

The relationship between masculine ideology and paternal involvement is complex and dynamic. Fathers who internalize traditional masculinity tend to

focus more on the role of breadwinner and avoid involvement in parenting, especially those that are emotional in nature (Petts et al., 2018; Offer & Kaplan, 2022). This is reinforced by the concept of masculinity threat, which is a feeling of discomfort when doing activities that are considered unmasculine (Offer & Kaplan, 2022).

Instead, the concept of new masculinity ideology emphasizes that involvement in parenting is part of a positive masculine identity (Offer & Kaplan, 2021). Fathers with this outlook tend to be warmer, responsive, and active in parenting. Research by Schoppe-Sullivan et al. (2021) shows that masculine ideology consistently influences parenting patterns in various cultures, including patriarchal societies.

However, this relationship is not singular. Stykes (2015) shows that other factors such as partner relationships and economic conditions also affect paternal involvement. This shows that the involvement of fathers is the result of an interaction between psychological, social, and structural factors.

In the context of fathers who have a business at home, this dynamic becomes more complex. Despite having time flexibility, the internalization of traditional masculinity values can inhibit emotional engagement in parenting. Physical presence is not always directly proportional to psychological involvement, thus creating a tension between traditional masculine roles and the demands of modern parenting.

Conceptual Framework

Based on the integration of father involvement theory and masculine ideology, this study examines the relationship between the two variables.



Chart 1. Conceptual Framework

Hipotesis

Based on the conceptual framework and theoretical studies that have been described, the research hypothesis is formulated as follows:

H₀ : There is no relationship between masculine ideology and father involvement in fathers who have a business at home.

H_a : There is a relationship between masculine ideology and father involvement in fathers who have a business at home.

METHODOLOGY

Types of Research

This study uses a quantitative approach with a type of correlational descriptive research that aims to examine the relationship between masculine ideology variables and father involvement. The quantitative approach was chosen because it is able to measure phenomena objectively through numerical data and statistical analysis, thus allowing empirical hypothesis testing (Sugiyono, 2019). In this study, data was collected using questionnaires as the

main instrument to obtain information from respondents, then analyzed to see the relationship between independent variables and bound variables. Correlation research is used because the focus of this research is to find out whether or not there is a relationship between two variables without manipulating the variables (Sugiyono, 2019).

Identification of Research Variables

The variables used in this study consisted of independent variables, namely masculine ideology and dependent variables, namely father involvement. These two variables were analyzed in the framework of cause-and-effect relationships to see the extent to which masculine ideologies affect the level of fathers' involvement in parenting (Sugiyono, 2019).

Operational Definition of Research Variables

Operationally, masculine ideology is defined as a set of cultural beliefs that govern how men should think, behave, and behave in social and family life. This concept refers to the theory of Thompson & Pleck (1986) which divides masculine ideology into three main aspects, namely status norm, toughness norm, and anti-femininity norm. Meanwhile, father involvement is defined as the level of father's participation in childcare which includes direct interaction, emotional support, responsibility, and attention to the child's life in the family. This concept refers to Hawkins et al. (2002) who identified nine dimensions of father's involvement, namely discipline & responsibility, school encouragement, mother support, providing, time & talking together, praise & affection, developing talents & future concerns, reading & homework support, and attentiveness.

Population and Research Sample

The population in this study is all individuals who have characteristics in accordance with the purpose of the research, namely fathers who have a business at home and have children who are still dependents. According to Sugiyono (2020), population is a whole subject that has certain characteristics set by researchers. The sampling technique used is non-probability sampling with the purposive sampling method, which is the selection of respondents based on certain criteria relevant to the research. The criteria include fathers who run a business at home, have more time working at home, and have children who are still dependent on their parents. The number of samples was determined using the Lemeshow formula because the number of populations is not known for sure (Riyanto & Putera, 2022), and a sample number of 97 respondents was obtained.

Data Collection Techniques

Data collection was carried out using a survey method with an instrument in the form of a questionnaire arranged in the form of a Likert scale. This scale allows respondents to give an assessment of the statements presented without any correct or incorrect answers, so that they can objectively describe the respondents' perceptions and attitudes (Sugiyono, 2020).

Research Instruments

The instruments used in this study consist of two main scales, namely the masculine ideology scale and the father involvement scale. The masculine ideology scale uses the Male Role Norms Scale (MRNS) developed by Thompson & Pleck (1986) and has been adapted into Indonesian by Brahmin (2019). This scale consists of 21 items that cover three main aspects, namely status norm, toughness norm, and anti-femininity norm, with a seven-point scoring range. Meanwhile, the father involvement scale uses the Inventory of Father Involvement developed by Hawkins et al. (2002) and adapted by Fajriati & Kumalasari (2021), which consists of 35 items and covers nine aspects of father involvement.

Validity and Reliability

This research instrument has gone through validity and reliability tests to ensure the quality of the measuring instrument. Validity is used to measure the extent to which an instrument is able to measure what should be measured (Sugiyono, 2019). The masculine ideology scale showed a correlation value of $r = 0.484$ ($p = 0.002$; $p < 0.05$) which showed good validity (Brahmana, 2019). Meanwhile, the father involvement scale has a validity coefficient between 0.287 and 0.775, so that all items are declared valid (Fajriati & Kumalasari, 2021). In addition, the reliability of the instrument was also tested to determine the consistency of measurement results (Sugiyono, 2019). The MRNS scale has a Cronbach's Alpha value of 0.712 which indicates good internal consistency (Brahmana, 2019), while the father involvement scale has a reliability value of 0.946 which indicates a very high level of consistency (Fajriati & Kumalasari, 2021).

Research Procedure

The research procedure is carried out systematically starting from a preliminary study to identify the phenomenon of fatherlessness, followed by problem formulation, determination of research variables, and selection of appropriate methods. After that, the researcher determines the population and sample based on the criteria that have been set, then compiles and distributes the research instrument to the respondents. The data obtained were then analyzed using statistical techniques to test the relationship between the variables of masculine ideology and father involvement. The final stage of the research includes drawing conclusions and preparing recommendations based on the results of the analysis that has been carried out.

Data Analysis

The data analysis in this study uses correlation techniques to test the relationship between variables (Sugiyono, 2019). Before conducting a hypothesis test, a classical assumption test was carried out in the form of a normality test and a linearity test. The normality test was carried out using the Kolmogorov-Smirnov method to determine whether the data was normally distributed, with the criteria that the data was declared normal if the significance value was more than 0.05 (Sahir, 2021). Furthermore, a linearity test was carried out to find out

whether the relationship between the variables of masculine ideology and father involvement was linear, with a significance value criterion of more than 0.05 (Sahir, 2022). After fulfilling these assumptions, hypothesis tests were carried out using the Pearson Product Moment technique to find out whether or not there was a significant relationship between the two variables. If the significance value is less than 0.05, then an alternative hypothesis is accepted, which suggests a relationship between masculine ideology and father involvement.

RESULTS AND DISCUSSION

Normality Test

In this study, a normality test was carried out to find out whether the existing data was distributed normally or not. Based on the tests that have been carried out, the following results were obtained:

Table 1. Normality Test Results

| Test | Statistic | p |
|--------------------|-----------|------|
| Kolmogorov-Smirnov | 0.103 | .255 |

The results of the normality test using Kolmogorov-Smirnov statistics are shown in table 1. The Kolmogorov-Smirnov value obtained was 0.103. The data is considered to be normally distributed if the significance value

more than 0.05. Based on the test results, both the dependent and independent variables showed a significance level of more than 0.05, so the residual of the data can be said to be normally distributed.

Linearity Test

In this study, a linearity test was carried out to find out whether two variables have a linear correlation or not. Based on the tests carried out, the following results were obtained:

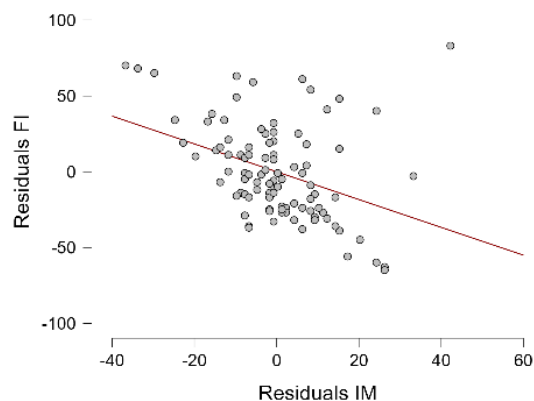


Figure 1. Results of the Linearity Test between Masculine Ideology and Father Involvement

From the image above, it shows that the plot pattern has a linear relationship. The dots do not form a straight line pattern and spread randomly, so it can be concluded that Father Involvement and Masculine Ideology have a linear relationship.

Uji Hypothesis

In this study, a hypothesis test was carried out, the hypothesis test used was a correlation test to find out how the relationship between the father involvement variable and the masculine ideology variable in fathers who have a business at home. Based on the tests carried out, the following results were obtained:

Table 2. Hypothesis Test Results

| Variabel | | <i>Father Involvement</i> | <i>Masculine Ideology</i> |
|--------------------|------------------------|---------------------------|---------------------------|
| Father Involvement | Pearson's r p-value | - - | |
| Masculine Ideology | Pearson's r p-value | -0.380 <.001 | - - |

The correlation test used in this study used the Pearson product moment correlation test. If the significance value < 0.05, this means that the two variables have a correlation. Meanwhile, if the significance value > 0.05, then it can be said that the two variables have no correlation. Based on table 4.2, it was found that there was a significant negative relationship between father involvement and masculine ideology (r=-0.380; p < 0.001). This can show that the variables of father involvement and masculine ideology are correlated or related.

Based on the results of the hypothesis test, the Pearson correlation coefficient of r = -0.380 with a significance value of p < 0.001 was obtained. These results show a significant negative relationship between masculine ideology and father involvement in fathers who have a home business in Bukittinggi City. This means that the stronger the masculine ideology adhered to, the lower the father's involvement in childcare. In contrast, the lower the traditional masculine ideology, the higher the paternal involvement.

The correlation value of -0.380 is in the medium category, which indicates that masculine ideology has a significant influence, but it is not the only factor that determines father involvement. This shows that paternal involvement is a complex and multidimensional phenomenon, which is influenced by other factors such as working conditions, the quality of relationships with partners, and social and cultural contexts.

The concept of father involvement does not only refer to the physical presence of the father, but also includes the quality of involvement in parenting. According to Lamb (2010), father's involvement consists of three main dimensions, namely engagement (direct interaction with children), accessibility (availability of fathers), and responsibility (responsibility for children's needs). In this study, fathers who work at home tend to have high accessibility because they are more often at home. However, these conditions do not automatically increase engagement, especially in the form of emotional interactions such as warm communication, support, and expressions of affection. These findings suggest a mismatch between physical presence and emotional engagement. The father may be present and carry out his responsibilities as a breadwinner, but not necessarily actively and warmly involved in the interaction with the child. Thus, the involvement of fathers in this study tends to be more instrumental than affective.

This result is in line with the concept of father involvement from Hawkins et al (2002) through the Inventory of Father Involvement (IFI), which emphasizes that father involvement includes various aspects, ranging from emotional support, communication, direct parenting, to role models. Therefore, optimal father involvement is measured not only by the frequency of attendance, but also by the quality of the interaction, including warmth, sensitivity, and responsiveness to the needs of the child. This finding can be explained through the theory of Male Role Norms from Thompson and Pleck (1986), which states that masculine ideology consists of norms of status, toughness, and anti-femininity. Anti-femininity norms encourage men to avoid behaviors that are considered feminine, including emotional expressions and nurturing that are gentle in nature. As a result, fathers tend to limit involvement to aspects that are considered appropriate for masculinity, such as discipline and control.

Research by Petts et al. (2018) also showed that the higher the adherence to traditional masculine norms, the lower the involvement of fathers in daily parenting, especially on the emotional aspect. This is reinforced by Offer and Kaplan (2022) who put forward the concept of masculinity threat, which is the feeling of being threatened when men engage in activities that are considered incompatible with masculine identity. This condition makes fathers tend to avoid emotional involvement. This phenomenon can also be seen from the results of the initial interviews, where the father plays a more role as a breadwinner and decision-maker, while daily care is considered the responsibility of the mother. The interaction that is established is more of a supervision and regulation than warm and affectionate communication, so that the involvement of the father is still limited to the structural aspect.

In line with that, the results of Xu's (2023) study show that father's masculinity behavior is related to the tendency to suppress emotional expression. Efforts to maintain a masculine image make fathers limit the expression of affection, which has an impact on the low quality of engagement, especially in the engagement dimension. This condition causes the child's affectionate needs to not be met optimally and can cause emotional distance between father and child. In the long run, these conditions have the potential to form avoidant attachment, where children tend to suppress emotions and avoid closeness in interpersonal relationships. This shows that the low emotional involvement of fathers not only has an impact on the current condition, but also on the future social-emotional development of the child.

On the other hand, the concept of new masculinity ideology from Offer and Kaplan (2021) shows that more flexible masculinity can encourage more optimal paternal involvement, both physically and emotionally. This is supported by research by Schoppe-Sullivan et al. (2021) which found that fathers with more egalitarian gender views have higher levels of involvement in various aspects of parenting. However, the strength of relationships in the medium category suggests that masculine ideology is not the only factor influencing father involvement. Stykes' (2015) research confirms that other factors such as economic pressure, working hours, and the quality of relationships with partners also play an important role. In this context, although fathers have time flexibility

due to working at home, involvement remains low due to psychological barriers in the form of traditional masculine ideologies.

In addition, cultural factors also play a role. Bukittinggi as part of Indonesian society is still influenced by strong patriarchal values, where the division of gender roles tends to be traditional. Research by Bernhardt et al. (2022) shows that social and cultural norms have a major influence on the division of roles in the family. In this context, parenting is more often associated with mothers, so fathers are less encouraged to be actively involved.

Overall, the study shows that optimal paternal involvement is determined not only by physical presence, but also by the quality of emotional engagement. Masculine ideology plays a role in limiting this involvement, so fathers are more likely to play an instrumental role than an affective one. Therefore, increasing father involvement needs to be accompanied by a change in the perspective of masculinity towards a more flexible, egalitarian, and responsive concept to children's emotional needs.

CONCLUSION AND RECOMMENDATION

Based on the results of the research that has been conducted, it can be concluded that the research hypothesis is accepted, namely that there is a significant relationship between masculine ideology and father involvement in fathers who have a business at home in Bukittinggi City. The relationship was negative with a correlation value of $r = -0.380$ and a significance of $p < 0.001$, indicating that the higher the traditional masculine ideology that fathers have, the lower their level of involvement in childcare. These findings indicate that masculine ideology is one of the important factors related to the level of father involvement, even in the condition of fathers who have time flexibility due to working from home. Such flexibility does not automatically increase involvement in parenting, as it is still influenced by psychological factors, in particular the internalization of traditional masculinity values. In addition, the involvement of fathers in parenting was determined not only by physical presence, but also by the quality of emotional involvement, which in this study tended to be still low in fathers with high levels of traditional masculine ideologies.

Based on the conclusions that have been presented, the researcher proposes several suggestions that are expected to be considered by various parties. For fathers, it is expected to develop a more flexible view of the role of masculinity, so that they not only focus on the role of breadwinner, but also be more active in parenting, both physically and emotionally. Simple engagements such as communicating, playing, and paying attention can help improve the quality of relationships with children. For practitioners and related institutions, such as educational institutions, counselors, and agencies engaged in the family sector, it is expected to develop educational programs that emphasize the importance of fathers' involvement in parenting, as well as increase understanding of the influence of masculine ideology on parenting in the family. Meanwhile, for future researchers, it is recommended to examine other variables that have the potential to affect father involvement, such as communication in

the family, partner support, and socioeconomic conditions. In addition, further research is also expected to involve more diverse subjects so that the results are broader and more representative, and use different approaches, such as qualitative methods, to explore the father's experience in more depth.

FURTHER STUDY

The next study is suggested to add other variables such as family communication, partner support, and socioeconomic factors, as well as use longitudinal, qualitative, or mixed methods approaches to obtain a deeper and more comprehensive understanding of the dynamics of father involvement.

ACKNOWLEDGEMENTS

The researcher would like to thank all respondents, related parties, and supervisors who have provided support and contributions in the implementation of this research.

REFERENCES

- Amalia, D. R., Mushodiq, M. A., Mahmudah, M., Azizah, I. N., & Hidayatullah, R. (2022). The role of fathers in children's education during the pandemic in the family of career women (Gender perspective, education and psychology). *Yinyang: Journal of Islamic Studies of Gender and Children*, 17(2), 237-254.
- Antara. (2025). Indonesia tackles 21% fatherless rate with new parenting initiative.
- Bernhardt, J., Recksiedler, C., & Linberg, A. (2022). Work from home and parenting: Examining the role of work-family conflict and gender during the COVID-19 pandemic. *Journal of Social Issues*. <https://doi.org/10.1111/josi.12509>
- BKKBN. (2025). *Updating family data collection*.
- Brahmana, K. M. (2019). The influence of masculine ideology on gender role conflicts in Batak Karo men. *Journal of Psychology, HKBP Nommensen University*, 6(1).
- David, D. S., & Brannon, R. (1976). *The forty-nine percent majority: The male sex role*.
- Dolan, A. (2014). 'I've learnt what a dad should do': The interaction of masculine and fathering identities among men who attended a 'dads only' parenting programme. *Sociology*, 48(4), 812-828.
- Fajriati, R. D., & Kumalasari, D. (2021). The role of mindful parenting on father's involvement in parenting. *Journal of Psychology*, 10(2), 80-92.
- Harmaini, H., Shofiah, V., & Yulianti, A. (2014). The role of fathers in educating children. *Veritas: Journal of Theology and Ministry*, 10(2).
- Hawkins, A. J., Bradford, K. P., Palkovitz, R., Christiansen, S. L., Day, R. D., & Call, V. R. A. (2002). The inventory of father involvement: A pilot study of a new measure of father involvement. *The Journal of Men's Studies*, 10(2), 183-196.
- Hidayati, F., Kaloeti, D. V. S., & Karyono. (2011). The role of fathers in childcare. *Journal of Psychology UNDIP*, 9(1), 1-10. <https://doi.org/10.14710/jpu.9.1>
- Istiyati, S., Nuzuliana, R., & Shalihah, M. (2020). An overview of the role of fathers in parenting. *Profession (Islamic Professional): Research Publication Media*, 17(2), 12-19.
- Lamb, M. E. (2010). Fathers, families, and children's well-being. In *The role of the father in child development* (5th ed.).

- Lamb, M. E., Pleck, J. H., Charnov, E. L., & Levine, J. A. (1985). Paternal behavior in humans. *Integrative and Comparative Biology*, 25(3), 883–894.
- Lee, J., & Lee, S. (2016). Caring is masculine: Stay-at-home fathers and masculine identity. *Psychology of Men & Masculinity*.
- Mauluddia, Y. (2024). The involvement of fathers in parenting on the psychological well-being of mothers and children. *CERIA*, 7(2).
- Ntoma, V. N., & Kusmawati, A. (2024). The impact of fatherlessness on juvenile delinquency. *WISSEN: Journal of Social Sciences and Humanities*, 2(4), 139–148. <https://doi.org/10.62383/wissen.v2i4.374>
- Nurhani, S., & Atika Putri, A. (2020). Father's involvement in parenting on the adaptive abilities of children aged 4–6 years. *Atfāluna: Journal of Islamic Early Childhood Education*, 3(1), 34–42.
- Nurjanah, N. E., Jalal, F., & Supena, A. (2023). Fatherless case study: The role of fathers in early childhood parenting. *Journal of Scholars*, 11(3), 261–270.
- Offer, S., & Kaplan, D. (2021). The “new father” between ideals and practices: New masculinity ideology, gender role attitudes, and fathers’ involvement in childcare. *Social Problems*, 68(4), 986–1009.
- Offer, S., & Kaplan, D. (2022). Masculinity ideologies, sensitivity to masculinity threats, and fathers’ involvement in housework and childcare among U.S. employed fathers.
- Petts, R. J., Shafer, K. M., & Essig, L. (2018). Does adherence to masculine norms shape fathering behavior? *Journal of Marriage and Family*, 80(3), 704–720.
- Riyanto, S., & Putera, A. R. (2022). *Health & science research research methods*.
- Sahir, S. H. (2022). *Research methodology*.
- Schoppe-Sullivan, S. J., Shafer, K., Olofson, E., & Dush, C. M. K. (2021). Fathers’ parenting and coparenting behavior in dual-earner families. *Psychology of Men & Masculinity*, 22(3), 538–550. <https://doi.org/10.1037/men0000336>
- Stykes, J. B. (2015). What matters most? Money, relationships, and visions of masculinity as key correlates of father involvement. *Fathering*, 13(1), 60–79.
- Sugiyono. (2019). *Qualitative quantitative research methods*.
- Sugiyono. (2020). *Qualitative quantitative research methods*.
- Thompson, E. H., & Pleck, J. H. (1986). The structure of male role norms. *American Behavioral Scientist*, 29(5), 531–543.
- UNICEF. (2017). More than half of young children deprived of play and early learning activities with their fathers.
- Vadgama, D. P. (2017). *Father involvement among Asian-Indian immigrants in the United States: Actor-partner interdependence model*.
- Wibiharto, B. M. Y., Setiadi, R., & Widyaningsih, Y. (2021). The relationship pattern of fatherless impact on internet addiction, suicidal tendencies and student learning difficulties. *Society*, 9(1).
- Wulandari, H., Ulfa, M., & Shafarani, D. (2023). The impact of fatherlessness on early childhood. *Journal of Early Childhood Study Program*, 12(1).
- Xu, L. (2023). The influence of paternal masculinity behavior on the formation of individual attachment. *Journal*, 8, 549–555.