

ABSTRAK

Sahriyah, 210541100112, Pengaruh Keterlibatan Ayah Dalam Pengasuhan (*Father Involvement*) Terhadap Harga Diri Anak Perempuan Pada Masa Dewasa Awal, Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura, 2026.

Masa dewasa awal merupakan tahapan transisi krusial dalam perkembangan individu yang ditandai oleh eksplorasi identitas, ketidakstabilan, dan meningkatnya tuntutan hidup. Pada fase ini, harga diri menjadi komponen penting karena berperan dalam kemampuan individu menghadapi tekanan sosial, emosional, dan perkembangan diri. Salah satu faktor yang diduga memengaruhi pembentukan harga diri adalah keterlibatan ayah dalam pengasuhan (*father involvement*), yang di Indonesia tergolong relatif rendah akibat faktor budaya dan struktur keluarga. Penelitian ini bertujuan untuk mengetahui pengaruh keterlibatan ayah dalam pengasuhan terhadap harga diri anak perempuan pada masa emerging adulthood. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Subjek penelitian berjumlah 100 anak perempuan berusia 18–25 tahun yang dipilih menggunakan teknik purposive sampling. Data dikumpulkan menggunakan Skala *Father Involvement* dan Skala Harga Diri yang telah terbukti valid dan reliabel. Analisis data dilakukan menggunakan regresi linier sederhana setelah memenuhi uji asumsi klasik. Hasil analisis menunjukkan bahwa *father involvement* berpengaruh signifikan terhadap harga diri ($F = 329,798$; $p = 0,000$). Nilai koefisien determinasi menunjukkan $R^2 = 0,771$, yang berarti 77,1% variasi harga diri dapat dijelaskan oleh keterlibatan ayah, sedangkan 22,9% dipengaruhi faktor lain. Koefisien korelasi ($R = 0,878$) menunjukkan hubungan positif yang sangat kuat. Dapat disimpulkan bahwa semakin tinggi keterlibatan ayah, semakin tinggi pula harga diri anak perempuan pada masa dewasa awal.

Kata Kunci: dewasa awal, harga diri, *father involvement*, anak perempuan, psikologi perkembangan

ABSTRACT

Sahriyah, 210541100112, The Influence of Father Involvement in Parenting on Daughters' Self-Esteem During Emerging Adulthood, Psychology Study Program, Faculty of Social and Cultural Sciences, Trunojoyo University, Madura, 2026.

Emerging adulthood is a critical transitional stage in individual development, characterized by identity exploration, instability, and increasing life demands. During this phase, self-esteem becomes an essential psychological component, as it plays an important role in individuals' ability to cope with social, emotional, and developmental challenges. One factor that is believed to influence the formation of self-esteem is paternal involvement in parenting, which remains relatively low in Indonesia due to cultural and family structural factors. This study aimed to examine the effect of paternal involvement on girls' self-esteem in early adulthood. This study employed a quantitative approach with a correlational design. The participants consisted of 100 girls aged 18–25 years who were selected using a purposive sampling technique. Data were collected using the Father Involvement Scale and the Self-Esteem Scale, both of which demonstrated satisfactory validity and reliability. Data analysis was conducted using simple linear regression after meeting the classical assumption tests. The results indicated that father involvement had a significant effect on self-esteem ($F = 329.798$; $p = 0.000$). The coefficient of determination showed $R^2 = 0.771$, indicating that 77.1% of the variance in self-esteem was explained by paternal involvement, while the remaining 22.9% was influenced by other factors. The correlation coefficient ($R = 0.878$) revealed a very strong positive relationship. It can be concluded that higher levels of paternal involvement are associated with higher self-esteem among girls in emerging adulthood.

key words: emerging adulthood, self-esteem, father involvement, daughter, developmental psychology