

# THE IMPACT OF FATHER'S ROLE TOWARDS ADOLESCENT SELF- AWARENESS

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## ABSTRACT

Nowadays, criminal cases committed by adolescents are increasing trend The criminal cases, involving teenagers are now also suspected of misbehavior at school. To avoid this, teenagers need the ability to know themselves, know what to do, know their weaknesses and strengths that are owned or called self-awareness, where the role of fathers is one of the factors that influence self-awareness. The purpose of this research is to determine the effect of the role of fathers on self-awareness in teenager. This is a quantitative causal-comparative research. Subjects in this research were 100 teenagers taken by purposive sampling technique. The instrument used was a measure of the Role of the Father, totaling 43 valid items with reliability quality value of  $(\alpha) = 0.959$  and measuring the scale of self-awareness totaling 17 valid items with reliability value of  $(\alpha) = 0.868$ . Regression test results mean that there is an influence of the role of fathers on self-awareness with sig. (p) 0,000 ; ((p) <0.05 ), which means the hypothesis is accepted. Father's role influences 42.4% in shaping self-awareness. The results of this study showed that more reflections had a low father role, but for self-awareness variables more respondents with high self-awareness study. The results show that more female teenagers have higher self-awareness than male teenagers.

**Keywords:** Fathering, Self-awareness , Adolescent

## Preliminary

Currently cases of promiscuity, violence, drug use, suicide and so on are mostly done by teenagers. Not just as a victim, but teenagers also involved as perpetrators. In addition to criminal cases, teenagers are now also suspected of committing misbehavior at school. Starting from cheating, not listening to the teacher in class, not doing assignments, ditching, behaving rudely to the teacher, fighting or even challenging the teacher. As occurred recently in the area of Central Java, precisely in SMK NU 3 Kaliwungu, some students bullying teachers even to perform physical abuse. The school authorities and the teacher concerned stated that those recorded in the viral video were only jokes, not violence or beatings. Although the school acknowledges that the behavior is a joke or a joke by some students towards their teacher, the school realizes that the action or act is beyond the norms of politeness or social ethics (Hidayat, 2018) . In line with data obtained from the Commissioner for Education in the Indonesian Child Protection Commission (KPAI), Retno Listiyarti said that in 2017, the number of brawl cases was only 12.9%, but in 2018 this rose to 14% (Anwar, 2018) . That is, there is an increase in juvenile delinquency that is happening in Indonesia.

Teenagers are a transition from children to adults. Basically, adolescents are at a stage where they have not yet reached personal maturity. According to Hurlock ( 2003 ) , adolescence is a period of typhoons and storms. At this time adolescents have the possibility to behave well or behave badly, because adolescents are still in the process of searching for identity that has not been followed by mature cognitive and emotional development. This means that the emotional condition of adolescents tends to fluctuate and depends on their emotions for a moment.

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Teenagers also experience physical changes, interests and roles that are expected by social groups are also thought to be able to add to the problem in adolescents.

But not all teenagers behave aggressively, there are also teenagers who are able to excel. Namely adolescents who are suspected of having a sense of responsibility both towards themselves and others, able to behave independently, have clear goals, do not easily succumb to difficulties, dare to take risks, have strong curiosity, and care about the success of themselves and others, or appropriate with the task of development and the values prevailing in the environment. Adolescents who are able to behave in accordance with their developmental tasks can seek self-identity, excel, establish good relationships with peers, adjust to the surrounding environment. This ability is better known as self-awareness. Self-awareness is the self-awareness of someone who is able to understand, accept and manage all the potential for the development of life in the future (Goleman, 2015). Another opinion put forward by Duval & Wicklund (1973) that self-awareness is the ability to focus attention on oneself and bring objective self-awareness, and begin automatic self-comparisons of standards.

To establish high self-awareness in adolescents it is suspected that there is a need for support from parents. The role of parents is needed to provide appropriate direction, example, and teaching so that adolescents can make their parents as models for the formation of their behavior.

The role of parents in question is the role of father and mother. According to Belsky (in Andayani & Koentjoro, 2014), ideally a parent couple will take part in the maturing of children because from both parents the children will learn to be independent, whether through social learning processes with Belsky modeling (in Andayani & Koentjoro, 2014). Mothers are believed to be in full charge of caring for children and giving love or affection figures to children. The closeness between the mother and child will form an emotional bond between the two. Emotional ties which are then called attachments, are believed to be the foundation for a child to explore his world, and with this attachment the individual will build relationships with others in his environment Bowlby & Ainsworth (in Andayani & Koentjoro, 2014). But there are also mothers who cause aggressive behavior in children. Like what happened in East Kalimantan, a mother violates her child until the child is bleeding from his nose. The reason for the violence was because the mother was upset with the husband who had an affair, the mother recorded her violent actions and uploaded the video to social media to attract the attention of her husband (Dewi, 2018). This shows that not always the role of the mother will cause positive emotions or affections for the child's development.

On the other hand, the role of fathers is more often seen only as a source of fulfilling economic needs for his family. Though not a few teenagers who succeed and excel because of the role of a positive father in him. Father is known as a figure of authority that is the giver of rules, discipline, and obedience. Father involvement will also develop the child's ability to empathize, be attentive, and have affection for others Gottman & DeClaire (in Andayani & Koentjoro, 2014). When fathers can give instruction to adolescents by modeling positive behavior, being assertive, willing to make time, directing adolescents in interacting with others, wanting to follow adolescent development directly, assisting adolescents both when children achieve and fail, giving freedom to adolescents to make decisions, free teenagers to choose what they want, want to accept teen explanations, want to discuss about problems that occur, and want to forgive when teens make mistakes. When fathers can play a positive role in parenting, it will cause positive emotions in adolescents. Teenagers will feel valuable themselves, feel themselves protected, feel themselves loved. This makes adolescents become disciplined, dare to take risks for what they do, dare to take risks for decisions taken, confident in acting, able to adjust well in their environment, identify weaknesses and strengths owned, able to evaluate themselves and care for other people or the environment. When a teenager has these abilities, it can be said that he has high self-awareness.

While fathers who do not have time to be with their children, do not give examples to adolescents in daily behavior, do not apply clear rules, are inconsistent in applying rules, do not want to listen to teenagers' explanations, always assume adolescents are wrong, do not want to understand what is felt by adolescents, do not want to understand the shortcomings of adolescents will make adolescents feel worthless, do not feel loved, feel they have no place to shelter, and feel they have no place to tell stories. This makes adolescents become insecure, afraid to determine attitudes, difficult to adjust to their environment, afraid of not being accepted by their environment, afraid

of being rejected, easy to follow friends without thinking, not caring about the environment or other people, this can be said teenagers who have low self-awareness .

Self-awareness becomes very important for adolescents, when adolescents have high self-awareness, it is suspected that adolescents will avoid adolescents' mischief and will be able to develop their potential because they know their strengths and weaknesses, and can socialize well. Conversely, when adolescents have low self-awareness , adolescents will be easy to fall into juvenile delinquency, difficult to socialize, and unable to make good and right decisions for themselves.

In line with other studies conducted by Muna and Sakdiyah ( 2019) in Malang, it was shown that the role of fathers in parenting had a positive influence on self- determination in class X high school adolescents at SMAN 3 Malang. The role of fathers as social and academic resources has the highest influence on adolescent determinants, while the role of fathers as disciplinarians of adolescent determinants has the weakest influence.

Based on previous research, researchers are interested in researching in order to see the effect of the role of fathers on self-awareness ( self-awareness ) in adolescents. Because fathers have an important role to care for children other than the mother, and affect the child's development. In addition, self-awareness or self-awareness is needed for adolescents in fulfilling developmental tasks amidst the demands of this age. The hypothesis in this study is that there is a positive influence on the role of fathers on self-awareness.

**Research methods**

This study uses quantitative research methods that are non-experimental in nature. This study also includes a comparative causal study that uses simple linear regression, because it wants to know the effect between two variables, namely the role of paternal variables and self-awareness variables . The sample of this study was 100 teenagers in West Jakarta . This study uses a questionnaire for data collection. Measuring instruments in this research are in the form of two questionnaires that use the Likert scale model .

The father's role measurement tool was adapted based on the measuring instrument made by Indriyana (2018) with reference to the theory of Andayani & Koentjoro (2014) . There are four values, namely SS (very appropriate), S (appropriate), TS (not suitable ), and STS (very inappropriate). The researcher modified some items and added 8 items so that there were 48 initial items. After the trial , 5 items were dropped so that the total items became 43 with a value ( $\alpha$ ) = 0.959

While self- awareness measurement tools are adapted , modified, and translated based on measuring tools made by Fenigstein, Scheier, & Buss (1975) with reference to the theories of Fenigstein, Scheier, & Buss (1975) . There are four values, namely SS (very appropriate), S (appropriate), TS (not suitable), and STS (very inappropriate). Researchers modified some items and added 4 items so that there were 27 items a wal. After the trial , 10 items were dropped so that the total items became 17 with a value ( $\alpha$ ) = 0.868 .

**esults and Discussion**

**Description of Research Respondents**

Table 1  
 Sex description

Gender	Frequency	Percentage
Male	48	48 %
Girl	52	52 %
Total	100	100%

Based on the results of Table 1 it can be seen that respondent more research that the female sex that is equal to 52 % . While gender male 48 %.

Table 2  
 Age description

Age	Frequency	Percentage
13-15 years	42	42 %
16-18 years	58	58 %
Total	100	100%

Based on the results of table 2 it can be seen that there are more respondents in the age of 16-18 years, that is equal to 58%. Whereas those aged 13-15 years were 42%.

Table 3  
 Profile of Respondent's Father's Education

Father's education	Frequency	Percentage
Elementary school	6	6 %
Middle School	9	9 %
High school	55	55%
D3	5	5%
S1	18	18%
S2	6	6 %
S3	1	1 %
Total	100	100%

Based on the results of Table 3 it can be seen that respondent this research is dominated by teenagers who have fathers with high school education background that is equal to 55%. While the fewest are teenagers who have a father with a S3 education background of 1%.

Table 4  
 Job Description of Respondent's Father

Father's occupation	Frequency	Percentage
Wira Enterprises	32	32 %
Private employees	48	48 %
Civil servants	7	7 %
Lainnya	13	13 %
Total	100	100%

Based on the results of Table 4 it can be seen that respondent this research is dominated by teenagers who have a father with a job as a private employee, i.e. by 48%. While the fewest are teenagers who have fathers with jobs as civil servants at 7%.

Table 5  
 Overview of Residence Status

Residence	Frequency	Percentage
Father only	1	1 %
Mother only	7	7 %
Father and mother (core family)	74	74 %
Father, mother and extended family	18	18 %
Total	100	100%

Based on the results of Table 5 it can be seen that respondent this research is dominated by teenagers who lived with his father and mother (nuclear family) that is equal to 74%. While at least 1% of teenagers lived with their fathers.

Table 6  
 Overview of Birth Order

Birth Order	Frequency	Percentage
First	40	40 %
Second	32	32 %
Third	21	21 %
Fourth	5	5 %
Fifth	2	2%
Total	100	100%

Based on the results of Table 6 it can be seen that respondent this research is dominated by teenagers to their records first , amounting to 40%. While the fewest are teenagers whose fifth birth order is 2%.

Table 7  
 Description of your number

Number of siblings	Frequency	Percentage
Don't have siblings	11	11 %
One	35	35%
Two	32	32%
Three	19	19%
Four	3	3 %
Total	100	100%

Based on the results of Table 7 it can be seen that respondent most studies that have 1 brother , amounting to 35%. While the fewest are respondents who have four siblings, which is as much as 3%.

### Data Analysis Results

Table 8  
 Normality Test Results

Variable	Kolmogorof-S
Father's role	.200
Self-awareness	.200

Based on the results of the One Sample Kolmogorof-Smirnov Test normality test data, the probability of the father's role and self-awareness is 0.200. This shows the distribution of data otherwise normal.

### Heterokedastisitas Classic Assumption Test Results

In this research, heteroscedasticity test was performed to see the response patterns. The results show the spread of response spread, so that heteroscedasticity does not occur.

Table 9  
 Simple Linear Regression Results

Father's Role Score and Self-awareness	
Constant B	.333
Sig. (2-tailed)	0,000
N	100

Based on the results of a simple linear regression test that has been done. In table 9 regarding the results of the ANOVA value can be seen that the value of sig. (p) 0,000 ((p) <0.05) , which means that there is an influence of the role of the father in the wake of self-awareness in adolescents.

Besides that, the constant value of B is 0.333 which means that the role of the father has a positive influence on self-awareness, so the research hypothesis is accepted. If the role of the father rises, then self-awareness will also rise . Conversely, if the role of the father goes down, then self-awareness will also go down .

Table 10  
 Father Role Categorization Results

Categorization	Frequency	Percentage
Low ( $X < 128.72$ )	51	51 %
High ( $X \geq 128.27$ )	49	49%
Total	100	100%

Based on the results of the categorization of the role of fathers in table 10 , more respondents have a low role of fathers by 51%. While respondents with a high father's role were 49%.

Table 11  
 Categorical Results i Self-awareness

Categorization	Frequency	Percentage
Low ( $X < 50.97$ )	44	44 %
High ( $X \geq 50.97$ )	56	56%
Total	100	100%

Based on the results of self-awareness categorization in table 11 , more respondents have high self-awareness , namely k 56%. While respondents with low self-awareness as much as 44%.

Table 12  
 Description of the Role of Fathers with Self-awareness

Father's role	Self-awareness		Total
	Low	High	
Low	38	13	51
High	6	43	49
Total	44	56	100

Based on the results of the cross tabulation in table 12 it can be seen that more respondents with a high father role have high self-awareness , as many as 43%. While the respondents with the role of low fathers more often have low self-awareness that is as much as 38%.

Table 13  
 Description of Father's Role with Your Work

Father's occupation	Father's role		Total
	Low	High	
Entrepreneur	12	20	32
Private employees	29	19	48
Civil servants	2	5	7
Others	8	5	13
Total	51	49	100

Based on the results in table 13 it can be seen that respondents with the role of low fathers and having fathers who work as private employees dominate by 29%.

Table 14  
Illustration of Self-awareness with Gender

Gender	Self-awareness		Total
	Low	High	
Male	28	22	48
Girl	18	34	52
Total	44	56	100

Based on the results in table 14 it can be seen that more female respondents have a high self-awareness of 34%. Whereas more adolescent boys have low self-awareness , which is as much as 28%.

### Discussion

Based on the results of statistical tests with a simple linear regression method obtained by the value of sig. (p) 0,000 ((p) <0.05), this shows that there is an influence of the role of fathers on self-awareness in adolescents. From the value of the variable coefficient (x) obtained a value of 0.333, which means the role of fathers has a positive influence on self-awareness in adolescents. This means that if the father's role rises, it will be followed by increased self-awareness . Based on these results it can be concluded that the hypothesis in this study can be accepted that there is a positive influence on the role of fathers on adolescent self-awareness . This is in line with the results of research conducted by Muna & Sakdiyah ( 2019) , regarding the influence of the role of fathers on teenage determination, which states the role of fathers has a positive influence on self-determination of adolescents. Muna & Sakdiyah research ( 2019) The men explain that self-determination have the same functionality as self-awareness that is arranged themselves to act according to the values and norms (Deci and Richard, 2008) .

While from the value of determination or known that the role of fathers has an influence of 42.4% on the formation of self-awareness of a teenager, and the remaining 57.6% is influenced by other factors, such as learned behavioral factors, perspectives, and values adopted . From the results of the linear regression equation, it is known that if the father's role value rises by 8.128, it will be followed by an increase in self-awareness by 8.128, and vice versa if the father's role decreases by 8.128, then self-awareness will also decrease by 8.128.

According to Andayani and Koentjoro ( 2014) , a father who is said to be involved in childcare is a father who took the initiative to establish relationships with children and make use of all of his physical, cognitive, and affective resources. Lamb & Lemonda ( 1981) explains the participation of fathers in the form of direct interaction, providing warmth, monitoring and controlling activities, and being responsible for the needs and needs that can directly affect adolescent development such as cognitive, emotional, social and moral.

The role of fathers in adolescents can be seen when fathers teach teenagers by modeling positive behavior, applying rules consistently, willing to provide time to communicate in their free time, directing adolescents in interacting with others, wanting to follow activities that teens do both directly or by telephone or other people. Accompany teenagers in achieving good or achieving failure or being in trouble. Fathers are also willing to give confidence to their children to make decisions, supervise or follow decisions or actions chosen by adolescents, want to discuss about problems that occur, are willing to accept explanations when teens make mistakes, and want to forgive mistakes made by teenagers

This can cause positive emotions in adolescents. Teenagers feel themselves valuable, feel themselves loved, feel they have people who protect them, feel they have people who are always there and can be trusted. Which raises self-confidence in adolescents, adolescents are able to know the weaknesses and strengths they have, dare to make decisions, confident of the actions that must be done, able to evaluate themselves, dare to take risks and be responsible for themselves and others. This capability was owned by a teenager when her own self-awareness is high ( Ellen & Galinsky in Andayani & Koentjoro, 2014) .

When adolescents have high self-awareness, adolescents are able to adapt to others, are able to adjust to the values in their environment, dare to communicate with others, adolescents are also able to determine the priority things to do, dare to make decisions according to existing values, knowing the mistakes made and can fix them by finding the best solution independently (Solso et al., 2008)

But on the contrary, when a father is indifferent, does not care about his child, is inconsistent in enforcing the rules made, does not listen when his child is participating, always considers adolescents wrong, does not model good behavior, does not care about children's education, always demands without listening children, and have never communicated well with their children, so children feel worthless, unloved, feel insignificant, feel that they are always wrong, and feel they have no protection. This is what causes adolescents to be insecure, do not dare to make decisions, it is difficult to know themselves, afraid to make decisions, and it is difficult to evaluate mistakes and take responsibility for their actions or teenagers who have low self-awareness.

From the results of categorization, for the variable father's role more respondents have a low father's role that is as much as 51% while for high categorization as much as 49%. As for self-awareness, more respondents had high self-awareness at 56%, while those who had low self-awareness were 44%. The data shows that in this study more respondents with a low father's role but have high self-awareness. Researchers suspect this happens because research respondents are dominated by respondents who have jobs as private employees. From the description of the role of fathers who are associated with the work of fathers, the respondents show low fathers and have fathers working as private employees totaling 29%. Work as a private employee makes fathers have very limited time to interact with teenagers. The world of work can have an influence on how to care for children. Work time will reduce the time that is owned by parents to interact with children. Parents who work all day, especially must leave early in the morning and go home in the afternoon can experience physical and mind fatigue. As a result, parents become lack of energy to take care of children, especially children who still need a lot of attention (Belsky, 1984).

While high self-awareness can be expected because the respondents of this study were dominated by adolescents who were female. Based on the overview of the gender associated with self-awareness can be seen that, respondents who are women more likely to have self-awareness is high, while the respondents were male gender more likely to have self-awareness is low. This is consistent with research conducted by Fenigstein, Scheier, & Buss (1975), that women have a higher self-awareness than men. According to Hurlock (2003), adolescent boys experience slower maturity compared to adolescent girls. Women are seen as more sensitive, easier to empathize, more confident, and more open. This is in accordance with research by Khairunnisa (2017), which revealed that female adolescents have higher self-awareness, self esteem, and assertiveness than boys. In accordance with the Khasanah research (2018) which shows that female adolescents have higher emotional intelligence than male adolescents.

When adolescents have low self-awareness, adolescents find it difficult to adapt to their environment, unable to adapt themselves to the rules in their environment so that it is easy to take actions that are contrary to existing values, unable to make decisions as well as be responsible or decisions taken, not able to find out the mistakes made and unable to correct these errors (Solso et al., 2008).

From the description of the role of fathers who are associated with self-awareness, it can be seen that the respondents who have a high father's role are more who have a high self-awareness of 43 people. Likewise, on the other hand, there were 38 respondents with lower father roles who had low self-awareness. And from the range of total scores of the two variables that are larger and equal to the mean values are 129 and 110. With a range of scores for the role of the father that is high from 129 to 146, and the range of scores for high self-awareness is from 51 to 62.

So the unique finding found in this study is that although more the role of low fathers, more teenagers in West Jakarta have high self-awareness. This is as already explained that there are other factors that influence self-awareness besides the role of fathers. In finding this research, a factor which is suspected to also influence self-awareness is the profile of adolescents in West Jakarta which are dominated by adolescents with female sex, where women have higher self-awareness compared to men (Fenigstein et al., 1975).

## Conclusion

Based on research that has been done, it can be concluded that there is an influence of the role of fathers on adolescent self-awareness. The hypothesis in this study was accepted that there is a positive influence between the role of fathers and self-awareness. This means that the higher the role of fathers, it will be followed by higher self-awareness. Vice versa, the lower the role of fathers, it will be followed by low self-awareness as well. In addition, it can be seen from the data obtained, the role of fathers has an influence of 42.4% in shaping adolescent self-awareness.

The findings in this study indicate that more teenagers with low father roles but high self-awareness. In addition, more female adolescents who have high self-awareness. While adolescent males, more who have low self-awareness.

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