

Does the Attachment between a Father and His Child Boost Adolescents' Self-Esteem in Minangkabau?

Rahmadiani Aulia, Irsyad Shabri

Universitas Negeri Padang, Universitas Dharma Andalas
e-mail: rahmadiani@fpk.unp.ac.id, irdhie.disya1986@gmail.com

Submitted: 2024-06-09

Published: 2024-07-09

DOI: 10.24036/rapun.v15i1.129159

Accepted: 2024-06-11

Abstract: Does the Attachment between a Father and His Child Boost Adolescents' Self-Esteem in Minangkabau? Adolescents with low self-esteem often exhibit negative social behavior. Teens with lower self-esteem are believed to be those who do not have a strong bond with or are not linked to their fathers. This study aims to investigate how parenting practices, in particular father-child connection, impact the self-esteem of teenagers in the Minangkabau community. The study involved 166 teens from the ethnic group of Minangkabau. The Self Esteem Scale and the IPPA-R for Children were used to assess the variables, and simple linear regression was used to analyze the data using SPSS 25. The results show that father-child bonding in parenting has a substantial impact on teenagers' self-esteem in Minangkabau.

Keywords: The Attachment Father, Adolescents' self-esteem, Minangkabau

Abstrak: Apakah Kelekatan Ayah dalam Pengasuhan Dapat Meningkatkan Harga Diri Remaja Di Minangkabau? Remaja yang memiliki harga diri yang rendah akan cenderung memunculkan perilaku bermasalah di lingkungan sosialnya. Remaja yang tidak dekat dengan ayahnya, hingga tidak memiliki kelekatan yang aman dengan ayahnya diasumsikan akan memiliki harga diri yang rendah. Tujuan dari penelitian ini untuk melihat pengaruh kelekatan ayah dalam pengasuhan terhadap harga diri remaja di Minangkabau. Subjek penelitian ini berjumlah 166 orang remaja yang bersuku Minangkabau. Variabel penelitian diukur dengan menggunakan skala IPPA-R for children dan *Self Esteem Scale*, dengan Teknik analisis uji regresi linear sederhana menggunakan SPSS 25. Hasil penelitian menunjukkan bahwa kelekatan ayah dalam pengasuhan sangat berpengaruh terhadap harga diri remaja khususnya di Minangkabau.

Kata kunci : Kelekatan Ayah dalam pengasuhan, harga diri remaja, Minangkabau

INTRODUCTION

Problematic behavior among teenagers is a significant concern, particularly in Padang City. These issues can include gang fights, illegal racing, bullying, drug abuse, promiscuity, and more. According to the Padang City Education and Culture Office, 88 teenagers were involved in gang fights in Padang City (Nasution, 2023). In 2022, there was an increase in such incidents, with 32 cases reported (Rahmat, 2023). Additionally, there are cases of cohabitation in lodgings and boarding houses in Padang City (Fachri & Azizah, 2023), involving teenage couples. The emergence of these cases indicates low self-esteem among teenagers, leading to negative emotions and problematic behavior. This low self-esteem is suspected to be a result of parental roles in upbringing. Children who are not close to their parents are more likely to exhibit problematic behavior (Arslan, 2016).

Typically, parenting is associated primarily with mothers, as society often expects mothers to play a dominant role in child-rearing, while fathers are seen mainly as breadwinners and disciplinarians (Conrade & Ho, 2001). However, fathers also play a crucial role in parenting, as their presence is a key factor in forming attachment and influencing children's behavior from an early age, including

problematic behavior (Ramchandani et al., 2013; Aulia & Shabri, 2018). Moreover, children who lack a strong attachment to their parents are at higher risk of depression, antisocial behavior, and other behavioral issues (Trautmann-Villalba et al., 2006).

One factor influencing father-child attachment in parenting is culture (Sanderson & Thompson, 2002). A father's behavior reflects the cultural norms he adheres to, such as in the Minangkabau culture, which predominates in West Sumatra Province (Ariani, 2015). The Minangkabau follow a matrilineal kinship system, which is based on maternal lineage (Sukmawati, 2019). Although kinship is through the mother, the father still holds a significant position in the family. The proverb "adat dipangku kamanakan dibimbing" means that fathers should educate and raise their children and guide their nieces and nephews (Prayitno, 2015). Fathers must be present in the parenting and development of their children. If Minangkabau fathers fulfill their roles and responsibilities as per this proverb, they will be aware of their children's actions and behavior, ensuring proper attention and education.

The problematic behavior among teenagers in Padang City may be attributed

to the weak role of fathers in raising and nurturing their children, as national surveys indicate that father involvement in parenting remains very low (Pranawati, 2015). Previous research has shown that father attachment is moderate among teenagers in Minangkabau (Aulia et al., 2024). This suggests that Minangkabau fathers have low attachment to their teenage children, contributing to problematic behavior. Problematic behavior arises from low self-esteem among teenagers.

Self-esteem refers to an individual's overall positive evaluation of themselves, with high self-esteem comprising individuals who value themselves and see themselves as worthy (Rosenberg, 1965). Individuals with low self-esteem tend to experience negative emotions, leading to problematic behavior (Arslan, 2016). Teenagers lacking a strong foundation for socialization may become quickly angered and aggressive, partly due to insecure attachment with their parents, particularly their fathers (Boyd & Bee, 2010).

John Bowlby, an English psychologist, introduced the concept of attachment as a specific human behavior characterized by the tendency and desire to seek closeness with others and satisfaction in relationships with them (Soetjningsih, 2012). The effects of attachment impact not

only childhood or adolescence but also extend into adulthood. Insecure attachment, when combined with independence, can lead to excessive focus on personal interests, while attachment combined with dependence can result in isolation filled with anxiety (Monks et al., 2014). As teenagers learn to develop relationships outside their family, they also cultivate their independence. This independence helps teenagers understand their connection within the family through communication with their parents and parental guidance in their development (Beyers et al., 2003).

Some researchers have studied general parental attachment, such as Merlita (2022), who demonstrated that parental attachment contributes to delinquent behavior among teenagers at SMPN X Padang City (Merlita et al., n.d.). Research in Pekanbaru found that attachment to both mothers and fathers contributes 5.3% to the development of teenagers' social competencies (Purnama & Wahyuni, 2017). Additionally, Marchelyna found that parenting patterns of military fathers affect adolescent attachment (Annunciata & Marchelyna, 2017).

The family background of teenagers influences their likelihood of engaging in delinquency (Gunarsa, 2004). Families with poor closeness among members and

dysfunctional relationships often see increased delinquent behavior (Wahyuni, 2018). Teenagers with secure attachment to their parents tend to have higher self-esteem and reduced social anxiety in their interactions (Salma, 2019). Specifically, research shows that positive parental attachment can reduce delinquent behavior among students in Padang City due to the significant influence of parental attachment on child development (Merlita et al., 2022), particularly father-child attachment.

The Quran contains verses of dialogue between parents and their children, with many of these dialogues being between fathers and their children. This indicates the Quran's guidance on the significant role of fathers in child-rearing (Aulia, 2017). This finding should serve as a basis for fathers in Minangkabau. The Minangkabau culture has the philosophy "Adat Basandi Syara', Syara' Basandi Kitabullah," which establishes Islam as the primary foundation and the Quran as a guideline for living (Anggun, 2016). Therefore, this research examines the impact of father attachment on improving teenage self-esteem in Minangkabau, as there has been no specific research on this topic in the Minangkabau region.

METHODS

Research Design

This study employs a quantitative method to examine the relationships between variables. Problematic behavior in teenagers is assumed to be due to low self-esteem (Arslan, 2016). Low self-esteem is presumed to result from low father attachment (Salma, 2019). Therefore, to assess the impact of father attachment on teenage self-esteem, quantitative data will be collected from research subjects using purposive sampling.

The subjects of this study are 1) late adolescents aged 17-21 years, 2) of Minangkabau ethnicity, and 3) with Minangkabau ethnic fathers. The study involves 166 teenage participants. Data will be collected online via Google Forms using two psychological scales: the IPPA-R for children, consisting of 28 items (Gullone & Robinson, 2005), and the Rosenberg Self-Esteem Scale with 10 items (Rosenberg, 1965). The collected data will be analyzed using simple linear regression techniques with JASP software.

RESULTS AND DISCUSSION

Results

For the reliability test, the IPPA-R for children scale yielded a result of 0.948, indicating that this measurement scale is reliable for assessing father-child

attachment. For the self-esteem scale, the reliability test resulted in 0.877, meaning this scale is also reliable for measuring the self-esteem of the study subjects.

The correlation coefficient (R) was 0.987, and the coefficient of determination (R Square) was 0.974. This indicates that 97.4% of the variance in teenagers' self-esteem can be explained by father attachment in parenting. The regression analysis showed that for each 1% increase in father attachment, teenagers' self-esteem increases by 0.116. The positive regression coefficient indicates a positive effect of father attachment on self-esteem.

The significance value was 0.000, which is less than 0.05, confirming that father attachment significantly affects teenagers' self-esteem. Additionally, the t-value of 78.605 is greater than the critical value, further supporting that father attachment in parenting influences teenagers' self-esteem.

Discussion

The results from the simple linear regression test indicate that father attachment in parenting has a significant impact on teenagers' self-esteem. Father attachment plays a crucial role in a child's development. This finding aligns with Dalifa's (2021) research, which demonstrates that parental attachment

correlates with self-esteem among students in West Sumatra, suggesting that children who are close to their parents tend to have higher self-esteem (Dalifa, 2021). High self-esteem in children helps protect them from engaging in problematic behaviors that lead to delinquency. Conversely, children with low self-esteem are more susceptible to anxiety, depression, stress, and even suicidal thoughts (Nguyen et al., 2019).

In parenting, "father attachment" refers to a strong emotional bond between father and child, characterized by the father's presence, attention, and active involvement in the child's daily life. This includes providing emotional support, spending time, communicating effectively, and participating in the child's activities. Self-esteem relates to an individual's self-assessment of their worth. Teenagers with high self-esteem tend to excel and avoid problematic behaviors such as drug use, violence, and delinquency.

Fathers who maintain close relationships with their children foster open and honest communication, which helps children understand themselves better and build greater self-confidence. Research by Maya shows that a father's involvement positively impacts the self-esteem of teenage girls, indicating that a teenager's self-esteem is significantly influenced by

the father-daughter attachment (Maya et al., 2018).

The study also reveals that father attachment significantly contributes to improving teenagers' self-esteem. Fathers are encouraged to build positive relationships with their children, particularly in Minangkabau culture.

Minangkabau culture, with its strong religious values reflected in the philosophy "Adat Basandi Syara', Syara' Basandi Kitabullah," influences the secure attachment between fathers and their teenage children. This philosophy underscores that Islamic principles, including child-rearing, are crucial. For instance, even though a child might receive more attention from their maternal uncle, the father's role as a guardian in the daughter's marriage cannot be replaced by the maternal uncle.

The philosophy "Adat Basandi Syara', Syara' Basandi Kitabullah" shows that the Minangkabau community uses the Quran as a guide for life, including child-rearing. The Quran contains numerous dialogues between fathers and children compared to dialogues between mothers and children (Aulia & Shabri, 2018). This suggests that the Quran emphasizes the importance of effective communication between fathers and their children. Thus,

fathers are expected to maintain secure attachment and be fully involved in their children's upbringing. The study concludes that Minangkabau fathers are capable of fostering secure attachment with their children, leading to high self-esteem among their children, particularly teenagers. This reflects the role of Minangkabau fathers not only as providers but also as active participants in child-rearing (Aulia et al., 2024).

CONCLUSION AND SUGGESTION

Conclusion

Based on the results of the simple linear regression test, it can be concluded that father attachment in parenting has a significant impact on teenagers' self-esteem in Minangkabau.

Suggestion

Based on the study's conclusions, the following recommendations are made:

1. To parents, especially fathers, to enhance their attachment to their teenage children, build good communication, and foster higher trust with their children.
2. For future researchers, to expand this study by incorporating additional variables to better understand the effects between variables.

REFERENCES

- Anggun, T. G. (2016, November 25). *Falsafah Budaya Minang Adat Basandi Sarak, Sarak Basandi Kitabullah*. Sumbarprov.Go.Id.
- Annunciata, M., & Marchelyna, A. (2017). *Pengaruh Pola Asuh Pada Attachment Remaja Dengan Ayah Berprofesi Militer*.
- Ariani, I. (2015). *Nilai Filosofis Budaya Matrilineal Di Minangkabau (Relevansinya Bagi Pengembangan Hak-Hak Perempuan Di Indonesia)*.
- Arslan, G. (2016). Psychological maltreatment, emotional and behavioral problems in adolescents: The mediating role of resilience and self-esteem. *Child Abuse & Neglect*, 52, 200–209.
- Aulia, R. (2017). *Peran Ayah Dalam Pengasuhan: Tinjauan Kisah Nabi Ibrahim Dan Nabi Ismail Dalam Al-Qur'an*.
- Aulia, R., Rahayu, W. F., Susanti, R. E., Shabri, I., & Dalimunthe, H. L. (2024). Describing Father's Parenting Attachment in Minangkabau Culture from an Adolescent's Perspective. *Proceedings of the 2nd International Conference on Psychology and Health Issues, ICoPHI 2023*.
- Aulia, R., & Shabri, I. (2018). Peran Ayah Dalam Mendidik Anak Berdasarkan Alquran (Tinjauan Tentang Cara Para Nabi-Nabi dalam Mendidik Anak). *Majalah Ilmu Pengetahuan Dan Pemikiran Keagamaan Tajdid*, 21, 55–69.
- Beyers, W., Goossens, L., Vansant, I., & Moors, E. (2003). A Structural Model of Autonomy in Middle and Late Adolescence: Connectedness, Separation, Detachment, and Agency. *Journal of Youth and Adolescence*, 32(5), 351–365. <https://doi.org/10.1023/A:1024922031510>
- Boyd, D., & Bee, H. (2010). *The Growing Child*. Pearson.
- Conrade, G., & Ho, R. (2001). Differential parenting styles for fathers and mothers: Differential treatment for sons and daughters. *Australian Journal of Psychology*, 53(1), 29–35. <https://doi.org/10.1080/00049530108255119>
- Dalifa, P. A. (2021). Hubungan Antara Parent Attachment dengan Self Esteem pada Mahasiswa di Sumatera Barat. *Jurnal Pendidikan Tambusai*, 5(2), 3621–3626.
- Fachri, F., & Azizah, N. (2023, February 7). *Satpol PP Amankan Belasan Remaja Kumpul Kebo di Penginapan dan Indekos Kota Padang*. Republika.
- Gullone, E., & Robinson, K. (2005). The Inventory of Parent and Peer Attachment - Revised (IPPA-R) for children: A psychometric evaluation investigation. *Clinical Psychology and Psychotherapy*, 12, 67–79.
- Gunarsa, S. D. (2004). *Dari Anak Sampai Usia Lanjut: Bunga Rampai Psikologi Anak*. BPK Gunung Mulia.
- Maya, Septiani, D., & Thahroni. (2018). Hubungan Keterlibatan Ayah dengan Harga Diri Remaja Wanita. *Psychopolytan (Jurnal Psikologi)*, 1.
- Merlita, N., Pratama Jurusan Psikologi, M., Psikologi dan Kesehatan, F., Kunci, K., Kenakalan Remaja, P., & Orang Tua, K. (n.d.). *NUSANTARA: Jurnal Ilmu Pengetahuan Sosial Kontribusi Kelekatan Orang Tua Terhadap Perilaku Kenakalan Remaja Di Smpn X Kota Padang* 1. <https://doi.org/10.31604/jips.v9i9.2022.2545-2550>
- Merlita, N., Pratama Jurusan Psikologi, M., Psikologi dan Kesehatan, F., Kunci, K., Kenakalan Remaja, P., & Orang Tua, K. (2022). *NUSANTARA: Jurnal Ilmu Pengetahuan Sosial Kontribusi Kelekatan Orang Tua Terhadap*

- Perilaku Kenakalan Remaja Di Smpn X Kota Padang 1*.
<https://doi.org/10.31604/jips.v9i9.2022.2545-2550>
- Monks, F., Knoers, A. M. P., & Hadinoto, S. (2014). *Psikologi Perkembangan: Pengantar Dalam Berbagai Bagiannya*. Gadjah Mada University Press.
- Nasution, M. S. (2023, June 24). *Ini penyebab maraknya kenakalan remaja di Padang*. Antara Kantor Berita Indonesia.
- Nguyen, D. T., Wright, E. P., Dedding, C., Pham, T. T., & Bunders, J. (2019). Harga Diri Rendah dan Kaitannya dengan Kecemasan, Depresi, dan Ide Bunuh Diri pada Siswa Sekolah Menengah di Vietnam: Studi Cross-Sectional. *Frontiers in Psychiatry*.
- Pranawati, R. (2015). *Kualitas Pengasuhan Anak Indonesia: Survei Nasional Dan Telaah Kebijakan Pemenuhan Hak Pengasuhan Anak di Indonesia*.
- Prayitno, I. (2015). *ip dan anaknya menerapkan filosofi anak dipangku kemenakan dibimbing*. [Http://Irwan-Prayitno.Com/2015/08/Ip-Dan-Anaknya-Menerapkan-Filofosi-Anak-Dipangku-Kemenakan-Dibimbing/](http://Irwan-Prayitno.Com/2015/08/Ip-Dan-Anaknya-Menerapkan-Filofosi-Anak-Dipangku-Kemenakan-Dibimbing/).
- Purnama, R. A., & Wahyuni, S. (2017). Kelekatan (Attachment) pada Ibu dan Ayah Dengan Kompetensi Sosial pada Remaja Attachment to Mothers and Fathers and Social Competence on Adolescents. In *Jurnal Psikologi* (Vol. 13, Issue 1).
- Rahmat. (2023, January 1). *Angka Kasus Tawuran di Padang Sepanjang 2022 Alami Peningkatan*. Infosumbar.
- Ramchandani, P. G., Domoney, J., Sethna, V., Psychogiou, L., Vlachos, H., & Murray, L. (2013). Do early father-infant interactions predict the onset of externalising behaviours in young children? Findings from a longitudinal cohort study. *Journal of Child Psychology and Psychiatry and Allied Disciplines*, 54(1), 56–64. <https://doi.org/10.1111/j.1469-7610.2012.02583.x>
- Rosenberg, M. (1965). *Society and the adolescent self- image*. Princeton University Press.
- Salma, N. (2019). *Hubungan Antara Kelekatan Orangtua dan Kecemasan Sosial Pada Remaja*.
- Sanderson, S., & Thompson, V. L. S. (2002). Factors Associated With Perceived Paternal Involvement in Childrearing. In *Sex Roles* (Vol. 46).
- Soetjiningsih, C. H. (2012). *Perkembangan Anak: Sejak Pembuahan Sampai Dengan Kanak-kanak Akhir*. Prenada Media Group.
- Sukmawati, E. (2019). Filosofi Sistem Kekerabatan Matrilineal Sebagai Perlindungan Sosial Keluarga Pada Masyarakat Minangkabau. *Empati: Jurnal Ilmu Kesejahteraan Sosial*, 8(1), 12–26. <https://doi.org/10.15408/empati.v8i1.16403>
- Trautmann-Villalba, P., Gschwendt, M., Schmidt, M. H., & Laucht, M. (2006). Father-infant interaction patterns as precursors of children's later externalizing behavior problems: A longitudinal study over 11 years. *European Archives of Psychiatry and Clinical Neuroscience*, 256(6), 344–349. <https://doi.org/10.1007/s00406-006-0642-x>
- Wahyuni, D. (2018). *Urgensi Kelekatan Orangtua-Remaja Dalam Mencegah Perilaku Menyimpang Pada Remaja* (Vol. 26).