



Involvement of Fathers in Parenting for Toddlers

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Abstract. The involvement of fathers in parenting children under five influences social development, tactics, discipline, affection, care, and responsibility. The purpose of this research is to find out how much involvement of fathers is in the care of children under five. The research was conducted using qualitative research with a case study approach involving two fathers. Data were collected through observation and interviews, then analyzed thematically. The results of this study indicate that the involvement of fathers in the care of children aged under five, that the development of (1) social; looking after children and inviting children to play together and communicate interactively, (2) didactic; accompany the playing process and help learn two-way communication, (3) discipline; help children not to do dangerous things by reminding them and giving examples of good behavior and actions, (4) affection; help voice the child's wishes and opinions, as well as provide an understanding of good and bad, (5) caring; playing at home and easy to contact when the child is sick at work and (6) the responsibility to help by directing and providing examples of good behavior and actions.

Keywords: Involvement of fathers in parenting · Toddlers

1 Introduction

Parenting is an issue that is very close to life. Broadly speaking, good parenting is when parents can provide for their children's needs and provide appropriate control and responsibility. Poor parenting is interactive parenting that supports, loves, does not neglect, or otherwise gives too much control to children so that children find it difficult to develop in a conducive environment (Taraban & Shaw, 2018). Parenting in children starts from the time the child is still in the womb, until adulthood. Parenting by the father and parenting by the mother means that both parents have a very important role to help the development of the child. And real parenting can start from the age of toddlers when children will begin to learn many things in the world with their parents.

Toddler or what is often called early childhood is a developmental period that starts from the end of infancy until the age of about 5 or 6 years. At this time children learn to be more independent, develop school skills and take time to play with peers (Santrock, 2011). Early childhood is also known as the golden age where in its developmental range, children experience very fast growth and development, and this stage is an ideal period

for learning various skills (Hurlock, 2012). Time to learn about new things around him and his environment.

In practice, parenting is closely related to the mother figure, where the demands of society often see that a mother is expected to have a more dominant role in raising children, while fathers have demands to find resources and become disciplinarian (McKinney & Renk, 2008). The role of father involvement is needed for self-development, in its phase, it certainly has a very important role.

Parenting carried out by parents is often considered to focus on the role of the mother as the main character in child care. Fathers in educating children also have a very large role. However, a phenomenon that is often found in the environment is that most fathers do not want to know about child care and development, including their children's education. Thousands of fathers were unable to build intimacy with their children. Many fathers assume that household affairs are only an easy task and that their duty as a father is to earn a living for their family (Siahaan, 1991).

Father's involvement in parenting will have an impact on the different developmental processes of children. In particular, Ramchandani et al (2013) said that the involvement of fathers in child care will have an impact on children's behavior from an early age, including the development of problematic behavior in children due to the loss of a father figure compared to a mother figure. Trautman-Villaba et al. (2006) also said that when fathers are not involved in child care, children will be at greater risk for depression, anti-social behavior, and several other child behavior disorders. In a research study, it was found the impact of a father's involvement on children, from having problems with anxiety disorders and depression to being a psychiatric patient in a hospital, being involved with early sexual activity, drug abuse, mood disorders, and being involved in serious delinquency or criminal acts. Fergusson et al., (1944). Increasing father involvement in parenting is important to target and improve the quality of paternal parenting strategies and disciplinary procedures. Improve the skills of fathers in their parenting to be effective.

1.1 Toddler Age

Children under five are children who have reached the age of one year or more, which is popular with the understanding of the age of children under five years. According to Sediaotomo (2010), a toddler is a general term for children aged 1–3 years (toddlers) and preschool children (3–5 years). At the age of toddlers, children are still fully dependent on their parents to carry out important activities, such as bathing, defecating, and eating. The development of speech and walking has improved, but other abilities are still limited. Infancy is an important period in the process of human growth and development. The development and growth of that period are determinants of the success of children's growth and development in the next period. The period of growth and development at this age is a period that takes place quickly and will never be repeated because it is often called the golden age.

The Ministry of Health of the Republic of Indonesia (2011) explains that toddlers are an age where children experience rapid growth and development. The process of growth and development of each individual is different, it can be fast or slow depending on several factors, namely nutrition, environment, and socio-economic family.

1.2 Father's Involvement in Parenting

Parenting is a behavior that is warm, sensitive, full of acceptance, reciprocity, understanding, and an appropriate response to the needs of children (Garbarino and Benn, 1992). The concept of "father involvement" has positive interactions with children and pays attention to development, understanding, and acceptance. A father's involvement in parenting involves the ability to understand the condition of the child's needs, and the ability to choose the most appropriate response, both emotionally, effectively, and instrumentally (Allen & Daly, 2007).

Taraban (2018) revealed that several factors cause parents in this case to be involved in raising children. These factors include the personal characteristics of the father: the personal characteristics of the father will be related to the personality of the father, the mental health condition of the father, and the past of the father. For example, if a father grows up in a traditional family (parenting is done by a mother and the father earns a living), then the individual will tend to be a person who does what he learned in his original family. Characteristics of children: characteristics of children will have an impact on the stress response of parents. For example, if a father has a child who is very temperamental, then the father will experience the risk of stress in parenting and have an impact on the desire to be involved in parenting. Social Support: Social support that is important so that a father wants to be involved in parenting is the support of his wife. Marriage relations are an important point for fathers to be involved in child care. When the marital relationship is good, it is hoped that the wife will provide support for the husband to be involved in child care, so that the father is willing to be involved in child care. Involvement in parenting also involves physical and cognitive elements. A father who is involved will make physical contact with his child either in the form of touch or in games (Andayani & Koentjoro, 2004). Hawkins & Palkovits (1999) emphasize the importance of involvement manifestations that include affective, psychological, cognitive, economic, ethical, and spiritual aspects.

Benetti & Roopnarine (2006) developed the theory of Lamb, et al. (parental engagement, parental availability, and parental responsibility by designing a measuring tool called the Parental Involvement Index, consisting of aspects: 1) Social engagement (teaching children to interact with others) and help train children's memory), 2) Didactic engagement (help improve children's cognition, teach school assignments, help learn communication, and help concentration), 3) Engagement in discipline (responsible for disciplining children and helping children to be able to good learning management), 4) Engagement in affection (teaching children skills to support the learning process and help express ideas), 5) Parental caring (easy to contact when working and being near children at home), and 6) Parental responsibility (come to meetings at school, make/arrange schedules at school).

Based on several research results, Lamb (2010) summarizes the impact of parenting on children's development, namely:

Development of Gender Roles: In children aged 2 years, fathers are more attractive in interacting, especially with sons than daughters. In response, boys develop a predisposition to gender identification in the father. Fathers who have 2-year-old children are ready and believe that fathers must provide role models for their sons. Gender identity must

occur in the third year of life because exceeding this time will lead to greater difficulties and more socioemotional problems than if it occurred before. Modeling theory predicts that the degree of identification depends on the fathers nurturance. Fathers who are warm, nurturing, and involved in parenting, have masculine sons and feminine daughters.

Moral Development: Fathers have a positive view of parenting, having sons who identify with their fathers and exhibit internalized morality. Other research shows that nurturing fathers and fathers who are actively involved in parenting foster altruism and generosity. Several studies have shown that naughty boys often come from families whose fathers are antisocial, unsympathetic, and hostile.

First, Achievement motivation and intellectual development: there is a relationship between the warmth of the father-son relationship and academic performance. A harmonious father-daughter relationship will be able to arouse children's motivation to excel. *Second*, social competence and psychological adjustment: adults who are very well adjusted, when childhood have a warm relationship with their parents in the context of a happy marriage relationship.

2 Methods

This research uses a qualitative method with a case study approach. Collecting data by conducting observations and interviews. By involving 2 subjects' fathers. And analyzed thematically.

The data analysis technique uses a coding technique that consists of 3 stages, first open coding to establish transcripts, second axial coding to categorize the phenomena that are revealed and relate them to each other, third selective coding to select the basic categories, systematically linking the categories and validating the relationship. As for the analysis that must be carried out by researchers to process qualitative data with a case study approach, it requires the following steps: 1. Creating and compiling the data that has been obtained, 2. Carefully read all the data that has been compiled, 3. Describing the data obtained based on the context, 4. Categorizing the data and forming patterns based on the themes obtained, 5. Interpreting the categories that have been compiled, and 6. Presenting case descriptions obtained through tables and narratives.

Validation of data validation techniques applied in this study is 1. Triangulation, 2. Clarification of bias with self-reflection, and 3. The role of external auditors.

3 Result

The results showed that father involvement in parenting can be done using 5 approaches: 1) Social engagement (teaching children to interact with others and helping train children's memory), 2) Didactic engagement (helping to improve children's cognition, teaching school assignments, helps learn communication, and helps to concentrate), 3) Engagement in a discipline (responsible for disciplining children and helping children to be able to manage their studies well), 4) Engagement in affection (teaching children skills to support the learning process and help express ideas), 5) Parental caring (easy

to contact when working and being near children at home) and 6) Parental responsibility (coming to meetings at school, making/arranging schedules at school) (Benetti & Roopnarine, 2006). Examples of some of the subject's responses through interviews conducted are as follows:

Subject 1:

"In social development activities, what I usually do is to invite him to know the names of his father and mother, recognize the names of animals, recognize serial names that are commonly seen as up in pain"

"In the ditactic development activities I usually do, I focus on playing, not looking at other people and walking, focusing not seeing left and right"

"In the discipline development activities I usually do after traveling, I put my shoes in their place, put my jacket in its place, or vice versa when I want to go get a sandal/shoe jacket"

"In the affective development activities, I usually do by determining what he wants or solving problems independently"

"In caring development activities, I am easy to contact when the child is sick or the child needs to eat. My closeness When I'm at home when needed. When a child plays with his mother, I'm mostly outside, but when needed to accompany me, I will accompany him to play. Yes, sometimes while playing with cellphones while accompanying children"

"In development activities, my responsibility is to follow the child's wishes, for example, if the child wants to go for a walk, I will follow it, if the child wants to buy snacks, I will buy them. Every day he takes the child to daycare with his mother."

From the exposure of subject 1, the father's involvement in parenting has been built by having closeness in social activities, tactics, discipline, affection, care, and responsibility. But the task of a father is not only to replace the mother but an obligation. Having involvement in parenting will help mothers in other activities, and can change the paradigm of the function of fathers only earning a living, but has shifted to the task of fathers making a living and caring for children, starting in terms of education, care, affection, and assistance while playing, bathing and eating.

Subject 2:

"In social development activities, I usually take my children out of the house to meet and play with neighbors by greeting passers-by or calling small children"

"In ditactic development activities, I usually help to get to know friends or people who have recently passed. When outside, I also can't interact with children, I usually chat with neighbors while smoking, asking to say hello to just a kid who is his own toy"

"In disciplinary development activities I usually only order or advise whether it is permissible or not"

"Ineffective development activities I usually only ask what I want, and even then when the child cries or is angry or doesn't do what he wants, I rarely help the process of playing or studying at home, I am not a patient person and likes to get angry when it is not following what I want or want. I mean, and usually, when asked to accompany me, I only monitor while playing on my cell phone or smoking, rarely being involved in talking to my children, or playing together. I ask to play alone, the important thing is that I've been waiting for it."

“In caring development activities, I’m usually easy to contact when I’m sick or whatever, but yes, I only deliver, I never get involved, for example, when I’m sick, I’m taken to the doctor. I just wait, I don’t come in. Medicine is enough for me”

“In the development of responsible activities, I usually agree with what my wife says, I work, and my wife works, my children and my neighbors. My wife takes me and never takes my child to my neighbor’s place.”

From the explanation of subject 2, the father is the breadwinner, and the care for the children is more on the mother. The function of the father who is supposed to take care of everything, starting from inviting play with interactive communication, caring with love, and accompanying him by not being left to play alone, the involvement of the father in parenting is not yet clear and does not describe the father’s duties that must be done.

4 Discussion

Several studies have shown that father involvement also has positive outcomes for families. In an extensive review of the literature on father involvement, Pleck (1997) concluded that father involvement is significant, despite short-term stress (e.g., learning and practicing parenting techniques, having a family role), which has a positive effect on long-term career outcomes and family satisfaction and positive effects on children’s behavior and development. Meanwhile, according to Trautman-Villaba et al. (2006) when fathers are not involved in child care, then children will be at greater risk for depression, antisocial behavior, and several other child behavior disorders.

The involvement of fathers in parenting needs to be considered and practiced directly so that fathers have an optimal role in caring for children. A role that must be developed and carried out by a father by providing optimal care by giving him full affection, paying attention by asking how he is every day what are the problems or difficulties outside when there is no father and mother, and how to find solutions to problems together and discuss with the aim that the cognitive abilities of children can develop. From a social point of view, the child can socialize with other people, can know his mother and father well, and knows who his grandparents and other relatives are. In terms of tactics, children can help children communicate well, and be able to concentrate while studying and playing. In terms of discipline, children can manage time to sleep, eat, and play. In terms of affection, children are capable and skilled when they find new things or when they come up with new ideas and/or new games seriously and are curious about new things. In terms of caring, children can express sadness or anger according to their portion, and tell their father and mother, on the other hand, father and mother can be good listeners and provide good solutions for their children. In terms of responsibility, children must be able to be responsible for choices and what parents want, must be firm by providing an understanding of the functions and uses of what has been a choice, then children will learn to respect choices and be responsible for the choices they choose.

The involvement of fathers in parenting can start from the child is still in the womb to adulthood. The toddler period is a period of introduction to parents and roles where children will learn many things. Several studies say that babies who have received care from a father figure will show increased cognitive abilities at the age of 6 months, until the

following year, including problem-solving. In the long term, children who are involved with their fathers have good academic achievements, career success, and achievement of higher education and psychological well-being (Flouri, 2005). Father's involvement in parenting is positively correlated with children's life satisfaction (flour, 2005). Direct participation by fathers in child care affects the professional development of children aged three years (Kato, 2002). The involvement of fathers in parenting can help children in improving social skills, tactics, discipline, affection, care, and responsibility.

As a father, it is necessary to note that involvement in parenting is important, parenting is not only the duty of the mother but also the duty of both fathers and mothers. Parenting means educating children, educating which has the meaning of the process of providing understanding, understanding, affection, and support and its form with interactive communication and behavior that can be used as examples or good examples for children.

Improving the skills of being a good father will avoid forms of physical violence and make fathers think about good ways or strategies in parenting. Being a good father can make children healthy physically and spiritually.

5 Conclusion

Based on the results of the research and discussion that have been explained, it can be concluded that in social; take care of children and invite children to play and be able to communicate interactively, didactic; accompany the playing process and help learn two-way communication, discipline; help children not to do dangerous things by reminding them by setting a good example for children, affection; help voice the child's wishes and opinions as well as provide an understanding of the good and bad choices or actions to be taken, care; play at home and easy to contact when the child is sick at work and responsibility activities help by directing them.

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