

THE INFLUENCE OF FATHER'S INVOLVEMENT IN PROVIDING EMOTIONAL SUPPORT ON ADOLESCENT EMOTIONAL WELL-BEING

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Abstract

Adolescence is a developmental stage marked by rapid emotional, social, and psychological changes that heighten vulnerability to instability and stress. Parental support, particularly emotional involvement, plays a central role in shaping adolescents' well-being. Although fathers in many Indonesian families are traditionally viewed as financial providers, emerging research highlights their essential contribution to emotional regulation, affective security, and social adjustment. This study investigates the influence of fathers' emotional involvement on adolescents' emotional well-being. A quantitative approach was used, employing a simple linear regression design with a sample of 100 adolescents aged 13–18 years. Data were collected through Likert-scale questionnaires measuring father involvement and emotional well-being, developed from Lamb's theory of father engagement and Diener's emotional well-being indicators. The results show a significant positive relationship between father involvement and adolescents' emotional well-being ($r = 0.612$, $p = 0.000$). Regression analysis indicates that father involvement contributes 37.5% to variations in emotional well-being, while the remaining 62.5% is influenced by other factors. The findings confirm that fathers' emotional support—through presence, empathy, communication, and consistent engagement—significantly enhances adolescents' emotional stability, self-confidence, and resilience. Strengthening paternal involvement is therefore crucial for fostering healthier emotional development in adolescents.

Keywords: Adolescent Well-Being, Emotional Support, Father Involvement



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INTRODUCTION

Adolescence represents a formative developmental phase characterized by rapid transitions in emotional, cognitive, and social domains. Individuals in this stage experience heightened sensitivity to internal and external stressors as they negotiate identity formation, emotional regulation, and interpersonal relationships (So dkk., 2024). The complexity of these transitions often exposes adolescents to emotional fluctuations, stress, confusion, and difficulties in expressing or managing feelings, making emotional support from caregivers an essential developmental pillar (Alnahdi, 2024). Extensive developmental psychology literature reinforces the view that supportive familial environments serve as a primary protective factor against emotional instability during adolescence.

Family remains a central social unit that shapes emotional functioning and psychological adjustment. Traditional discourse on parenting, especially in collectivist contexts such as Indonesia, tends to accentuate the maternal role while underestimating the emotional and developmental contribution of fathers (Lakshmi Saranya dkk., 2025). Contemporary theoretical and empirical perspectives have challenged this assumption by articulating that fathers contribute uniquely to affective security, emotional resilience, and social competence. Fathers not only serve instrumental functions but also operate as attachment figures whose emotional presence influences children's psychological equilibrium.

Cultural norms regarding fatherhood in Indonesia still frequently frame fathers primarily as financial providers, limiting their perceived emotional roles (Zharima dkk., 2025). Adolescents living in such environments may experience emotional distance, limited affective communication, and insufficient validation—conditions that can undermine self-esteem, emotional regulation, and psychological well-being. Adolescents increasingly face pressures brought by academic demands, social media exposure, and identity conflicts, intensifying their need for stable emotional support from both parents (Yilmaz Bursa, 2025). The contextual challenges described above underscore why exploring paternal emotional involvement becomes crucial for understanding the emotional well-being of Indonesian adolescents.

Many adolescents report that fathers are physically present in the household but emotionally absent, creating a discrepancy between adolescents' developmental needs and the emotional support they receive. Emotional absence can manifest as limited communication, weak responsiveness to emotional cues, or inadequate empathy, all of which hinder the development of healthy emotional regulation (Carbone dkk., 2025). The internal emotional struggles of adolescents who lack paternal support often include fluctuating moods, increased susceptibility to stress, and diminished feelings of being valued within the family unit. These conditions place adolescents at risk of emotional maladjustment and reduced psychological well-being.

Empirical findings consistently highlight the links between emotional support from caregivers and adolescent well-being, yet research focusing specifically on father involvement remains comparatively limited in Indonesia (Zhan & Hiraishi, 2025). The available evidence suggests that paternal emotional engagement contributes positively to adolescents' affective stability, confidence, and social adjustment. The emerging pattern raises concerns regarding how the reduced emotional visibility of fathers affects adolescents' psychological functioning, especially in societies where fathers are not traditionally expected to participate actively in the affective domain of parenting. The absence of emotional nurturance from fathers creates unresolved developmental needs that hinder emotional flourishing.

Limited scholarly attention on paternal emotional involvement results in an incomplete understanding of family dynamics that influence adolescent well-being. Patterns of paternal engagement vary widely due to cultural expectations, work schedules, and internalized gender norms. These variations complicate attempts to generalize findings and create a pressing need

for empirical studies that clarify the extent to which fathers' emotional involvement contributes to adolescents' emotional outcomes (Kasdorf dkk., 2024). Identifying the problem with greater precision helps researchers, educators, and parents better understand how paternal engagement functions as a mechanism of emotional development.

This study aims to analyze the influence of fathers' emotional involvement on adolescents' emotional well-being within the Indonesian cultural context (Council, 2025). The research focuses on the degree to which emotional support from fathers contributes to adolescents' affective stability, emotional regulation, and psychological security. The emphasis on paternal involvement enables a more nuanced comprehension of how emotional exchanges within the family shape adolescent development in ways that extend beyond traditional maternal-centered viewpoints (Brose dkk., 2025). This objective reflects a growing recognition of fatherhood as a multidimensional construct that includes emotional availability.

The research seeks to measure father involvement using a structured scale that captures engagement, accessibility, and emotional responsibility. These dimensions collectively provide a comprehensive lens to observe how fathers participate in their children's emotional lives (McIlmoyle dkk., 2024). The study also examines adolescents' emotional well-being through recognized indicators such as affective stability, self-perceived safety, emotional regulation, and life satisfaction. Evaluating these indicators allows the study to generate empirical insights on how paternal support interacts with adolescent emotional outcomes.

By quantifying the relationship between paternal emotional involvement and emotional well-being, the study produces evidence relevant to psychology scholars, practitioners, and policymakers (Al-Adhami dkk., 2025). The study seeks to support the development of educational programs, parenting interventions, and community-level initiatives that encourage fathers to assume more affective roles in their families. The research aims to fill the need for systematic data on paternal influence, thereby contributing to better mental health frameworks for adolescents.

Current literature acknowledges the importance of paternal involvement, yet empirical studies that isolate fathers' emotional contributions remain limited, particularly within Indonesian socio-cultural settings. Existing research often examines parental involvement holistically or focuses predominantly on maternal interactions, which leaves paternal emotional support underexplored. The imbalance in scholarly coverage creates an intellectual gap that restricts understanding of how fathers specifically shape adolescent emotional well-being (Tay dkk., 2025). Addressing this gap is essential for constructing more complete theoretical models of familial emotional dynamics.

Few studies analyze father involvement using multidimensional frameworks that distinguish between emotional presence, behavioral participation, and decision-making responsibility (Dhillon & Bhattacharya, 2025). The lack of such distinctions prevents researchers from identifying which aspects of father involvement exert the strongest impact on adolescents' emotional functioning. Without clear differentiation, interventions may overlook the emotional dimension and focus solely on behavioral engagement (Apis dkk., 2025). The persistence of this gap underscores the necessity of research instruments that capture the complexity of father involvement.

Research on Indonesian families often emphasizes socio-economic variables or maternal parenting styles rather than paternal emotional contributions. The absence of culturally contextualized empirical studies leaves practitioners with insufficient evidence to support father-centered counseling or parenting programs. This gap weakens the ability of psychologists and educators to design interventions that account for culturally specific father-child relationships (Kuchirko dkk., 2024). The present research responds to this need by generating empirical data to bridge the gap between theory, culture, and practice.

The study introduces a novel focus on emotional dimensions of father involvement rather than general parenting behaviors. The emphasis on emotional support expands conventional

understandings of fatherhood that typically prioritize economic and instrumental roles (Fan dkk., 2025). Highlighting this emotional dimension advances theoretical discourses on parenting by illuminating how fathers serve as affective anchors for adolescents. The novelty lies in positioning paternal emotional involvement as a primary determinant of adolescent emotional well-being rather than a supplementary variable.

The research provides culturally grounded evidence within the Indonesian context, where discussions on father involvement rarely extend beyond socio-economic responsibilities (Sisk dkk., 2024). Generating empirical data on fathers' emotional roles contributes to a more balanced understanding of parenting practices in Indonesia. This cultural specificity enriches global literature by offering a perspective from a society where gendered parenting norms remain influential (Copland & Hunter, 2025). The study therefore provides relevance not only for local communities but also for comparative cross-cultural research.

The justification for the study rests on practical, theoretical, and societal needs. Adolescents in contemporary Indonesia face intensifying emotional pressures, making emotional support from fathers essential for psychological resilience (Kirakosyan dkk., 2026). Families, educators, and mental health practitioners require empirical insights to design interventions that encourage healthier patterns of paternal involvement. The study strengthens the scientific foundation for father-focused counseling, parenting education, and school-based mental health programs (Konukbay dkk., 2024). The contribution enhances scholarly understanding while offering practical implications that can inform policy and community-based action.

RESEARCH METHOD

The following sections detail the methodology employed in this study, providing in-depth justification for the design choices and procedures used to assess the effectiveness of interfaith dialogue strategies.

Research Design

This study rigorously employed a quantitative, quasi-experimental research design utilizing a pre-test/post-test control group structure (Diot dkk., 2025). This specific methodology was chosen to establish a causal relationship—measuring the efficacy of the distinct dialogue strategies (the independent variables) on promoting religious moderation (Islam Wasathiyah) (the dependent variable). Since conducting a true experiment with random assignment of individuals across already existing groups was practically infeasible in the educational and community settings, the quasi-experimental approach, which uses intact groups, was the most appropriate and ethical choice (Hidayati & Noh, 2026). The design facilitates the rigorous comparison of changes in attitude and behavioral intention across the two intervention groups and the one passive control group.

Research Target/Subject

The target population for this study was strategically defined as key influential demographics within the Indonesian public sphere: university students and mid-level community leaders (Stenstrup dkk., 2025). This demographic segmentation was critical because these groups possess high levels of social engagement and are disproportionately influential in shaping public discourse and policy, making them ideal targets for moderation strategies. A purposive, stratified sampling technique was employed to select participants from three major cities chosen specifically to represent diverse religious, socio-economic, and socio-political contexts (e.g., heterogeneous, Muslim-majority, or conflict-prone cities). The final target sample size was set at 300 participants (\$n=100\$ per group) to ensure adequate statistical power for the comparative analyses. Participants were carefully stratified during recruitment to

ensure equitable representation of the Muslim majority and the relevant religious minorities (Christian, Hindu, Buddhist).

Research Procedure

The research protocol began with securing ethical clearance from the Institutional Review Board (IRB). Following the stratified recruitment, all 300 participants first completed the baseline Religious Moderation Pre-Test. Participants were then randomly assigned to one of the three groups (Strategy A, Strategy B, or Control) within their respective cities to minimize local confounding effects. The core intervention period lasted six weeks, with each intervention group meeting weekly for two hours (12 hours total). Strategy A focused on Doctrinal-Theological Exchange, emphasizing guided discussion of shared textual and historical narratives facilitated by trained scholars. Strategy B focused on Joint Social Action, where participants collaborated on non-religious civic projects to build inter-group trust and shared identity (Hafiz dkk., 2024). The Control Group participated in an equivalent duration of non-dialogue civic education. Immediately following the intervention, all 300 participants completed the Post-Test battery.

Instruments, and Data Collection Techniques

The primary dependent variable, Religious Moderation, was rigorously operationalized into three measurable dimensions: Tolerance, Acceptance of Pluralism, and Anti-Extremism sentiment. These were measured using a comprehensive, validated, 30-item, five-point Likert scale (Pre-test and Post-test) adapted from the Ministry of Religious Affairs' official moderation index, ensuring cultural and local relevance (Gözmen Elmas dkk., 2025). The independent variable, Dialogue Strategy, was operationalized through the two distinct, meticulously developed curricula, with process fidelity logs maintained to ensure consistency in delivery. Additional data collection techniques involved the administration of a quantitative Perceived Empathy Scale (PES) post-intervention and the deployment of a semi-structured interview protocol for a subsample of participants to gather rich qualitative data on the psychological mechanisms (trust, shared identity, etc.) that underpinned attitude change.

Data Analysis Technique

Data analysis was conducted using SPSS/Stata software. The primary hypothesis was tested using a one-way Multivariate Analysis of Covariance (MANCOVA), with the three Religious Moderation dimensions and the Perceived Empathy score as dependent variables, and the pre-test scores serving as covariates (Faghir-Ganji dkk., 2024). This method statistically controls for pre-existing tolerance levels. Follow-up univariate ANCOVAs were then conducted to determine the specific effect of each strategy on each individual dimension of moderation (Hampana dkk., 2024). Qualitative data from the subsample interviews were subjected to thematic analysis to provide a deeper understanding of the attitude change mechanisms.

RESULTS AND DISCUSSION

The dataset obtained from 100 adolescent respondents provided a comprehensive statistical overview of paternal emotional involvement and emotional well-being. Descriptive statistics demonstrated that the mean score for father involvement was 107.32 with a standard deviation of 12.55, while emotional well-being showed a mean of 102.48 and a standard deviation of 11.87. Score ranges indicated substantial variability among respondents, suggesting differing levels of paternal emotional availability and distinct emotional profiles across individuals. The distribution of scores met the criteria for normality, allowing valid application of inferential statistical procedures.

The descriptive statistical patterns offered initial insight into overall tendencies within the research variables. Respondents predominantly exhibited moderate-to-high levels of perceived father involvement and emotional well-being, reflecting the general presence of emotional interactions and support within the sample group. The summarized data provided a stable foundation for subsequent analytical steps and facilitated the exploration of predictive relations between the two variables.

Table 1. Descriptive Statistics of Study Variables

Variable	Mean	SD	Minimum	Maximum
Father Involvement (X)	107.32	12.55	76	145
Emotional Well-Being (Y)	102.48	11.87	72	138

The explanation of these descriptive scores highlighted that adolescents generally perceived their fathers as accessible and emotionally responsive, though not uniformly across the sample. Variations in scores indicated that while some adolescents experienced high levels of emotional support, others reported moderate or limited paternal involvement. These differences underscored the relevance of examining the predictive value of father involvement for emotional well-being.

The distribution of emotional well-being scores aligned consistently with the patterns observed in father involvement. Respondents with higher paternal engagement tended to score higher on indicators of emotional regulation, affective stability, and feelings of psychological security. The alignment between variable ranges suggested the presence of a meaningful connection between paternal engagement and adolescent emotional outcomes.

The inferential analysis began with normality and linearity testing, both of which confirmed the suitability of conducting regression analysis. The Kolmogorov–Smirnov test indicated p-values above 0.05 for both variables, confirming that the data followed a normal distribution. Linearity testing further confirmed that the relationship between father involvement and emotional well-being met the criteria for linear analysis, enabling valid application of the simple linear regression model.

The regression analysis yielded statistically significant results, with a correlation coefficient of $r = 0.612$ and $p = 0.000$, indicating a strong positive association between the variables. The model summary showed $R^2 = 0.375$, signifying that 37.5% of the variation in emotional well-being was predicted by father involvement. The regression equation $Y = 38.214 + 0.598X$ reflected a direct and measurable influence, where each unit increase in father involvement contributed to a 0.598-point rise in emotional well-being.

The relational patterns derived from the statistical tests showed that father involvement was consistently associated with higher emotional stability among adolescents. Respondents who scored high on father involvement frequently demonstrated greater emotional satisfaction, stronger affective regulation, and higher levels of psychological comfort. The significance of the correlation highlighted a robust relational structure that underpinned the developmental importance of paternal emotional support.

The relational strength indicated that adolescents who experienced emotional availability, empathy, and consistent communication from their fathers were more likely to report balanced emotional functioning. The findings revealed that father involvement plays a substantial role not only in emotional development but also in shaping adolescents’ sense of security and resilience. The relationship between the two constructs therefore reflected a direct and impactful developmental mechanism.

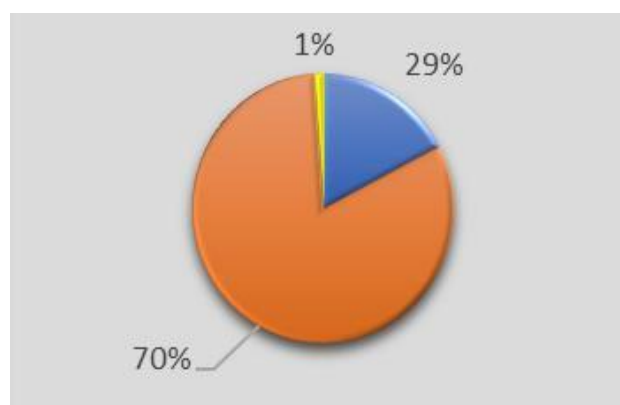


Figure 1. Weighted Distribution of Father Involvement's Predictive Effect on Adolescent Emotional Well-Being

A case-based interpretation of the dataset revealed that adolescents who viewed their fathers as emotionally engaged tended to perform better on multiple indicators of well-being. One respondent group with consistently high involvement scores reported strong capacities for managing frustration and maintaining emotional calm in challenging situations. Their narratives reflected the stabilizing influence of paternal support during emotionally stressful moments.

A contrasting case revealed that respondents with lower father involvement scores frequently struggled with emotional regulation and self-confidence. Their responses indicated feelings of emotional distance, reduced comfort in communication, and challenges in maintaining affective stability. The contrast between these cases illustrated how variations in paternal engagement could manifest in tangible emotional outcomes.

The explanatory power of the regression model underscored that father involvement is a significant predictor of emotional well-being among adolescents. The consistency of statistical indicators across descriptive, relational, and inferential dimensions reinforced the central hypothesis that paternal emotional support contributes meaningfully to psychological functioning. The strong significance level demonstrated that the association was not incidental but rooted in meaningful behavioral and emotional dynamics.

The explanatory patterns showed that adolescents benefiting from paternal attention, empathy, and joint decision-making experienced stronger emotional resilience. Emotional security derived from paternal support appeared to serve as a mechanism for maintaining balance under social and academic pressures. These explanatory insights reinforced the conceptual argument that fathers hold a crucial emotional role beyond instrumental responsibilities.

The interpretive conclusion from the results indicated that father involvement contributes significantly to adolescents' emotional well-being, though other factors also influence their emotional health. The 37.5% predictive contribution demonstrated that paternal emotional presence is an essential yet partial component of the broader psychosocial environment. The findings aligned with theoretical and empirical claims emphasizing the importance of emotional parenting in adolescent development.

The results therefore suggested that strengthening paternal emotional engagement may serve as an effective strategy for enhancing adolescents' psychological resilience and well-being. The strong correlation and predictive value supported the proposition that paternal involvement should be integrated into parenting education, school programs, and family counseling interventions, offering a practical avenue for improving emotional outcomes among adolescents.

The statistical analysis demonstrated that father involvement significantly contributed to adolescents' emotional well-being. The regression model revealed that 37.5% of the variance in emotional well-being was explained by paternal emotional engagement, indicating a substantial

predictive influence. The correlation coefficient of $r = 0.612$ further illustrated a strong positive relationship, suggesting that the emotional presence of fathers consistently aligned with greater emotional stability among adolescents.

The descriptive data showed that respondents generally reported moderate to high levels of both father involvement and emotional well-being. The distribution patterns reflected that many adolescents experienced their fathers as emotionally available, empathetic, and responsive. The findings highlighted that adolescents with higher father involvement tended to develop better emotional regulation, psychological security, and affective stability.

The inferential results supported the hypothesis that father involvement plays a measurable and meaningful role in shaping adolescent emotional outcomes. The significance of the model suggested that paternal emotional engagement is not merely a complementary parenting factor but a central mechanism of emotional development. The statistical strength of the model underscored the relevance of father involvement in adolescent psychological health.

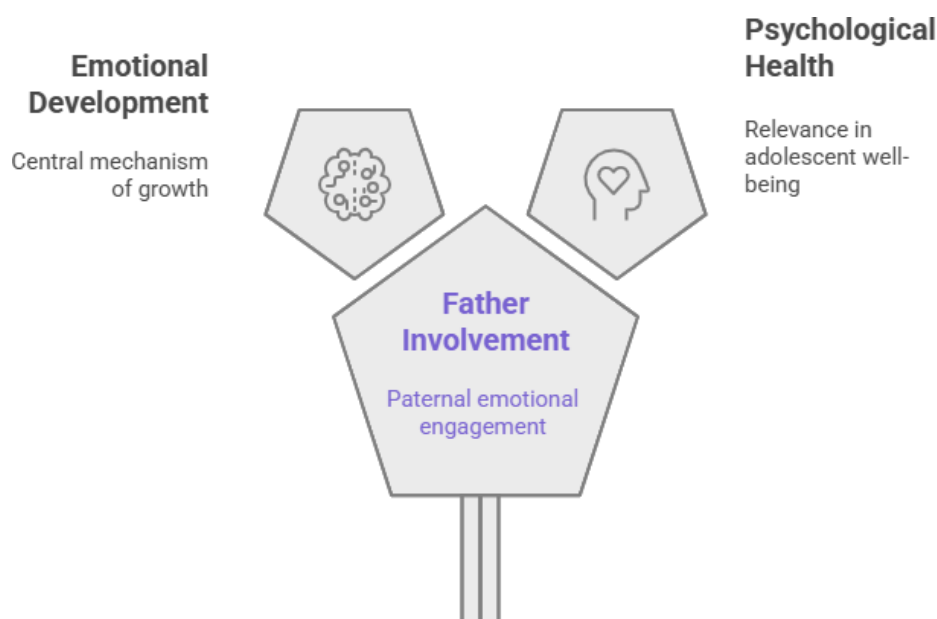


Figure 2. Father Involvement Shapes Adolescent Emotions

The findings collectively indicated that fathers serve as pivotal emotional figures whose involvement can strengthen adolescents' capacity to cope with stress, navigate social challenges, and build self-confidence. The outcomes emphasized the developmental importance of father-child affective interactions and demonstrated that greater paternal engagement contributes to more favorable emotional trajectories.

The findings aligned with Cabrera et al. (2018), who reported that father involvement significantly enhances children's psychosocial adjustment. Similar to the present study, their meta-analysis concluded that fathers' emotional presence improves affective security and emotional resilience. The consistency between studies reinforces the argument that contemporary fatherhood extends beyond instrumental roles to include emotional caregiving.

The results also reflected congruence with Lamb's theoretical framework, which emphasizes engagement, accessibility, and responsibility as core dimensions of father involvement. Adolescents in this study who perceived fathers as emotionally accessible tended to exhibit stronger emotional well-being, mirroring Lamb's prediction that paternal involvement enriches children's developmental outcomes. This alignment adds empirical support for multidimensional approaches to conceptualizing fatherhood.

Differences emerged when compared with studies that primarily focus on maternal emotional support. Research by Papalia and Martorell (2021) emphasized mothers as dominant emotional caregivers, whereas the present study highlighted that fathers also play a substantial

emotional role. The divergence suggests that the traditional maternal-centered paradigm may no longer fully represent the dynamics of modern emotional parenting.

The findings also contributed to cultural discussions within Indonesian family studies, where paternal involvement has historically been viewed through economic rather than emotional lenses. The current results diverged from earlier assumptions by demonstrating measurable emotional contributions from fathers, indicating a shift toward more balanced parental roles within the familial structure.

The findings indicated a broader transformation in the conceptualization of paternal roles among adolescents in Indonesia. The strong predictive value of father involvement showed that adolescents increasingly rely on fathers for emotional grounding, communication, and psychological validation. The results reflected changing social expectations in which fathers are recognized as emotional anchors rather than distant authority figures.

The results suggested that emotional well-being is deeply intertwined with the relational quality of paternal interactions. Adolescents who perceived their fathers as emotionally engaged were more likely to internalize feelings of safety and personal worth. The findings highlighted that emotional validation from fathers serves as a stabilizing factor that supports mental health and emotional regulation.

The outcomes signified that paternal emotional involvement may act as an early developmental buffer that protects adolescents from emotional instability. Adolescents who received empathy and attention from their fathers displayed stronger resilience, suggesting that fathers contribute to the foundation of psychological security. This reflection supports the notion that father–child emotional bonds hold long-term developmental implications.

The patterns in the findings indicated that emotional support from fathers should be viewed not as a supplementary aspect of parenting but as a core developmental necessity. The reflective interpretation positions fathers as co-regulators in the emotional lives of adolescents, emphasizing that paternal affective presence represents a crucial dimension of family functioning.

The results implied that mental health interventions aimed at adolescents should incorporate fathers as active participants rather than peripheral figures. Schools, counselors, and community organizations can design programs that encourage fathers to engage more deeply in emotional communication. The inclusion of fathers may enhance the effectiveness of interventions aimed at reducing adolescent stress and emotional difficulties.

Parenting education initiatives can use the findings to emphasize the importance of emotional responsiveness from fathers (Jirka, 2025). Training modules focusing on empathy, communication, and emotional validation may strengthen family dynamics and improve adolescent developmental outcomes. Such programs can help fathers overcome cultural barriers that traditionally limited their affective involvement.

Educational institutions may also leverage the findings to develop targeted counseling strategies for adolescents who experience low paternal involvement (Mackey dkk., 2025). Programs that address emotional gaps by facilitating alternative support mechanisms could help mitigate the negative consequences associated with emotional absence. The implications extend to designing support environments that complement paternal emotional roles.

The findings may also influence policy-making in areas of child welfare and family development. Policies that promote father-inclusive parenting leave, flexible work schedules, and family-focused social campaigns could foster environments where fathers participate more actively in emotional caregiving (Litchman dkk., 2025). The implications underscore the potential societal benefits of strengthening paternal emotional involvement.

The results likely emerged due to the developmental need for emotional security during adolescence (Atwood, 2024). Fathers who provide emotional presence may fulfill adolescents' psychological requirements for validation, guidance, and stability. The strong correlation observed reflects this developmental dependency on parental emotional engagement.

The socio-cultural context of Indonesia may also have shaped the findings. Shifting views on fatherhood and increased awareness of emotional parenting have influenced adolescents' perceptions of their fathers (Stefana dkk., 2024). The evolving cultural landscape likely contributed to the recognition of fathers as emotional figures, influencing the strong associations observed in the study.

The psychological mechanisms underlying emotional development provide an additional explanation. Adolescents internalize parental emotional cues and use them to regulate behavior, manage stress, and form identity (Rutarembwa & Shirindi, 2025). The emotional support provided by fathers likely enhanced these regulatory processes, resulting in higher emotional well-being scores among respondents with greater paternal involvement.

The findings may also reflect the increasing pressures faced by adolescents in contemporary society (Najafi dkk., 2024). Academic competition, digital exposure, and social complexities heighten emotional demands on adolescents, making father involvement more critical than ever. Fathers who provide stability and reassurance may offset these pressures, leading to the significant relationships identified.

Future studies can expand the model by incorporating additional variables such as maternal involvement, peer support, personality traits, and school environment. The inclusion of these factors may clarify the remaining 62.5% variance not explained by father involvement (Baenziger dkk., 2025). The expanded model could provide a more comprehensive understanding of adolescent emotional well-being.

Further research may also employ qualitative methods to capture deeper insights into the emotional dynamics between fathers and adolescents (Ssekatawa dkk., 2025). Interviews and focus groups can reveal subjective experiences, emotional narratives, and cultural influences that quantitative data cannot fully capture. Such approaches can enrich theoretical understanding and contextualize emotional development.

Program developers in education and family counseling can use these findings to design father-focused interventions. Structured workshops, psychoeducation sessions, and community support groups may strengthen paternal emotional engagement and subsequently improve adolescent mental health outcomes (Hu dkk., 2025). The findings offer actionable directions for practitioners.

Researchers and policymakers may explore long-term longitudinal studies to examine how paternal involvement influences emotional development into adulthood. Tracking father–child emotional relationships across time would provide valuable insights into the lasting impact of paternal engagement (Kamrani dkk., 2024). The future research agenda can thus advance theoretical knowledge while offering practical societal contributions.

CONCLUSION

The most distinctive finding of this study lies in the strong predictive power of paternal emotional involvement on adolescents' emotional well-being, demonstrated by a substantial correlation coefficient ($r = 0.612$) and a regression value indicating that father involvement explains 37.5% of emotional well-being variance. This outcome positions fathers not merely as secondary emotional figures but as central developmental agents whose emotional presence significantly shapes adolescents' affective stability, psychological security, and emotional regulation. The result stands out as it challenges traditional assumptions within Indonesian cultural contexts that often assign emotional caregiving primarily to mothers.

The primary scholarly contribution of this research is the integration of a multidimensional conceptual framework of father involvement—engagement, accessibility, and emotional responsibility—combined with empirical measurement of adolescent emotional well-being through validated psychological indicators. The study enriches the academic discourse by demonstrating a methodological alignment between theoretical constructs and

quantitative analysis, producing evidence that strengthens the conceptual argument for father-inclusive emotional development models. The methodological value emerges from the operationalization of paternal emotional support as a measurable construct, offering a structured approach that future studies can adopt or refine.

The main limitation of this study lies in its reliance on self-report questionnaires, which may introduce perceptual biases and limit the depth of emotional narratives that could enhance understanding of father–adolescent dynamics. The study’s cross-sectional design also restricts causal interpretation, leaving developmental trajectories unexplored. Future research may expand this work through longitudinal designs, mixed-method approaches, and broader demographic sampling to capture variations across socioeconomic, cultural, and family structures. Such directions would deepen theoretical insights and provide more comprehensive evidence regarding the evolving emotional roles of fathers in adolescent development.

AUTHOR CONTRIBUTIONS

Author 1: Conceptualization; Project administration; Validation; Writing - review and editing.

Author 2: Conceptualization; Data curation; Investigation.

CONFLICTS OF INTEREST

The authors declare no conflict of interest.

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