

Peran Paternal Self-Efficacy sebagai Moderator dari Hubungan antara Stres Pengasuhan dan Keterlibatan Ayah = The Role of Paternal Self-Efficacy as a Moderator of the Relationship between Parenting Stress and Father Involvement

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Abstrak

Keterlibatan ayah dalam pengasuhan penting bagi perkembangan anak. Penelitian ini dilakukan untuk melihat peran paternal self-efficacy sebagai moderator dari hubungan antara stres pengasuhan dan keterlibatan ayah. Pengambilan data dilakukan secara online dengan sembilan puluh lima ayah yang memiliki anak usia 3-6 tahun sebagai partisipan. Alat ukur yang digunakan adalah Inventory of Father Involvement (IFI), Parenting Stress Index Short Form (PSI-SF), dan Fathering Self-Efficacy Scale (FSES). Penelitian ini berhasil membuktikan bahwa stres pengasuhan dapat secara signifikan memprediksi keterlibatan ayah. Paternal self-efficacy juga secara signifikan memoderasi efek stres pengasuhan terhadap keterlibatan ayah. Dengan perkataan lain, paternal self-efficacy dapat memperkuat hubungan antara stres pengasuhan yang dirasakan ayah dan keterlibatan ayah dalam pengasuhan. Implikasi dari penelitian ini adalah penting untuk meningkatkan paternal self-efficacy yang dimiliki ayah. Hal tersebut karena dengan meningkatnya paternal self-efficacy dapat mengurangi stres pengasuhan dan meningkatkan keterlibatan ayah dalam pengasuhan anak walaupun ayah memiliki tingkat stres pengasuhan yang tinggi.

.....Father involvement in parenting is important for child development. This research was conducted to examine the role of paternal self-efficacy as a moderator of the relationship between parenting stress and father involvement. Data collection was carried out online with ninety-five fathers who had children aged 3-6 years as participants. The measurement tools used consist of Inventory of Father Involvement (IFI), Parenting Stress Index Short Form (PSI-SF), and Fathering Self-Efficacy Scale (FSES). This study succeeded in proving that parenting stress can significantly predict father involvement. Paternal self-efficacy can also significantly moderate the effects of parenting stress on father involvement. In other words, paternal self-efficacy can strengthen the relationship between parenting stress experienced by fathers and father involvement in parenting. The implication of this research is that it is important to increase father's paternal self-efficacy. This is because increasing paternal self-efficacy can reduce parenting stress and increase father involvement in childcare even though fathers have high levels of parenting stress.