

THE ROLE OF FATHER INVOLVEMENT IN BUILDING ADOLESCENT MENTAL HEALTH

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Abstract

Fathers' involvement is often overlooked in the parenting discourse, despite its important role in shaping adolescents' mental health. However, related studies are scattered and have not been systematically reviewed. This review aims to examine fathers' involvement in parenting, the dimensions of involvement, its impact on adolescents' mental health, and factors that may moderate the relationship. This study is a Systematic literature review that follows the PRISMA 2020 guidelines. Articles were searched through PsycINFO, PubMed, Springer, Ebsco, Google Scholar, and Scopus databases using keywords such as "father involvement", "adolescent mental health", "parenting style", "father absence", "psychological well-being", "emotional regulation", "self-esteem", dan "behavioral problems. Of the 1,238 articles identified, 17 articles met the inclusion criteria and were analyzed further. Selection was done through identification, screening, and eligibility assessment. Data were analyzed using a thematic approach. Analysis of 17 studies showed that father involvement, including involvement including physical presence, emotional support, cognitive involvement, open communication, and role as a role model with various positive indicators in adolescents, such as increased self-esteem, decreased symptoms of depression and anxiety, and better emotional regulation skills. Factors such as child gender, family economic status, quality of father-mother relationship, and cultural background function as moderators in the relationship. Father involvement has a significant influence on shaping adolescent mental health and behavior. These findings highlight the importance of a more holistic and participatory parenting approach, as well as the need for family-based interventions that strengthen the role of fathers.

Keywords: Father Involvement; Mental health; Adolescents

Abstrak

Keterlibatan ayah dalam pengasuhan masih sering diabaikan dalam pengasuhan anak, padahal memiliki peran penting dalam pembentukan kesehatan mental remaja. Namun, studi terkait masih tersebar dan belum dikaji secara sistematis. Tinjauan ini bertujuan untuk mengkaji keterlibatan ayah dalam pengasuhan, dimensi keterlibatan, dampaknya terhadap kesehatan mental remaja, serta faktor-faktor yang dapat memoderasi hubungan tersebut. Studi ini merupakan tinjauan pustaka sistematis yang mengikuti pedoman PRISMA 2020. Pencarian artikel dilakukan melalui database PsycINFO, PubMed, Springer, Ebsco, Google Scholar, dan Scopus menggunakan kata kunci seperti "father involvement", "adolescent mental health", "parenting style", "father absence", "psychological well-being", "emotional regulation", "self-esteem", dan "behavioral problems". Dari 1.238 artikel yang diidentifikasi, sebanyak 17 artikel memenuhi kriteria inklusi dan dianalisis lebih lanjut. Seleksi dilakukan melalui tahap identifikasi, penyaringan, dan penilaian kelayakan. Data dianalisis menggunakan pendekatan tematik. Analisis terhadap 17 studi menunjukkan keterlibatan ayah yang mencakup beberapa dimensi antara lain interaksi emosional dan afeksi, kehadiran fisik, pendidik, pelindung, dan dukungan finansial. Hal ini berkorelasi dengan berbagai indikator positif pada remaja, seperti peningkatan harga diri, penurunan gejala depresi dan kecemasan, serta kemampuan regulasi emosi yang lebih baik. Faktor-faktor yang memoderasi seperti jenis sosial budaya, ekonomi dan pekerjaan, faktor psikologis dan emosional, faktor relasi keluarga dan dukungan sosial. Keterlibatan ayah memiliki pengaruh signifikan dalam membentuk kesehatan mental dan perilaku remaja. Temuan ini menegaskan pentingnya pendekatan pengasuhan yang lebih holistik dan partisipatif, serta perlunya intervensi berbasis keluarga yang memperkuat peran ayah.

Kata Kunci : Keterlibatan Ayah; Kesehatan Mental; Remaja

INTRODUCTION

In recent decades, fathers' involvement in parenting has become an issue of growing concern as it is often undervalued, with the assumption that mothers are the primary figures in shaping children's development. Traditions that place fathers as the main breadwinners often override their role in the emotional and social aspects of childcare (Ragita & Fardana N., 2021). However, recent studies have shown that father involvement has a significant impact on child development, especially in aspects of mental health, healthier psychology, increasing self-confidence, and helping children build better social relationships (Haque & Rahmasari, 2013). However, there are still many fathers who are less involved in parenting due to cultural, economic, and social perceptions that consider parenting as the main task of mothers. This raises the question of how much involvement fathers play in shaping children's development, especially during adolescence.

Father involvement is a complex and multidimensional construct, so different dimensions of parent-child interaction may be associated with different child development outcomes. Father involvement is not just about physical presence, but also encompasses various aspects of interaction that shape child development. (Goncy & van Dulmen, 2010) identified three main dimensions of father involvement, namely father-child communication, the father's role in the child's emotional development, and joint father-child activities. Each of these dimensions contributes uniquely to child development, suggesting that father involvement is not just "present" but active in supporting children's growth emotionally and socially.

Research shows that high father involvement is associated with healthier emotional development, increased empathy, and reduced aggressive behavior in adolescents (Pranawati, 2015). Data from the UK Millennium Cohort Study (MCS) and the Avon Longitudinal Study of Parents and Children (ALSPAC) show that father involvement in creative play as well as positive attitudes towards parenting are associated with fewer externalizing behavior problems in 9- and 11-year-olds. In contrast, low levels of father involvement have been associated with increased risk of child psychopathology, including anxiety disorders, depression, and antisocial behavior (Jiang et al., 2024). Therefore, quality father involvement may be a protective factor in preventing mental and behavioral disorders in adolescents.

Although father involvement has been shown to have a large positive impact, not all fathers have the opportunity or ability to be fully involved. Some of the factors that moderate father involvement include family characteristics (e.g. parental age, socioeconomic status, and economic pressure), contextual factors (e.g. cultural norms and perceptions of parenting), and organizational factors (e.g. access to parenting programs (Pfitzner et al., 2017). The mother's perception of the father's role is also an important factor in determining the extent to which the father can be involved in parenting (McBride et al., 2005). Understanding these factors is therefore crucial in encouraging more active father involvement in the family.

There has been a lot of research on father involvement, but there is still uncertainty in understanding how each dimension of father involvement contributes specifically to adolescent mental health. Most studies only look at father involvement as a unit without distinguishing the effects of communication, emotional support or activities with children separately. In addition, factors that moderate the relationship between father involvement and adolescent psychological well-being are still not fully

understood. Therefore, a more comprehensive review is needed to identify the mechanisms underlying this relationship.

Given that father involvement has a wide-ranging impact on children's mental health, it is important to conduct a systematic review to synthesize findings from the various studies that have been conducted. With the growing awareness of the importance of father involvement, there is a need for a more comprehensive mapping of how father involvement affects adolescents' mental health and the factors that may reinforce or hinder such involvement. This review will provide more applicable insights for practitioners, family policy, and *parenting* programs in enhancing the role of fathers in *parenting*.

Several previous systematic reviews have addressed father involvement, such as (Pfitzner et al., 2017) which examined factors influencing father involvement and (Pranawati, 2015) which examined the impact of father involvement on children's emotional development. However, most of these studies have not explicitly addressed specific dimensions of father involvement in parenting and the child development outcomes that follow. Not only that, but there are also moderating factors that influence the relationship between father involvement and adolescent mental health that have not been addressed in previous studies. Therefore, this review aims to fill this gap in the literature by providing a more in-depth analysis of the mechanisms of father involvement as well as the factors that may reinforce or hinder its positive impact.

The aim of this systematic review is to gain a comprehensive understanding of the link between father involvement in parenting and adolescent mental health. The review aims to examine in depth how father involvement can contribute to adolescents' psychological well-being, as well as identify the dimensions of involvement that have the most significant influence, such as emotional support, communication, or involvement in daily activities. It also focuses on analyzing moderating factors that may strengthen or hinder the relationship between father involvement and adolescent mental health, such as family characteristics, cultural context, and maternal perceptions of the father's role. Equally important is the relationship between father absence and increased risk of psychological disorders in adolescents.

The results of this review are expected to make theoretical and practical contributions to the fields of family psychology and child development. From a theoretical perspective, this study will help clarify the mechanisms linking father involvement with adolescent mental health as well as the role of moderating factors. From a practical perspective, the results of this review can be used to design more effective intervention programs in increasing the role of fathers in parenting, as well as a reference for social policies and parenting programs in supporting more active father involvement in the family.

LITERATURE REVIEW

Father's Involvement in Parenting (Lamb, 2010) explains that father's involvement in parenting is a father's positive participation which includes direct interaction with his children, providing affection, monitoring and controlling children's activities, and being responsible for children's needs and needs. Lamb suggests three dimensions of father involvement, namely engagement (direct involvement in children's activities), accessibility (father's availability to children), and responsibility (father's responsibility for children's welfare).

Father Closeness and Adolescent Mental Health (Suud et al., 2020) states that adolescents' closeness to their fathers has an influence on mental health. Adolescents who feel close to their fathers tend to have a sense of emotional security, better self-confidence, and are able to build healthy social relationships.

Definition and Indicators of Mental Health. According to the World Health Organization (Ellis et al., 2022), mental health is a state of mental well-being that enables a person to cope with life's stresses, realize their abilities, learn well and work productively, and contribute to their community.

Adolescent Age Stages (F.J. Monks, A.M.P. Knoers, 2006) states that adolescence is a transition period between childhood and adulthood. The stages of adolescence are divided into three groups, namely: Early adolescence (age 12-15 years), Middle adolescence (age 15-18 years), Late adolescence (age 18-21 years).

METHODS

This research uses a systematic literature review (SLR) approach by referring to the PRISMA 2020 guidelines. Systematic literature research (SLR) is a specific approach to conduct subjective literature research to be objective to minimize researcher bias. A systematic review is conducted by following the general guidelines presented in the Preferred Reporting Items for Systematic Reviews and Meta-Analyses. The search process was divided into several steps: identification, screening, eligibility, and inclusion.

Studies included in this review had to meet certain eligibility criteria including: (a) Adolescents (aged 10-19 years) who experience father involvement in caregiving, (b) Father involvement in multiple dimensions, including communication, emotional support, shared activities, and discipline, (c) Adolescents with low levels of father involvement or no father involvement (father absence), (d) Impact on adolescent mental health, including psychological well-being, self-esteem, emotion regulation, risk of internalizing and externalizing disorders, (d) Quantitative and qualitative studies examining the relationship between father involvement and adolescent mental health, with cross-sectional, longitudinal, or systematic review study designs, (e) Articles published in peer-reviewed journals in English and Indonesian in the last 10 years (2015-2025) to obtain data relevant to the current context.

A systematic literature search was conducted using PsycINFO, PubMed, Springer, Ebsco, Google Scholar, and Scopus databases. The articles were in full-text and scientific journal format. At the first level, the authors set some specific keywords as inclusion criteria related to Data screening was conducted using the following keywords: *"father involvement"*, *"adolescent mental health"*, *"parenting style"*, *"father absence"*, *"psychological well-being"*, *"emotional regulation"*, *"self-esteem"*, and *"behavioral problems"*, as well as other relevant combinations. These keywords were used in various scientific databases to ensure broad coverage of research related to father involvement and its impact on children's mental health.

The sources of information used included journals that had been collected in uploaded files, which were then evaluated based on relevance to the research topic. The selection process was conducted using the PRISMA framework to screen and categorize appropriate articles. Two independent researchers reviewed the title and abstract of each article to ensure compliance with the inclusion criteria. The articles that passed the first stage were thoroughly examined based on the inclusion and exclusion criteria.

Inclusion criteria in this study included: (1) studies that explicitly addressed father involvement and its impact on adolescents' mental health; (2) studies published in indexed and reputable academic journals; (3) articles that used quantitative, qualitative, or systematic review methods; (4) studies published in English or

Indonesian within the last 10 years; and (5) studies that had full access to the data and analysis results. Meanwhile, the exclusion criteria included: (1) studies that only focused on the role of mothers without specifically discussing the involvement of fathers; (2) articles in the form of editorials, opinions, or commentaries without clear research methodology; (3) studies with limited samples that did not significantly represent the population; and (4) studies that did not provide complete data or were not fully accessible.

Differences of opinion between researchers are resolved through discussion or consultation with a third party.

Data Extraction

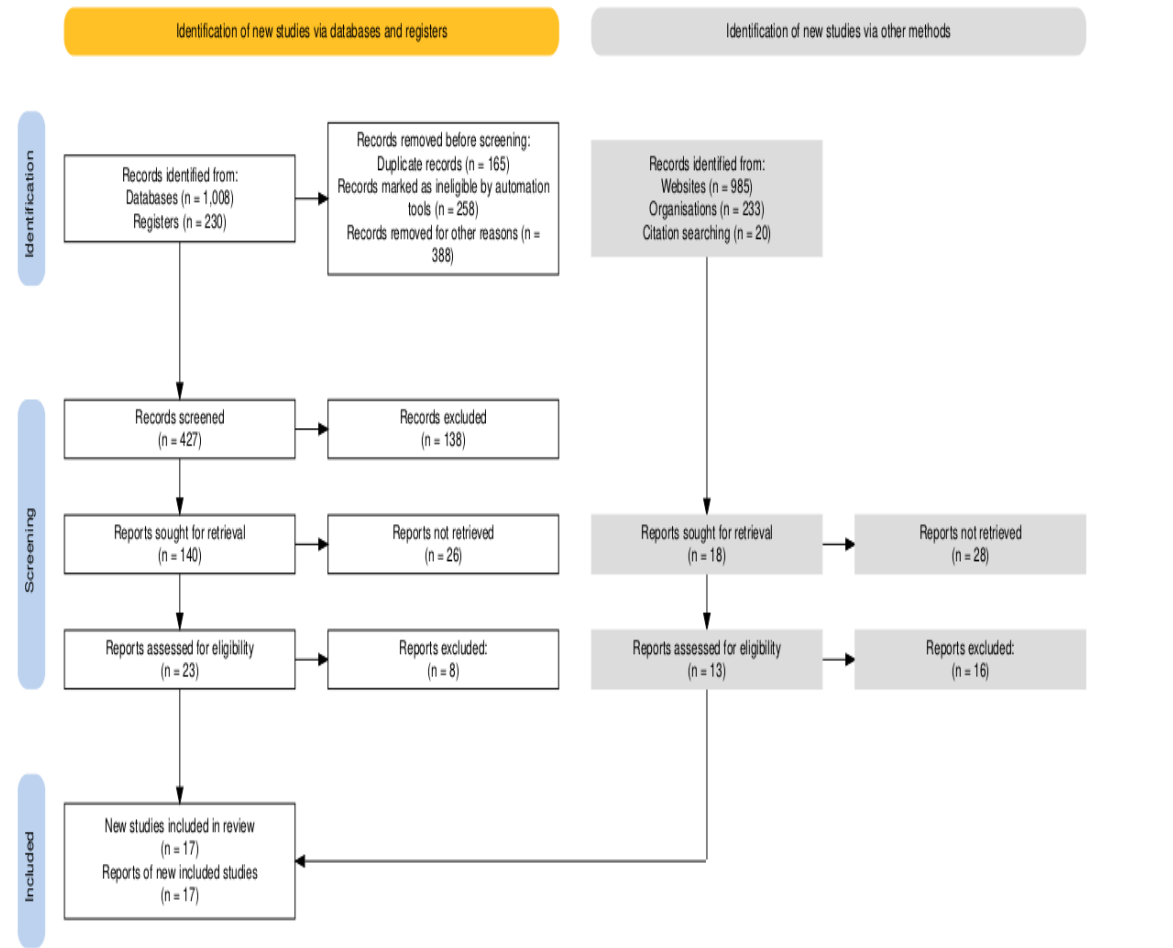
A worksheet was created to systematically enter data about each article to obtain a "broad view" of the literature. Data was extracted using a predefined format, which included:

- 1. Basic study information (author, year, location)
- 2. Sample characteristics (age, gender, socioeconomic background)
- 3. Dimensions of father involvement studied
- 4. Methods for measuring father involvement and mental health
- 5. Key results and conclusions

Data extraction was conducted by two researchers independently to ensure accuracy and consistency.

Data Synthesis

A list was created to record all dimensions of father involvement, and factors of father involvement as influencing factors for mental health. These dimensions and factors were then grouped by common themes into subgroups. If a dimension and factor caused different effects in the study population, the factor was explained. The study selection flow will be presented in the PRISMA flow chart, which includes the number of articles found, articles screened, articles fully evaluated, and articles finally included in the analysis.





RESULT AND DISCUSSIONS

To address the objectives of this systematic review, namely identifying the forms of father involvement, the most influential dimensions, the factors that moderate the relationship, and the impact of father absence on adolescent mental health, the authors analyzed 17 selected articles that met the inclusion criteria. Table 1 below summarizes the results of these studies, including information on the population, background of participants, type of research, instruments used, and key findings regarding the role of father involvement in shaping adolescents' mental health.

Table 1. Related articles on the role of father involvement in mental health

No	Author & Year of Publication	Country	Population	Participant Background	Type of Research	Instrument	Theme	Research Results
1	Prapti Madyo (Ratri, 2024)	Indonesia	100 teenagers (16-21 years old)	Teenagers who experience bullying	Quantitative	Likert Scale Questionnaire, Pearson Correlation Test, ANOVA	Father Involvement and Adolescent Mental Health	Father involvement was positively correlated with adolescent mental health, while involvement in bullying was negatively correlated with mental health.
2	Maria Mercedes Rodríguez Ruíz, Miguel Á. Carrasco, & Francisco Pablo Holgado-Tello (2016) (Rodríguez Ruíz et al., 2019)	Spain	1036 children (9-19 years old)	Children from different family backgrounds	Quantitative (Structural Equation Model)	Parental Acceptance-Rejection Questionnaire, Personality Assessment Questionnaire, Youth Self-Report, Father Involvement Scale	Father Involvement and Child Psychological Adjustment	Father involvement increases parental acceptance and contributes to children's psychological well-being, with the mediating role of maternal acceptance.



3	Haine-Schlagel & Walsh (2015) (Volker & Gibson, 2014)	Unite d State s of Amer ica	Parents of children with mental health problems	Parents involve d in child and family mental health treatme nt	Literatu re Review	Literature reviewed	Parental participat ion in child mental health treatment	Parental particip ation varies, has different terms, and is often measure d by attendan ce. Parental involve ment is associat ed with better treatme nt outcome s.
4	Hema O. Mason (2016) (Mason, 2016)	Unite d State s of Amer ica	236 African-American students	Student s at HBCU (Histori cally Black College and Univers ity)	Quantit ative (Hierar chical Regress ion, Correla tion)	Questionn aire on parental involveme nt and mental health	Father Involvem ent and Adult Children's Mental Health	Both materna l and paternal involve ment are associat ed with adult children' s depressi on and mental well-being. Materna l involve ment is stronger than paternal, but paternal involve ment remains importa nt in child develop ment.
5	Indra Abdul Majid & Mirna Nur Alia Abdulla	Indon esia	Not mentione d	<i>Fatherl ess</i> childre n	Literat ure Review	Literature study from previous books and articles	The Impact of <i>Fatherless ness</i> on Children's	Father loss has a significa nt impact



h (2024) (Indra Abdul Majid & Mirna Nur Alia Abdulla h, 2024)							Mental Health	on children' s mental and emotion al health, with cultural and social factors influenci ng its impact.
6	Eva Diniz, Tânia Brandã o, Manuel a Veríssi mo (2023) (Diniz et al., 2023)	Portu gal	16 a qualitativ e study of father involvem ent	Studies on father involvement in early childho od care	Qualitat ive System atic Review	Thematic analysis of qualitativ e studies	Father Involvem ent in Early Childhood Care	Father involvement has complex dimensi ons, includin g challeng es and factors that influenc e father- child interacti ons.
7	Eva Diniz, Tânia Brandã o, Lígia Monteir o, Manuel a Veríssi mo (2021) (Diniz et al., 2021)	Portu gal	86 empirical studies on father involvem ent	Studies on the influen ce of father involvement on early childho od develop ment	System atic Review	PRISMA, meta- thematic analysis	Psychoso cial Process of Father Involvem ent	Father involvement is influenc ed by social, cultural and ecologic al factors, and has a positive impact on children' s social- emotion al develop ment.
8	Piotrow ska et al. (2016) (Salsabi la, 2018)	Austr alia, USA	Parents in child mental health programs	Parents (mothe rs and fathers) who particip ate in	Concept ual Model	Literature reviewed	Parental engagem ent model (CAPE: Connect, Attend, Participat	The CAPE model helps understa nd parent



				evidenc e-based parenti ng progra ms			e, Enact) in child mental health programs	engage ment, identify factors that influen ce particip ation, and improve program effective ness.
9	Barker, Iles, & Ramcha ndani (2017) (MICHA , 2017)	Engli sh	Fathers and children with psychopat hology	Fathers , involve ment in childca re and its impact on childre n's mental health	Literatu re Review	Literature reviewed	Father involvem ent in the developm ent of child psychopat hology	Higher father involve ment is associat ed with better child develop ment outcome s, but fathers are often less involved in parentin g program s.
10	Jian Jiang et al. (2024) (Jiang et al., 2024)	China	2,489 children aged 5-16 years	Childre n in rural China	Quantit ative (Correl ation & Logistic Regress ion)	Father Involveme nt Questionn aire (FIQ), Child Depressio n Inventory (CDI), GAD-7 (Anxiety Scale)	Father Involvem ent and Children's Mental Health	Father involve ment has a protecti ve effect on the risk of depressi on and anxiety in rural Chinese children.
11	Endah Puspita Sari & Indrasw ari Kartika Wulan (Sari, 2017)	Indon esia	125 teenagers (14-17 years old)	Teenag ers with various backgr ounds	Quantit ative (Pearso n Correla tion)	Inventory of Father Involveme nt (IFI), Ryff Multidime nsional Measure of Well- being	Father Involvem ent and Adolescen t Psycholog ical Well- Being	Father involve ment is positivel y associat ed with adolesce nt psycholo gical well- being.

12	Fatiha Putri Rahmani & Retno Kumulohadi (2023) (Rahmani, 2023)	Indonesia	Literature study of 7 articles	The role of fathers in children's mental health	Literature Review	Literature review analysis	Father's Role in Children's Mental Health	Father involvement affects children's self-control, mental well-being, life satisfaction, and emotion regulation.
13	Aina Safitri Zein & Farah Aulia (2024) (Aulia & Aulia, 2024)	Indonesia	350 adolescent girls	Adolescent girls in Padang City	Quantitative Correlation	Father Involvement Scale (Ramadhani, 2020), Ryff's Scale of PWB (Kikiany, 2016)	The relationship between father involvement and adolescent girls' psychological well-being	There is a significant positive relationship between father involvement and adolescent girls' psychological well-being ($r=0.354$; $p=0.000$).
14	Sabrina Hannani & Ika Yuniar Cahyanti (2023) (Hannani & Yuniar Cahyanti, 2023)	Indonesia	300 women aged 18-25	Women in emerging adulthood	Quantitative Correlation	PFIQ (Feliciano, 2019), Ryff's Psychological Well-being Scale (Rachmayani & Ramdhani, 2014)	The relationship between father involvement and psychological well-being in emerging adulthood	Father involvement is positively associated with the psychological well-being of women aged 18-25 years ($r=0.413$; $p=0.000$).
15	Arie Rihardini Sundari & Febi	Indonesia	Fatherless children	Children without father involvement	Literature Review	Developmental & educational psychology	The impact of fatherlessness on children's	Fatherlessness results in low self-



	Herdajani (2013) (Sundari et al., 2011)			ment (fatherless)		y literature	psychological development	esteem, loneliness, anxiety, depression, behavioral disorders, speech delays, and poor educational attainment.
16	Yogman & Garfield (2016) - American Academy of Pediatrics (Yogman & Garfield, 2016)	United States of America	Father and children	Biological, step, adoptive, or non-resident fathers	Policy Reports and Scientific Reviews	National epidemiologic study, Fragile Family & Early Childhood Longitudinal Studies	The role of fathers in child health and development and the role of pediatricians in supporting it	Father involvement has a positive impact on children's nutrition, education, mental health.
17	Zhang, Wang, & Lu (2019) (Zhang et al., 2019)	China	1669 primary school students (6-12 years old)	Elementary students from a small-medium city in China	Quantitative descriptive & comparative	Mental Health Test (MHT) by Bucheng Zhou, Father involvement quality & quantity scale	Father involvement in primary school children's education and mental health	Active father involvement had a positive effect on children's sensitive and impulsive tendencies. Children with passive fathers had higher mental health problem scores.

Father's involvement in parenting is an active participation of a father in various aspects of child development, including emotional interaction, financial support, education, and the formation of discipline and life values. This involvement reflects the father's attention and responsibility in building healthy relationships with children, both through positive communication, providing psychological support, and being a role model in everyday life (Ragita & Fardana N., 2021).

The CAPE (Connect, Attend, Participate, and Engage) model of father involvement emphasizes that the active and sustained presence of fathers in their children's lives greatly influences their mental and social development (Filsuf Tasaufi et al., 2021). Therefore, increasing fathers' involvement in parenting is crucial in supporting adolescents' mental health and well-being, and helping them achieve optimal development in various aspects of life.

Fathers' involvement in parenting plays an important role in shaping adolescents' mental health. Several studies in this review suggest that father involvement is positively associated with child and adolescent psychological well-being. For example, research by (Rodríguez Ruíz et al., 2019) in Spain revealed that high father involvement can increase perceptions of overall parental acceptance and support children's psychological adjustment, both directly and through mediating maternal acceptance. In other words, actively present fathers make an important contribution to children's emotional stability through warmer and more supportive family relationships.

In the Indonesian context, a study by Endah Puspita Sari and Indraswari Kartika Wulan showed that father involvement is positively correlated with adolescent psychological well-being. This result is supported by the findings of (Aulia & Aulia, 2024) and (Hannani & Yuniar Cahyanti, 2023), which both show that fathers who are emotionally and functionally active in their daughters' lives are able to significantly increase psychological well-being scores. Aspects such as emotional attachment, attention in daily life, and support in children's education and interests are protective factors against stress and depressive symptoms commonly experienced by adolescents.

Furthermore, (Jiang et al., 2024) in a large-scale study in China found that father involvement significantly lowered the risk of depression and anxiety in school-aged children. This suggests that the role of fathers is not only important in childhood, but also crucial when children enter adolescence, which is full of emotional and social challenges. Therefore, father involvement is not just a form of physical presence, but rather an active engagement in building responsive and supportive relationships, which has been shown to have a positive impact on adolescents' mental health.

Dimensions of father involvement and linearity of impact on adolescent mental health

Father's involvement in parenting has several dimensions that play a role in shaping optimal child development. The first dimension is emotional interaction and affection, where fathers who show affection, attention, and open communication can help children develop better emotional regulation (Haque & Rahmasari, 2013). The presence of fathers in providing emotional support also contributes to children's sense of security and confidence in establishing social relationships (Kristianto & Sutanto, 2023).

The second dimension is participation in daily activities, which includes fathers' involvement in playing, reading books, supporting children's education, and helping children develop their interests and talents (Pleck, 2010). Fathers who are active in

daily activities can strengthen relationships with children and improve the quality of parenting (Pranawati, 2015). In addition, the third dimension is the role of fathers as models and educators, where fathers become role models in providing life values, discipline, responsibility, and essential social skills for children (Soedarmo, 2024). Children who have fathers as role models tend to understand moral concepts more easily and have good discipline in everyday life.

The fourth dimension is supervision and protection, which includes guidance and control over children's behavior, prevention of negative influences from the environment, and providing direction in facing life's challenges (Pleck, 2010). Fathers who are involved in child supervision can help prevent deviant behavior such as juvenile delinquency and aggressiveness (Fatmasari & Sawitri, 2020). Finally, the fifth dimension is financial support and economic stability, which ensures children's basic needs are met, from education to overall well-being (Pleck, 2010). Economic stability within the family can provide a more conducive environment for child development, both physically and psychologically (Heather D. Hill¹, Pamela Morris², Lisa A. Gennetian³, Sharon Wolf², 2013). With a balance in these five dimensions of involvement, fathers can optimally contribute to building children's mental health, social behavior, and future well-being.

Factors affecting Father Involvement

Father's involvement in parenting is influenced by various factors that come from social, economic, psychological, and family relations.

Social and cultural factors are one of the main aspects that influence father involvement. The traditional perception that caregiving is the mother's main task is still widely found in society, thus reducing the father's involvement in the child's life (Ragita & Fardana N., 2021). In addition, the patriarchal culture that is still strong in Indonesia positions fathers more as breadwinners, while domestic and caregiving tasks tend to be considered the responsibility of mothers (Mustafa et al., 2023). This is further reinforced by societal expectations that emphasize that the father's role is limited to fulfilling financial needs and not in the emotional aspect or closeness to the child (Rob Palkovitz, 2002).

In addition to social and cultural factors, economic and work factors are also major barriers to father involvement. Many fathers experience difficulties in managing the balance between work and parenting, especially for those who have long working hours or high workloads. As many as 82.9% of fathers admitted that their work was the main obstacle to parenting involvement (Wijayanti & Fauziah, 2020). In addition, the economic condition of the family also plays a role in determining the extent to which fathers can be involved. Fathers who experience high economic pressure tend to focus more on earning a living, resulting in limited time to interact with their children. In addition, psychological and emotional factors also contribute to determining fathers' involvement. Parental self-efficacy, or fathers' belief in their ability to care for their children, influences the extent to which they feel comfortable participating in parenting. Fathers with high stress levels or who experience mental disorders such as anxiety and depression are also more likely to withdraw from interactions with their children (Kristianto & Sutanto, 2023). Fathers' poor mental health can lead to a lack of attention to their children and poor quality interactions between fathers and children. In addition to individual factors, family relationships and social support also influence father involvement. The relationship with the partner is one of the main predictors of father's involvement in parenting, where a harmonious relationship with the mother of the child can increase the chances of the father to be more active in parenting

(McBride et al., 2005). Another important factor is the father's childhood experiences. Fathers who have positive relationships with their parents, especially with their own father figures, are more likely to model good parenting patterns to their children (Allgood, S. M., Beckert, T. E., & Peterson, 2012) .

Overall, fathers' involvement in caregiving is not only determined by individual intentions, but is also influenced by external factors such as economic pressures, social norms, and support from partners and neighborhoods. Understanding these factors can help in designing programs or interventions that can increase fathers' involvement in parenting, thereby positively impacting children's overall development. Conversely, children who grow up without father involvement are more prone to experiencing feelings of low self-esteem, loneliness, and difficulties in building healthy interpersonal relationships (Harriet Lerner Ph.D., 2011).

The Relationship between Father Absence and Increased Risk of Psychological Disorders in Adolescents

Fatherlessness has a significant impact on children's emotional and psychological balance, especially during adolescence which is a critical developmental phase. Studies conducted by (Indra Abdul Majid & Mirna Nur Alia Abdullah, 2024) show that children who lose a father figure tend to experience profound mental and emotional disturbances. Cultural and social factors contribute to this impact, especially in the context of a society that still positions the father as the main authoritative and protective figure in the family.

In line with these findings, (Sundari et al., 2011) revealed that children who grow up without father involvement exhibit a variety of psychological problems, such as low self-esteem, loneliness, anxiety, depression, and behavioral disorders. In the long term, these conditions also contribute to delayed language development and poor educational attainment. This impact becomes more severe when mothers do not have sufficient emotional or social support capacity to replace fathers.

Meanwhile, research results by (Jiang et al., 2024) in China reinforce that father involvement has a protective effect against psychological disorders such as depression and anxiety in school-age children. Father absence not only impacts daily care, but also weakens children's emotional support system in the face of social and academic pressures. Therefore, the emotional and physical presence of fathers is an important element in preventing adolescent psychological disorders and supporting their mental well-being.

Father absence, both physically and emotionally, is strongly correlated with an increased risk of psychological disorders in adolescents. Children who grow up without father involvement are more prone to experience difficulties in emotion regulation, have low self-esteem, and exhibit symptoms of anxiety and depression (Harriet Lerner Ph.D., 2011) . Research also shows that father absence is associated with an increased risk of antisocial behavior, substance abuse, and criminal acts among adolescents (Ashari, 2018). Without a father figure as a source of guidance and emotional support, adolescents are more vulnerable to social pressures and have difficulty building healthy interpersonal relationships. Therefore, the presence of fathers is not only important in fulfilling physical needs, but also in maintaining the mental health and psychological stability of children.

CONCLUSION

Overall, this review highlights the importance of fathers' involvement in parenting and its impact on adolescents' mental health. The findings support the idea

that fathers who are actively involved in their children's lives can help improve psychological well-being and reduce the risk of mental disorders. However, father involvement is influenced by various moderating factors, including socio-economic factors, culture, and mothers' perceptions of the father's role.

Although this review has limitations, the results provide important insights that can be used to design more effective family-based interventions and social policies. Moving forward, more in-depth research is needed to explore factors that moderate the relationship between father involvement and adolescent mental health, as well as to understand how father involvement can be strengthened in various social and cultural contexts.

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