

PENGARUH KETERLIBATAN AYAH TERHADAP *SELF-ESTEEM* PADA REMAJA SMK 1 PANCASILA AMBULU JEMBER

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INTISARI

Self-esteem merupakan salah satu aspek psikologis yang penting pada remaja karena berpengaruh terhadap cara individu menilai dan menghargai dirinya sendiri. Salah satu faktor yang diduga memengaruhi *self-esteem* adalah keterlibatan ayah dalam pengasuhan. Penelitian ini bertujuan untuk mengetahui pengaruh keterlibatan ayah terhadap *self-esteem* pada remaja di SMK 1 Pancasila Ambulu Jember. Penelitian ini menggunakan pendekatan kuantitatif. Subjek penelitian berjumlah 181 siswa yang dipilih menggunakan teknik purposive sampling. Pengumpulan data dilakukan menggunakan Skala Keterlibatan Ayah berdasarkan teori Lamb, Pleck, Levine, dan Charnov serta Skala *Self-esteem* yang mengacu pada Rosenberg *Self-esteem* Scale (RSES). Hasil uji reliabilitas menunjukkan koefisien Cronbach's Alpha sebesar 0,964 pada skala keterlibatan ayah dan 0,966 pada skala *self-esteem*, sehingga kedua instrumen dinyatakan reliabel. Analisis data dilakukan menggunakan analisis regresi linear sederhana. Hasil uji hipotesis menunjukkan nilai signifikansi sebesar 0,000 ($p < 0,05$) dengan nilai koefisien determinasi (R^2) sebesar 0,523, sehingga H_1 diterima dan H_0 ditolak. Hal ini menunjukkan bahwa terdapat pengaruh yang signifikan antara keterlibatan ayah terhadap *self-esteem* pada remaja di SMK 1 Pancasila Ambulu Jember. Keterlibatan ayah memberikan kontribusi sebesar 52,3% terhadap *self-esteem*, sedangkan 47,7% dipengaruhi oleh faktor lain di luar penelitian. Semakin tinggi keterlibatan ayah, maka semakin tinggi pula *self-esteem* pada remaja.

Kata Kunci: Keterlibatan Ayah, *Self-esteem*, Remaja

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THE EFFECT OF FATHER INVOLVEMENT ON *SELF-ESTEEM* AMONG ADOLESCENTS AT SMK 1 PANCASILA AMBULU JEMBER

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ABSTRACT

Self-esteem is an important psychological aspect during adolescence because it influences how individuals evaluate and appreciate themselves. One factor that is believed to influence *self-esteem* is father involvement in parenting. This study aimed to examine the effect of father involvement on *self-esteem* among adolescents at SMK 1 Pancasila Ambulu Jember. This study employed a quantitative approach. The participants consisted of 181 students selected using a purposive sampling technique. Data were collected using the Father Involvement Scale based on the theory of Lamb, Pleck, Levine, and Charnov, as well as the *Self-esteem* Scale adapted from the Rosenberg *Self-esteem* Scale (RSES). The reliability test results showed Cronbach's Alpha coefficients of 0.964 for the Father Involvement Scale and 0.966 for the *Self-esteem* Scale, indicating that both instruments were highly reliable. Data were analyzed using simple linear regression analysis. The hypothesis testing results showed a significance value of 0.000 ($p < 0.05$) with a coefficient of determination (R^2) of 0.523. Therefore, H1 was accepted and H0 was rejected. These findings indicate that father involvement has a significant effect on *self-esteem* among adolescents at SMK 1 Pancasila Ambulu Jember. Father involvement contributed 52.3% to adolescents' *self-esteem*, while the remaining 47.7% was influenced by other factors outside the scope of this study. The findings suggest that higher levels of father involvement are associated with higher levels of *self-esteem* among adolescents.

Keywords: Father Involvement, *Self-esteem*, Adolescents

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