

## Research Article

# Involvement of Fathers Who Participate in Parenting Study in Parenting: A Case Study on Fatherman Community Members

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## ABSTRACT

This research aims to explore a father's involvement in parenting following a parenting study. This qualitative research uses a case study method which focuses on fathers' interests and needs in taking part in parenting studies, parenting studies being a source of knowledge and self-development for a father and the involvement of fathers who take part in parenting studies in the parenting process. Participants consisted of three fathers who participated in the Fatherman community. Research data was obtained from observation, interviews and documentation. Research data was analyzed using the Miles and Huberman model. By utilizing parenting studies as a learning resource, fathers have an interest in studying parenting science based on Islamic foundations to be applied in daily care at home. This research describes the picture of fathers' involvement in parenting who took part in parenting studies. This research found several challenges, namely the lack of theory regarding parenting studies and the existence of several boundaries and norms that must be maintained regarding gender differences and marital status. Research recommends that parents, especially fathers, continue to have an interest in learning about parenting sciences to support the growth and development of children in care. It is hoped that this research will be useful for further research.

**Keywords:** Qualitative; Father's Involvement; Parenting; Parenting Program; Parenting Study

## 1. INTRODUCTION

Family is the first social environment that has the most influence on a child's growth and development. Ideally, a child's development will be optimal if they are with their family. In a family, there is a father, mother and also a child. Often, care is delegated to the mother because of various views that the mother is more appropriate to take care of the child. In fact, caring for a child should actually be done by the father and mother. Parenting activities or care that are carried out are not just about the amount of time given or its quantity. However, it is very important if the care has good quality too. When we have time but the time is not of good quality, it will not be able to provide good stimulation for the child. Closeness to children should be built when the child is 0 to 5 years old because it can increase the child's creativity, better emotional control, hone psychology, and form the child's initiative.

The determinant of closeness in this family is the father. Children who are close to their father will feel emotionally safe. In addition, fathers should participate in parenting, so that mothers are not stressed and children can be raised in a pleasant family environment. However, it is very unfortunate that in the 2017 KPAI study, it was stated that the quality of education and knowledge of parents regarding child care is still weak, where only 27.9% of fathers and 36.9% of mothers sought information on caring for and raising children before marriage and only 38.9% of fathers and 56.2% of mothers sought information on caring for and raising children after marriage. It can be said that in this study, parental knowledge in parenting at the beginning was still weak due to the lack of knowledge about how to properly raise children.

Child education carried out in accordance with Islamic teachings aims to provide goodness and benefits in the world and the hereafter through explanations related to aspects of good education. There are many methods of raising children, one of which is using Islamic parenting. Islamic parenting is a way of raising children in the process of their growth and development according to Islamic teachings. Raising children properly and correctly is the obligation of every parent because what the child does is the responsibility of the parents. If the child behaves well, then the parents have succeeded in educating the child well, and if the child behaves badly, then the parents are actually less successful in educating the child. Because the first thing that is heard, seen, and the first values that are absorbed by the child come from the parents.

## 2. RESEARCH METHOD

The research method used in this study is qualitative research with a case study method. A case study is an approach that includes an in-depth exploration of a single case, or example, of the phenomenon being studied. A case study is a study that is directed at collecting data, extracting meaning, and gaining understanding from the case. The case is not representative of the population at all and is not intended to draw conclusions and the population. The conclusions of the case study apply only to the case. Each case is unique and has its own characteristics that are different from other cases. The focus of case study research is a series of forms of problem arrangements that are explained as the center of the research topic, so that it is hoped that with this focus the researcher is truly able to collect data and analyze data that is in accordance with the research objectives. The focus of writing in this case study method lies in the subjects and objects studied and those related to the causes of the research from various factors. The focus of the case study is the specification of a case in an incident, whether it includes individuals, cultural groups or a portrait of life (Cresswell, 2010). Case studies can focus on the process (what happened, who did what to whom, how did he do it) and outcome (what the results were).

From the explanations above, it can be concluded that case study is an approach that includes in-depth exploration of one case, or example, of the phenomenon being studied. Researchers want to obtain a real picture of how involved fathers who participate in parenting studies are in home care. Researchers want to obtain a real picture of father involvement and interaction between children and fathers at home in fathers who participate in parenting studies in child care. The selection of the case study method in this study is based on the consideration that fathers who participate in parenting studies will apply the parenting study materials to child care at home.

## 3. RESULTS AND DISCUSSION

The results of the research that has been conducted produce the conclusion that parenting studies can provide several impacts on the father's personality and his involvement in parenting. The pattern formed is seen from the pattern of relationships between the existing sub-focuses, namely:

### 3.1 Fathers' Need for Parenting Studies

Based on the research results, the data obtained in the involvement of fathers in parenting who participated in the parenting study of the research subjects. The data obtained are listed in field notes, documentation notes and interview notes. Based on the research results, this parenting study was used by fathers to make the parenting study a source of learning. The results of the study showed that there was an effort and interest from fathers to seek information related to the science of parenting. Fathers felt the importance of seeking information related to parenting to increase their self-knowledge in raising children. The reason for seeking this information was none other than because fathers felt that raising children was something new that they experienced at the beginning of their parenting lives.

The need to seek information and knowledge about parenting based on Islamic foundations is in accordance with Abraham Maslow's theory. According to Abraham Maslow, basic human needs consist of 5 levels. First, physiological needs. Second, the need for security and protection. Third, social needs. Fourth, the need for appreciation. Fifth, the need for self-actualization. Fifth, these basic needs are then used as the key to studying human motivation (child development). Fathers who have an interest and desire to learn more about parenting are at the fifth stage of Maslow's Theory of Needs. This need for self-actualization is the need to optimize one's potential. This self-actualization is the fulfillment of one's own potential, such as ideals, mental maturity, desires, and so on. Maslow explained that this self-actualization is the need for individuals to determine their own desires. For example, when someone succeeds in getting the job they want, then they want to continue to develop their abilities. The desire of fathers to seek knowledge related to parenting can be included in self-actualization. The fathers felt the need to optimize themselves as better fathers because basically the fathers in this study had great curiosity and had the best aspirations for their families.

Parents are aware that they will be the first educators for children who play a role in providing parenting patterns to provide learning and explore and develop a child's potential. Although every newborn child has brought the capacity and potential to be developed, this development will not run by itself without the help of adults, namely their parents. In line with the opinion of Umiarso & Hidayati (2022), another benefit of parenting is to help parents increase awareness that the main educators for children are parents, help parents understand the process of child growth and development, and be involved in children's school activities. Parents who participate in the parenting program will be aware and increase their knowledge in educating children. Will be more aware of the process of child growth and development and realize that parents are the main educators for children. Therefore, parents will feel obliged to be actively involved in children's activities at school. Interest and need for information about parenting will be beneficial for the growth and development of children and to develop the potential in children. According to Lestari (2019) through this parenting program, parents will gain knowledge and skills on how to help early childhood children grow and develop according to their potential through proper stimulation. By participating in the parenting program, parents will gain various knowledge about children. Parents will gain knowledge on how to maximize children's growth and development according to their stages.

### 3.2 Parenting Studies Are a Source of Knowledge and Self-Development for a Father.

Data obtained in the involvement of fathers in parenting who participated in the parenting study of the research subjects, the data obtained are listed in field notes, documentation notes and interview notes. Based on the results of the study, this parenting study was used by fathers as a source of information related to parenting and a source of self-development for a father. Fathers also felt positive changes in themselves because they participated in the parenting study. By participating in the parenting study, fathers felt that there was additional knowledge gained so that fathers could increase their knowledge of parenting and Islam based on the Al-Quran and Hadith, increase their love for Allah and the Messenger of Allah, get ways to parent with Islamic Parenting, get new connections and friends to discuss related to parenting science, in addition to getting the latest knowledge related to current parenting trends that can produce various ideas that can be applied in parenting at home.

The research subjects stated that there were changes after participating in the parenting study. The research subjects felt that they had to be involved in raising children, had to make time to chat with their children. By participating in the parenting study, the research subjects also felt that they were more confident in raising children because they had gained knowledge from the parenting study. The parenting study material that impressed the research subjects was how to create heaven at home. The material discussed how all family members could feel comfortable at home. Family members will feel needed by each other and there will be good bonding. That is also what is starting to be created in the family. Other material is how to be a father who can be missed by his wife and children. The research subjects also felt that as parents they must be able to manage their emotions well because this will be imitated by their children at home. The research subjects also felt that they had to equip their children when they started to socialize, choose friends and socialize with their environment. In order to protect children from bad people.

Meanwhile, other research subjects felt that after participating in the parenting study, they came to know that all activities carried out would be considered worship if we know the intention and purpose for what. From the parenting study, they increasingly learned that how the Prophet used to educate his children is in the Ali Imran Letter and that it is a standard that must be followed and is definitely correct and successful. With increasing knowledge, they feel more confident in choosing what method to use to communicate with children, what to do when children also need their fathers. The material that impressed them was so that fathers do not go to hell. It turns out that the responsibility of a father in a family is indeed very large and if a father is not responsible, it will take the father to hell. A father is likened to the principal in the family and his mother is his school or madrasah. So if you want to be a good father, you must also be a good husband. Communication between husband and wife must be good in order to create a comfortable home atmosphere. Then starting from halal sustenance and we all have to eat halal food, it will be a blessing. The research subjects also stated that blessings in a family will result in *Sakinah mawadah warohmah* and will become *ziyadatul khoir* or will continue to increase in goodness because it starts with something blessed.

By joining the parenting study community and parenting program, fathers feel the benefits gained through sharing activities. With sharing between members and questions related to parenting problems, fathers feel they have gained new knowledge related to parenting and its solutions. It also creates discussions and exchanges of information related to parenting. With this sharing, fathers can also build connections and bonds between fellow learning fathers. Good connections will make fathers support and encourage each other to always be involved in parenting. Even with good connections, there can also be an increase in friends who will be able to develop a father. In accordance with the opinion of Ningsih et al., (2018) who said that the impact of parenting programs for parents and children is very positive. Through parenting programs, it can change parenting patterns that were previously inappropriate for child development to be in accordance with the character and development of the child. In parenting programs, the materials usually contain how to properly raise children at home. Therefore, by joining a parenting program, parents will gain new knowledge and know the good and bad things in raising children.

Through the parenting program, parents can also get good solutions through interactive communication about child development and children's rights that must be fulfilled by parents for the survival of the child Fitroh & Oktavianingsih, (2020). Parents can also learn how to communicate well with children. Nooraeni (2017) parenting programs can help increase parents' insight into implementing appropriate parenting patterns from a psychological and health perspective and at the same time create harmonious communication. By participating in the parenting program, a father will gain knowledge related to parenting that will be able to apply it to parenting at home in good ways and produce harmony in the family. With good parenting patterns, there will be positive changes in parenting and oneself.

By following parenting and parenting studies, a father will be more aware that he is the one who must be ready to become the primary educator of the child. Fathers must be responsible for the education of their children and all the needs that the child needs. Fathers are also able to be facilitators in everything to support the needs of the child. In the end, fathers will be able to be involved in child care and can help children with their schoolwork as well. Umiarso & Hidayati (2022) said that other benefits of parenting are to help parents increase awareness that the primary educators for children are parents, help parents in understanding the process of child growth and development, and be involved in children's school activities.

### 3.3 Involvement of Fathers Who Participate in Parenting Studies in the Parenting Process

Based on the research results, the fathers in this study are included in the fathers who are involved in parenting. This is because the fathers have an interest and need to learn things related to parenting. With this interest, the fathers then follow a parenting program or parenting study and then join the Fatherman community. After joining the Fatherman community, the fathers began to apply the parenting knowledge to childcare at home. The fathers began to be involved in parenting, continue to study parenting knowledge and also join other fatherhood communities and sharing. The application of father involvement in parenting is related to providing a basis for childcare based on Islamic parenting.

DR believes that a father must be able to save his children and wife from the fire of hell, therefore, AR considers instilling Islamic values very important to be taught to his children and wife. Teaching things about knowing nature, knowing the signs of God's greatness by feeling directly and enjoying nature which is God's creation. When talking to children, DR also instills values that humans should be grateful for everything that God gives, with God giving us health, God allowing us to breathe, and God giving us pleasure by giving us various sustenance that we can enjoy. The habit of praying on time, reciting and memorizing verses of the Quran is also a habit for DR's children. DM stated that he wanted his family to always be under the protection of God, kept away from bad things. Teaching children that we must seek halal sustenance. Teaching children monotheism as early as possible by asking for everything only to God. Because only God can grant all our desires. DM also hopes that his children can become pious and pious children, therefore DM teaches his children to pray, recite Al-Quran and also memorize verses of Al-Quran. While his children are small, DM also feels that he must provide a lot of understanding of Religion by improving himself and learning a lot about Islam starting from himself too.

AR implements the habit of children attending direct studies. This is intended so that children become accustomed to Islamic religious environments. AR hopes that with this habit, his children will feel that the study is a fun place and in the future his children will be able to miss the study and get used to attending the study. Other instillation of Islamic values is by teaching children to pray, recite the Koran and also telling stories of the Prophet in the past and the Prophet's companions to be role models for their children. Educating children's character must start from an early age. In a study conducted by Zakiyah (2019) on the formation of the character of kindergarten children through a spiritual approach, it was stated that education must begin with educators whose development activities are based on spirituality, fostering children with the intention of worship, practicing religion in their lives and adorning themselves with noble morals.

The basis for parenting children to care for with Islamic parenting can be taught from an early age. Children can be taught Islamic values that are appropriate for the child's age through getting used to positive things in everyday life such as being grateful, getting used to praying, getting used to reciting the Koran and memorizing short letters, reading prayers before and after doing activities and also getting children used to learning Islamic religious knowledge. This is in accordance with the research of Ochita & Handayani (2022) which states that religious character can be obtained through parental care, namely routine worship, reminding them to worship on time, reminding them to read the Koran, and giving sanctions if children do not worship. Instilling obligations as Muslims should be taught to children as early as possible. This is an obligation that must be carried out by parents as their responsibility to Allah. Akin (2012) in his research said that raising children in Islam is seen as a responsibility mandated by Allah. If children are not taught with Islamic values, then the parents will be the ones who sin. Because the basic education of children will be on their parents. Parents are responsible to Allah and their children to fulfill their role as guardians. Islam regulates parent-child relationships within the framework of checks and balances. Parents and children have responsibilities and rights to each other.

## 4. CONCLUSION

Based on the discussion of the research findings in the previous chapter, it is concluded that this study discusses the involvement of fathers in parenting that follows parenting studies. This study places that the need and interest of parents to always learn about parenting sciences is very important. Searching for information and knowledge today is very easy to obtain either by listening to materials, discussions or by accessing the internet. The ease of searching for this information should be utilized as well as possible. The importance of a person's awareness to have values and goals in educating children so that they can find information related to parenting to be applied in parenting at home. There are three results of the researcher's findings related to parenting studies related to the involvement of fathers in parenting, namely the interests and needs of a father in parenting studies, parenting studies as a source of self-development for a father, father involvement in parenting that follows parenting studies.

This study also highlights that this parenting study is a place for parents to learn about parenting. Fathers can get various parenting knowledge and connect it with Islamic teachings. So that fathers can get Islamic parenting knowledge and can apply Islamic parenting to childcare at home. Fatherman's goal is to be a community that supports fathers to become great heroes. With a community of fathers who are aware of the importance of parenting knowledge, fathers will feel that they have a place to learn, there will be discussions and sharing that will add ideas in childcare and get solutions when there are problems in parenting. Fathers who participate in parenting studies will feel a change in themselves towards a more positive direction and will gain confidence to apply the best parenting to their children.

Parenting studies will be the foundation for raising children at home. The involvement of fathers will instill a sense of mutual affection between family members, creating positive bonding and togetherness and harmony in the household. Fathers educate children based on Islamic parenting and instill the values of responsibility and discipline in children from an early age. Children will also be invited to be involved in important matters related to their development. Fathers also take points on the component of involvement in developing the potential of children as provisions for children in adulthood.

## ACKNOWLEDGEMENTS

Father involvement in parenting is very important and provides many benefits to child development. The earliest child development is definitely obtained from the child's closest environment, namely the family. This theory is in accordance with Bronfenbrenner (2006) who introduced the ecosystem theory to understand human development that focuses on the contribution of the environment and its impact on the development process. The center of the theory related to the interactions created between human organisms that are actively developing and the closest social environment is slowly developing more widely. Bronfenbrenner's ecological system theory is widely used to understand the impact of the environment on individuals (Gonzales, 2020). This theory holds that the process of human development is greatly influenced by events and conditions in the larger environment. This larger environment, for example, public policies and other practices that significantly affect the nature of the environment and interact with each other.

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