

ABSTRAK

Masa remaja merupakan periode perkembangan yang ditandai dengan perubahan biologis, kognitif, sosial, dan emosional yang pesat sehingga menuntut kemampuan regulasi emosi yang baik. Kemampuan regulasi emosi membantu remaja menghadapi berbagai tuntutan perkembangan, sedangkan rendahnya regulasi emosi dapat meningkatkan risiko munculnya berbagai permasalahan psikologis. Salah satu faktor yang diduga memengaruhi regulasi emosi adalah *father involvement*. Penelitian ini bertujuan untuk mengetahui hubungan antara *father involvement* dengan regulasi emosi pada remaja. Penelitian ini menggunakan metode kuantitatif dengan metode korelasional. Partisipan penelitian berjumlah 133 remaja berusia 12–22 tahun yang memiliki ayah atau figur ayah yang berperan aktif dalam kehidupan mereka. Teknik pengambilan sampel menggunakan *purposive sampling*. Instrumen penelitian menggunakan Emotion Regulation Questionnaire (ERQ) untuk mengukur regulasi emosi dan Skala *Father Involvement* yang disusun berdasarkan dimensi *engagement*, *accessibility*, dan *responsibility*. Analisis data dilakukan menggunakan teknik korelasi *Pearson Product Moment*. Hasil penelitian menunjukkan adanya hubungan positif yang signifikan antara *father involvement* dengan regulasi emosi pada remaja ($r = 0,252$; $p = 0,003$). Semakin tinggi *father involvement* yang dirasakan remaja, semakin baik kemampuan regulasi emosinya. *Father involvement* memberikan kontribusi efektif sebesar 6,4% terhadap regulasi emosi, sedangkan 93,6% dipengaruhi oleh faktor lain yang tidak diteliti. Temuan ini menunjukkan bahwa keterlibatan ayah merupakan salah satu faktor yang berperan dalam mendukung perkembangan kemampuan regulasi emosi pada remaja.

Kata kunci: *father involvement*, regulasi emosi, remaja.

ABSTRACT

Adolescence is a developmental period characterized by rapid biological, cognitive, social, and emotional changes that require adequate emotion regulation abilities. Effective emotion regulation enables adolescents to cope with various developmental demands, whereas poor emotion regulation increases the risk of psychological problems. One factor that is assumed to influence emotion regulation is father involvement. This study aimed to examine the relationship between father involvement and emotion regulation among adolescents. This study employed a quantitative method with a correlational design. The participants were 133 adolescents aged 12–22 years who had a father or father figure actively involved in their lives. The participants were selected using a purposive sampling technique. The instruments used were the Emotion Regulation Questionnaire (ERQ) to measure emotion regulation and the Father Involvement Scale, which was developed based on the dimensions of engagement, accessibility, and responsibility. Data were analyzed using the Pearson Product Moment correlation test. The results revealed a significant positive relationship between father involvement and emotion regulation among adolescents ($r = 0.252$, $p = 0.003$). Higher levels of father involvement were associated with better emotion regulation. Father involvement contributed 6.4% to adolescents' emotion regulation, while the remaining 93.6% was explained by other factors not examined in this study. These findings indicate that father involvement is one of the factors that supports the development of emotion regulation among adolescents.

Keywords: *father involvement, emotion regulation, adolescents.*