

FATHER INVOLVEMENT AS A PARENT FIGURE IN CHILDREN'S COGNITIVE DEVELOPMENT

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ABSTRACT

Father involvement in parenting is the father's positive participation in activities in the form of direct interaction with his child, providing warmth, supervising and controlling the child's activities, and being responsible for the child's needs. Fathers are equal parenting partners, meaning they have the same rights and responsibilities as mothers. Fathers have different characteristics from mothers. It means that fathers also have an essential role in the growth and development, and formation of positive characters in children that mothers may not obtain. The father's role will increase children's intelligence and social-emotional, motor, and cognitive abilities. Cognitive development is vital in children's learning success because most learning activities are always related to problems with remembering and thinking. Children will learn from parents about the ability to solve problems and recognize problems in children as a figure that shows the formation of behavior, including exemplary, conditioning, and insight.

Keywords: father involvement, cognitive development, parenting

ABSTRAK

Father Involvement/keterlibatan ayah dalam pengasuhan adalah partisipasi positif ayah dalam kegiatan berupa interaksi langsung dengan anaknya, memberikan kehangatan, mengawasi dan mengontrol kegiatan anak, serta bertanggung jawab atas kebutuhan anak. Ayah adalah mitra setara dalam pengasuhan anak, yang berarti mereka memiliki hak dan tanggung jawab yang sama sebagai ibu. Ayah memiliki karakteristik yang berbeda dengan ibu. Artinya ayah juga memiliki peran penting dalam pertumbuhan dan perkembangan serta pembentukan karakter positif pada anak yang mungkin tidak didapatkan dari ibu. Peran ayah akan meningkatkan perkembangan kecerdasan, sosial emosional, motorik dan kemampuan kognitif pada anak. Perkembangan kognitif mempunyai peranan penting bagi keberhasilan anak dalam belajar, karena sebagian besar aktivitas dalam belajar selalu berhubungan dengan masalah mengingat dan berfikir. anak akan belajar dari orangtua tentang kemampuan memecahkan masalah dan mengenali masalah pada diri anak, Dalam kaitannya dengan pengembangan diri anak, orang tua sebagai figur yang menunjukkan pembentukan perilaku meliputi keteladanan, pengkondisian, dan wawasan.

Kata Kunci: father involvement, perkembangan kognitif, pengasuhan anak



INTRODUCTION

Children who get parental love and guidance will form a complete character. To gain independence from oneself, every child needs opportunities, support, and encouragement from parents. In this case, the most important is the father's role and the environment around him. Children will start to see themselves as unique individuals at this stage of development, not just mirrors of their parents. Thus, they can reduce their dependence on their parents for emotional support when they reach puberty (Rahmasita, 2016).

Because parents are children's first teachers in life, aspects of parenting have an impact on children's character. Unfortunately, even though fathers' contributions to parenting are essential to helping children develop the traits that will lead to self-development, parenting is still a mother's job in the modern world. In parenting, fathers often offer freedom to children to explore a more significant and encouraging environment. At the same time, mothers are often more conscientious and limit children's space to maintain a child's sense of security. Because parents from the start want their children to be able to do it on their own without depending on other people, such an attitude for fathers are more capable of forming a sense and attitude of always trying for their children. In line with Andayani and Koentjoro, Nurhidayah's statement that fathers' participation in the development process is significant because they can influence how their children interact, make decisions, and plan (Nurhidayah, 2008).

According to Lamb, father involvement is a relationship between fathers and their children, including caring for children and helping them develop socially, emotionally, and cognitively (Lutfitasari & Abdullah, 2013). Fathers' involvement in children's self-development can take the form of encouraging them to do the things they like, giving 'applause' when they make wise decisions, organizing their activities, and meeting their emotional and material needs. According to Abdullah, fathers are usually more aggressive and assertive and become hard-working role models. They set boundaries in developing children's values of wisdom, kinesthetic skills, cognition, and assertiveness (Abdullah, 2009).

Routine observations were made by Lamb, Pleck, Charnov, and Levine to measure the level of father-daughter interaction. As a result, the study found that fathers routinely spend less time with their children than mothers (McBride, Schoppe, & Rane, 2002).

According to a longitudinal study by Sarkadi, Kristianson, Oberklaid, and Bremberg on the impact of father involvement on child development, 22 out of 24 children whose parenting involves fathers have a beneficial influence. The favorable outcome is a reduction in boys' naughty behavior and a reduction in girls' psychological problems (Twamley, Brunton, Sutcliffe, Hinds, & Thomas, 2013). Fathers' involvement in children's lives can also impact academic performance and peer relationships. Father involvement can also help children adjust to their environment (Susanto, 2013). According to the research findings above, fathers positively correlate with children's

cognitive development. The stages of a child's ability to gain knowledge and meaning from his experiences and exposure to information are referred to as cognitive development.

The processes of remembering, problem-solving, and decision-making are all included in cognitive development. Parents sometimes emphasize their children's physical growth more than their cognitive growth. Cognitive development is no less important than physical development because cognitive development has an essential role in children's success in learning. Thus, the father's absence will majorly impact children's cognitive development problems. Therefore, researchers want to know how the father's involvement in children's cognition development as parent figures affects self-development in children, especially in Indonesia.

METHOD

This study uses a type of qualitative research with a literature review approach. According to Moleong, the sources of qualitative research data also vary from oral, written, observed objects, documentation, and other matters. The literature sources can be obtained from books, scientific journals, and relevant research reports (Suwartono, 2014). The use of literature is used as a way to identify the problem being studied (Afiyanti, 2005). As for this study, the authors collected data from various sources of literature reviews, both from scientific journals, books, e-books, and the internet. As for data analysis techniques, according to Sugiyono, there are three stages in using the Miles and Huberman data analysis model: data analysis, data reduction, and verification.

RESULT AND DISCUSSION

Father Involvement Concept

Parenting theory is the basis of the psychological understanding of Father Involvement. The main characteristics of parenting include warmth, sensitivity, acceptance, reciprocity, understanding, and reactions according to the child's needs (Garbarino & Benn, 2017). To carry out co-parenting, parents—both mothers and fathers—must work together to raise their children. Doherty & Beaton describe co-parenting in Santrock as the degree of cooperation between parents in raising their children (Santrock, 2007). According to Feinberg in Sullivan, co-parenting is the interaction between parents and their children (Sullivan, 2008). According to McHale et al. at Bornstein, effective co-parenting depends on several factors. Such factors include cohesion, clear lines of authority at home, good communication, coordinated effort, agreed ground rules for children, and emotional connection (Bornstein, 2002).

This study's researchers discuss father involvement in child rearing (Father Involvement). The amount of time a father spends with his child or their direct involvement is often used to define father involvement (Hawkins et al., 2002). It is because parents often view time as the most crucial component of interactions with their children (Hawkins et al., 2002). However, time is not the only

factor in significant father involvement. Father involvement can be defined as the father's interaction, which includes caring for children and being involved in parenting and playing activities (Dumaria, 2012). This time spent with the child includes eating together, bathing during recess, preparing food and clothing, and playing with the child (Daly & Guelph, 2007).

According to Cabrera, father involvement is a multifaceted idea still evolving in science and public understanding (Cabrera, Tamis-LeMonda, Lamb, & Boller, 1999). The development of research on father involvement then led Pleck to five new components of father involvement: three main components and two additional components. These components include (Pleck, 2010):

1. Positive engagement activities include fathers' direct interaction with their children, including parenting, care, and other behaviors that aim to enhance children's development. Fathers playing with their children at home and bathing children at home are examples of positive engagement activities;
2. Warmth and responsiveness are the attitude of the warm and responsive father to the child's cues. For example, the father will comfort the child when he cries and acts appropriately when the child makes noise by asking the child to speak;
3. Control, Monitoring, and decision-making processes are referred to in this component. Monitoring in this context refers to actions in which parents make decisions regarding children and situations in which they are aware of the child's presence. An example of control is because the father knows the importance of breast milk (ASI) for the child's health, so the father tries to help convince the mother to give exclusive breastfeeding to the child;
4. Indirect care describes the actions taken for the care and development of children but does not directly involve interaction with children. This component does not include working to support their self. This component comprises two categories: indirect material care and indirect social care. Material indirect care is an activity that includes the provision of goods and facilities needed by children. An example is buying children toys that are appropriate for their developmental period. Social indirect care refers to activities that introduce children to the surrounding community. An example is by fostering relationships with peers and related agencies in the interest of child development;
5. Process Responsibility, namely by integrating the process of taking the initiative and overseeing what children need to ensure that their needs for the four components before are met. Parents can ask about their child's condition and what is needed for their child's health when taking their child to the doctor for treatment.

Stages of Children's Cognitive Development

Parents sometimes emphasize their children's physical growth more than their cognitive development. The importance of cognitive growth is the same as the importance of physical

development. Parents need to understand the stages of their child's cognitive development. Below are some things that parents can observe regarding the cognitive development and psychological condition of their children:

1. Age 0–3 months

The first three months of a child's life are beautiful. The five senses and exploration of the world around them are major developmental milestones for children at this age. During this period, most babies begin to show the following developments:

- a. See objects more clearly within 30 cm.
- b. Start focusing on moving objects.
- c. Recognizes sweet, salty, bitter and sour tastes.
- d. Detects differences in pitch and volume of speech.
- e. Sees all colors in the human visual spectrum

2. Age 3–6 months

From 3–6 months, a child's perception begins to develop. During this period, most babies begin to show the developments shown below:

- a. Recognize the faces of family members.
- b. Responds to other people's facial expressions.
- c. Recognizes and responds to surrounding sounds.
- d. Begins to imitate other people's facial expressions

3. Age 6–9 months

Entering the stages of development at the age of 6-9 months, babies usually begin to show the developments below:

- a. Understand the difference between animate and inanimate objects.
- b. Recognize the difference in pictures with the different numbers of objects.
- c. Began to be curious about 'impossible things', such as how an object can hang in the air

4. Age 9–12 months

Their cognitive development is also getting more mature, along with their physical maturity. It is due to the increasingly mature physical development that supports them in exploring the world around them more deeply. During this period, most babies can:

- a. Mimics gestures and some actions, such as clapping.
- b. Responding to something with gestures and sounds.
- c. Likes to look at picture books.
- d. Start trying to place one object over another, for example, putting a toy in a basket.

5. Age 1–2 years

A child's physical, social and cognitive development develops rapidly at 1-2 years old. During this period, children spend much time observing the actions of adults. Therefore, parents

and caregivers need to set an excellent example of behavior. During this period, the child begins to show development:

- a. Understand and respond to words.
- b. Remember the characteristics of an object and identify similarities with other similar objects.
- c. Understand when to use 'I' or 'you'.
- d. Imitate the actions and speech of adults.
- e. Learn about the surroundings by exploring them

6. Age 2–3 years

Children become independent at this age because they can better investigate their environment. Since most of a child's learning at this stage comes from their own experiences, this is an ideal age to introduce children to locations where they can explore and learn, including museums and zoos. The following is a cognitive development shown by children at the age of 2 years to 3 years:

- a. Mention objects by category, for example, animals, flowers, and objects around.
- b. Imitate more complex adult actions, such as playing house, pretending to do the laundry, or cooking.
- c. Respond to simple commands from parents.
- d. Match objects with their use, for example, a spoon for eating and a glass for drinking.

7. Age 3–4 years

Children begin to judge their environment more sophisticatedly at this age. Children also become more involved in their education. In addition, they will start asking various questions about the environment. The cognitive development shown by children aged 3-4 years includes:

- a. Begin to seek answers to his questions actively.
- b. Learn by observing and listening to instructions.
- c. Can organize objects by size and shape.
- d. Understand how to group and match objects according to their color.
- e. Frequently asked questions with the question word "why" to get information.

8. Age 4–5 years

A child becomes more mature as they approach school age and can use phrases, imitate adult behavior, count, and perform other essential tasks. The following is a cognitive development shown by children aged 4-5 years:

- a. Identify more complex colors, such as light blues and pinks.
- b. Draw the shape of a person.
- c. Drawing objects they often name and describe.

- d. Count from 1 to 5.
- e. Knowing and telling where he lives

A child in the age range 0-8 years who can grow and develop very quickly is considered to be in early childhood. An enormous early life capacity for new information and experiences accompanies these skills. It is determined by the child's brain's ability to grow, which develops 80% throughout early life and the remaining 20% during late childhood. Cognitive abilities, such as the capacity to learn new information or ideas, memory, and the ability to solve problems, are directly related to intelligence (Pudjiati & Masykouri, 2011). Children's cognitive development is greatly influenced by their closest family members, especially their parents. Therefore, parents play an essential role in shaping children's learning, thinking, and development. Even when the child is still in the womb, the father's role in the child's development is significant, besides the mother's. The father's role in the family influences how the child develops their character as an adult and drives their cognitive, emotional, and social growth.

The average IQ of children with fathers as their primary caregivers is more excellent. The father-son connection stimulates early brain development by emphasizing analytical and critical inquiry ("[Http://Sahabatkemendikbud.Go.Id.](http://Sahabatkemendikbud.Go.Id.)," n.d.). Children have higher IQs, higher cognitive functioning and abilities, and better problem-solving skills. According to research on children at school, they have verbal and numerical skills. Children whose fathers are actively involved are more likely to attend school, have better attitudes toward learning, engage in extracurricular activities, earn higher grades, attend more often, and exhibit fewer behavioral problems at school.

At home, parents can help their children understand the world around them. For example, when a baby shows interest in an object, it can help the child touch and observe it. As they age, parents must also continue stimulating their children to explore the environment around them actively. Give the child Parents can educate their children about the world around them at home. For example, when a newborn shows interest in an item, it may benefit the child to touch and examine it. Parents should encourage their children to go for walks and actively investigate their surroundings as they age. Give children the opportunity to organize things like books and toys. A child who exercises his capacity to move and maintain his balance may also have more remarkable cognitive development. The father should be patient with the child as he asks questions about everything in his environment. In addition, parents can use questions to help their children improve their problem-solving abilities, which is just as important. In addition, parents must always ensure that their children's food needs are met, starting from the needs for protein, good fats, carbohydrates, and vitamins and minerals such as vitamin D, calcium, and iron ("[Https://Www.Alodokter.Com/Perkembangan-Kognitif-Pada-Anak-1-6-Tahun](https://Www.Alodokter.Com/Perkembangan-Kognitif-Pada-Anak-1-6-Tahun)," n.d.).

Every parent should be aware of and work to improve their children's cognitive development. However, keep in mind that each child's developmental stage is unique. Therefore, parents are not required to evaluate their child's growth concerning other children. Parents have to monitor the child's progress daily to ensure that it is age appropriate. Sometimes, it is more complicated than it seems to gauge a child's talent. Psychologists often move away from theory and focus on actual observations, including the father's role. Many scholars have investigated the father's role in the family since the 1970s (Save M. Dagun, 2013).

According to research findings, children whose fathers are actively raising them, giving them sufficient care, attention, and interaction, will be physically and mentally healthier. It happens because the presence of a father figure fills the child's soul to the brim. Children are also easier to interact with, more sociable, and better equipped to adapt to various circumstances (Save M. Dagun, 2013).

Father's support will increase children's cognitive growth and make children brave and willing to try new things. It is different from a naturally anxious mother. For example, when a child is first learning to ride a bicycle, the mother experiences shock and anxiety when the child falls. The father will instead convince and encourage the child to try again. It is one type of stimulus that fathers give to their children so they can practice being brave and grow cognitively intelligent. When fathers are actively involved in children's lives, children will also be more confident. A father's intense focus can serve as a role model for children in persistence and drive to succeed. Fathers can be good role models for sons. A child's ability to observe and imitate his father's behavior will help develop problem-solving skills (Save M. Dagun, 2013).

The father's involvement in parenting will provide the mother with a partner, allowing balance in childcare. Parenting can be a team effort between parents (Andayani & Koentjoro, 2004). The good synergy between father and mother will impact good child development. Conversely, when the father is not there as an example for his child and is never present when the child needs it, there will be an emotional and spiritual imbalance in the child's self. Children become easily depressed, more anti-social, and worse in physical, emotional, and psychological assessment. Even in boys, their masculine traits can be blurred because they are too close to their mothers without a father figure (Elia, 2000).

Father Involvement which is very important for a child's life, certainly does not only apply when the child has started to grow up or at the end of his childhood. Several stages need to be considered in a father's role, namely the father's role before and after the child's birth.

CONCLUSION AND RECOMMENDATION

There have been many studies on father involvement in forming the character of children's self-development. However, we need to work together to develop aspects of children's cognitive

abilities, bearing in mind that this is a future provision for children's lives. Children can optimize their cognitive capacity by using the right stimulus or stimulus according to the level or task of cognitive development. We can use various strategies and methods to develop children's cognitive aspects, and we can use the surrounding environment as a medium to reach a level of development appropriate to their developmental tasks. The father's involvement and role can motivate the child to continue progressing and developing. Support from the father will optimize the child's cognitive development making the child a brave person willing to try something new. Failure of a child accompanied by a father will calm and motivate the child to try again. Fathers give this form of stimulation to children to increase their cognitive ability to know the world and add insight into children's knowledge to continue to practice being brave. The child will also be more confident when the father is present intensively in the child's life. The close attention of a father can be used as a model for children in perseverance and motivation to excel. Fathers can be considered examples of success for sons. If a child can have many opportunities to observe and imitate his father's attitude, it will help development, especially in solving problems.

Thus, parents, educators, and child observers can understand. Based on a review of some of the opinions of the experts above, the construct indicators of father involvement in parenting (paternal/father involvement) generally include direct involvement (engagement) in aspects of social development, didactic, discipline, affective and social as well as indirect involvement (availability and responsibility).

Fathers have typical parenting behavior characteristics. In addition to providing for the child's needs, the father has unique parenting behaviors, including father-child interaction oriented towards motion and play, helping children explore and like challenges. Fathers can teach assertiveness, wisdom, and decision-making. Fathers are strict disciplinarians, children can learn masculine traits and adult male models, and fathers are the foundation of children's intellectual abilities. However, on the other hand, the father's role is still needed to provide affection, care for children, and support children to achieve success.

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