

## The Effect of Father's Involvement in Parenting on Emotional Regulation in Catholic Adolescent at North Jakarta

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Doi: 10.31316/g-couns.v10i03.9253

### Abstract

This study examined the effect of father involvement in parenting on emotion regulation among Catholic adolescents in Region VIII of the Holy Cross Parish, North Jakarta. A quantitative causal-comparative design was employed. Participants were 30 adolescents selected through a total sampling. Data were collected using questionnaires measuring father involvement and adolescents' emotion regulation. Data analysis was conducted using simple linear regression. Descriptive findings showed that father involvement was generally moderate to high, while adolescents demonstrated high levels of emotion regulation. However, regression analysis indicated no statistically significant effect of father involvement on emotion regulation ( $p = .910$ ). The coefficient of determination was very small ( $R^2 = .001$ ), indicating that father involvement explained a low proportion of variance in emotion regulation. These results suggest that adolescents' emotion regulation may be more strongly influenced by other factors, including maternal caregiving, peer relationships, and the religious community environment. Despite the non-significant findings and the small sample size, this study highlights the importance of contextual and cultural considerations in examining parenting processes. It contributes to family and parenting psychology by emphasizing adolescent emotion regulation.

**Keywords:** adolescent, emotion regulation, father involvement, parenting

### Article info

Received January 2026, Revised February 2026, Accepted February 2026, Published March 2026

How to Cite:

Kristanto, G. A., & Kusumiati, R. Y. E. (2026). The Effect of Father's Involvement in Parenting on Emotional Regulation in Catholic Adolescent at North Jakarta. *G-Couns: Jurnal Bimbingan Dan Konseling*, 10 (03), July, 2255-2270. <https://doi.org/10.31316/g-couns.v10i03.9253>

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Available online at <https://journal.upy.ac.id/index.php/bk/index>



## INTRODUCTION

Adolescence is a developmental stage characterized by intensive, simultaneous biological, cognitive, and psychosocial changes. These transitions require adolescents to possess adequate emotion-regulation capacities to adapt effectively to increased social demands. Effective emotion regulation during adolescence has been shown to play a crucial role in preventing psychological problems, enhancing subjective well-being, and supporting the development of healthy interpersonal relationships that extend into adulthood (Steinberg, 2013; Zimmermann & Iwanski, 2022).

Family is an important subject when it comes to adolescents' emotional regulation, as they usually contribute significantly in shaping them. Interactions within the family serve as an initial context in which children learn to recognize, express, and manage emotions adaptively. To date, research on parenting has predominantly emphasized mothers as the central figures in children's emotional development, whereas fathers' roles have received comparatively less empirical attention, particularly regarding adolescents' emotional development (Lamb, 2022).

Nevertheless, father involvement in parenting holds an important potential in shaping the emotional development of children and adolescents. In father involvement theory, Pleck (2010) emphasizes that father involvement extends beyond physical presence and also encompasses the quality of interaction, responsibility, and emotional sensitivity to children's needs. Supportive and responsive father involvement can provide adolescents with adaptive models of emotion regulation.

From a theoretical perspective, the relationship between parenting and emotion regulation can be explained through the Process Model of Emotion Regulation, as explained by Gross (2014). This model visualized emotion regulation as a dynamic process involving strategies applied both before and after emotions arise, such as cognitive reappraisal and the modulation of emotional expression. The family environment, including interaction patterns with fathers, functions as a crucial social learning context in the development of these emotion regulation strategies.

Researched recently indicates that father involvement is associated with various aspects of adolescents' emotional well-being. Studies by Cabrera et al. (2022) and Compas et al. (2023) have shown that emotionally engaged fathers can help adolescents manage stress and negative emotions more adaptively. Nevertheless, other findings suggest that the influence of father involvement on emotion regulation is not always direct and is often shaped by additional contextual variables.

However, several recent studies have reported inconsistent findings, indicating that father involvement does not always emerge as a significant predictor of adolescents' emotion regulation. Dewi and Widyastuti (2024) argue that the quality of emotional relationships, maternal roles, and social support outside the family may mediate or even obscure the effects of father involvement. These findings suggest that the role of fathers needs to be understood in a more critical and context-sensitive manner.

Another factor that may influence the relationship between father involvement and emotion regulation is the religious environment. Religious communities provide value systems, moral norms, and social support that can function as important resources for adolescents' emotion regulation and learning. Recent studies have shown that adolescents' involvement in religious communities is associated with enhanced self-



control, emotional reflection, and psychological well-being (Hardy et al., 2022; King & Boyatzis, 2023).

In the Catholic communities, values such as compassion, self-control, empathy, and social responsibility are consistently fostered through pastoral activities and faith-based education. These values have the potential to shape adolescents' emotion regulation capacities independently of parenting practices within the family. Consequently, the influence of father involvement in parenting among Catholic adolescents may be complementary to, interactive with, or even distinct from findings in non-religious research or contexts.

However, empirical research that examines father involvement and adolescents' emotion regulation within the context of Catholic communities in Indonesia remains very limited. Most previous studies have been conducted in school settings or the general population without adequately considering the role of religious context as a significant developmental factor (Roslita et al., 2022; Kim et al., 2024). This condition highlights a clear research gap that requires further investigation.

Based on the explanation above, this study aims to examine the influence of father involvement in parenting on emotion regulation among Catholic adolescents in Region VIII of the Holy Cross Parish, North Jakarta. By integrating the father involvement theories proposed by Pleck, Finley, and Schwartz with Gross's model of emotion regulation, and by taking into account the religious community context, this study is expected to contribute both empirically and conceptually to a more comprehensive understanding of adolescents' emotional development.

## METHOD

The sampling technique used in this research is total sampling, where all members of the population were included as research respondents. This approach was selected due to the relatively small, accessible population, which enabled comprehensive data collection without the need for sample selection. The use of total sampling is expected to provide a more complete understanding of the characteristics of the studied population and to minimize potential selection bias. Nevertheless, this approach has limitations, particularly regarding the generalizability of the findings, as the results represent only the population under study and cannot be generalized to other populations with different characteristics.

**Table 1.**  
Research Participant

Age	Amount	Percentage
14	3	10%
15	7	23.3%
16	7	23.3%
17	6	20%
18	5	16.6%
19	1	3.3%
21	1	3.3%

Data were collected using research instruments in the form of closed-ended questionnaires designed on a Likert scale. The first instrument, developed by Finley and



Schwartz (2004), was used to measure father involvement in parenting and consists of dimensions such as presence, attention, emotional support, and fathers' participation in their children's lives. The second instrument assessed adolescents' emotion regulation, reflecting their ability to recognize, manage, and express emotions adaptively, as conceptualized by Gross (2014).

The data collection process was conducted both in person and online, with assistance from local church administrative coordinators. Prior to completing the questionnaires, participants were informed about the research objectives, the procedures for completing the instruments, and that their responses would be kept confidential. Respondents were asked to complete the questionnaires independently and honestly based on their personal experiences.

The collected data were analyzed using simple linear regression analysis. This analysis examined whether fathers' involvement in parenting has a significant effect on adolescents' emotion regulation. Prior to hypothesis testing, the data were tested for normality to ensure that the requirements for regression analysis were met.

All data analyses were conducted using the 24<sup>th</sup> version of SPSS. The results are presented in the form of descriptive and inferential statistics to illustrate the characteristics of the research variables as well as the relationships among them. Through this analytical approach, the study is expected to provide an objective empirical account of the role of father involvement in parenting in relation to adolescents' emotion regulation within a religious community.

#### Item Discrimination Test

To enhance the quality of the questionnaires, a try-out was conducted for both scales used in this study. Item discrimination analysis was performed to assess each item's ability to differentiate between individuals or groups possessing and not possessing the measured attribute (Azwar, 2021). Item selection was based on a criterion of item-total correlation coefficients greater than 0.30 ( $r_x > 0.30$ ). Items that met or exceeded this number were considered to have satisfactory discriminative power, whereas items with correlation coefficients below 0.30 were classified as having low discriminative power. Item discrimination was examined using the product-moment correlation coefficient.

Item discrimination analysis was conducted for the father involvement in parenting scale and the emotion regulation scale, as follows:

**Table 2.**

Try Out 1 of Item Discrimination of the Father Involvement in Parenting Scale

Item-Total Statistics				
	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha If Item Deleted
Item 1	67.33	29.126	.223	.742
Item 2	67.27	29.513	.233	.741
Item 3	67.27	29.099	.202	.744
Item 4	67.13	29.499	.262	.740
Item 5	66.87	31.430	-.114	.771
Item 6	67.47	28.120	.349	.733
Item 7	67.67	29.057	.224	.742
Item 8	67.43	28.392	.388	.731



Item 9	67.47	29.361	.195	.744
Item 10	67.37	26.654	.557	.716
Item 11	67.57	27.633	.338	.734
Item 12	66.43	29.220	.247	.740
Item 13	67.40	26.869	.483	.721
Item 14	67.67	27.885	.449	.726
Item 15	67.23	26.392	.605	.712
Item 16	67.10	27.541	.416	.727
Item 17	67.40	29.214	.147	.750
Item 18	67.00	28.069	.335	.734
Item 19	67.40	27.214	.345	.733
Item 20	67.37	27.482	.395	.729

Based on the results in Table 2, nine items had item–total correlation coefficients below 0.30. Accordingly, items 1, 2, 3, 4, 5, 7, 9, 12, and 17 were removed due to their insufficient correlation values. Subsequently, a second item discrimination analysis was conducted for the emotion regulation scale, with the following results:

**Table 3.**

Try Out 2 of the Item Discrimination of the Father Involvement in Parenting Scale

<b>Item-Total Statistics</b>				
	<b>Scale Mean if Item Deleted</b>	<b>Scale Variance if Item Deleted</b>	<b>Corrected Item-Total Correlation</b>	<b>Cronbach's Alpha If Item Deleted</b>
Item 6	67.47	28.120	.349	.733
Item 8	67.43	28.392	.388	.731
Item 10	67.37	26.654	.557	.716
Item 11	67.57	27.633	.338	.734
Item 13	67.40	26.869	.483	.721
Item 14	67.67	27.885	.449	.726
Item 15	67.23	26.392	.605	.712
Item 16	67.10	27.541	.416	.727
Item 18	67.00	28.069	.335	.734
Item 19	67.40	27.214	.345	.733
Item 20	67.37	27.482	.395	.729

In the second analysis, all items demonstrated item–total correlation coefficients above 0.30. Therefore, all items in the second try-out were considered to have strong discriminative power. Following the second pilot test, after removing items that did not meet the item discrimination criteria, the scale had a Cronbach's Alpha of 0.73. This result indicates that all retained items demonstrated good internal consistency, and the instrument is considered reliable.

For the second variable, which is emotional regulation, item discrimination analysis was conducted again on the retained items, with the following results:



**Table 4.**  
 Try Out 1 of Item Discrimination of the Emotion Regulation Scale

<b>Item-Total Statistics</b>				
	<b>Scale Mean if Item Deleted</b>	<b>Scale Variance if Item Deleted</b>	<b>Corrected Item-Total Correlation</b>	<b>Cronbach's Alpha If Item Deleted</b>
Item 1	99.70	26.493	.465	.515
Item 2	99.80	25.338	.707	.491
Item 3	99.67	26.713	.657	.513
Item 4	99.73	26.064	.605	.504
Item 5	99.90	28.921	.019	.561
Item 6	99.90	25.594	.539	.505
Item 7	99.90	28.507	.101	.551
Item 8	99.97	26.447	.522	.512
Item 9	99.77	27.289	.413	.525
Item 10	100.13	32.533	-.538	.610
Item 11	99.93	28.685	.091	.552
Item 12	99.87	26.326	.432	.514
Item 13	99.90	30.645	-.246	.584
Item 14	100.03	32.447	-.476	.611
Item 15	99.77	28.047	.169	.544
Item 16	100.13	25.085	.582	.494
Item 17	99.77	26.461	.389	.518
Item 18	99.93	25.651	.601	.499
Item 19	100.17	30.626	-.269	.581
Item 20	99.83	24.695	.654	.483
Item 21	99.87	26.602	.439	.517
Item 22	100.13	32.740	-.524	.615
Item 23	99.80	28.028	.166	.545
Item 24	99.90	24.645	.713	.480
Item 25	99.90	25.266	.605	.493
Item 26	100.03	30.309	-.191	.580
Item 27	100.20	31.269	-.355	.592
Item 28	99.93	24.892	.602	.488
Item 29	99.83	25.592	.566	.499
Item 30	99.93	25.955	.430	.511
Item 31	99.87	28.464	.139	.548
Item 32	100.03	34.930	-.699	.645
Item 33	99.90	26.024	.429	.511
Item 34	100.03	31.757	-.412	.600
Item 35	100.17	31.937	-.394	.606
Item 36	100.07	31.857	-.471	.593
Item 37	100.20	32.097	-.487	.603
Item 38	99.93	27.030	.352	.526
Item 39	100.17	32.695	-.524	.614
Item 40	99.73	26.823	.451	.519



Based on the item analysis results for the emotion regulation scale, 19 items were found to not meet the minimum correlation criterion of 0.30, such as items 5, 7, 10, 11, 13, 14, 15, 19, 22, 23, 26, 27, 31, 32, 34, 35, 36, 37, and 39. Accordingly, these items were removed, and a second item discrimination analysis was conducted, with the following results:

**Tabel 5.**  
 Try Out 2 of Item Discrimination of the Emotion Regulation Scale

<b>Item-Total Statistics</b>				
	<b>Scale Mean if Item Deleted</b>	<b>Scale Variance if Item Deleted</b>	<b>Corrected Item-Total Correlation</b>	<b>Cronbach's Alpha If Item Deleted</b>
Item 1	99.70	26.493	.465	.515
Item 2	99.80	25.338	.707	.491
Item 3	99.67	26.713	.657	.513
Item 4	99.73	26.064	.605	.504
Item 6	99.90	25.594	.539	.505
Item 8	99.97	26.447	.522	.512
Item 9	99.77	27.289	.413	.525
Item 12	99.87	26.326	.432	.514
Item 16	100.13	25.085	.582	.494
Item 17	99.77	26.461	.389	.518
Item 18	99.93	25.651	.601	.499
Item 20	99.83	24.695	.654	.483
Item 21	99.87	26.602	.439	.517
Item 24	99.90	24.645	.713	.480
Item 25	99.90	25.266	.605	.493
Item 28	99.93	24.892	.602	.488
Item 29	99.83	25.592	.566	.499
Item 30	99.93	25.955	.430	.511
Item 33	99.90	26.024	.429	.511
Item 38	99.93	27.030	.352	.526
Item 40	99.73	26.823	.451	.519

In the second analysis, all items exhibited item–total correlation coefficients are above 0.30. Accordingly, all items retained in the second pilot test demonstrated strong discriminative power. Following the second try out, after removing items that did not meet the item discrimination criteria, the scale scored a Cronbach's Alpha coefficient of 0.93. This value indicates a high level of reliability and suggests that the scale is acceptable and suitable for use.

This study was conducted in accordance with established research ethics. Prior to data collection, the researcher submitted a formal request for research permission to the relevant parish administrative authorities and obtained approval to carry out the study at the designated site. In addition, informed consent was obtained from both parents and adolescent participants, either directly or online via WhatsApp. Participation in this study was voluntary, and all respondents were informed about the research and their right to



withdraw from the study at any time. The researcher also ensured the confidentiality and anonymity of the data, with all information collected used solely for academic purposes.

## RESULTS AND DISCUSSION

### Results

The findings indicate that the level of father involvement in parenting among adolescents in Region VIII of the Holy Cross Parish, North Jakarta, falls within the moderate-to-high range, as presented in Table 6. No adolescents perceived their fathers' involvement as low. These results suggest that fathers are generally present and involved in their children's lives through attention, guidance, and support for adolescents' activities. Nevertheless, such involvement does not necessarily reflect emotional interaction, as father involvement in families these days is often more functional.

**Table 6.**

<b>Categorization</b>	<b>Interval</b>	<b>N</b>	<b>Percentage</b>
Low	$X < 25.7$	0	0
Moderate	$25.7 < X < 40.3$	18	60
High	$40.3 < X$	12	40
Total		30	100

On the other hand, the results also indicate that nearly all adolescents demonstrated high levels of emotion regulation, as shown in Table 7. Adolescents were able to control, express, and adjust their emotional responses adaptively across various situations. This condition suggests that, from a psychological perspective, adolescents have developed well-established emotion regulation capacities, likely shaped by social learning processes and developmental experiences derived not only from the family but also from social environments.

**Table 7.**

<b>Categorization</b>	<b>Interval</b>	<b>N</b>	<b>Percentage</b>
Low	$X < 28.7$	0	0
Moderate	$28.7 < X < 36.3$	1	60
High	$36.3 < X$	29	40
Total		30	

### Descriptive Analysis Test

Based on Table 8, the number of respondents (N) was 30, with emotion regulation scores ranging from 34 to 69. The mean score for emotion regulation was 55.43, with a standard deviation of 8.365. These results indicate that the respondents' emotion regulation abilities fall within a fairly good range, suggesting that most individuals can control and express their emotions adaptively, such as calming themselves when angry, managing stress, and adjusting their emotional reactions to social situations.



**Table 8.**  
 Descriptive Statistics

	N	Minimum	Maximum	Mean	Std Deviation
Father's Involvement in Parenting	30	29	54	38.17	4.348
Emotional Regulation	30	34	69	55.43	8.365

In addition, for the father's involvement in parenting variable, the minimum score obtained was 29, and the maximum score of 54. The mean score for father involvement was 38.17, with a standard deviation of 4.348. These findings show that the level of father involvement falls within the moderate-to-high range, indicating that most fathers are reasonably active in accompanying, attending to, and assisting their children with daily activities.

**Normality Test**

Based on the normality test results presented in Table 9, the significance value (Asymp. Sig. 2-tailed) was 0.200, which exceeds the significance level of 0.05. This indicates that the data are normally distributed. Accordingly, the normality assumption for linear regression analysis was fulfilled.

**Table 9.**  
 Normality Test

<b>One-Sample Kolmogorov-Smirnov Test</b>		
Unstandardized Residuals		
N		30
Normal Parameters	Mean	.0000000
	Std. Deviation	8.3633453
Most Extreme Differences	Absolute	.128
	Positive	.109
	Negative	-.128
Test Statistic		.128
Asymp. Sig. (2-tailed)		.200

Table 10, it shows that his value remains within the acceptable range ( $\pm 1.96$ ), indicating that the residuals are normally distributed. The kurtosis value of 0.486 also falls within the normal range.



**Table 10.**  
 Normality Test 2

Descriptive Statistics										
	N	Minimum	Maximum	Mean	Std. Deviation	Skewness	Kurtosis			
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic			
Unstandardized Residual	30	-21.05151	13.61526	.0000000	8.36333453	-.427	.486	.833		
Valid N (listwise)	30									

### Linear Regression Analysis

Based on the linear regression analysis presented in Table 11, the constant value is 53.844, and the regression coefficient for father involvement in parenting is 0.042. This indicates that when father involvement is zero, the predicted value of emotion regulation is 53.844. The positive coefficient (0.042) suggests a positive directional relationship between father involvement and emotion regulation, such that higher levels of father involvement are associated with greater emotion regulation among adolescents. However, the magnitude of this effect is relatively small.

**Table 11.**  
 Linear Regression Analysis

Coefficient						
		Unstandardized Coefficient	Standardized Coefficient	t	Sig.	
Model		B	Std. Error	Beta		
1	(Constant)	53.844	13.962		3.857	.001
	Total of Father's Involvement in Parenting	.042	.364	.022	.115	.910

### Research Hypothesis Test

Based on the t-test results presented in Table 11, the calculated t value was 0.115 with a significance value (Sig.) of 0.910. The t-test was conducted to examine whether father involvement in parenting significantly influences adolescents' emotion regulation. In hypothesis testing, a p-value greater than 0.05 indicates a non-significant effect, whereas a p-value less than 0.05 indicates a significant effect as the results show a Sig. value of 0.910, which is greater than 0.05, it can be concluded that father involvement does not have a statistically significant effect on adolescents' emotion regulation. In other words, variations in the level of father involvement in parenting do not significantly influence adolescents' ability to regulate their emotions.

### Correlation Analysis

Based on Table 12, the results of the Pearson correlation analysis indicate that the correlation coefficient between father involvement in parenting and adolescents' emotion regulation is  $r = 0.022$  with a significance value of  $p = 0.910$  ( $N = 30$ ). This correlation coefficient is very close to zero, suggesting a weak linear relationship between the two



variables. In other words, variations in father involvement are not associated with changes in adolescents' emotion regulation scores. Furthermore, the significance value exceeds 0.05, indicating that the correlation is not statistically significant.

**Table 12.**

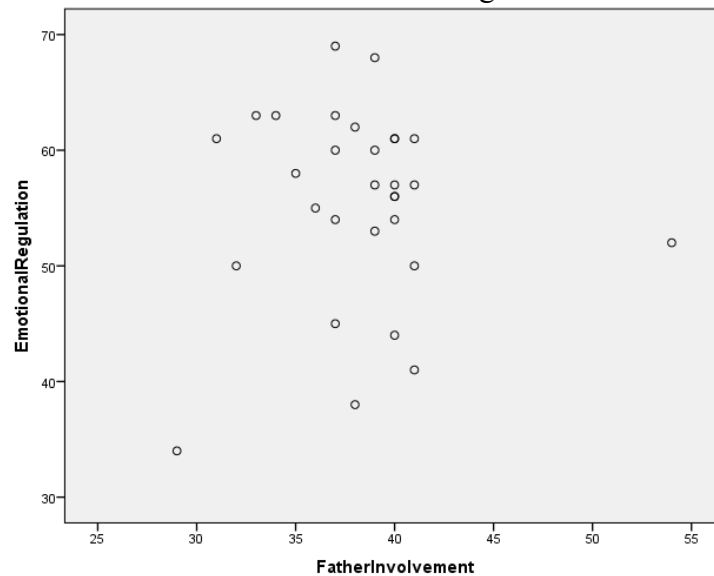
Correlation Analysis of Father Involvement in Parenting & Emotional Regulation

	<b>Father Involvement in Parenting</b>	<b>Emotional Regulation</b>
Father Involvement in Parenting	Pearson Correlation	1
	Sig. (2-tailed)	.022
	N	30
Emotional Regulation	Pearson Correlation	.910
	Sig. (2-tailed)	1
	N	30

The results suggest that father involvement, as measured in this study, is not significantly correlated with adolescents' emotion regulation. This supports the broader interpretation that adolescents' emotion regulation is influenced by multiple factors beyond father involvement alone.

**Graph 1.**

Scatter Plot of Father Involvement in Parenting and Emotional Regulation



Graph 1 illustrates the relationship between father involvement in parenting and adolescents' emotion regulation among Catholic adolescents in Region VIII of the Holy Cross Parish, North Jakarta. The data points are widely distributed across the range of father involvement scores, with no clearly defined linear pattern. Although the points suggest a slight upward tendency, the overall spread indicates that variations in adolescents' emotion regulation are not consistently associated with differences in the level of father involvement. This visual pattern indicates that increases in father involvement do not necessarily correspond to increases in adolescents' emotion regulation abilities. Furthermore, there are no clear linear trends in the scatter plot, supporting the regression analysis's statistical findings, which indicated a very weak, non-



significant relationship between the two variables. The scattered nature of the data suggests that adolescents' emotion regulation is likely shaped by multiple interacting factors beyond father involvement alone, including maternal influence, peer relationships, and the social and religious environment. In this context, the scatter plot provides graphical confirmation that father involvement, as measured in this study, is not a strong predictor of emotion regulation.

## Discussion

The findings indicate that most fathers in Region VIII of the Holy Cross Parish in North Jakarta exhibit moderate to high levels of parenting involvement. This suggests that the majority of fathers play a reasonably active role in their children's lives by providing support, attention, and shared time. Nevertheless, a small proportion of fathers exhibit suboptimal levels of involvement. This condition may be influenced by various factors, including work-related demands and cultural values that continue to position mothers as the primary caregivers in Indonesian families (Hidayati et al., 2011). Within a patriarchal cultural context, fathers' roles are often centered on economic provision and decision-making responsibilities, while mothers are more involved in caregiving and children's emotional development (Rosenberg & Wilcox, 2006). As a result, the quality of emotional closeness between fathers and children may not always be strongly established, even when fathers appear to be "involved" in parenting from a quantitative perspective.

Moreover, high levels of father involvement do not necessarily guarantee emotionally rich interactions. According to Pleck (2010), meaningful father involvement is not defined solely by the frequency of presence but rather by the quality of the relationship, which is shaped through sensitivity, communication, and emotional closeness. In urban settings such as North Jakarta, many fathers face demanding work schedules that limit opportunities for interaction with their children. This condition is consistent with the findings of Kusumasari (2020), who reported that in modern Indonesian families, fathers' roles tend to be more functional and less characterized by deep emotional engagement with their children.

Meanwhile, the results also indicate that nearly all adolescents demonstrated high levels of emotion regulation. This suggests that adolescents are capable of managing and expressing their emotions adaptively, such as exercising restraint when experiencing anger, calming themselves under stress, and adjusting their emotional responses to social situations. This condition may be influenced by the social and religious environment of the Holy Cross Parish, where church activities, youth ministries, and spiritual values consistently foster self-control, empathy, and emotional regulation (Thalib et al., 2023). Social support from family members, peers, and religious communities also plays an important role in strengthening adolescents' emotion regulation capacities (Ediati, 2015). Therefore, high levels of emotion regulation are shaped not only by father involvement but also by broader social interactions and moral values within the community.

However, the regression analysis revealed that father involvement in parenting did not have a significant effect on adolescents' emotion regulation. This finding suggests that although fathers may be involved in parenting, their involvement does not necessarily translate into observable differences in adolescents' emotion regulation abilities. This result is consistent with the findings of Dewi and Widyastuti (2024), who reported that



the quality of emotional relationships and communication patterns within the family often mediates the influence of father involvement on children's emotion regulation. In other words, the quantity of father involvement alone is insufficient to build or improve children's emotion regulation in the absence of warm, empathetic, and emotionally responsive interactions.

In addition, maternal factors play a crucial role in shaping children's emotion regulation. In many cultural contexts, mothers continue to serve as the primary figures in caregiving and daily emotional expression, providing concrete models for children on how to recognize and manage emotions (Firdauza & Tantiani, 2021). This may help explain why, despite relatively high levels of father involvement, the effect of father involvement on emotion regulation was not significant, as mothers more frequently carry out emotional functions within the family. Furthermore, adolescents in the study setting may have already developed strong emotion regulation skills through social experiences in schools, church environments, or peer groups. As noted by Gross (2014), emotion regulation is the product of social learning processes and does not rely solely on family influences.

Overall, the findings of this study indicate that adolescents in Region VIII of the Holy Cross Parish, North Jakarta, demonstrate well-developed emotion regulation abilities, despite the absence of a statistically significant effect of father involvement. This suggests that emotion regulation comes from multifactorial interactions, including social support, family attachment, maternal influence, and strong religious values. Accordingly, father involvement remains psychologically important. However, to give a meaningful impact on adolescents' emotion regulation, such involvement needs to be emotionally responsive, empathetic, and supportive, rather than limited to physical presence or material provision alone (Alfajati & Tresnawaty, 2024). Nevertheless, the relatively small number of participants constitutes a limitation of this study, as the findings are based on data obtained from only 30 respondents.

## CONCLUSION

This study underscores that father involvement should not be understood merely as quantitative presence, but rather as a relational process shaped by cultural and religious contexts. Within the Indonesian setting, particularly in Catholic communities, adolescents' emotion regulation appears to be supported by collective values, faith formation, and community-based social support that complement parenting practices within the nuclear family. These findings suggest that fathers' contributions become more meaningful when involvement is expressed through emotional sensitivity, moral role modeling, and the internalization of religious values, rather than through functional participation alone. From a theoretical perspective, the results provide a deeper understanding of fatherhood by highlighting the importance of a contextual approach to the study of parenting and adolescents' emotion regulation. In practice, these findings emphasize the need for family- and church-based parenting interventions that actively engage fathers in reflective, emotionally oriented parenting practices. Church institutions and pastoral services play a strategic role in designing parental support programs that integrate faith-based teachings with emotional caregiving skills. Future research is recommended to employ longitudinal designs, involve larger and more diverse samples,



and adopt mixed-methods approaches to explore father involvement more deeply across adolescent development.

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