

ABSTRAK

RISMA YULIANTI MULYANI EFENDI, 2026. *Peran Partisipatif Ayah dalam Mendukung Perkembangan Psikososial Anak*. Jurusan Pendidikan Masyarakat, Fakultas Keguruan dan Ilmu Pendidikan.

Peran ayah dalam pengasuhan anak masih sering dipahami sebatas sebagai pencari nafkah, sementara peran pengasuhan lebih banyak dibebankan kepada ibu. Kondisi ini dipengaruhi oleh tuntutan pekerjaan, budaya patriarki, serta minimnya pemahaman ayah mengenai tahapan perkembangan anak. Padahal, keterlibatan ayah memiliki peran penting dalam mendukung perkembangan psikososial anak, khususnya 3-12 tahun yang merupakan fase krusial pembentukan kepercayaan diri, regulasi emosi, dan kemampuan bersosialisasi. Penelitian ini bertujuan untuk mengetahui peran partisipatif ayah dalam mendukung perkembangan psikososial anak di Desa Sukamerang, Kabupaten Garut. Penelitian ini menggunakan pendekatan kualitatif dengan metode fenomenologi, dengan subjek penelitian terdiri dari ayah, ibu, dan anak yang dipilih secara *purposive sampling* sesuai dengan kriteria penelitian. Teknik pengumpulan data dilakukan melalui observasi, wawancara, dan dokumentasi, sedangkan analisis data dilakukan melalui tahapan reduksi data, penyajian data, dan penarikan kesimpulan. Hasil penelitian menunjukkan bahwa peran partisipatif ayah dalam pengasuhan anak menunjukkan variasi yang berbeda antar keluarga. Pada indikator *engagement*, sebagian ayah terlibat langsung dalam aktivitas bersama anak, seperti bermain dan berinteraksi, yang berdampak positif terhadap kedekatan emosional dan kepercayaan diri anak. Namun, terdapat pula ayah yang memiliki keterlibatan terbatas akibat tuntutan pekerjaan dan keterbatasan waktu. Pada indikator *Accessibility*, ketersediaan ayah secara emosional berperan penting dalam membangun rasa aman, kelekatan, serta kemampuan regulasi emosi anak. Sementara itu indikator *responsibility*, peran ayah masih banyak dimaknai sebagai pemenuhan kebutuhan ekonomi keluarga, meskipun pada beberapa keluarga ayah juga tanggung jawab pengasuhan melalui pengawasan, pembimbingan, dan penanaman nilai secara dialogis. Simpulan penelitian ini menunjukkan bahwa peran partisipatif ayah dalam mendukung perkembangan psikososial anak merupakan keterpaduan antara keterlibatan langsung, ketersediaan emosional, dan tanggung jawab pengasuhan yang saling melengkapi dalam membentuk emosi, kelekatan, kepercayaan diri, dan kemampuan sosial anak.

Kata Kunci: Peran ayah, Perkembangan Psikososial, Keluarga

ABSTRACT

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The role of fathers in child-rearing is still often understood merely as that of an economic provider, while caregiving responsibilities are largely assigned to mothers. This condition is influenced by work demands, patriarchal culture, and fathers' limited understanding of children's developmental stages. In fact, fathers' involvement plays a crucial role in supporting children's psychosocial development, particularly during the ages of 3–12 years, which represent a critical phase for the formation of self-confidence, emotional regulation, and social skills. This study aims to examine the participatory role of fathers in supporting the psychosocial development of children in Sukamerang Village, Garut Regency. This research employed a qualitative approach using a phenomenological method, , the research subjects consisted of fathers, mothers, and children who were selected purposively based on the research criteria. Data were collected through observation, structured interviews, and documentation, while data analysis was conducted through the stages of data reduction, data display, and conclusion drawing. The findings indicate that fathers' participatory roles in child-rearing vary across families. In the engagement indicator, some fathers are directly involved in activities with their children, such as playing and interacting, which positively affects children's emotional closeness and self-confidence. However, other fathers show limited involvement due to work demands and time constraints. In the accessibility indicator, fathers' emotional availability plays an important role in fostering children's sense of security, attachment, and emotional regulation abilities. Meanwhile, in the responsibility indicator, fathers' roles are still largely interpreted as fulfilling the family's economic needs, although in some families fathers also carry out caregiving responsibilities through supervision, guidance, and the dialogical transmission of values. This study concludes that the participatory role of fathers in supporting children's psychosocial development is the result of the integration of direct involvement, emotional availability, and caregiving responsibility. These three indicators complement one another and collectively contribute to the development of children's emotions, attachment, self-confidence, and social abilities

Keywords: *fathers participatory role, psychpsocial development*