

## **ANALYSIS OF THE ROLE OF FATHERS IN THE FORMATION OF PROSOCIAL BEHAVIOR IN ADOLESCENTS IN LUBUK KARET VILLAGE**

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### **Abstract**

This study aims to analyse how fathers play a role in shaping the prosocial behaviour of adolescents in Lubuk Karet Village. The research method used is descriptive qualitative, with data collection techniques through interviews, observation, and documentation. The research subjects consisted of three fathers with teenage children aged 12-18 years. The results of the study indicate that the role of fathers in parenting, whether through example, advice, or emotional support, contributes positively to the formation of prosocial behaviour in children. However, time constraints due to work demands pose a challenge in optimising the role of fathers. Nevertheless, children who receive more attention from their fathers tend to exhibit stronger prosocial attitudes compared to those with minimal interaction with their fathers. The conclusion of this study emphasises that the role of fathers is crucial in shaping prosocial behaviour in adolescents. Therefore, greater awareness among fathers is needed to actively participate in parenting, along with support from the social environment to enhance father-child interaction.

**Keywords:** The Role of Fathers, Prosocial Behaviour, Adolescents

### **Abstrak**

*Penelitian ini bertujuan untuk menganalisis bagaimana peran ayah dalam membentuk perilaku prososial remaja di Desa Lubuk Karet. Metode penelitian yang digunakan adalah kualitatif deskriptif dengan teknik pengumpulan data melalui wawancara, observasi, dan dokumentasi. Subjek penelitian terdiri dari tiga ayah yang memiliki anak remaja berusia 12-18 tahun. Hasil penelitian menunjukkan bahwa peran ayah dalam pengasuhan, baik melalui teladan, nasihat, maupun dukungan emosional, berkontribusi positif terhadap pembentukan perilaku prososial anak. Namun, keterbatasan waktu akibat tuntutan pekerjaan menjadi kendala dalam optimalisasi peran ayah. Meskipun demikian, anak-anak yang mendapatkan perhatian lebih dari ayahnya cenderung memiliki sikap prososial yang lebih kuat dibandingkan dengan mereka yang minim interaksi dengan ayahnya. Kesimpulan dari penelitian ini menegaskan bahwa peran ayah sangat penting dalam membentuk perilaku prososial pada remaja. Oleh karena itu, diperlukan kesadaran yang lebih besar dari ayah untuk berperan aktif dalam pengasuhan serta dukungan dari lingkungan sosial agar dapat meningkatkan interaksi ayah dan anak.*

**Kata kunci:** Peran Ayah, Perilaku Prososial, Remaja

## INTRODUCTION

Prosocial behaviour is an important foundation in building a harmonious and civilised society. This behaviour reflects concern and attention to the welfare of others and is manifested through concrete actions such as sharing, helping, showing generosity, cooperating, and being honest (Boursier et al., 2020). In the field of developmental psychology, prosocial behaviour is considered an important indicator of social and emotional maturity, especially during childhood and adolescence. This behaviour not only strengthens interpersonal relationships but also helps children develop empathy, social responsibility, and the ability to resolve conflicts constructively (Hasyim, 2015).

However, prosocial behaviour does not emerge automatically. It develops through a complex social learning process involving observation, interaction, and imitation of social models in the child's environment, particularly parents and other significant figures (Abdi et al., 2024). Childhood is a crucial early phase for the development of this behaviour, but adolescence is equally important. Adolescents, who, according to (Hurwitz et al., 2020), are between the ages of 12 and 18, are in the process of forming their identity and integrating moral and social values into their sense of self. During this period, individuals begin to think more abstractly and logically, and can distinguish between right and wrong based on rational considerations and internal values (Brown & Desforges, 2013).

In this context, the role of the family as the first and primary environment in a child's life becomes vital. The family is not only a place where children grow physically, but also the first place where they learn moral and social values. Within the family structure, parents have a big responsibility in shaping their children's character. Until now, attention to child rearing has tended to focus on the role of mothers, both in daily practice and in academic studies (Wirajaya, 2020). However, fathers also have a very important and unique role in child rearing, especially in shaping children's prosocial behaviour through role modelling, direct interaction, and communication patterns that differ from those of mothers (Aziz et al., 2023).

In the socio-cultural context of Indonesia, many fathers are still not actively involved in child rearing. This is due to various factors, ranging from work demands, social constructs regarding gender roles, to a lack of awareness of the importance of father involvement in the rearing process (Reswita et al., 2023). Data from UNICEF and Populix cited by Allen et al., (2021) show that around 20.9% of children in Indonesia grow up without active involvement from their fathers, which has a significant negative impact on children's social-emotional development, including in terms of prosocial behaviour. The phenomenon of limited father involvement in child-rearing is also observed in Lubuk Karet Village, a village where most residents work in the informal sector, such as farm labourers, casual workers, and small-scale traders. Initial observations in this village indicate that most fathers have limited time to interact with their children due to the need to work from morning to night to meet the family's economic needs. This pattern results in limited time and quality of interaction between fathers and children, which in turn

affects the formation of children's social values, including prosocial behaviour. Many adolescents in this village exhibit symptoms of a lack of concern for others, minimal enthusiasm for sharing, and weak cooperative attitudes in their social environment.

Previous studies have shown a positive relationship between father involvement in parenting and the development of prosocial behaviour in children. Chen et al., (2020), for example, found that father involvement has a significant correlation with adolescents' emotional intelligence, which is the foundation for prosocial behaviour. Another study by Aderibigbe et al., (2023) confirms that fathers who are active in educating, motivating, and serving as role models for their children can contribute to an increase in positive social behaviour in children. Additionally Siahaan et al., (2023) shows that warm and supportive fathering patterns have a positive influence on the development of prosocial behaviour in children, including honesty, empathy, and willingness to help.

However, these studies are generally still general and have not explored in detail the dynamics of father involvement in specific socio-economic contexts, particularly in rural communities in Indonesia. Most studies emphasise the role of parents in general, without explicitly distinguishing between the roles of fathers and mothers. In addition, previous studies have not fully integrated theories of prosocial behaviour, such as the six aspects of prosocial behaviour according to Dewi & Widyastuti, (2023), which include sharing, cooperation, honesty, generosity, helping, and consideration for the welfare of others. These limitations indicate a research gap that needs to be addressed through more in-depth and contextual studies on the role of fathers in shaping adolescents' prosocial behaviour. In this context, this study aims to provide more specific and applicable scientific contributions by exploring how the role of fathers in Lubuk Karet Village, most of whom work in the informal sector and have limited interaction time with their children, can still influence the formation of prosocial behaviour in their adolescent children. This study attempts to understand the dynamics of fathering in specific socioeconomic conditions and explore the forms of interaction and communication that can instil prosocial values despite time constraints. Using a qualitative approach and focusing on case studies in Lubuk Karet Village, this study aims to analyse the prosocial behaviour of adolescents and identify in detail the role of fathers in shaping this behaviour.

This study will not only describe the forms of prosocial behaviour that develop among adolescents in this village but also explore the parenting processes and strategies applied by fathers. Additionally, this study will identify the challenges and obstacles faced by fathers in educating their children and explore the supporting factors that can strengthen their role in shaping their children's character. The main issue that this study focuses on is how the role of fathers can contribute to the formation of prosocial behaviour in adolescents amid limited time and socio-economic conditions of the family. This problem arises from the gap between the ideal role of fathers in parenting theories and empirical evidence in the field, which shows that many fathers are not actively involved in parenting. On the other hand, not all families have ideal conditions, so a more realistic

and contextual understanding of how prosocial values can still be instilled in limited conditions is needed.

The novelty of this study lies in its attempt to bridge theory and practice through a contextual and specific approach. This study not only revisits theories about the role of fathers and prosocial behaviour but also explores how these values can be instilled in less than ideal situations, namely in families where fathers have limited time due to economic demands. In addition, this research enriches academic studies by presenting local and cultural perspectives from rural Indonesian communities, which have been under-explored in studies on child care and social development. Through this study, it is hoped that a deeper and more holistic understanding of the role of fathers in shaping prosocial behaviour in adolescents will emerge, along with the identification of practical strategies that can be applied by families in various socioeconomic conditions. This research is also expected to serve as a reference for policymakers, educational institutions, and family counselling practitioners in designing more inclusive and contextual intervention programs to strengthen the role of fathers in educating children and fostering a generation that cares for others.

## **METHOD**

This study uses a descriptive qualitative method with a field research approach to describe and analyse in depth the role of fathers in shaping prosocial behaviour among adolescents in Lubuk Karet Village, Betung District, Banyuasin Regency, South Sumatra Province. The research location was selected purposively, based on the phenomenon of limited interaction time between fathers and children due to work demands, which has an impact on the social-emotional development of adolescents. The research subjects consisted of three fathers who had children aged 12–18 years and their children. Purposive sampling was used to select informants by considering the fathers' involvement in parenting, the intensity of interaction, and the socioeconomic background of the family.

Data collection was conducted through in-depth interviews, observation, and documentation. Interviews were conducted with fathers and children using a guide based on six aspects of prosocial behaviour according to Eisenberg and Mussen, namely sharing, cooperation, honesty, generosity, helping, and considering the well-being of others. Observations were used to directly observe interactions between fathers and children in their daily lives, while documentation was used to strengthen the data, in the form of field notes and photos of activities. Data analysis used the Miles and Huberman model, which includes data reduction, data presentation, and interactive and continuous conclusion drawing. To ensure data reliability, this study applies source and method triangulation techniques, which involve comparing interview results, observations, and documentation to obtain the validity of information. Additionally, member verification (member check) was conducted by asking informants to review the data interpretation results to avoid misunderstandings. An audit trail was also systematically documented through the recording of the research process and decisions made during data analysis,

enabling transparent tracing and evaluation by other interested parties (Pahleviannur et al., 2022).

## **RESULTS AND DISCUSSION**

This study reveals that fathers play a significant role in shaping prosocial behaviour in adolescents in Lubuk Karet Village. Through in-depth interviews and observations of three father-child pairs, it was found that active father involvement in parenting contributes to the development of empathy, social adaptability, and a tendency to help others in their children. One informant, a 45-year-old father who works as a construction worker, stated that despite limited time with his children, he always strives to set a positive example. “I always try to show honesty and a willingness to help, so that my children can follow my example,” he said. His son, a 16-year-old, revealed that his father often discusses the importance of helping others and being fair. However, this study also found that work commitments and a lack of effective communication between fathers and children are the main obstacles to father involvement. A 14-year-old revealed that he rarely talks to his father because his father often comes home late at night. “I want more time with my father, but he's always busy,” he said. This shows that limited time and communication can hinder the development of prosocial behaviour in adolescents.

These findings are in line with previous research showing that father involvement in parenting is positively associated with adolescent prosocial behaviour. Wang et al., (2020) found that father involvement in parenting has a positive relationship with adolescents' emotional intelligence and prosocial behaviour. In addition, research by Ashma, (2023) shows that fathers who are involved in educating, motivating, and being role models for their children can actively improve their children's social behaviour. The implications of these findings indicate the need for specific strategies to increase fathers' involvement in their children's lives, such as strengthening communication within the family and adjusting schedules to allow fathers to be more involved in their children's activities. Furthermore, these findings also serve as a basis for developing guidance and counselling programs that can help increase parents' awareness, particularly fathers, regarding their role in shaping their children's character. This study emphasises the importance of fathers' roles in shaping children's prosocial behaviour and provides recommendations on strategies that can be implemented to improve the quality of father-child relationships in the context of education and social development. Thus, this study not only reinforces previous findings on the importance of fathers' roles in parenting but also contributes new insights by focusing on the cultural and social context of Lubuk Karet Village. This highlights the need for more inclusive and contextual approaches in understanding family dynamics and parenting in Indonesia.

## **DISCUSSION**

This study highlights the significant role of fathers in shaping prosocial behaviour among adolescents in Lubuk Karet Village. Using a descriptive qualitative approach, it was found that fathers' involvement in parenting contributes positively to the development of

prosocial behaviour in children, such as empathy, cooperation, and concern for others. One of the main findings shows that fathers who actively interact with their children, despite having limited time due to work, can instil prosocial values through open communication and by setting an example in their daily behaviour. Conversely, a lack of involvement from fathers, whether due to work commitments or a lack of effective communication, has an impact on low levels of prosocial behaviour in adolescents.

These findings are in line with Piaget and Kohlberg's moral development theory, which states that social interaction and moral experiences within the family play an important role in children's moral development. Father involvement in parenting provides opportunities for children to learn moral values through direct experience and observation of their fathers' behaviour. This study also supports Wang et al., (2020) findings, which show that father involvement in parenting has a positive relationship with adolescents' emotional intelligence and prosocial behaviour. High emotional intelligence enables adolescents to understand and respond appropriately to others' emotions, which is the foundation of prosocial behaviour.

In addition, research by Ashma, (2023) confirms that fathers who are involved in educating, motivating, and setting an example for their children can actively improve their children's social behaviour. This shows that the role of fathers is not only as providers of material needs, but also as educators and moral guides for their children. However, this study also reveals that the patriarchal culture that is still strong in Indonesian society often places the role of fathers as the main breadwinners, while child care is considered the responsibility of mothers. This results in limited involvement of fathers in child care, which has an impact on children's social and emotional development. To overcome this, efforts are needed to raise public awareness about the importance of the role of fathers in child care. Education and training programs for fathers can help them understand their role in shaping their children's prosocial behaviour and provide them with the skills necessary to actively engage in their children's lives. Overall, this study confirms the importance of fathers' role in shaping adolescents' prosocial behaviour and the need for strategies to increase fathers' involvement in parenting. With the right approach, it is hoped that a family environment that supports children's optimal social and emotional development can be created.

In this context, Bronfenbrenner's theory of human development ecology is also relevant, as it emphasises the importance of interactions between individuals and their social environment, including the family, in child development. The involvement of fathers as part of the child's microenvironment can provide important emotional and social support for the development of prosocial behaviour. Furthermore, Bowlby's attachment theory highlights the importance of secure emotional relationships between children and parents in children's social and emotional development. Father involvement in parenting can strengthen these emotional bonds and support the development of prosocial behaviour.

This study also found that children who have strong relationships with their fathers tend to have higher levels of empathy and are better able to interact positively with others. This shows that father involvement in parenting not only impacts a child's individual development but also their social relationships with others. However, challenges in increasing father involvement in parenting remain, especially in cultural and social contexts that place fathers in the role of primary breadwinner. Therefore, a holistic and inclusive approach is needed to overcome these barriers and encourage greater father involvement in child rearing. In this regard, the role of educational institutions and communities is also important in supporting father involvement in parenting. Programs that involve fathers in school and community activities can help strengthen their role in their children's lives and support the development of prosocial behaviour. Overall, this study highlights the importance of fathers' role in shaping adolescents' prosocial behaviour and the need for concerted efforts to increase fathers' involvement in parenting. With the right approach, it is hoped that a family environment that supports children's optimal social and emotional development can be created.

## **CONCLUSION**

The prosocial behaviour of adolescents in Lubuk Karet Village shows positive trends, reflected in their caring attitude towards others, ability to work together in groups, and habit of helping one another in the family, school, and community. This behaviour does not appear suddenly, but is formed through a long social process, in which interaction with family, peers, and the surrounding environment plays an important role. One of the key factors in this process is the role of the father as an authoritative figure and role model in the family. Fathers who are actively involved in their children's lives, whether through giving advice, setting an example, instilling good behaviour, or using proportional reward and punishment strategies, have been shown to have a significant influence in fostering values such as empathy, social responsibility, and interpersonal skills. A father's example of fairness, helping others, and showing concern in social relationships serves as a real model for children to imitate and internalise these values. However, it is important to recognise that the development of prosocial behaviour in adolescents does not depend solely on the role of the father. Other factors, such as the presence of a mother who accompanies and educates children daily, the influence of peers who shape children's attitudes and social behaviour outside the home, and the socio-economic conditions of the family that determine access to education and a supportive environment, also influence the development of adolescents' character. Therefore, the formation of prosocial behaviour is the result of complex interactions between the role of the family, the social environment, and the internal factors of the adolescents themselves.

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