

RESILIENCE: DOES FATHER’S ATTACHMENT MATTER?

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Abstract: This study aims to determine the effect of father’s attachment on the resilience of 102 psychology faculty students who are working on their final assignments at X University, Jakarta. This study uses a quantitative approach, and the technique used for sampling is Non-Probability Sampling. While, the Inventory Parents and Peer Attachment (IPPA) by Armsden and Greenberg (2009) was used to measure student's attachment to father, and Resilience Quotient (RQ) by Reivich & Shatte (2002) to measure student resilience. Data were processed through a simple regression test to see the effect of father attachment on the resilience of students who were doing their final project in the Faculty of Psychology of X University, Jakarta. The statistical result obtained in this study is a correlation coefficient of $r = 0.238$ * $r^2 = 0.057$ (5.7%) with sig. (p) = 0.016. These indicates that there is an influence of the father's attachment variable (X) on the resilience variable (Y). The magnitude of the correlation $r = 0.238$ * indicates a positive or unidirectional relationship between the father's attachment and resilience. This means the closer the relationship the child has with the father, the greater the ability or resistance of the child to adapt to every condition and overcome any problems and difficulties that he or she faces.

Key Words: Father's Attachment, Resilience, College Student.

INTRODUCTION

Human Resources Development (HR) in Indonesia is part of the process and objectives in Indonesia's national development. The Indonesian nation is currently facing the challenge of catching up with other nations that have previously advanced. Therefore, the development of an advanced and independent nation requires the improvement of a development concept that is based on humans and their communities. In the context of national development, a fully developed person needs a strong personality as a prerequisite for shaping professionalism (Aryo, 2020). Having a strong

personality may bring a person to be highly resilient individual. Resilience is the ability to cope or endure with and to adapt to serious events or problems that occur in life, such as adversities or traumatic experiences (Reivich & Shatte, in Sepriani and Fitria, 2016).

Whilst, efforts to improve the quality of human resources are also pursued through education (Sholihah & Zulfah, 2019). Public awareness of the importance of education can be seen from the increase in the number of students attending higher education. According to data from the Central Bureau of Statistics in 2019, the number of Indonesian students under the Ministry of Research, Technology and Higher Education (Ristekdikti) in 2018 was the highest since 1997. The Central Bureau of Statistics (BPS) in Statistics Indonesia 2019 recorded the total number of Indonesian students enrolled in 2018 as many as 7 million people (Data Box, 2019).

However, to be graduated from college is not an easy thing. Students have to endure finishing their final year project or thesis. Gunawati et al (2006) stated that students who are preparing a final thesis are individuals who are prone to experiencing stress. In research conducted by Triyana, Hardjajani & Karyanta (2015) and Rozaq (2014), it was shown that students who are writing thesis reported to experience moderate to very high levels of stress.

Ryff and Singer (in Purwanti & Kustanti, 2018) state that resilient individuals are able to maintain their physical and psychological health and have the ability to recover fast from stress. Therefore, previous studies regarding resilience and well-being showed that resilience has a fundamental role in well-being and is also considered effective in improving psychological well-being (Purwanti & Kustanti, 2018). The development of individual's psychological wellbeing is in line with their ability to be courageous and resilient in facing challenges and developing resilience (Ramadhani in Arisandi, Dawanti and Risnawati, 2019).

Research by Septiani & Fitria (2016) and Triyana, Hardjajani & Karyanta (2015) showed that the higher the level of resilience, the lower the student's stress level, and vice versa. Portzky, Wagnild, Bacquer, and Audenaert in Dearly and Syaiful (2015) mentioned that resilience is a personal characteristic that can alleviate the negative impact and can encourage the positive impact of the stress faced. Therefore, in the case

with students who are working on their final year thesis, resilience is very much needed in order for them to be able to face the difficulties and pressures while working on their theses.

In terms of resilience, some factors of resilience are associated with secure attachment such as trust in others for support, positive self-esteem, self-efficacy, and the capacity to reflect on one's own feelings and the feelings of others (Schofield & Beek, 2014). According to Widuri (2012), resilience is influenced by family and community. Atwool (2006) also states that the availability of family support is an important aspect of resilience. Bowlby (in Kail & Cavanaugh, 2010) says, children who form an attachment to adults are more likely to survive. Attachment is a strong emotional bond that children develop through their interactions with people who have a special meaning, usually parents (Mc Cartney & Dearing, 2002).

According to Grotberg (in Sary, 2015), one of the factors that influence resilience is social support. One of the social support received by individuals comes from a father figure. Father's sensitivity and responsiveness are reliable predictors of safe attachment (Thompson, 2006 in Sulejmanovic, 2017).

Infact, fathers have a unique role in children's development (Amato, 1998, in Anelkovic et al, 2009) which is even irreplaceable in areas such as emotional intelligence, self-esteem and self-confidence. Meanwhile, children who rarely interact with their fathers are afraid to argue, experience a crisis of self-confidence, and tend to be vulnerable when faced with tough problems (Ekasari & Bayani, 2009). Even so, still only a few studies include fathers as attachment figures (Kamza, 2019).

Research by Nanie (2014), Marriner, Cacioli, and Moore (2014) and Ekasari and Bayani (2009) show that attachment has a significant positive relationship to individual resilience. In contrast to the above research, this study will focus on the effect of father's attachment and this study also focusing on the resilience of college students who are working on their final thesis.

Regarding the college students who are working on their final thesis, University X Academic Bureau data shows that students' graduation in X

University is still below the target (Academic Bureau X University Jakarta, 2020). Based on interviews that the researchers conducted with several X university students, they revealed that the problems that hindered them in working on their thesis were the difficulty of setting the mood, lack of focus in working on the thesis, repeated lecturer revisions and the difficulty of finding scientific reasoning and sources related to the research topic that make the process of completing their final thesis runs slowly or stuck. In this case, it seems that resilience is needed so that they can successfully complete their final project. Regarding their attachment to their father, from the results of interviews that several of them were hampered in completing their thesis. They admitted that they were not very close to their father because of some family problems (M, I, T, L, A, F, An, N, W and S, personal communications, July 2021)

Problem Statement

Is there an effect of father's attachment on the resilience of final year college students of the Faculty of Psychology at X University? and which aspect of father's attachment has correlation with the dimension of resilience?

Hypotheses

1. H1 = there is an effect of father's attachment on the resilience of final year college students of the Faculty of Psychology at X University.
2. H2 = there is a relationship between trust (father's attachment aspect) and resilience dimensions (emotion regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, reaching out)
3. H3 = there is a relationship between communication (father's attachment aspect) and resilience dimensions (emotion regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, reaching out)
4. H4 = there is a relationship between alienation (father's attachment aspect) and resilience dimensions (emotion regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, reaching out)

METHODOLOGY

The method used in this research is quantitative research methods with a causal design to see the determination of father's attachment on student resilience.

Population And Samples

The population in this study were 102 students at the final year of the University X Faculty of Psychology. The sampling technique used in this research is Non-Probability Sampling. The sample used is the whole population.

Instruments

To measure the father's attachment variable, researchers used a measuring tool from the previous researcher, Satriana (2019), namely the Inventory of Parent and Peer Attachment (IPPA) measurement tool. This measuring instrument was adapted from an instrument compiled by Armsden & Greenberg (2009), which has 3 (three) aspects, namely trust, communication, and alienation.

As for the resilience variable, the researcher revised the measuring instrument used by the previous researcher, Ingrida (2018). The measuring instrument used is the RQ (Resilience Quotient) from Reivich & Shatte (2002) theory which has 7 dimensions of resilience, namely: emotional regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out.

This study used a simple regression analysis method to measure the effect of father's attachment on student resilience. While matrix correlation used to determine which aspect of father's attachment correlated with the dimensions of resilience.

FINDING

The results showed that $R = 0.238$ and $\text{sig}(p) = 0.016$. This means, father's attachment has a positive effect on student resilience of 0.238, and sig 0.016 lower than 0.05 means there is a significant correlation between father's attachment with student resilience.

The value of R Square shows the Index of Determination, which is the percentage that contributes to the influence of father's attachment on student's resilience. The value of R Square = 0.057 indicates that the father's attachment variable has a contribution of 5.7% to the resilience variable.

Table 1: Effect of Father's Attachment on Resilience

Coefficients				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.238 a	.057	.047	7.503

a. Predictors: (Constant), Father's Attachment

b. Dependent Variable: Resilience

Correlation Matrix Test

The correlation matrix test was conducted to determine which aspect or dimension had the strongest relationship between the independent variable - father's attachment and the dependent variable - resilience. The correlation matrix test was then carried out with the SPSS version 22 program with the following results:

Table 2: Results of the Correlation Matrix Test of Father's Attachment Aspects with Resilience Dimensions

		Correlations						
		Emotion Regulation	Impulse control	Optimism	Causal Analysis	Empathy	Self-Efficacy	Reaching Out
Trust	Pearson Correlation	.164	.091	.293**	.066	.074	.039	.341**
	Sig. (2-tailed)	.100	.361	.003	.507	.458	.695	.000
	N	102	102	102	102	102	102	102
Communication	Pearson Correlation	.148	.107	.222*	.065	.023	.023	.282**
	Sig. (2-tailed)	.137	.283	.025	.514	.818	.822	.004
	N	102	102	102	102	102	102	102
Alienation	Pearson Correlation	-.238*	-.113	-.303**	.066	-.104	-.146	-.373**

Sig. (2-tailed)	.016	.259	.002	.508	.298	.143	.000
N	102	102	102	102	102	102	102

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

From the table above, it is found that the aspects of father's attachment have a significant relationship with several dimensions of resilience below:

The trust aspect and the optimism dimension has a correlation of $r = 0.293$ ** in a positive direction with $\text{sig } p = 0.003 < 0.01$. Thus, the higher the child's trust to father which implies they believe that father understands and respects the child's needs and wants, the higher the child's belief that they are able to overcome the difficulties they face. The correlation between the trust aspect and the dimensions of reaching out is $r = 0.341$ ** which is positive and with $\text{sig } p = 0.000 < 0.01$. This means that if the child's trust in the father is large, then the child's ability to achieve their desires and aspirations is also great.

The communication aspect with the optimism dimension has a correlation of $r = 0.222$ * in a positive direction and $\text{sig } p = 0.025 < 0.05$. The more or more often the father communicates with the child, the higher the child's sense of optimism. The aspects of communication with the father also has a positive and significant correlation with the reaching out dimension, with $r = 0.282$ ** and $\text{sig } p = 0.004 < 0.01$. The conclusion is that the more often a father communicates with his child, the greater the child's ability to achieve what they want, and vice versa.

Moreover, the alienation aspect of father's attachment has a significant correlation with three dimensions of resilience, namely emotional regulation, optimism, and reaching out. The aspects of alienation and emotional regulation has a correlation with the value of $r = -0.238$ *. The negative direction shows that the lower the sense of rejection or alienation that the child feels from the father figure, the higher the child's ability to manage emotions, and vice versa. The dimension of optimism also has a negative and significant correlation with the aspect of alienation. With $r = -0.303$ ** and $\text{sig } p = 0.002 < 0.01$. The lower the father's rejection of the child, the more confident the child will be and can overcome the difficulties experienced, and the higher the sense of rejection the child

receives from the father figure, the lower the child's ability to be optimistic in overcoming problems. The dimension of reaching out also has a negative and significant correlation, with $r = -0.373^{**}$ and $\text{sig } p = 0.000 < 0.01$. The greater the alienation the child feels from the father, the lower his ability to achieve the things he wants, and vice versa.

DISCUSSION

The results obtained from this study regarding the effect of father attachment on resilience in final year students of the psychology faculty at X University who are working on their thesis obtained a correlation coefficient of $r = 0.238^{*}$ $r^2 = 0.057$ (5.7%) with $\text{sig. } (p) = 0.016$. These results indicate that the initial hypothesis in this study is accepted, which indicates that there is an influence of the father's attachment variable (X) on the resilience variable (Y). Significance $(p) < 0.05$ indicates a significant relationship between the two variables, while the magnitude of the correlation $r = 0.238^{*}$ indicates a positive or unidirectional relationship between the father's attachment variable and resilience. Then, the value of R Square = 0.057 means that the father's attachment variable has an influence on the resilience variable of 5.7%. That is, the closer the relationship the child has with the father, the greater the ability or resistance of the child to adapt to every condition and overcome any problems and difficulties that come.

The results of this study are in line with the results of research conducted by Ekasari and Bayani (2009) which was conducted on 100 male junior high school students, where it was found that attachment to the father had a very significant relationship with the child's resilience. The attachment variable to the father is a predictor of the resilience variable. A child who is close to his father will have the competence and ability to face various difficulties and problems in his life. The results of this study are also in line with research conducted by Nanie (2014) where it was found that there was a positive and significant relationship between attachment and resilience.

Fathers, like mothers, influence children's development. According to Thompson in Sulejmanovic (2017), father's sensitivity and responsiveness are reliable predictors of safe attachment. Fathers also have an important role in determining the child's attachment status, whether the child will form a safe attachment or vice versa. According to Ekasari and Bayani in

Purnama & Wahyuni (2017), the involvement of fathers in childcare is related to their children's academic achievement, social competence, and self-esteem. When mothers provide love, care and tenderness, fathers teach children how to build and develop good social relations, attitudes and values in them. Fathers have a unique role in children's development (Amato in Andelkovic et al, 2009) and their roles are even irreplaceable in areas such as emotional intelligence, self-esteem and self-confidence (Sulejmanovic, 2017).

One of the factors that influence resilience is how much social support an individual received in shaping his/her resilience. One of the social supports received by an individual comes from a father figure. Koestner in Sulejmanovic (2017) found that the time a child spends with his father, as well as the father's concern for the child, is a good predictor, and predicts the child's empathy, compassion, and care for others in the future. The involvement of the father in parenting contributes to the social and emotional development of the child in the future. Children who rarely interact with their fathers are children who are afraid to argue, experience a crisis of self-confidence, and tend to be vulnerable when faced with tough problems (Ekasari & Bayani, 2009). Therefore, father attachment has a positive impact on student resilience.

Furthermore, the researchers examined the relationship between the dimensions of resilience and the dimensions of attachment to the father. The alienation aspect of father's attachment has a significant relationship with three dimensions of resilience, namely emotional regulation, optimism, and reaching out. The aspects of alienation and emotional regulation have a relationship with the value of $r = -0.238^*$. The negative direction shows that the lower the sense of rejection or alienation that the child feels from the father figure, the higher the child's ability to manage emotions, and vice versa. Regarding children's ability to manage emotions, especially in emotional intelligence, fathers have a unique and irreplaceable role in the development of children's emotional intelligence (Amato in Andelkovic et al, 2009).

The next dimension of resilience that has a relationship with the attachment aspect is the dimension of optimism. The optimism dimension has a significant relationship with all aspects of paternal attachment. Optimism is an individual's ability to believe that he is able to overcome difficulties

that will occur in the future. The correlation between the optimism dimension and the trust aspect is $r = 0.293^{**}$ in a positive direction, and $p = 0.003 < 0.01$. Thus, the higher the child's confidence in the father's ability to provide what the child needs, the higher the child's confidence that they are able to overcome the difficulties they face. This is because the father has a unique role in child development (Amato in Andelkovic et al, 2009) and his role is even irreplaceable in terms of self-confidence.

Likewise with the communication aspect with a large correlation of $r = 0.222^*$ positive direction and $p = 0.025 < 0.05$. The more or more often the father communicates with the child, the higher the child's sense of optimism. Meanwhile, like the dimension of emotional regulation, the dimension of optimism also has a negative and significant relationship with the aspect of alienation. With $r = -0.303^{**}$ and $p = 0.002 < 0.01$. The lower the father's rejection of the child, the more the child has the confidence to be able to overcome difficulties, and the higher the sense of rejection the child receives from the father figure, the lower the child's ability to be optimistic in overcoming problems. The involvement of the father in parenting contributes to the social and emotional development of the child in the future. Children who rarely interact with their fathers tend to be fragile when faced with tough problems and vice versa (Ekasari & Bayani, 2009).

Then the dimension of reaching out also has a significant relationship with all aspects of father's attachment. It can be seen that the magnitude of the correlation between the dimensions of reaching out and the trust aspect is $r = 0.341^{**}$ which is positive and $p = 0.000 < 0.01$. This means that if the child has large trust in the father, then the child's ability to achieve their desires and aspirations is also great. The dimension of reaching out also has a positive and significant relationship with aspects of communication with father, with $r = 0.282^{**}$ and $p = 0.004 < 0.01$. The conclusion is that the more often the father communicates with the child, the greater the child's ability to achieve what they want, and vice versa. The dimension of reaching out also has a negative and significant relationship, with $r = -0.373^{**}$ and $p = 0.000 < 0.01$. The greater the alienation the child feels from the father, the lower his ability to achieve the things he wants, and vice versa. In parenting, father involvement has a relationship with academic achievement, social competence, and self-esteem in children (in Purnama & Wahyuni 2017). In the long term, children who are raised with the

involvement of their fathers in parenting will have good academic and economic achievements, career success, best educational attainment, and psychological well-being (Flouri, 2005).

However, the effect of attachment to the father on resilience is only 5.7% because in addition to attachment to the father which is part of the social support possessed by an individual, resilience is also influenced by other things such as age level, level of development and intensity of situations. unpleasant experienced by individuals (Grottberg in Sary, 2015). In terms of attachment itself, although involvement with fathers increases with age (Kamza, 2019), Since adolescence, it is difficult to maintain close relationships with parents while they form networks and social relationships with peers and romantic partners (Moretti & Holland in Hapunda, 2019).

From the results of observations and interviews that the researcher conducted with a number of respondents, some of them admitted that their relationship with their father was no closer to their relationship with their mother. The father provides support to the child not directly, but through the intermediary of the mother figure, such as asking his wife about the news or the condition of the child. However, children believe that fathers actually care for them, they said that the father shows his concern by asking about the activities being carried out and giving words of encouragement to the child not to give up so that later they can enjoy the results of a struggle. From the results of the interview, there is a correspondence with aspects of father's attachment according to Armsden & Greenberg (2009) interms of trust (trust) and communication (communication). In this case the father establishes interaction/communication with the child, and the child has the belief that the father understands the child's need for care and support from their father. Sulejmanovic (2017) states that fathers teach children about attitudes and values in children. The results of the interview above also showed that father teach them about the resilience as value in life where resilience shows the individual's ability to survive and adapt in stressful and suffering situations (Block & Kremen in Xianon & Zhang, 2007). According to Reivich and Shatte, (2002) resilience is an individual's ability to cope with and adapt to severe events or problems that occur in life (in Sofiachudairi & Setyawan, 2018).

CONCLUSION

From the results of this study, it can be concluded that there is a positive and significant influence between father's attachment to students' resilience, meaning that the closer the relationship the child has with the father, the greater the child's ability or resistance to adapt to every condition and overcome every problem and difficulty.

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