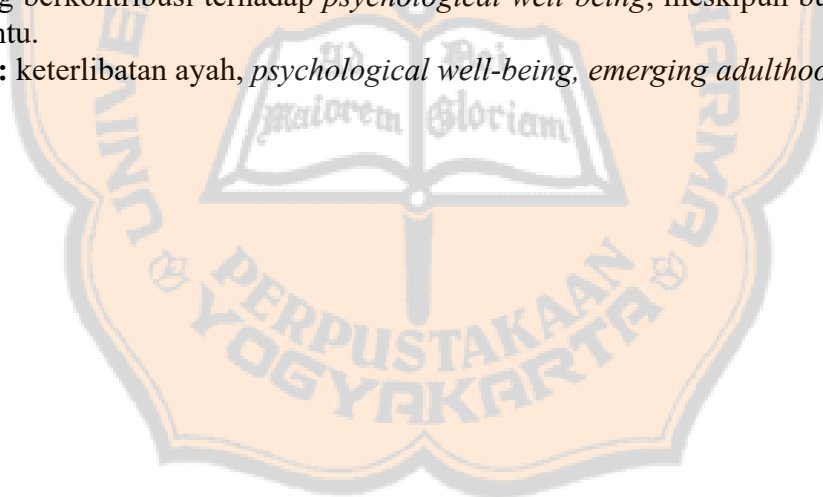


ABSTRAK

Maharani, Verdhiony Laksita Surya. 2026. Hubungan Keterlibatan Ayah Dengan *Psychological Well-Being* Pada Perempuan *Emerging Adulthood*. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara keterlibatan ayah dengan *psychological well-being* pada perempuan dalam fase *emerging adulthood*. Penelitian ini menggunakan pendekatan kuantitatif korelasional dengan desain *cross-sectional*. Subjek penelitian berjumlah 396 perempuan berusia 18–25 tahun yang diperoleh melalui teknik *convenience sampling*. Pengumpulan data dilakukan menggunakan skala keterlibatan ayah yang disusun berdasarkan teori Lamb et al. (1985) serta *Ryff's Scales of Psychological Well-Being* (1995) versi 18 item dan disebarikan secara daring melalui *Google Form*. Analisis data menggunakan uji korelasi Spearman karena data tidak berdistribusi normal. Hasil penelitian menunjukkan adanya hubungan positif yang cukup antara keterlibatan ayah dan *psychological well-being* ($r = 0,463$; $p < 0,001$). Hal ini menunjukkan bahwa semakin tinggi persepsi keterlibatan ayah, maka semakin tinggi pula tingkat kesejahteraan psikologis perempuan pada fase *emerging adulthood*. Dengan demikian, keterlibatan ayah merupakan salah satu faktor penting yang berkontribusi terhadap *psychological well-being*, meskipun bukan satu-satunya faktor penentu.

Kata kunci: keterlibatan ayah, *psychological well-being*, *emerging adulthood*, perempuan



ABSTRACT

Maharani, Verdhiony Laksita Surya. 2026. The Relationship Between Father Involvement and Psychological Well-Being Among Women in Emerging Adulthood. *Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This study aims to examine the relationship between father involvement and psychological well-being among women in the emerging adulthood phase. This research employed a quantitative correlational approach with a cross-sectional design. The participants consisted of 396 women aged 18–25 years, selected using a convenience sampling technique. Data were collected using a father involvement scale developed based on Lamb et al. (1985) and the 18-item version of Ryff's Scales of Psychological Well-Being (1995). Data were analyzed using Spearman correlation due to non-normal data distribution. The results showed a significant positive relationship between father involvement and psychological well-being ($r = 0.463$; $p < 0.001$). This indicates that higher perceived father involvement is associated with higher levels of psychological well-being among women in emerging adulthood. Therefore, father involvement is an important contributing factor to psychological well-being, although it is not the sole determinant.

Keywords: father involvement, psychological well-being, emerging adulthood, women

