

**HUBUNGAN KETERLIBATAN AYAH DENGAN KONTROL DIRI PADA
EMERGING ADULTHOOD PENGGUNA DATING APPS**

ABSTRAK

Kasih, Aura Ainela. 2026. Hubungan keterlibatan ayah dengan kontrol diri pada *emerging adulthood* pengguna *dating apps*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara dimensi-dimensi keterlibatan ayah dengan kontrol diri pada *emerging adulthood* pengguna *dating apps*. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Subjek penelitian berjumlah 244 individu berusia 18-25 tahun yang merupakan pengguna *dating apps*, yang diperoleh dengan teknik *convenience sampling*. Pengumpulan data dilakukan menggunakan *Reported Father Involvement Scale* (R-FIS) yang dikembangkan oleh Finley dan Schwartz (2004) untuk mengukur keterlibatan ayah dengan reliabilitas dimensi *expressive involvement* sebesar $\alpha = 0,922$ dimensi *instrumental involvement* sebesar $\alpha = 0,930$ dan dimensi *mentoring/advising involvement* sebesar $\alpha = 0,898$, serta Skala Kontrol Diri Ringkas Versi Indonesia untuk mengukur kontrol diri dengan reliabilitas sebesar $\alpha = 0,942$. Analisis data dilakukan menggunakan uji korelasi non-parametrik *Spearman's rho* karena data tidak berdistribusi normal. Hasil analisis menunjukkan adanya hubungan positif yang signifikan antara seluruh dimensi keterlibatan ayah dengan kontrol diri ($p < 0,001$). Dimensi *expressive involvement* memiliki koefisien korelasi sebesar 0,412, *instrumental involvement* sebesar 0,439, dan *mentoring/advising involvement* sebesar 0,421. Berdasarkan hasil tersebut disimpulkan bahwa semakin tinggi dimensi-dimensi keterlibatan ayah yang dirasakan individu, semakin tinggi pula kontrol diri yang dimiliki.

Kata kunci: keterlibatan ayah, kontrol diri, *emerging adulthood*, *dating apps*.

THE RELATIONSHIP BETWEEN FATHER INVOLVEMENT AND SELF-CONTROL AMONG EMERGING ADULTHOOD DATING APP USERS

ABSTRACT

Kasih, Aura Ainela. 2026. *The Relationship Between Father Involvement and Self-Control Among Emerging Adulthood Dating App Users*. Yogyakarta: Department of Psychology, Faculty of Psychology, Sanata Dharma University.

This study aimed to examine the relationship between the dimensions of father involvement and self-control among emerging adulthood dating app users. The study employed a quantitative approach with a correlational research design. The participants consisted of 244 individuals aged 18-25 years who were users of dating apps and were recruited using a convenience sampling technique. Data were collected using the Reported Father Involvement Scale (R-FIS) developed by Finley and Schwartz (2004) to measure father involvement, with reliability coefficients of $\alpha = 0.922$ for the expressive involvement dimension, $\alpha = 0.930$ for the instrumental involvement dimension, and $\alpha = 0.898$ for the mentoring/advising involvement dimension. Self-control was measured using the Indonesian Brief Self-Control Scale, which demonstrated a reliability coefficient of $\alpha = 0.942$. Data were analyzed using Spearman's rho nonparametric correlation test because the data were not normally distributed. The results indicated a significant positive relationship between all dimensions of father involvement and self-control ($p < .001$). The correlation coefficients were 0,412 for expressive involvement, 0,439 for instrumental involvement, and 0,421 for mentoring/advising involvement. These findings suggest that the higher the level of perceived father involvement, the higher the level of self-control among emerging adults who use dating apps. Therefore, it can be concluded that there is a significant positive relationship between the dimensions of perceived father involvement and self-control in this population.

Keywords: father involvement, self-control, emerging adulthood, dating apps.