
Father Resilience in Siak District, Riau Province

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Abstract: Father play important role in children live. Not only to fullfil children needs but also to take care and protect his children. In Indonesia, some fathers do his main role as a breadwinner and often leave the responsibility to raise the children to mother who takes the role to raise the children and spent most of the time with them. But there are still fathers who are involved in child rearing. To do so, father should be able to overcome stress and bounce back from difficulties, which called resilience. Because stress and problems can affect the relation between father and children that make him unable to create warm and loving relation with children. The aims of this research is to describe father's resilience in Siak Kecil District. The sample in this research are 347 father who has children between age 0-6 years old. The methodology used is descriptive quantitative approach. Result that can be concluded from the data analysis, the higher percentage of resilient indicators is reaching out 89, 09% the lowest percentage is emotion regulation 72.09%.Fathers is able to be related with others and ask for support when required.But they still need to develop the abilty to control emotion to be able to have a healthy relationship with others, especially their children.

Keyword: father role, resilience, bouncing back

1. Introduction

In Indonesia Society, many people see child rearing as mother responsibility alone. Father play his role as a breadwinner and often leave the responsibility to raise the children to his wife. Mother takes most of the role to fullfil the children needs, health and education.

In early childhood center, we always see the children accompanied by their mother and rarely see father take part in children activity. Mother is the one who attend parenting class, children performance, parent-teacher conference and so on. Only view father seen in those school activity.

Involved fathers provide practical support in raising children and serve as a models for their development. Children with involved, loving fathers are significantly more likely to do well in school, have healthy self esteem, and exhibit emphyaty and pro-social behavior compared to children who have uninvolved fathers. Committed and responsible fathering during infancy and early childhood contributes emotional security, curiosity, math and verbal skills (Trahan & Cheung, 2012)

Father absent in child development will cause many problems in child personality. But to play his role in child rearing, father have his own struggle. Father faced many problems in his life. Work, income, health

~~are some of the problems that father might occur. As a breadwinner he has to fulfilled the family need.~~ But lack of skills, low educational background could make it harder to bring home enough money ar even to find a decent job.

One of the aspect in father personality that might affect child rearing is the resilience. Resilience (or resiliency) was defined as a traitlike characteristic of an individual or family; others viewed resilience as the *inferred* capacity for adapting to adversity that derived from observable success in overcoming challenges. From the latter perspective, resilience was inferred on the basis of two observable criteria: challenges (risks, stressors, or adversities) confronting a child or family and posing a significant threat to their well-being or function and positive adaptation (how well the person or family is doing by designated criteria), typically judged by indicators of good function or competence in the development of the person or family (Masten&Cicchetti, [2016](#); Masten, 2018).

Resilient person believed to have happier relationship and tend to be less depress than unresilient person, and also more successful in schoold and jobs. He also live healthier and longer lives. There are seven resilience factors such as emotion regulation, impulse control, optimism, causal analysis, empathy, self efficacy and reaching out. All of it contribute in father's ability to cope with the problem and bouncing back whenever he falls down. With good resilience, father can do the child rearing comfortly and will not show the stress in front of the children. He will act warm and supportive, also become a good role model for the children.

When father is in distress and unable to cope with it, children will imitate father's behavior. They will learn to lose patience and perspective, easily misplace blame and be pessimist. But when father cope wellm children will learn skills such as calming down, be empathic, be more confident, and find alternative way to solve problems.

This research aims is to discover the resiliency of fathers in Siak Kecil District, with indicators: emotion regulation, impulse control, optimism, Emphaty, Causal Analysis, Self Efficacy, and Reaching Out.

2. Methodology

The methodology used is descriptive quantitative approach to give information and to describe the Father's resilience in Siak Kecil Regency. Sample for this research are 347 fathers who had young children age 0-8 years old. Instrument to collect data based on Reivich and Shatte (2002) indicators of Resiliency form: 1) emotion regulation, 2) impulse control, 3) optimism, 4) Emphaty, 5) Causal Analysis, 6) Self Efficacy, 7) Reaching Out. For data analisis, score percentage of each indicators is a result of comparing ideal score and actual score.

3. Result and Discussion

3.1 Result

Data Description

A. Resilience Indicators

Figure 1. Table of Father’s Resilience

No	Indicators	Ideal Score	Actual Score	%
1	Emotion Regulation	1360	980.40	72.09
2	Impulse Control	1360	1,068.00	78.53
3	Optimism	1360	1,124.00	82.65
4	Causal Analysis	1360	1,130.20	83.10
5	Emphaty	1360	1,001.60	73.65
6	Self Efficacy	1360	1,105.43	81.28
7	Reaching Out	1360	1,211.67	89.09
	Total Score		7621.2952	
	Average		1088.7565	80.06

Figure 1 shows the emotion regulation indicator is 72,09% as the lowest score of all indicator. Impulse control 78,53%, Optimism at 82,65%, causal analysis at 83,10%. Emphaty is quite low at 73,65%, Self Efficacy score is 81,28%, an reaching out has the highest score at 89,09%.

Resilience play important part in father’s interaction with his surroundings and child rearing style. This research finds that from seven indicators of the resilience which is emotion regulation, impulse control, optimism, causal analysis, empathy, self efficacy and reaching out, the indicator of emotion regulation has the lowest score among all, 72,09%.

Many people who had interest in resilience suggests that resilient people are tough and do not express their feelings. They appear to be calm and straight-faced, especially when facing adversity. This is not true. Resilient people just like anybody else, experience many kind of emotions, from happiness and joy, to fear, anger and sadness. Resilient person have a good understanding of their own emotions and feel comfortable talking about what they are feeling with those they trust and respect. When going through a difficult time resilient people feel a range of emotions and are able to label those emotions, and manage the more difficult ones. Because of this they prefer to deal with the reality of the adversity or challenge (Smith, 2013).

Fathers in this research are capable enough in hadling their emotion such as anger, sadness, joy, satisfaction and happiness. But they still need to develop their ability to manage it. Malay people, usually like to chat around break and free time and for these fathers, it would be their chance to chat comfortably about their feelings and thoughts. This culture helps them to express emotion and share problems with those they trust.

Meredith et al. (2011) discussed some individual level factors of resilience that relate to emotion regulation, such as positive coping, positive affect, positive thinking, and behavioral control. Cognitive

change is grouped here as positive thinking, and situation modification would likely be classified as positive coping (Kay, 2016). Fathers ability to regulate his emotion, mostly need positive way of thinking. Father should be able to handle problems, also to control his behavior in anykind of situation.

From the data analysis, reaching out has the highest score 89,09%. Reaching out is the degree to which an individual is able to confide in others and ask for support whenrequired. This includes the ability to delegate work and authority, also tocalculated the risks.Reaching out also involves exploring many areas of our life. People who are curious about different areas in his life it will help him tohave better relationships with others, because he willbe more inclined to take on new challenges while learning from experience (Smith, 2013).

People with the characteristic of reaching out will have three good behavior: calculating risk precisely, knowing their own capability and find meanings and purposes of their life. With this characteristic, father will tend to have be a nice and warm person in relationship with others, and to deliver good parenting.

Not only for himself, father resilience will affect the children to be resilient, because among all the factors that boost resilience, good parenting is often the most significant. "The relationship a child has with a primary caregiver will leave the trace which is as strong as the genetic influence. The supportive, consistent and protective parents, especially when the dealing with stress, is the factor that makes most difference in children development" (Weir, 2017).

Good resilience of parents, will lead to good parenting. The ability to cope with problems makes parents, especially father take his role as primary care giver without burst of negative emotion and tend to have a warm-loving child rearing style.

4. Conclusion

The conclusion of this research are:

1. Fathers in Siak Kecil District has a good resiliency. It means they are able to handle problems and go through the difficulties.
2. Fathers still need to develop the abilty to control emotion.They need to understand of their own emotions and feel comfortable talking about what they are feeling with those they trust and respect, especially their children
3. Fathers is able to confide in others and ask for support when required. It originated from the closeness of society in Siak Kecil Regency. This ability make them able to reaching out for a better life, individually and in family.

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