



# Examining the Relative Contribution of Social Support and Father Involvement to Psychological Well-Being in Early Adult Women

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## Abstract

Young adult women are in a developmental phase that demands independence and entails various transitional pressures affecting their psychological well-being. This study aims to examine the influence of father involvement and social support on the psychological well-being of young adult women. The research hypothesis is that father involvement and social support significantly predict the psychological well-being of young adult women. A quantitative approach using linear regression was applied to 185 female participants aged 18–25 years, selected via purposive sampling, who were measured using the Inventory of Father Involvement (IFI), the Multidimensional Scale of Perceived Social Support (MSPSS), and Ryff's Psychological Well-Being Scales (SPWB). The results indicate that father involvement ( $\beta=0.235$ ;  $p<0.001$ ) and social support ( $\beta=0.347$ ;  $p<0.001$ ) each significantly predict psychological well-being. Early-adult women with high father involvement and strong social support tend to have better psychological well-being, making the strengthening of these two factors crucial in efforts to support the mental health of early-adult women.

**Keywords:** Early adult women, father involvement, psychological well-being, social support

## Abstrak

Perempuan dewasa awal berada pada fase perkembangan yang menuntut kemandirian serta menghadapi berbagai tekanan transisi yang memengaruhi kesejahteraan psikologisnya. Penelitian ini bertujuan menguji pengaruh keterlibatan ayah dan dukungan sosial terhadap psychological well-being perempuan dewasa awal. Hipotesis penelitian ini adalah keterlibatan ayah dan dukungan sosial secara signifikan memprediksi psychological well-being perempuan dewasa awal. Pendekatan kuantitatif dengan regresi linear digunakan pada 185 partisipan perempuan berusia 18–25 tahun yang dipilih secara purposive sampling, diukur menggunakan Inventory of Father Involvement (IFI), Multidimensional Scale of Perceived Social Support (MSPSS), dan Ryff's Scales of Psychological Well-Being (SPWB). Hasil menunjukkan bahwa keterlibatan ayah ( $\beta=0,235$ ;  $p<0,001$ ) dan dukungan sosial ( $\beta=0,347$ ;  $p<0,001$ ) masing-masing secara signifikan memprediksi psychological well-being. Perempuan dewasa awal dengan keterlibatan ayah yang tinggi dan dukungan sosial yang kuat cenderung memiliki kesejahteraan psikologis yang lebih baik, sehingga penguatan kedua faktor ini penting dalam upaya mendukung kesehatan mental perempuan dewasa awal.

**Kata kunci:** Dukungan sosial, kesejahteraan psikologis, keterlibatan ayah, perempuan dewasa awal

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## 1. Introduction

Psychological well-being is a key indicator of mental health that reflects an individual's ability to accept oneself, build positive relationships, set life goals, and function effectively in the face of emotional demands (Sari & Monalisa, 2021). Theoretically, *psychological well-being* encompasses not only the absence of mental disorders but also the ability to lead a meaningful life across six dimensions: self-acceptance, personal growth, life purpose, positive relationships with others, environmental mastery, and autonomy (Ryff, 1989). In the Indonesian context, academic pressure, economic instability, and social demands on women make their mental well-being an issue requiring consistent support. I-NAMHS data

indicate that one in three Indonesian adolescents experiences mental health issues, with higher prevalence rates of depression and anxiety compared to males (Center for Reproductive Health et al., 2022). This is reinforced by the 2023 Indonesian Health Survey (SKI), which reports the highest prevalence of depression in the 15–24 age group at 2.0%, with females showing a higher prevalence (1.8%) than males (1.0%; Kementerian Kesehatan RI, 2023). Based on the above, it can be concluded that the psychological well-being of young women in Indonesia is a critical mental health issue requiring sustained attention and support.

Early adulthood is a psychologically vulnerable period, marked by various pressures such as



environmental adaptation, identity formation, and demands for independence experienced by individuals in general, including women (Mujibah et al., 2025; Apriani et al., 2025). This age range falls within the stage of *emerging adulthood*, a transitional period between adolescence and adulthood during which individuals begin to live independently, form their self-identity, and face various demands from social, academic, and work environments (Santrock, 2011). The 18–25 age group is in a transitional phase toward independence, so family support, particularly from fathers, plays a significant role in supporting optimal psychological well-being (Mujibah et al., 2025; Defani & Taufik, 2025). Low psychological well-being during this period can lead to stress, anxiety, and reduced life satisfaction and existential meaning (Putri & Aviani, 2024; Normadhoni & Antika, 2023). Women in early adulthood tend to face higher psychological pressures than men, including in terms of depression, anxiety, and stress. This is partly due to the demands of dual roles—balancing academic achievement with societal expectations of women—as well as women's tendency to internalize stress through more intense feelings of sadness and anxiety compared to men (Arfandi et al., 2025). Additionally, women bear the burden of dual demands between academic achievement and social expectations, as they are expected not only to excel academically but also to meet societal standards regarding appearance, behavior, and gender roles (Umadiyan & Kalifia, 2024). Therefore, it is important to identify factors that can support their psychological well-being.

An individual's psychological development is influenced by various factors, including parental involvement, particularly the father's role (Fauzana, 2023), as well as social support from the surrounding environment (Tambunan & Sulistiasih, 2024). These two factors play a significant role in psychological well-being, particularly among young women.

However, in Indonesian culture, the role of the father is often viewed as inferior to that of the mother, so his involvement in child-rearing tends to be limited (Lubis, 2022; Rahayu et al., 2023). This traditional gender construction positions fathers solely as breadwinners, not as emotional caregivers (Afriliani et al., 2021), so that many girls grow up with a father figure who is physically present but emotionally detached. In fact, the lack of fatherly involvement is linked to lower self-esteem, difficulties with emotional regulation, and poorer psychological well-being in

girls (Fauzana, 2023; Risnawati et al., 2021)—an impact that is often overlooked because the father's role is already considered secondary in our culture.

Palkovits (as cited in Lubis, 2022) defines father involvement as active participation in a child's life through attention, actions, direct interaction, financial support, and engagement in daily activities. This role also encompasses internal efforts such as thinking about, planning for, monitoring, and praying for the child. This understanding serves as the foundation for understanding how a father's involvement can shape a child's future well-being. In line with this perspective, Lamb (2010) defines a father's involvement as participation in various aspects of child-rearing, including interaction, the expression of affection, monitoring, supervision of activities, and responsibility for the child's needs. Lamb emphasizes that a father's responsibilities extend beyond being a breadwinner to include actively caring for, educating, and directly nurturing the child. A father's presence—characterized by firmness, wisdom, and affection—serves as a crucial foundation for a child's physical, social, emotional, intellectual, and spiritual development.

In addition to a father's involvement, social support also plays a crucial role in psychological well-being (Putri & Aviani, 2024). Social support is defined as an individual's perception of the extent to which they receive emotional, informational, and instrumental support from their close others (Sarafino & Smith, 2011; Zimet et al., 1988). In early adulthood, support from peers, school, or the community becomes increasingly relevant as individuals face academic and work demands and expand their social networks (Tambunan & Sulistiasih, 2024; Apriani et al., 2025). The interaction between paternal involvement and social support likely works together as an emotional foundation that strengthens the psychological well-being of young adult women.

Based on preliminary research and several previous studies, father involvement has been found to positively influence the psychological well-being of adolescents and young adults. Zein and Aulia (2024) studied 350 adolescent girls in Padang City and found a significant positive relationship between father involvement and psychological well-being. A similar study by Defani and Taufik (2025) involving 300 students at SMAN 10 Padang also showed an even stronger positive relationship. An interesting finding from these studies is the high level of father

involvement and the respondents' psychological well-being (80.42% and 71.83%, respectively). However, most research still focuses on adolescents or high school students, rather than young adult women who face more complex developmental challenges.

Young adult women are expected to become more emotionally and financially independent and begin building relationships outside the family (Mujibah et al., 2025), so a father's influence tends to be indirect—a dynamic that has not been extensively studied alongside social support in the Indonesian context. Additionally, findings from several studies on young adult women indicate that social support plays a crucial role in enhancing mental health and psychological well-being, particularly during the transition phase toward independence (Putri & Aviani, 2024; Normadhoni & Antika, 2023). Research by Tambunan and Sulistiasih (2024), involving 112 students, and by Apriani et al (2025), involving 110 migrant students, both found a significant positive relationship between social support and psychological well-being. The consistency of these findings reinforces the conclusion that social support is a key factor in the psychological well-being of young adult women.

Previous research indicates that social support serves as a crucial protective factor in coping with stress, fostering positive relationships, and enhancing self-acceptance. Theoretically, paternal involvement and social support are rooted in the individual's fundamental need for attachment and emotional support (Bowlby, 1982)—fathers act as the emotional foundation within the family, while social support forms a supportive network outside the family. Prior research has even shown that the quality of the relationship with the father influences an individual's ability to build positive social relationships later in life (Imaniya et al., 2023), suggesting that these two variables likely work synergistically to shape psychological well-being. However, no studies explicitly examining the effects of father involvement and social support on *the psychological well-being* of young adult women in Indonesia have been found in the existing literature. Therefore, the purpose of this study is to investigate the influence of father involvement and social support on the psychological well-being of young adult women, with the hypothesis that both factors significantly influence *psychological well-being*. The research hypothesis is

that paternal involvement and social support significantly predict *the psychological well-being* of young adult women.

## 2. Method

This study employs a quantitative approach using regression analysis to examine the relationships between paternal involvement, social support and *psychological well-being*, as well as the influence of these variables on *psychological well-being* among young adult women. The sampling technique used was *purposive sampling*, which involves selecting a sample based on specific criteria relevant to the research objectives (Sugiyono, 2013). The sample in this study consisted of women aged 18–25 years residing in Indonesia who had a father figure (biological, step, or surrogate). A total of 193 respondents were recruited, but eight participants were excluded from the analysis because they did not meet the inclusion criteria regarding age, gender, and *fatherless* status. *Fatherless* status in this study was operationally defined as a condition in which the participant lacks a father figure to whom they can refer, including a father who has passed away, gone missing, whose whereabouts or residence are unknown, or whom they have never met at all. This status was confirmed via a screening question in the questionnaire before participants proceeded to complete it. Thus, the number of participants analyzed was 185. Data collection was conducted online via *Google Forms* in October–November 2025, and all participants provided *informed consent* before completing the questionnaire.

All instruments in this study were adapted into Indonesian by the researchers through translation and linguistic adaptation without altering the conceptual meaning of the items. Father involvement was measured using the *Inventory of Father Involvement* (IFI) developed by Hawkins et al. (2002). This scale consists of 26 items across 9 dimensions rated on a 1–5 Likert scale. The adapted Indonesian version used has demonstrated good construct validity and high reliability (Cronbach's Alpha = 0.957). Social support was measured using the *Multidimensional Scale of Perceived Social Support* (MSPSS) developed by Zimet et al. (1988). This scale consists of 12 items across 3 dimensions rated on a 1–7 Likert scale. The Indonesian-adapted version used demonstrated high internal reliability (Cronbach's Alpha = 0.899). *Psychological well-being* was measured

using *Ryff's Scales of Psychological Well-Being* (SPWB), developed by Ryff and Keyes (1995). This scale assesses 6 dimensions using a 1–6 Likert scale. The Indonesian-adapted version used demonstrated high reliability (Cronbach's Alpha = 0.878).

**Table 1.** Participant Demographics (N=185)

| Variable               | n   | %    |
|------------------------|-----|------|
| Age                    |     |      |
| 18-19                  | 95  | 51.4 |
| 20-21                  | 69  | 37.3 |
| 22-25                  | 21  | 11.4 |
| Living Arrangements    |     |      |
| Living with parents    | 151 | 81.6 |
| Living alone/in a dorm | 29  | 15.7 |
| With family            | 5   | 2.7  |
| Closeness to Father    |     |      |
| Very close             | 47  | 25.4 |
| Fairly close           | 70  | 37.8 |
| Neutral                | 45  | 24.3 |
| Not very close         | 18  | 9.7  |
| Not close at all       | 5   | 2.7  |
| Relationship Status    |     |      |
| Single                 | 142 | 76.8 |
| In a relationship      | 43  | 23.2 |

The research procedures were conducted consistently, from the distribution of the questionnaire link and *informed consent form*, through screening for inclusion criteria, to the completion of the measurement instruments and confirmation of data collection. To ensure data quality, each participant was allowed to submit only one response, completion time was recorded, and the instruments included *attention checks*. After the data were collected, all respondents were selected using *case-by-case exclusion* based on age, gender, and *fatherless* status, and subsequently analyzed without transformation because the assumptions of normality were met.

Data analysis was conducted using descriptive analysis to examine the characteristics of each variable, followed by the *Shapiro–Wilk* normality test to determine the data distribution. Subsequently, hypothesis testing was performed using simple and multiple linear regression without correction for *multiple testing* to examine the effect of each predictor on *psychological well-being*. All analyses were conducted using JASP version 0.18.3.

### 3. Results

Overall, the analysis indicates that the research hypothesis is supported: father involvement and

social support significantly predict *psychological well-being* among young adult women. The detailed analysis results are presented below.

Descriptive analysis was conducted to examine the general characteristics of each variable. Descriptive statistics included the *mean* and standard deviation (SD) for the three variables. The father involvement variable had a mean of 3.55 (SD = 0.77), indicating that respondents' perceptions of father involvement fell into the moderate category. The social support variable showed a mean value of 4.98 (SD = 1.03), indicating that respondents reported a fairly high level of social support. Meanwhile, the *psychological well-being* variable had a mean of 4.20 (SD = 0.71).

Next, the *Shapiro–Wilk* normality test was conducted on the three variables. The results showed that father involvement ( $W = 0.981$ ;  $p < 0.001$ ) and social support ( $W = 0.988$ ;  $p = 0.021$ ) were not normally distributed, whereas *psychological well-being* was normally distributed ( $W = 0.988$ ;  $p = 0.320$ ). Since some variables were not normally distributed, the relationship was tested using *Spearman's rho*, while hypothesis testing continued to use linear regression.

Correlations among all variables were analyzed using *Spearman's rho*. The correlation analysis between father involvement and *psychological well-being* showed a significant relationship ( $\rho = 0.243$ ;  $p < 0.001$ ). These results indicate that the higher the level of father involvement, the higher the level of *psychological well-being* among young adult women.

The correlation analysis between social support and *psychological well-being* yielded stronger results than the previous one ( $\rho = 0.362$ ;  $p < 0.001$ ). This suggests that young adult women who receive higher levels of social support tend to have *better psychological well-being*.

Before hypothesis testing, the assumptions of linear regression were examined. The assumption of normality of the residuals was evaluated using a standardized *Q-Q plot*, which showed that the data points consistently followed the diagonal line, indicating that the residuals were close to a normal distribution. The assumption of homoscedasticity was evaluated through a plot of *residuals versus predicted values*, which showed a relatively random distribution of residuals without systematic patterns, so the assumption of homoscedasticity can be considered met. The assumption of

multicollinearity will be discussed in the multiple regression analysis. With these assumptions met, the linear regression analysis can proceed.

The results of a simple regression analysis with father involvement as the predictor indicate that the regression model is significant ( $F(1,183) = 10.727$ ;  $p = 0.001$ ). The coefficient of determination ( $R^2$ ) of

0.055 indicates that father involvement explains 5.5% of the variation in *psychological well-being*. The standardized regression coefficient indicates a positive relationship ( $\beta = 0.235$ ;  $p = 0.001$ ), meaning that higher father involvement is associated with higher *psychological well-being* among young adult women.

**Table 2.** Result of Simple Linear Regression Analysis

| Predictor            | R <sup>2</sup> | F      | B     | SE    | 95% CI         | $\beta$ | t     | P     |
|----------------------|----------------|--------|-------|-------|----------------|---------|-------|-------|
| Father's Involvement | .055           | 10.727 | 0.217 | 0.066 | [0.086, 0.348] | 0.235   | 3.275 | 0.001 |
| Social Support       | .120           | 25.001 | 0.238 | 0.048 | [0.144, 0.332] | 0.347   | 5.000 | <.001 |

Simple regression analysis with social support as the predictor yielded stronger results. The regression model was significant ( $F(1,183) = 25.001$ ;  $p < 0.001$ ) with a coefficient of determination ( $R^2$ ) of 0.120. This indicates that social support explains 12% of the variation in *psychological well-being*. The standardized regression coefficient indicates a positive direction of influence ( $\beta = 0.347$ ;  $p < 0.001$ ), meaning that the higher the level of social support an individual receives, the higher their *psychological well-being*.

Multiple linear regression analysis was conducted to test the combined effect of paternal involvement and social support on *psychological well-being*. The analysis results showed that the regression model was statistically significant ( $F(2,182) = 14.698$ ;  $p < 0.001$ ) with an  $R^2$  value of 0.139. This indicates that father involvement and social support together explain 13.9% of the variance in *psychological well-being* among young adult women.

**Table 3.** Result of Multiple Linear Regression Analysis

| Predictor            | B     | SE    | 95% CI         | $\beta$ | t     | p     |
|----------------------|-------|-------|----------------|---------|-------|-------|
| (Constant)           | 2.693 | 0.290 | [2.122, 3.265] | -       | 9.298 | <.001 |
| Father's Involvement | 0.133 | 0.067 | [-.001, .264]  | 0.144   | 1.997 | 0.047 |
| Social Support       | 0.208 | 0.050 | [-.111, .306]  | 0.303   | 4.206 | <.001 |

Social support remains the strongest predictor ( $\beta = 0.303$ ;  $p < 0.001$ ) of *psychological well-being*. Meanwhile, paternal involvement shows a very small and borderline significant effect ( $\beta = 0.144$ ;  $p = 0.047$ ) after controlling for social support. As part of the regression assumption tests, the normality of the residuals was evaluated using a standardized *Q-Q plot*, which indicated that the residuals were close to a normal distribution. Homoscedasticity was assessed using a plot of *residuals versus predicted values*, which showed a random distribution of residuals without any systematic pattern. Furthermore, *tolerance* values of 0.909 and *VIF* values of 1.100 for both predictors indicate the absence of multicollinearity issues in this model.

These findings suggest that although both variables significantly contribute to *psychological well-being*, social support plays a more dominant role than paternal involvement in predicting psychological well-being among young adult women. Thus, the null hypothesis is rejected, and the

alternative hypothesis is accepted, indicating a significant relationship and influence between the study variables.

#### 4. Discussion

The results of this study indicate that paternal involvement and social support are significantly and positively associated with *the psychological well-being* of young adult women, with social support being the stronger predictor. This suggests that psychological well-being during this phase is strongly influenced by the quality of interpersonal relationships. Previous research has also emphasized that *psychological well-being* in early adulthood depends on one's ability to build healthy relationships, manage the demands of transition, and maintain emotional balance (Tedeschi & Calhoun, 2004). These findings are consistent with Ryff's (1989) concept of *psychological well-being*, which emphasizes the importance of social support and positive relationships in strengthening the

dimensions of self-acceptance, positive relationships, environmental mastery, and life purpose. Therefore, the quality of relationships—whether from family or the social environment—serves a reinforcing factor in shaping the psychological well-being of young adult women.

Social support has been shown to be a stronger predictor of *psychological well-being among* young adult women than paternal involvement. This can be understood through Erikson's developmental theory, which identifies early adulthood as the "*intimacy vs. isolation*" phase, during which individuals actively build meaningful relationships outside their families (Rizki, 2022). At this stage, social support from the surrounding environment serves as a crucial psychological resource in sustaining individual well-being. Alawiyah and Alwi (2022) found that social support significantly influences the psychological well-being of young adult women, while Ramadhani et al. (2023) specifically identified a positive relationship between social support and *psychological well-being* in women. These findings are consistent with the results of the present study, which show a stronger correlation and greater contribution of social support ( $\rho=0.362$ ;  $R^2= 0.120$ ) in predicting *psychological well-being*.

Although the direct contribution of paternal involvement is smaller (5.5%) than that of social support, this finding remains significant and underscores the unique and irreplaceable role of fathers. This aligns with Bowlby's theory, which states that fathers serve as a "*secure base*" for building an individual's sense of security and social competence, as reinforced by the study. Thus, father involvement not only provides direct support but is also associated with higher perceived social support, as reflected in the positive correlation between the two variables in this study.

The positive correlation between father involvement and social support in this study ( $\rho = 0.287$ ;  $p < 0.001$ ) indicates that young adult women with active fathers tend to have better perceptions of social support. Nevertheless, the tolerance and VIF values in the multiple regression analysis confirm that the correlation among these predictors does not reach a problematic level of multicollinearity; thus, the coefficients of each predictor can still be interpreted independently, and the results of the multiple regression model in this study can be considered valid. These findings align with research

by Imaniya et al. (2023), which found that father-child attachment significantly influences adolescents' social competence, indicating that stronger attachment to the father is associated with greater ability to form positive social relationships. Involved fathers not only provide emotional support but also serve as a learning context for children to build healthy relationships, which ultimately facilitates their ability to establish supportive social networks in early adulthood.

Results of multiple regression analysis indicate that father involvement and social support together explain 13.9% of the variance in *psychological well-being*, with social support remaining the dominant predictor. An interesting pattern emerges when the significance of father involvement weakens after social support is included in the model ( $p = 0.047$ ). This pattern can be understood through attachment theory Bowlby (1982), which states that actively involved fathers help children build a sense of security in relationships—a foundation that subsequently makes it easier for individuals to build and perceive social support more positively outside the family. In other words, father involvement and social support operate through overlapping psychological pathways—namely, relationship quality and interpersonal security—so that once social support is accounted for, part of the effect of father involvement to *psychological well-being* is no longer detectable separately.

The finding that the contribution of father involvement is smaller than that of social support can be understood within the context of Indonesia's patriarchal culture. In Indonesian culture, fathers are generally still seen as the primary breadwinners, while childcare is largely assigned to mothers, reflecting the strong idealization of traditional gender constructs deeply rooted in society (Afriliani et al., 2021). However, this social construction does not necessarily reflect the actual psychological needs of girls regarding the father figure. Ryan and Deci (2017), within the framework of *Self-Determination Theory*, assert that basic human psychological needs—including the need for *relatedness*—are universal and not determined by prevailing cultural norms, and that a patriarchal environment may hinder their fulfillment. Thus, the smaller contribution of father involvement in this study likely reflects the low level of father involvement experienced by the respondents—as evidenced by

the mean score, which fell only within the moderate category ( $M = 3.55$ )—rather than indicating that girls do not have a psychological need for a father figure.

The findings of this study can be understood through Ryff's six-dimensional framework of *psychological well-being*. Previous research indicates that social support, particularly from peers, makes the greatest contribution to these dimensions and also reinforces other dimensions such as self-acceptance and environmental mastery (Mufida, 2021). Meanwhile, paternal involvement likely contributes to dimensions such as *autonomy* and *environmental mastery*, as emotional closeness and shared activities with fathers have been shown to foster self-esteem and develop children's sense of responsibility and resilience in facing challenges (Risnawati et al., 2021).

Compared to previous studies, the correlation strength in this study between father involvement and *psychological well-being* ( $\rho = 0.243$ ) as well as social support and *psychological well-being* ( $\rho = 0.362$ ) is relatively weaker. For example, the study involving 112 students working on their theses found that the dimensions of affective and instrumental support had very strong correlations with *psychological well-being* ( $r = 0.650$  and  $r = 0.621$ , respectively). This difference can be understood from several perspectives. First, the thesis context creates very specific pressures, so the support received feels more direct and has a stronger impact on *psychological well-being*, unlike this study, which involved 185 young adult women facing more diverse pressures. Additionally, differences in measurement tools—the MSPSS, which is based on sources of support, versus a scale based on forms of support—also influenced the magnitude of the correlations found.

Theoretically, these findings enrich the literature on *the psychological well-being* of young adult women in Indonesia. Practically, these results can serve as a basis for developing interventions focused on strengthening social support and increasing father involvement. This study has limitations, namely the online data collection method, which resulted in an uneven distribution of participants and may affect the representativeness of the results. Furthermore, the variance explained by each predictor remains relatively small: 5.5% for father involvement, 12% for social support, and a combined contribution of 13.9%. This suggests that other factors—such as personality, the quality of the

relationship with the mother, religiosity, or coping strategies—likely play a role but were not measured in this study.

Moreover, although the assumption of multicollinearity was met, the significant correlation between father involvement and social support ( $\rho = 0.287$ ) indicates *shared variance* between the two, meaning that the multiple regression model has not yet fully separated the pure contributions of each predictor. This reinforces the need for future research to test the potential mediating role of social support in the relationship between father involvement and *psychological well-being*. Therefore, future research is recommended to explore other variables such as emotional regulation and *coping strategies*, test the potential mediating role of social support, and use a longitudinal approach to observe developmental dynamics.

## 5. Conclusion

This study indicates that father involvement and social support have a significant and positive influence on *the psychological well-being* of young adult women, with social support as the most dominant predictor (12%) compared to father involvement (5.5%). Father involvement and social support together contribute 13.9% to *psychological well-being*, with the influence of father involvement tending to be weaker than that of social support, a pattern that can be understood within the context of Indonesia's patriarchal culture, which places greater emphasis on the father's instrumental and financial roles. These findings confirm that quality relationships, both within the family and in the broader social environment, are a crucial foundation for psychological well-being during the transition to independence.

**Ethical Statement:** This study did not obtain formal ethical approval from an ethics committee or institutional review board. However, the study was conducted in accordance with the ethical principles of research involving human participants, including voluntary participation, informed *consent*, data confidentiality, and the protection of participants' rights and well-being.

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**Author Contributions:** NANR designed the study, collected data, analyzed data, and drafted the manuscript. RPS provided guidance and reviewed and revised the manuscript. All authors read and approved the final version of the manuscript.

**Conflict of Interest Statement:** The authors declare no conflicts of interest.

#### **Declaration of Artificial Intelligence (AI) Use:**

During the preparation of this manuscript, the authors used generative artificial intelligence for language editing and reference searching. The authors critically reviewed, revised, and approved the final manuscript and are fully responsible for the accuracy, originality, and integrity of its content.

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