# Attachment beyond the mother: Investigating the paternal role in building adolescents' adversity quotient in urban Indonesian high schools

**Aisyah Pramudita**[*)1] , **Melly Latifah**[2] , **Yulina Eva Riany**[3]

[1,2,3] Department of Family Science and Child Development, IPB University, Bogor, Indonesia

*)Corresponding author, ✉e-mail: aisyahpramudita@apps.ipb.ac.id

**Abstract**

The dynamics of adolescent today were considered not to have reached the stage of formal operational cognitive development where adolescent should have been able to analyze problem solving and be able to find alternative solution to their problem, this dynamic is suspected because adolescent have an inability to deal with problem/difficulty, which cause them not to be tough enough and experience mental health issue. This research provides novelty as it analyze how the father's role in the building adolescent adversity quotient, where attachment is usually identified with maternal attachment. This study aims to investigating paternal attachment on building adolescent's adversity quotient. This study used a quantitative approach with an explanatory method, as many as 398 high school student in Bogor City were sampled used random sampling, 398 respondent from 4 different high school were taken as sample (2 SMAN and 2 SMAS). Instrument used in this study are translated instrument into bahasa, 1) IPPA-R which has been revised by Gullone and Robinson (2005) with 28 item question and Cronbach's alpha of 0.882; 2) Adversity Quotient which has been adapted by Wang *et al.* (2022) with 24 item question and Cronbach's alpha of 0.682. The data obtained went through statistical testing used SPSS to obtain correlation, regression and comparison. The result revealed that adolescent characteristic, family characteristic and paternal attachment simultaneously have a significant effect of 8.0 percent on adversity quotient. This research can serve as a base for the development of paternal attachment and adolescent adversity improvement program in the community (family, school and government).

**Keywords**: Paternal Attachment, Adolescent Adversity Quotient, Cognitive Development, Mental Health Issues, Family Dynamics

**Abstrak**

Dinamika remaja saat ini dianggap belum mencapai tahap perkembangan kognitif operasional formal dimana remaja seharusnya sudah mampu menganalisis pemecahan masalah dan mampu mencari alternatif solusi dari permasalahan yang dihadapi, hal ini diduga karena remaja memiliki ketidakmampuan dalam menghadapi masalah/kesulitan, sehingga menyebabkan mereka tidak cukup tangguh dan mengalami masalah kesehatan mental. Penelitian ini memberikan hal baru karena menganalisis bagaimana peran ayah dalam membangun adversity quotient remaja, di mana kelekatan biasanya diidentikkan dengan kelekatan ibu. Penelitian ini bertujuan untuk mengetahui kelekatan ayah dalam membangun adversity quotient remaja. Penelitian ini menggunakan pendekatan kuantitatif dengan metode eksplanatif, sebanyak 398 siswa SMA di Kota Bogor menjadi sampel penelitian dengan menggunakan random sampling, sebanyak 398 responden dari 4 SMA yang berbeda diambil sebagai sampel (2 SMAN dan 2 SMAS). Instrumen yang digunakan dalam penelitian ini adalah instrumen yang telah diterjemahkan ke dalam bahasa Indonesia, yaitu: 1) IPPA-R yang telah direvisi oleh Gullone & Robinson (2005) dengan jumlah 28 item pertanyaan dan Cronbach's alpha sebesar 0,882; 2) Adversity Quotient yang telah diadaptasi oleh Wang *et al.* (2022) dengan jumlah 24 item pertanyaan dan Cronbach's alpha sebesar 0,682. Data yang diperoleh melalui uji statistik menggunakan SPSS untuk mendapatkan korelasi, regresi, dan perbandingan. Hasil penelitian menunjukkan bahwa karakteristik remaja, karakteristik keluarga dan kelekatan ayah secara simultan memiliki pengaruh yang signifikan sebesar 8,0 persen terhadap kecerdasan adversitas. Penelitian ini dapat menjadi dasar untuk pengembangan program peningkatan kelekatan ayah dan kecerdasan adversitas remaja di masyarakat (keluarga, sekolah dan pemerintah).

**Kata Kunci:** Keterikatan Paternal, *Adversity Quotient* Remaja, Perkembangan Kognitif, Masalah Kesehatan Mental, Dinamika Keluarga

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## INTRODUCTION

In adolescence, they are in the formal operational stage where their cognitive begin to be able to analyze problem solving and are able to find possible solution to problem (Mönks *et al.*, 1998), the presence of these ability forces adolescent to be able to make realistic assessment of their strength and weaknesses, and have the ability to complete task and solve problem (Hurlock, 1980). Unfortunately, adolescent nowadays are considered not to have achieved these developmental task because based on existing data, adolescents experience difficulties in dealing with problem.

WHO (2021) found that 4.6 percent of adolescent aged 15-19 years experienced anxiety and 2.8 percent experienced depression. Riskesdas (2018) revealed that 22.3 percent of people with mental emotional disorder were adolescent aged 15-24 years. In suicide case, DORS SOPS (Pusiknas Polri, 2024) noted that 9.27 percent of suicide actor were under the age of 17 years and dominated by male as much as 79.64 percent. Data related to adolescent mental health conditions over the past few year shows that adolescent have an inability to deal with problem/difficulty, this is closely related to low adversity quotient, where adversity quotient is defined as an individual's ability to face challenge and solve problem (Nahrowi, Susanto & Hobri, 2020) and according to Stoltz (2003) adversity quotient (AQ) is the ability to overcome the difficulty. Adversity quotient was found to affect the mental health of suicide survivor (Noya, Weol & Binilang, 2024).

Social support from the closest people is considered to influenced adversity quotient in adolescent (Puspasari, Kuwato & Wijaya, 2012), Indonesian National Suicide Prevention Strategy (Onie, 2022) reveals that thinking of the loved one often reduce a person's suicide thought, where in the context of adolescent one of the loved one is family (consist of father, mother and siblings). This happens because based on Bronfenbrenner's ecological system theory, the family is the individual closest environment or known as the microsystem environment, where human development is influenced by the reciprocal relationship between individual and their environment (Mujahidah, 2015). Ecology theory of father-child relationship said that not only do fathers influence children, but children also influence father, this relationship changes constantly as the child develop and the family system change (Cabrera *et al,.* 2018)

Attachment between adolescent and parent was found to have an influence on adversity quotient (Saturrosidah, Mayangsari, & Hidayatullah, 2020). Attachment is defined as a strong emotional bond between a child and his or her caregiver (usually parent) (Bowlby, 1969), a secure attachment will be able to create a sense of security, trust, and support in an individual social and emotional life (Armsden & Greenberg, 1987). Research by Hapsari & Ariati (2016) found that there were difference in parental attachment in adolescent based on their gender, while Indala (2019) found significant differences in adolescent attachment to their caregiver (attachment figure) between adolescent raised in orphanage and adolescent raised in the home. Partially, paternal attachment has a positive relationship with adversity quotient (Azizah & Fauziah, 2019) and maternal attachment becomes cornerstone

of human development, with profound implications for the well-being of both the mother and child (La Rosa & Commodari, 2024), maternal attachemnt also has an influence on adolescent adversity quotient (Setyawati & Rusmawati, 2016). The fatherless issue that has appeared in recent years, which reveals that Indonesia rank third as a country with a lack of fatherhood (Narasi.tv, 2023), and yet research focuses almost exclusively on the mother–child (Cabrera, Volling, & Barr, 2018), encourage this research to focus on paternal attachment and it's influence on adolescent developmental especially on adolescent's adversity quotient.

Fatherless issue in Indonesia is related to the husband-wife role, which husband being the breadwinner and the mother being the caregiver. Cabrera, Volling, & Barr (2018), fathers generally provide economically for their family, they are assumed to be less involved than mothers in interaction with children. This conditiont inline with functional structural theory, which emphasizes the balance of system in family with separation of role, duty and responsibility (Puspitawati, 2019). Globally issue about fatherless related to having child inside cohabiting relationship without marriage status, and ended up mothers being single parent after break up. Those kind of relationship have an impact to children, where children growing up in single-mother household are more likely to have emotional, academic, and financial problems (O'Neill, 2002). Fitriani & Hastuti (2017) found that insecure attachment (avoidant and ambivalent) with father increase adolescent delinquent behavior.

This research was conducted in Bogor City, with a population of high school students in Bogor City. The sample selection in this study was determined through random sampling technique, which is a technique that select sample randomly from

Pyun (2014) revealed that the father-child relationship is an important predictor of mental problem and adolescent inattentive behavior, where better relationship with the father, will lower the level of behavioral problem. Aprianti & Juliana (2021), the closer relationship between child with father, the greater the ability of the child to adapt in every condition and difficulty. in student adaptability condition, social support also influenced culture shock (Putra *et al.*, 2022).

Although many studies have examined parental attachment in general, few have specifically investigated paternal attachment and its contribution to AQ based on gender differences. This study aims to investigating correlation and influence of paternal attachment on building adolescent's adversity quotient, also analyzed adolescent characteristic and family characteristic correlated to adolescent's adversity quotient. Focus on paternal attachment bring novelty into attachment reasearch and its contribution to adversity quotient.

**METHODS**

This research used a quantitative approach, an approach based on the philosophy of positivism with the aim of researching certain population / samples with data collection using instrument and statistical data analysis (Sugiyono, 2018). The research method used is explanatory, which aims to test the hypothesis that has been formulated previously and the result of the study will be able to explain the causal relationship between each variable. (Sugiyono, 2018).

the existing population (Puspitawati & Herawati, 2018). Random sample selection is used to specifically select the school (SMA) to be the research site, it is known that based on Dapodik (2024) data Bogor City has 55 high school, consisting of 45

private high school and 10 public high school, then 2 SMAS and 2 SMAN were selected as research sampling sites. Furthermore, the determination of the number of samples used the Slovin formula, with a large population of high school students in Bogor City of 22,068 and a margin of error of 5%, the research sample size obtained was 392.8787 respondents. All respondents of this study are student at the 10th grade level on high school, where at this level adolescent are expected to deal with challenge to adapt to a new environment and need the ability to survive while adjusting with new place and new people. Kurniawan (2016) found that individual with high score of adversity quotient had better adaptation ability than others with low adversity quotient.

This study consist of paternal attachment and adversity quotient. Paternal attachment is adolescents' perceptions of the emotional bond formed with father, measured through three dimensions, communication, trust, and alienation, and adversity quotient is adolescent's perception of their ability to observe adversity and perceived ability to utilize adversity, as measured by the dimensions of control, origin, ownership, reach, endurance, and transcendence. The instrument used were english instrument which were translated into Bahasa Indonesia and adapted to the condition of the respondent, as follows: 1) Inventory of Parent and Peer Attachment Revised (IPPA-R) which has been revised by Gullone & Robinson (2005), consist of three dimension which are communication, trust, and alienation dimension, with 28 items question, Cronbach's alpha of 0.889 (in Bahasa), Likert scale 1-5; 2) Adversity Quotient which has been adapted by Wang *et al.* (2022), consist of six dimension which are control, origin, ownership, reach, endurance and transcendence, with 24 items

question, Cronbach's alpha of 0.682 (in Bahasa), Likert scale 1-5.

Before collecting data, every question in this study, both instrument which have been translated and adapted, also question related to adolescent and family characteristic have passed the ethical review test by the IPB University research ethic commission (1522/IT3.KEPMSM-IPB/SK/2024) and only involve respondent who have agreed to informed consent.

All data were collected directly but used Google form as media, and then processed using Microsoft Office Excel 2019 for cleaning and editing data, for statistical test used Statistical Package for Social Science (SPSS) 26.0 for inferential testing (correlation, regression and comparison). The statistical tests carried out in this study are descriptive analysis test, correlation, regression, and comparative test by comparing female and male sample. The data obtained from this study has an abnormal distribution, in order to ensure the normality assumption was achieved, all of data has been transformed using the square root formula because the existing data has moderate positive skewness (Ghozali, 2021). Kolmogorov-Smirnov test before transformation was 0.026 and after transformation indicated that the data approximated a normal distribution (p > 0.05) which is 0.155.

**RESULTS**

398 high school students were sampled in this study which consists of 184 public high school students (46.2%) and 214 private high school students (53.8%). 200 respondents (50.3%) were female and 198 respondents (49.7%) were male. There were 295 adolescent aged 15 years (74.1%) and 103 adolescent aged 16 years (25.9%). 87.9% of respondents lived with both parents. The distribution of respondents based on the

characteristic of adolescent is shown in Table 1 below :

Table 1. Distribution of Respondent Based on Adolescent Characteristic.

| Category | N | % |
|---|---|---|
| **Gender** | | |
| Female | 198 | 51.2 |
| Male | 189 | 48.8 |
| Total | 398 | 100 |
| **School Origin** | | |
| Public Highschool | 184 | 46.2 |
| Private Highschool | 214 | 53.8 |
| Total | 398 | 100.0 |
| **Age** | | |
| 15 years | 295 | 74.1 |
| 16 years | 103 | 25.9 |
| Total | 398 | 100.0 |
| Average ± SD | 15.2 ± 0.6 | |
| **Residence Information** | | |
| With father | 3 | 0.8 |
| With mother | 34 | 8.5 |
| With parent | 350 | 87.9 |
| With extended family | 11 | 2.8 |
| Total | 398 | 100.0 |

Parent of the respondent were categorized into three categories: young adult (20-40 years old), middle adult (41-65 years old), and older adult (>65 years old) (Papalia, Olds, & Feldman, 2009). The dominance of the respondent parent age was in the middle adulthood category with a percentage of 87.5 percent for father and 71.1 percent for mother. Parent educational background was dominated by the senior high school level with 36.9 percent for father and 34.9 percent for mother. A total of 91.7 percent of father worked or had a business and the rest did not work / retired, the average father's income was Rp. 9,368,207 with 51.5 percent of father income above the minimum wage. On the mother's occupation, 62.3 percent were housewives, the average mother income was Rp. 2,532,085; with 19.1 percent of mother with income above the minimum wage.

BKKBN (2005) categorizes family size into three categoriy: 1)small family (≤ 4 people), 2) medium family (5-7 people), and 3) large family (≥8 people). 51.5 percent of respondent had medium family, 47.2 percent had small family and only 1.3 percent had large family. The distribution of respondent based on family characteristic is provided in Table 2 below:

Table 2. Distribution Of Respondent Based on Family Characteristic.

| Category | N | % |
|---|---|---|
| **Father's Age** | | |
| Young Adult (20-40 years old) | 36 | 9.0 |
| Middle Adult (41–65 years old) | 348 | 87.5 |
| Older Adult (>65 tahun) | 14 | 3.5 |
| Total | 398 | 100.0 |
| Min-Max | 32-75 | |
| Average | 48.16 | |
| Standard Deviation | 5.6 | |
| **Mother's Age** | | |
| Young Adult (20-40 years old) | 113 | 28.4 |
| Middle Adult (41–65 years old) | 283 | 71,1 |
| Older Adult (>65 tahun) | 2 | 0.5 |
| Total | 398 | 100.0 |
| Min-Max | 30-69 | |
| Average | 44.05 | |
| Standard Deviation | 5.6 | |
| **Father's Education** | | |
| Elementary school | 24 | 6.0 |
| Junior highschool | 26 | 6.5 |
| Senior highschool | 147 | 36.9 |
| Vocational degree | 34 | 8.5 |
| Government school | 4 | 1.0 |
| Undergraduate | 124 | 31.2 |
| Posgraduate | 39 | 9.8 |
| Total | 398 | 100.0 |
| **Mother's Education** | | |
| Elementary school | 27 | 6.8 |
| Junior highschool | 47 | 11.8 |
| Senior highschool | 139 | 34.9 |
| Vocational degree | 39 | 9.8 |
| Undergraduate | 109 | 27.4 |
| Posgraduate | 37 | 9.3 |
| Total | 398 | 100.0 |
| **Father's Employment Status** | | |
| Didn't work/Retired | 35 | 8.8 |
| Work/entrepreneur | 363 | 91.2 |
| Total | 398 | 100.0 |
| **Mother's Employment Status** | | |
| Didn't work/Housewife | 248 | 62.3 |

| | | |
|---|---|---|
| Work/entrepreneur | 150 | 37.7 |
| Total | 398 | 100.0 |
| **Father's Income** | | |
| Below UMR (< 4.813) | 193 | 48.5 |
| Above UMR (> 4.813) | 205 | 51.5 |
| Total | 398 | 100.0 |
| Min-Max | 0 – Rp. 70.000 | |
| Average | Rp.9.368 | |
| Standard Deviation | Rp.12.579 | |
| **Mother's Income** | | |
| Below UMR (< 4.813) | 322 | 80.9 |
| Above UMR (> 4.813) | 76 | 19.1 |
| Total | 398 | 100.0 |
| Min-Max | 0 – Rp. 32.000 | |
| Average | Rp.2.532 | |
| Standard Deviation | Rp.4.816 | |
| **Family Size** | | |
| Small Family (<4) | 188 | 47.2 |
| Medium Family (5-7) | 205 | 51.5 |
| Big Family (>8) | 5 | 1.3 |
| Total | 398 | 100.0 |
| Min-Max | 3 – 10 | |
| Average | 2.65 | |
| Standard Deviation | 1.05 | |

The result showed that the average paternal attachment index was 60.89. Most of the respondent (57.0%) had attachment with their father in the avoidant attachment category, 27.1 percent were in the secure attachment category and only 15.8 percent had ambivalent attachment. As many as 61.4 percent of public high school student had paternal attachment in the avoidant category, while as many as 53.3 percent of private high school student were in the avoidant category. In the context of gender, 54.0 percent of male have paternal attachment in the avoidant category, while 60.0 percent of female were in the avoidant attachment category. The distribution of respondent based on the paternal attachment category is shown in Figure 2.
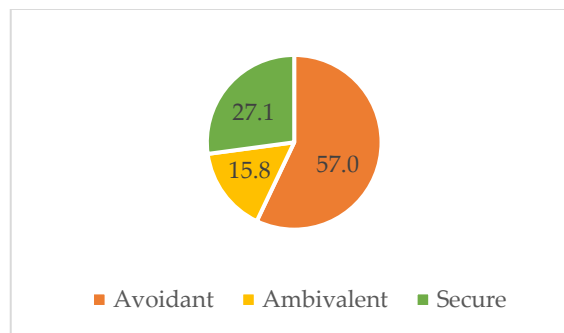


Figure 2. Distribution Of Respondent Based On The Paternal Attachment Category.

Paternal attachment consist of three dimension, which are trust, communication, and alienation (Gullone & Robinson, 2005). In the trust dimension, mean respondent index was 67.21, with the dominance of respondent in the high category (36.4%), this dimension explains adolescent's feeling of security and faith in father who are able to understand and respect their need and desire. The second dimension is communication dimension, the average index of respondent in this dimension was 54.42, with the dominance of respondent in the low category (57.3%), this dimension explain the situation where adolescent can express their feeling to their father, express the problems they faced, and express the difficulties they faced their father. The third dimension is the alienation dimension, the average index of respondent in this dimension was 62.31, with the dominance of respondent in the moderate category (43.0%), this dimension explains the perspective of adolescent feeling alienated, feeling angry and pulling away from their father. The distribution of respondent based on the dimension of paternal attachment is shown in Figure 3:
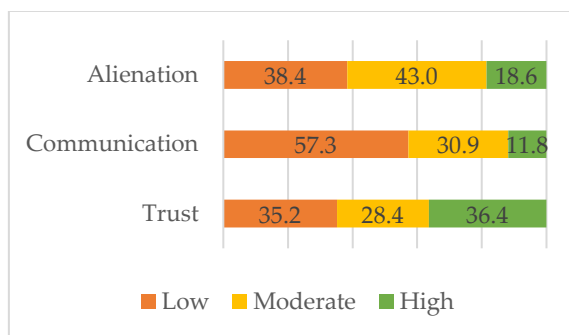
Figure 3. Distribution of Respondent Based on The Dimension of Paternal Attachment

The result showed that the average of adversity quotient index was 55.79, with more than half of the respondent (72.6%) had adversity quotient in the low category, 26.9 percent were in the medium category and only 0.5 percent were in the high category. A total of 68.5 percent of public senior highschool student had adversity quotient in the low category, while 76.2 percent of private senior highschool student were in the low category. In the context of gender, 65.7 percent of male were in the low category, and 79.5 percent of female were in the low category. The distribution of respondent based on the adversity quotient category can be seen in Figure 4:
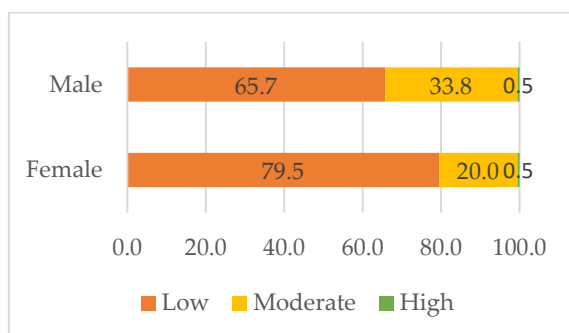


Figure 4. Distribution of Respondent Based on The Adversity Quotient Category

Adversity quotient consists of six dimension, which are control, origin, ownership, reach, endurance and transcendence (Wang *et al.*, 2022). In the control dimension, the average respondent index was 62.50, with the dominance of respondent in the moderate category

(50.0%), this dimension explains a person's ability to control and manage circumstances that can cause difficulties in the future. The second dimension is the origin dimension, the average respondent index in this dimension was 56.39, with the dominance of respondent in the low category (65.8%), this dimension explains how individual blame themselves when they get difficulties that originate from themselves, or blame other people or the environment that is the source of their difficulty or failure.

The third dimension is the ownership dimension, the average index of respondent in this dimension was 64.05, with the dominance of respondent in the moderate category (57.8%), this dimension explains how adolescent realize the consequence of the difficulty they experience and how they want to accept responsibility for mistake or failure that occur. The fourth dimension is the reach dimension, the average index of respondent in this dimension was 38.92, with the dominance of respondent in the low category (92.7%), this dimension explains how the difficulty will have an impact on adolescent life, show how a problem can disturb other activity, even though the problem not related to other aspect of life.

The fifth dimension is the endurance dimension, the average index of respondent in this dimension was 49.45, with the dominance of respondent in the low category (73.6%), this dimension explains how fast and accurate adolescent can solving problem, this aspect can describe how long the difficulty will last and how long the impact of these difficulty will affect adolescent life. The sixth dimension is the transcendence dimension, the average index of respondents in this dimension was 66.28, with the dominance of respondent in the moderate category (47.5%), this dimension is associated with appreciation of beauty and excellence, hope, gratitude,

humor, and spirituality (Faqih, 2019). The distribution of respondent based on the dimension of adversity quotient is shown in Figure 5 :
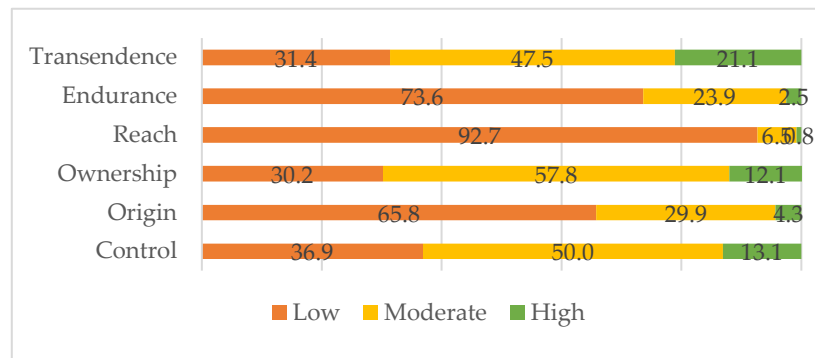


Picture 5. Distribution ff Respondent Based on The Dimension of Adversity Quotient
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The result of correlation test shows that the characteristic of adolescent are proven to be significantly related to the paternal attachment and adversity quotient, gender was found to have a significant positive relationship with the adversity quotient (r = -0.201**), the result of T test also support these result by finding the average index of adversity quotient was significantly higher for male (M = 7.55, SD = 0.53) compared to female (M = 7.35, SD = 0.48); *t*(396) = 4.08, *p* < .001, 95% CI [0.11, 0.31].

School origin was found to have a significant positive relationship with paternal attachment based on the correlation test (r=0.127*), the result of T test also support these result by finding the average index of paternal attachment of private school student (M = 7.85, SD = 1.22) was significantly higher than public school student (M = 7.50, SD = 1.49); *t*(353.34) = -2.51, *p* = .013, **95% CI** [–0.62, –0.07].

In family characteristic, it was found that mother's education had a significant positive relationship with the paternal attachment (r = 0.110**). Correlation test of adolescent characteristic, family characteristic, paternal attachment, and adversity quotient are shown in Table 3:

Table 3. Correlation Test of Adolescent Characteristic, Family Characteristic, Paternal Attachment, and Adversity Quotient.

| Variable | Correlation coefficient | |
|---|---|---|
| | Paternal Attachment | Adversity Quotient |
| **Adolescent Characteristic** | | |
| School Origin (0=Public/SMAN,1=Private/SMAS) | **0.127*** | -0.032 |
| Age (Years) | 0.029 | -0.010 |
| Gender (0=Male, 1=Female) | -0.073 | **-0.201**** |
| Residence Information | -0.065 | 0.019 |
| **Family Characteristic** | | |
| Father's Age (years) | -0.069 | 0.021 |
| Father's Education (1=SD, 2=SMP, 3=SMA, 4 Vocational Degree, 5=Undergraduate, 6=Postgraduate, 7=Gov School) | 0.046 | 0.027 |
| Father's Work Status (0=didn't work/retired, 1=worker/enterpreneur) | 0.050 | 0.045 |
| Father's Income (0=Below UMR, 1=Above UMR) | -0.060 | -0.001 |
| Mother's Age (years) | 0.005 | 0.034 |

| | | |
|---|---|---|
| Mother's Education (1=SD, 2=SMP, 3=SMA, 4 Vocational Degree, 5=Undergraduate, 6=Postgraduate) | **0.110*** | 0.094 |
| Mother's Work Status (0=didn't work/housewife, 1=worker/enterpreneur) | 0.002 | 0.086 |
| Mother's Income (0=Below UMR, 1=Above UMR) | 0.033 | -0.030 |
| Family Size | 0.024 | 0.055 |

The results of multiple linear regression analysis in Table 7 have a coefficient of determination or R square (R2) value of 0.080, it means that adolescent characteristic such as adolescent age, gender, school origin, residence information, and family characteristic such as parent's age, parent's education, parent's work status, parent's income, family size, and paternal attachment simultaneously or together have a significant influence on adolescent adversity quotient by 8.0 percent, while 92.0 percent was influenced by other variables not studied. Factor that significantly influence adolescent adversity quotient are adolescent gender, school origin and paternal attachment. Adolescent gender (β=-0.198; ϱ=0.000) has a significant positive influence on adversity quotient. Furthermore, the school origin (β=-0.119; ϱ=0.029*) also has a significant positive effect on adversity quotient, it means that adolescent who attend public high school have a greater adversity quotient worth 0.119 point.

Paternal attachment was found have a significant positive effect on adversity quotient (β=0.114; ϱ=0.024*), it means that if the value of paternal attachment increase by one unit, the value of adversity quotient will increase by 0.114 point. Regression test of adolescent characteristic, family characteristic, and paternal attachment, on adversity quotient are provided in Table 4:

Table 4. Regression test of adolescent characteristic, family characteristic, and paternal attachment, on adversity quotient.

| Variable | Adversity Quotient | | |
|---|---|---|---|
| Constant | Unstandardized B | Standardized β | Sig. |
| **Adolescent Characteristic** | | | |
| Age (years) | -0.072 | -0.061 | 0.226 |
| Gender (0=Male, 1=Female) | -0.205 | -0.198 | **0.000** |
| School Origin (0=Public, 1=Private) | -0.123 | -0.119 | **0.029** |
| Residence Information | -0.003 | -0.002 | 0.971 |
| **Family Characteristic** | | | |
| Father's Age (years) | 0.041 | 0.028 | 0.616 |
| Father's Education (1=SD, 2=SMP, 3=SMA, 4=Vocational Degree, 5=Undergraduate, 6=Postgraduate, 7=Gov School) | -0,019 | -0.050 | 0.495 |
| Father's Work Status (0=didn't work/retired, 1=work) | 0.078 | 0.042 | 0.458 |
| Father's Income (0=Below UMR, 1=Above UMR) | 0.018 | 0.018 | 0.732 |
| Mother's Age (years) | 0.015 | 0.013 | 0.816 |
| Mother's Education (1=SD, 2=SMP, 3=SMA, 4=Vocational Degree, 5=Undergraduate, 6=Postgraduate) | 0.043 | 0.116 | 0.132 |
| Mother's Work Status (0=didn't work/housewife, 1=work) | 0.068 | 0.064 | 0.228 |
| Mother's Income (0=Below UMR, 1=Above UMR) | -0.047 | -0.036 | 0.483 |
| Family Size | 0.025 | 0.052 | 0.311 |
| Paternal Attachment | 0.043 | 0.114 | **0.024** |

| | |
|---|---|
| F | 2.378 |
| Sig. | 0.003[b] |
| R² | **0.080** |
| Adjusted R² | 0.046 |

## DISCUSSION

Parental attachment is defined as a strong emotional bond between a child and his or her caregiver (usually a parent) (Bowlby, 1969), a secure attachment will be able to create a sense of security, trust, and support in an individual social and emotional life (Armsden & Greenberg, 1987; Pohan et al., 2024). People with a secure parental attachment in childhood will have a secure attachment pattern as adult, have strong self-confidence, good interpersonal skills, and have a positive view of themselves and their social environment (Ainsworth, 1979; Pohan et al., 2025).

This study found that half of the respondent had paternal attachment in the avoidant attachment category. Fitriani & Hastuti (2017) found that insecure attachment (avoidant and ambivalent) with father increases adolescent delinquent behavior. Pyun (2014) revealed that the father-child relationship is an important predictor of mental problem and adolescent inattentive behavior, where better relationship with the father, will lower the level of behavioral problem. Children whose living with their biological fathers showed fewer externalizing behavior problems in childhood and pre-adolescence (Cabrera *et al.*, 2014). Higher quality of father-child relationship was associated with lower levels of internalizing (Yoon *et al.*, 2022).

The condition which can contribute to attachment are an enduring relationship with the baby and many interaction that serve to meet the baby's needs and provide a sense of comfort, but in this case the quantity of time is not the main factor but the quality of the relationship is more important (Bowlby, 1969). Attachment was found has a significant impact on adolescent mental health (Tan *et al.*, 2023), because positive caregiver response have a huge influence on personality. Father's involvement could promote the interaction, develop a more intimate and better attachment with their children, and finally play a positive part in children's psychological well-being (Hou *et al.*, 2018), even father's depression symptoms and associated spill-over to perceived child stress is producing stronger effects than mother (Russel *et al.*, 2021). Secure attachment will create individual with emotional stability and good mental health (Megawangi, 2015),

Most of adolescent scored low in communication, moderate in alienation and high in trust. This finding impact adolescent attachment categoryzed, which adolescent with moderate or low category in trust or communication, and alienation in moderate/high category, can be categoryzed in low security attachment (Idriyani, 2020). Individual who have insecure parental attachment in childhood tend to have attachment pattern that are full of worry and rejection in adulthood, have the assumption that social relationship with other are unimportant, and tend to behave rationally by burying their feeling or covering their emotion (Ainsworth, 1979; Fau et al., 2024), while people with secure attachment will be an independent person, brave, confident, has a good adaptation skill, and become a pleasant individual (Hardiyanti, 2017).

Stoltz (2003) said that adversity quotient (AQ) is the ability to overcome difficulties, and according to Kaur & Billing (2022) adversity quotient can provide an overview of individual abilities. This study found that more than half of the respondent

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had adversity quotient in low category. Low adversity quotient was caused by an individual inability to deal with difficulty and find solution to overcome the difficulty (Aldriani & Widyastuti, 2021), while to have high adversity quotient individual have to change their habit and mindset (Us, 2015). Individual with low adversity quotient will tend to stop and give up when faced with unpleasant condition (Ramadhana & Indrawati, 2019).

This study found tha female has smaller adversity quotient than male, it can be concluded that male have better adversity quotient than female. Rumondor *et al.* (2023) has found that gender and education have an influence on adversity quotient, where adversity quotient provides a moderating effect between gender roles and job stress (Shen, 2014).

Private high school student founded have better paternal attachment than public high school student. No previous research has been found to support this finding, but if it analyzed further, this may occur because the parent of private high school student have a higher education than the parent of public high school student, father's education is directly related to the father's sensitivity during interactions with the child (Cabrera, Volling, & Barr, 2018; Hayati et al., 2024). This condition allows for better awareness of the role of parent in children development, where the attachment between parent and children is able to minimize crime, violence, and negative behavior (Sari, Devianti, & Nur'aini, 2018) because the paternal attachment has an influence on people social development (Wardani & Aulia, 2023), also affects emotional regulation (Garini, Rahman & Zulfikar, 2025) and self-adjustment (Karimah & Daud, 2024).

This research has found that male have better adversity quotient than female. This found in contrast with Yin, Ying &

Hsien (2014), gender does not have a significant influence on adversity quotient. Handayani *et al.* (2023) has found that female have higher adversity quotient than male, this finding analyzed happens because female tend to been through lot of challenge in gender role such as pregnant, giving birth and breastfeeding. Previous research related to the effect of school origin on adversity quotient has not been found, but Rumondor et al. (2023), education level have a significant effect on adversity quotient.

This finding about effect of paternal attachment on adversity quotient inline with Azizah & Fauziah (2019), paternal attachment with adolescent has a positive relationship with adversity quotient, attachment is considered very important in person's life. Attachment is not only about the relationship between children and caregiver (parents), but also about how this relationship will shape emotional regulation, ability of individual management stress and deal with challenge in life (Sroufe, 2005).

**CONCLUSION**

This study found that most adolescents exhibit paternal attachment in the avoidant attachment category, and their adversity quotient is categorized as low. Key factors that significantly influence adversity intelligence include gender, school origin, and paternal attachment. The study revealed that school origin is associated with paternal attachment and has a concurrent effect with other factors on adversity quotient. Additionally, male adolescents exhibited better adversity quotient scores compared to females. Enhancing the quality of the father-child relationship may improve adolescents' adversity quotient.

Overall, this study underscores the importance of paternal attachment in shaping the adversity quotient. A strong emotional bond between fathers and their children plays a crucial role in fostering the ability to manage adversity. This research contributes to the broader understanding of the father's role in developing adversity quotient, particularly in adolescents. The findings have practical implications, suggesting that paternal attachment and programs aimed at improving adolescent adversity quotient should be integrated into community-based initiatives, including school programs that involve fathers. Furthermore, this study addresses the often-overlooked role of fathers and their significant impact on child development.

## CREDIT AUTHORSHIP CONTRIBUTION STATEMENT

**Aisyah Pramudita**: Conceptualization, Funding, Writing-review & editing, **Melly Latifah**: Writing-review & editing, **Yulina Eva Riany**: Writing-review & editing.

## DECLARATION OF COMPETING INTEREST

The Authors Declare No Conflict of Interest in This Paper.

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