




The impact of father parenting style on youth purpose: Role of self-control and fear of missing out

Bianca Nur Dinar Ghaniyyah^{*1} , Yulina Eva Riany² , Diah Krisnatuti³ 

^{1,2,3} Department of Family Science and Child Development, IPB University, Bogor, Indonesia

^{*}) Corresponding author,  e-mail: biancandinar@gmail.com

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Abstract

The role of parenting in shaping adolescents' psychological and behavioral development has long been recognized, but its impact in the context of the digital age remains underexplored. This study aims to analyze the influence of father parenting styles on adolescents' life goals (*youth purpose*), with self-control and fear of missing out (FOMO) as mediating variables. With a cross-sectional explanatory design, the research involved 1,144 adolescents aged 15 to 18 years in the Greater Jakarta area. Data were analyzed using Structural Equation Modeling (SEM). The findings demonstrate that authoritative fathering positively and significantly predicts youth purpose, both directly and indirectly, by enhancing self-control and reducing FOMO. In contrast, permissive parenting utilize a negative influence on self-control and, consequently, on youth purpose. Authoritarian parenting was found to increase FOMO, which in turn indicates a complex dual effect, both supporting and impairing the development of youth purpose depending on its interaction with self-control. These results underscore the critical role of father parenting style in shaping adolescents' psychological regulation and goal-setting behavior. The study contributes to existing theoretical frameworks by linking parenting approaches to adolescent developmental outcomes in digital and culturally specific contexts. Practical implications include promoting authoritative parenting and designing interventions to strengthen adolescents' self-regulation.

Keywords: Father Parenting Style, Fear of Missing Out, Self-control, Social Media Usage, Youth Purpose

Abstrak

Peran pengasuhan dalam membentuk perkembangan psikologis dan perilaku remaja telah lama diakui, namun dampaknya dalam konteks era digital masih belum banyak dieksplorasi. Penelitian ini bertujuan untuk melihat pengaruh gaya pengasuhan ayah terhadap tujuan hidup remaja, dengan kontrol diri dan *fear of missing out* (FOMO) sebagai variabel mediasi. Menggunakan desain *cross-sectional explanatory*, studi ini melibatkan 1.144 remaja berusia 15 hingga 18 tahun di wilayah Jabodetabek. Analisis data dilakukan dengan Structural Equation Modeling (SEM). Hasil penelitian menunjukkan bahwa gaya pengasuhan otoritatif secara signifikan dan positif memprediksi tujuan hidup remaja, baik secara langsung maupun tidak langsung melalui peningkatan kontrol diri dan penurunan FOMO. Sebaliknya, gaya pengasuhan permisif berdampak negatif terhadap kontrol diri dan tujuan hidup remaja. Gaya pengasuhan otoriter diketahui meningkatkan FOMO, dalam konteks tertentu memiliki efek ganda, baik mendukung maupun menghambat perkembangan tujuan hidup, tergantung pada interaksinya dengan kontrol diri. Temuan ini menegaskan pentingnya keterlibatan ayah dalam membentuk regulasi psikologis dan perilaku remaja dalam menetapkan tujuan hidupnya. Studi ini memperluas kerangka teori yang ada dengan mengaitkan pendekatan pengasuhan dengan hasil perkembangan remaja dalam konteks digital dan budaya tertentu. Implikasi praktis mencakup pentingnya promosi gaya pengasuhan otoritatif serta perancangan intervensi untuk memperkuat regulasi diri pada remaja.

Keywords: Gaya Pengasuhan Ayah, *Fear of Missing Out*, Kontrol Diri, Penggunaan Media Sosial, Tujuan Hidup Remaja

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INTRODUCTION

Adolescents are the next generation who hold a strategic position in societal development. The adolescent period is not merely a transition to adulthood but also a phase full of physical, intellectual, and emotional changes that may lead to unhappiness, doubt, and conflict with the environment (Jannah, 2016). According to Piaget's (1964) cognitive development theory, adolescents are in the formal operational stage, where they can solve problems logically and have a complex thought structure, influencing their process of determining youth purpose and future plans. Additionally, based on Bandura's social learning theory, behavior is also shaped by observing and modeling others (Bandura, 2001). Adolescence is not just a transitional phase to adulthood but also a period of "storm and stress," characterized by physical, intellectual, and emotional transformations that result in unhappiness and doubt within the individual, as well as conflict with their surroundings (Jannah, 2016). Therefore, it is crucial for adolescents to understand their purpose during their developmental process. Youth purpose itself refers to adolescents' process of planning a stable long-term life that can influence many aspects of life (Damon et al., 2003).

The ability to form long-term life goals, however, is strongly influenced by two psychological factors, self-control and Fear of Missing Out (FOMO). Self-control enables adolescents to regulate impulses, prioritize delayed gratification, and stay focused on future-oriented actions, which are all essential components in setting and maintaining purposeful goals (Chaplin, 2001 in Mayangsari et al., 2024). Without adequate self-control, adolescents may struggle to persist through challenges or

delay short-term temptations in pursuit of broader life goals (Mirandi et al., 2023). On the other hand, FOMO defined as a form of social anxiety caused by the perception that others might be having rewarding experiences that one is missing, can distract adolescents from sustained engagement toward their goals (Przybylski et al., 2013). Recent research shows that FOMO contributes to excessive digital engagement and behaviors such as problematic social media use and "phubbing" (the act of ignoring others in favor of mobile phones), both of which are linked to lower levels of goal-directed behavior and academic focus (Franchina et al., 2018). Furthermore, FOMO has been associated with Internet communication disorder and lower impulse control, which are detrimental to adolescents ability to commit to long-term goals (Wegmann et al., 2017). FOMO fosters a hyperfocus on external validation and immediate social gratification, potentially diminishing the cognitive and emotional resources required for long-term planning and self-reflection (Al-Nasa'h & Shadid, 2024). Thus, both self-control and FOMO are not only relevant but theoretically central in understanding how adolescents conceptualize, pursue, and sustain meaningful life goals.

Youth purpose, often referred to as adolescence purpose, is a stable intention to achieve something meaningful for oneself and beneficial to society. Youth purpose is essential as it is associated with the well-being and success of young people (Benson, 2006; Bronk, 2012). Developing a personally meaningful purpose (intention) to pursue their dreams or goals helps adolescents develop the necessary skills to achieve these through goal-setting, engagement, and a future orientation that transcends self-interest across various domains, including

education (Quinn, 2016). Youth purpose is conceptualized into three main dimensions according to Damon et al., (2003): intention as what adolescents aim to achieve in life, engagement as sustained behavior, and prosocial reasoning, which reflects concern for others (Bronk et al., 2010). The conceptualization of purpose represents the interconnection between intention, engagement, and the motivation to act for the benefit of others. The desire to act for others' benefit is a critical dimension of youth purpose, distinguishing it from constructs related to meaning (Bronk et al., 2010). Moran (2009) explains that prosocial reasoning can serve as a link between intention and engagement toward consequences affecting others. Adolescents with a youth purpose are more likely to develop positively and contribute to others (Damon et al., 2003).

The environment, particularly the family, plays a crucial role in the development of this youth purpose. Parenting styles, particularly the role of the father, significantly influence adolescents in building self-control and self-confidence (Rahmawati et al., 2018; Yuliana et al., 2023). According to research by Lamb and Tamis-LeMonda (2004), fathers have a significant role in adolescents' adjustment, including controlling negative behaviors. Parental warmth and communication can encourage children to feel more confident and motivated to develop themselves. Former Minister of Social Affairs Khofifah Indra Parawansa stated that Indonesia is ranked as the third country with the highest rate of fatherlessness globally (Saepulloh, 2017, in Fajarrini and Umam, 2023). This indicates a significant number of Indonesians lack the presence and involvement of fathers in their lives. Previous studies have elaborated on the lack of paternal roles in children's lives, supported by data from Elly Rusman's

research (2008–2010), which shows that, cumulatively, Indonesia ranks as one of the "fatherless" nations globally across 33 provinces. This is further supported by data from KemenPPPA in the 2019 Indonesian Child Profile, which revealed that 8.34% of children aged 0–17 live only with their biological mothers. Additionally, the high number of divorces in Indonesia, totaling 516,334 cases in 2022 (Aulia et al., 2023), and data from BPS (2022), which indicates that 12.72% of household heads are women, point to the diminished role of fathers in children's lives. The lack of paternal involvement in adolescents' lives significantly impacts their academic abilities and self-confidence (Save, 2013). In Indonesian cultural norms, fathers are traditionally viewed as the primary authority figures whose guidance can deeply shape the values, discipline, and long-term aspirations of children (Rahmah 2019).

Baumrind (1967) introduced the concept of parenting styles based on two key elements: responsiveness, which refers to the warmth and support parents provide to adolescents, and demandingness, which reflects control over children's behavior. These elements give rise to several parenting styles: authoritarian, authoritative, and permissive. The authoritarian style is characterized by high demandingness and low warmth, often termed as an authoritarian parenting approach. Authoritarian parenting refers to a method of raising children with rigid leadership, where parents dictate policies, actions, and directions for children's development (Mutmainah, 2018). This style can impact adolescents' anxiety levels, potentially leading to phenomena like fear of missing out (FOMO). According to Richter (2018), poor parenting can significantly affect adolescents' FOMO,

whereas attentive parenting lowers the likelihood of experiencing FOMO. Recent studies in Indonesia, adolescents is strongly tied to the pressure of online appearance and adolescence psychological well being (Hammi & Kholifah 2024). Research has shown that FOMO can influence both negative and positive behaviors in individuals. Nursodiq and Andayani (2020) revealed that the anxiety stemming from fear of missing out and losing information can be positive if such fears motivate individuals to gather various types of information. Additionally, FOMO can positively impact academic life when the fear of being left behind drives individuals to achieve specific goals, such as academic excellence (Nursodiq & Andayani, 2020). Most adolescents are in a developmental stage where their purpose remains immature, often lacking intentions and dreams for what they want to achieve and focusing primarily on themselves (Moran, 2023).

Indirectly, fathers' parenting styles can influence adolescents' FOMO levels, partly through adolescents' self-control. The parent-child relationship serves as a strong foundation for children to develop emotional regulation, which Bowlby (1969, in Li et al.) identifies as the basis for individual self-control development. Lamb and Tamis-LeMonda's (2004) research also highlights the significant role of fathers in adolescents' behavioral adjustments, including controlling negative behaviors. Previous research shows that fathers' involvement in parenting is critical for helping adolescents develop self-control and avoiding negative impacts like FOMO (Effendi et al., 2021; Jiao & Cui, 2023; Tabatabaee et al., 2024). Self-control is defined as an individual's ability to guide their behavior, suppress impulsive tendencies, and maintain focus on long-

term goals (Chaplin, 2001). Adolescents with good self-control are believed to manage their thoughts, emotions, and impulses effectively, allowing them to achieve long-term life goals (Mirandi, 2023). FOMO is defined as the fear or anxiety experienced when witnessing others having more satisfying experiences and is characterized by a strong drive to remain connected to others (Przybylski et al., 2013). FOMO in adolescents creates internal pressure to participate in social activities or follow trends to avoid feeling left out, ultimately helping them define their youth purpose (Marsya et al., 2021). Recent research also supports the psychological burden of FOMO in the digital age, such as Winarko (2023), who found a significant correlation between FOMO, anxiety, and psychological burdens among Indonesian high school students. This highlights the relevance of exploring FOMO in relation to goal-setting abilities that leads to lack of youth purposes.

Despite growing interest, the relationship between father's parenting, FOMO, self-control, and youth purpose, especially within the Indonesian context remains underexplored. Few studies integrate these four variables simultaneously, and most research tends to focus on either parenting or psychological outcomes separately. Research on youth purpose among Indonesian adolescents is still limited but necessary, given the negative impacts of insufficient knowledge about setting goals. Addressing this issue requires examining other factors within adolescents' environments, such as fathers' roles in parenting and specific parenting styles, which may influence adolescents in achieving better youth purposes. Additionally, the development of youth purposes can be evaluated through internal factors, such as self-control and FOMO-

related anxiety, to determine whether their influence impacts adolescents' choices regarding youth purpose. This study also highlight the constructs within a cultural framework, offering insights applicable not only to psychological development theories but also to practical family counseling strategies tailored to Indonesian values.

The purpose of this study is to analyze the relationships between variables such as adolescents' characteristics, fathers' parenting styles, self-control, and Fear of Missing Out (FOMO) with youth purposes. Additionally, it aims to analyze the influence of fathers' parenting styles on youth purposes, with self-control and FOMO as mediators. The findings are expected to inform practical intervention that promote youth purposes among adolescents, including educational policies and parenting workshops designed to foster self-control and mitigate FOMO through increased paternal involvement.

METHODS

Study Design

This study employed a quantitative approach with an explanatory study design to test the proposed hypotheses. The research was conducted in the Greater Jakarta area (Jakarta, Bogor, Depok, Tangerang, and Bekasi) using an online survey method via Google Forms. The research process, including data preparation, collection, analysis, and final reporting, was conducted in July 2024.

Participants

The study involved adolescents aged 15 to 18 years who reside with their fathers. The minimum sample size was determined as 430 respondents based on Hair et al. (2021), with a target of 5 to 10 times the number of indicators analyzed (86 indicators). This threshold was also aligned

with Kline's (2005) recommendation for a minimum of 200 samples for Structural Equation Modeling (SEM). The study followed a non-probability with voluntary sampling approach, targeting adolescents aged 15 to 18 years who live with their fathers. A total of 1,225 respondents participated, and after data cleaning including selection from the data on the forms about meeting the criteria, 1,144 valid responses were analyzed.

Instruments

The study utilized primary data. All instruments went a back to back translation process and expert review to ensure clarity and cultural relevance for Indonesian adolescents. Reliability coefficients (*Cronbach's alpha*) were calculated based on the data collected in this study. Adolescents' self-control was measured using the *Brief Self-Control Scale* developed by Tangney et al. (2004), which consists of 13 items—4 positive and 9 negative—on a 5-point Likert scale ranging from "strongly disagree" to "strongly agree," with a *Cronbach's Alpha* of 0.88. Data on paternal parenting styles were collected using the *Parenting Style Questionnaire* developed by Fabella (2022), which identifies three parenting styles: authoritarian (α : 0.88), authoritative (α : 0.93), and permissive (α : 0.72). This instrument includes 30 statements rated on a 6-point Likert scale from 1 ("never") to 6 ("always").

Fear of Missing Out (FOMO) among adolescents was measured using the *Fear of Missing Out Scale* (FOMOs) designed by Przybylski et al., (2013). This scale consists of 10 statements based on daily personal experiences and uses a 5-point Likert scale, with a *Cronbach's Alpha* of 0.84. Youth purpose was measured using the *Measurement of Adolescent Purpose* (MAP) developed by Summers and Falco (2019).

This instrument contains 19 items rated on a 5-point Likert scale from 1 ("strongly disagree") to 5 ("strongly agree") and has a reliability coefficient with a *Cronbach's Alpha* of 0.88.

Procedure

The study received ethical approval and followed proper protocols including approval from IPB Ethics Committee with letter number 1327/IT3.KEPMSM-IPB/SK/2024 on 11th June 2024. Questionnaires were distributed through social media platforms, allowing participants to complete them voluntarily. Because the participants were adolescents, parental consent was obtained before the participants were allowed to participate in the study. Also participants were informed that they could decline to answer any question or withdraw from the study at any time without any consequences. To protect personal data and ensure confidentiality, all responses were anonymized and no identifying information was collected. Data were stored securely and used solely for academic research purposes. These procedures were implemented to ensure the privacy, safety, and autonomy of all participants throughout the research process.

Data Analysis

Data collection, cleaning, and analysis were conducted during the specified study period. To control for data quality and reduce potential biases, multiple steps were taken during data collection and cleaning. These included checking onduplicate response, attention checks within the questionnaire. In accordance with Hair et al. (2010), SEM analysis included evaluation of both the outer and inner models to assess data fit. Convergent validity was examined using

Average Variance Extracted (AVE), with acceptable values above 0.50, and construct reliability was assessed using Composite Reliability (CR), with thresholds above 0.70. Model fit was further evaluated using the Standardized Root Mean Square Residual (SRMR), where values under 0.08 considered as a good fit model (Hair et al., 2021). Data analysis was performed using Smart Equation Modelling (SEM) to assess relationships between variables. Descriptive statistics were used for initial data interpretation, and SEM was applied for structural analysis. The minimum sample size requirements for SEM were met, with 1,144 valid responses included in the analysis.

RESULTS

The analysis results show that adolescent characteristics have a significant correlation with the variables studied. Additionally, the characteristic of gender has a relationship with permissive parenting, where females tend to receive warmer parenting from their fathers. This finding is not in line with the study conducted by Shah and Shah (2024), which showed that permissive parenting tends to be implemented more with male adolescents compared to female adolescents. The relationship with self-control indicates that males tend to have more difficulty controlling self-regulation. This aligns with previous research that suggests female adolescents have higher self-control scores compared to male adolescents (Tetering et al., 2020).

The results of the study show that the majority of respondents in this research are adolescent girls (96.1%). The largest proportion of respondents is aged 18 years (31.7%). Based on education level, the two categories with the highest proportions are those who graduated from junior high

school (50.5%) and those who graduated from senior high school, which is consistent with the typical age for adolescents. Regarding educational status, 86.1% of the adolescents are currently attending school, while the remaining are not in school. The characteristics of the fathers include age, education level, and income. The highest proportion of fathers is in the middle-aged category (87.6%), while the highest proportion of educational level is among those who graduated from senior high school (43.4%). Additionally, the largest proportion of fathers' income falls within the category of IDR 1,000,001 to IDR 5,000,000 (39.9%). The analysis results show that adolescent characteristics have a significant correlation with the variables studied. Additionally, the characteristic of gender has a relationship with permissive parenting, where females tend to receive warmer parenting from their fathers. These characteristics can be seen in Table 1.

The next result shows that authoritarian parenting by fathers positively affects self-control in teenagers, but the result is not significant. This difference contrasts with the research conducted by Abedini et al. (2012), which indicated that authoritarian parenting leads to low self-control in teenagers or has a negative effect, similar to permissive parenting. The authoritative parenting style has a positive effect on youth purpose, as research by Khalid et al. (2020) showed that a father figure who provides authoritative parenting contributes more to a child's personal development during adolescence, which is related to how teenagers determine their youth purpose. Other research also shows that authoritative parenting is often associated with positive outcomes in teenagers, including career aspirations (Nemel et al. 2021). As shown in Table 2.

Table 1 Adolescents and Father Characteristics

Characteristics	Details	N (1144)	%
Age	15	200	17,5
	16	234	20,5
	17	347	30,3
	18	363	31,7
Gender	Male	45	3,9
	Female	1099	96,1
Education	No Attended School (0-5 years)	1	0,1
	Elementary School (6-8 years)	14	1,2
	Secondary School (9-11 years)	578	50,5
	High School (12 years)	491	42,9
	Bachelor Degree (>12 years)	60	5,2
Education Status	Attending School	985	86,1
	Not Attending School	159	13,9
Father's Age	Early Adulthood (<40)	90	7,9
	Middle Adulthood (41-60)	1002	87,6
	Elderly Adults (>61)	52	4,5
Father's Education	No Attended School (0-5 years)	11	1,0
	Elementary School (6-8 years)	115	10,1
	Secondary School (9-11 years)	111	9,7
	High School (12 years)	497	43,4
	Bachelor-Doctoral Degree (>12 years)	410	35,8
Father's Income	<Rp500.000,-	143	12,5
	Rp500.001,- s.d Rp1.000.000,-	220	19,2
	Rp1.000.001,- s.d Rp5.000.000,-	457	39,9
	Rp5.000.001,- s.d Rp10.000.000,-	212	18,5
	>Rp10.000.000,-	112	9,9

Prior to testing the structural model, an evaluation of the measurement model was conducted to ensure the reliability and validity of the constructs. As shown in Table 4, all constructs demonstrated adequate internal consistency, with Composite Reliability (CR) values ranging from 0.721 to 0.934, exceeding the recommended threshold of 0.70. While some Average Variance Extracted (AVE) values fell below the 0.50 criterion, Hair et al. (2014) suggest that AVE values below 0.50 may still be considered acceptable if the CR is higher than 0.60, as was the case in this study. This supports the convergent validity of the constructs. Furthermore, model fit was assessed through the Standardized Root Mean Square Residual (SRMR), with a value of 0.0808, which falls within the acceptable range (≤ 0.10), indicating a good model fit.

Figure 1 shows the final result of the model used to analyze the influence of the father's parenting style on the youth purpose through self-control and FOMO as moderator variables. The items in the instrument used in this model are the result of the elimination of statements with factor loading values <0.5 . In terms of direct

effects, the strongest positive path was observed between authoritative parenting and youth purpose ($\beta = 0.292$, $p < 0.05$), while the most substantial negative path appeared between permissive parenting and self-control ($\beta = -0.286$, $p < 0.05$). These pathways demonstrate the mediating role of both self-control and FOMO in shaping youth purpose.

The results shows indirect effects, such as the impact of authoritative parenting on youth purpose through FOMO ($\beta = -0.028$, $p < 0.05$), and permissive parenting on youth purpose via FOMO ($\beta = 0.060$, $p < 0.05$). The authoritarian parenting style has a significant positive influence on the level of FOMO in teenagers and on their youth purpose. Previous studies have explained that high-pressure parenting without balance in attention and affection makes it easier for teenagers to experience FOMO (Richter, 2018), and is also related to other research indicating that authoritarian parenting increases anxiety levels in children (Gulley et al., 2015). As shown in Table 5, the total effects also emphasize the complex relationship between parenting styles and youth purpose. For example,

although authoritarian parenting has a relatively modest direct effect on youth purpose ($\beta = 0.126$, $p < 0.05$), the total effect remains positive due to minor indirect pathways. Conversely, permissive parenting displays a strong total negative effect on youth purpose ($\beta = -0.050$, $p < 0.05$), primarily driven by its detrimental direct influence on self-control. These findings underscore the importance of understanding both the direct and indirect mechanisms through which parenting styles shape adolescent life goals. Other studies also suggest that authoritative parenting is often linked to positive outcomes in teenagers, including career aspirations (Nemet et al. 2021). On the other hand, authoritative parenting style has a positive influence on teenagers' self-control. Meanwhile, the permissive parenting style from fathers significantly negatively affects self-control and youth purpose. This aligns with previous research indicating that authoritative parenting positively influences self-control, while permissive parenting has a negative impact (Abedini et al., 2012).

Table 2. Correlation Test of Adolescent Characteristics and Father Characteristics on Father's Parenting Style, Adolescent Life Purpose, Self-Control, and FOMO Variables

Variable	Youth Purpose	Authoritarian	Authoritative	Permissive	Self-Control	FOMO
Age	-0,007	-0,015	-0,008	-0,021	0,030	-0,067*
Gender (0=Male, 1=Female)	-0,002	0,000	0,032	0,237*	-0,208*	0,043
Education	0,010	0,009	0,022	-0,011	0,053	-0,077**
Education Status (0= Not Attending School, 1= Attending School)	0,068	-0,010	0,224**	-0,001	0,037	0,077
Father's Age	0,049	-0,017	-0,039	0,003	-0,008	-0,032
Father's Education	0,027	-0,015	0,117**	0,024	-0,033	-0,007
Father's Income	0,038	-0,075*	0,174**	0,079**	0,049	-0,032

* $p < 0,05$; ** $p < 0,01$

Table 3 Correlation Test of Father's Parenting Style, Youth Purpose, Self-Control, and FOMO

Variabel	Self-Control	FOMO	Youth Purpose
Authoritative	0,243**	-0,080**	0,259**
Authoritarian	0,197**	0,205**	0,043
Permissive	-0,122**	0,001	0,041
Self-Control	1	-0,269**	0,272**
FOMO		1	0,124**
Youth Purpose			1

Table 4. Model fit score for each variable

Variables	Composite Reliability	Cronbach Alpha	AVE
Authoritarian	0,884	0,856	0,413
Authoritative	0,934	0,924	0,526
Permissive	0,721	0,265	0,571
Self-Control	0,879	0,824	0,451
FOMO	0,841	0,782	0,404
Youth Purpose	0,888	0,866	0,296

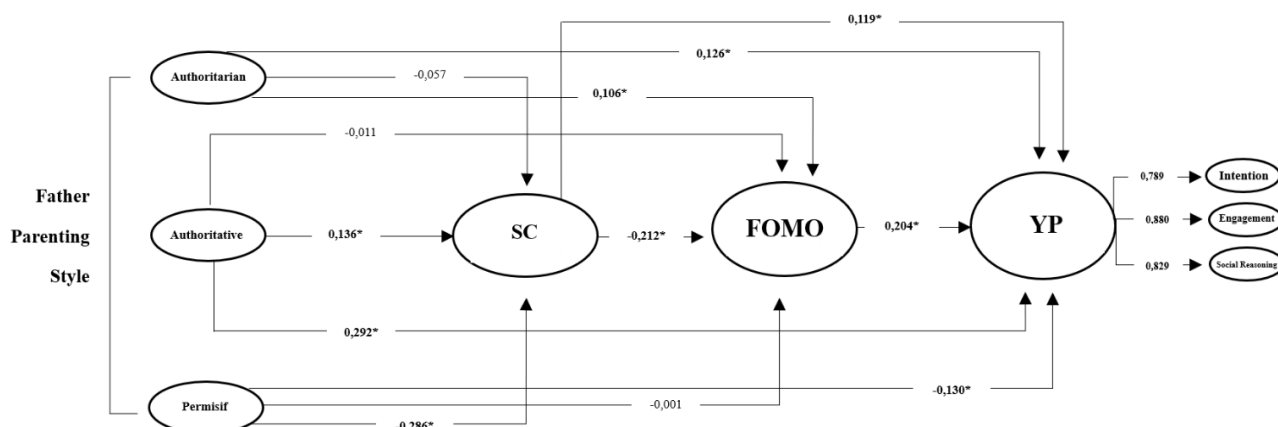


Figure 1. SEM model of the influence of father's parenting style, self-control, and FOMO on youth purpose.

Table 5 The Influence of Father's Parenting Style, Self-Control, and FOMO on Youth Purpose

Effect Direction	Direct Effect	Indirect Effect	Total Effect
Authoritarian → Self Control	-0,057	-	-0,054
Authoritarian → FOMO	0,106*	0,011	0,011
Authoritarian → Youth Purpose	0,126*	-0,002	0,008
Authoritative → Self Control	0,136*	-	-0,039
Authoritative → FOMO	-0,011	-0,028*	-0,028*
Authoritative → Youth Purpose	0,292*	-0,004*	0,021*
Permissive → Self Control	-0,286*	-	-0,289*
Permissive → FOMO	-0,001	0,060*	0,060*
Permissive → Youth Purpose	-0,130*	0,010*	-0,050*
Self Control → FOMO	-0,212*	-	-0,208*
Self Control → Youth Purpose	0,119*	-0,033*	-0,003*

Effect Direction	Direct Effect	Indirect Effect	Total Effect
FOMO → Youth Purpose	0,204*	-	0,158*

DISCUSSION

The results show that the authoritative parenting style has a positive relationship with self-control. Previous studies have shown that authoritative parenting has a significant positive effect on self-control, meaning that fathers who implement an authoritative parenting style will help their children develop high levels of self-control. According to Papalia (2009), teenagers raised with rules and high discipline tend to have fewer behavioral problems because they can control themselves, as opposed to teenagers who receive affection without parental control. The authoritarian parenting style shows a significant positive relationship with self-control but does not show a significant relationship with youth purpose. The permissive parenting style shows a significant negative relationship with teenagers' self-control, meaning that permissive parenting results in lower self-control in teenagers. This is in line with previous research showing that authoritative parenting has a positive effect on self-control, while permissive parenting has a negative impact (Abedini et al., 2012).

On the other hand, the authoritative parenting style has a negative relationship with FOMO in teenagers. This aligns with research by Richter (2018), which showed that authoritative parenting, where parents are more involved in their child's life, reduces levels in teenagers. Conversely, authoritarian parenting shows a significant positive relationship with FOMO in teenagers. This is consistent with previous studies that explained that high-pressure parenting without a balance of attention

and affection makes it easier for teenagers to experience FOMO (Richter, 2018), and it also relates to other studies that show authoritarian parenting increases anxiety levels in children (Gulley et al., 2015).

Global Western and Eastern cultures of the traditional parenting roles determine the father's role as the breadwinner and the second caregiver after the mother (Petts et al., 2018; Ang & Loh, 2019). In Indonesia, where family roles often emphasize fathers as authority figures rather than emotionally engaged caregivers, this finding is particularly relevant (Yunianti et al., 2023). Social expectations and patriarchal norms may limit father and child emotional closeness, affecting father-child relations (Braunstein et al., 2013). Other influences show how self-control affects FOMO, indicating a significant negative influence as shown in Table 3, which demonstrates that low self-control increases FOMO in adolescents. This aligns with previous research which suggests that adolescents with good self-control are able to manage their emotional intelligence, making them less likely to experience anxiety that leads to FOMO (Mirandi, 2023). Self-regulation in adolescents prevents them from doing something just to follow others (FOMO) (Nurhafina et al., 2020).

With increasing digital exposure in Indonesian adolescents, the father's role as a gatekeeper for digital boundaries becomes critical. Active parental engagement, including modeling healthy digital habits and maintaining open communication, is linked to better outcomes in adolescent digital behavior and psychological well-being (Asmayawati, 2023). On the other

hand, self-control and FOMO have a significant positive influence on youth purpose. Research by Rosen et al., (2013) shows that adolescents with good self-control tend to learn independently because they have their own goals in achieving their academic needs. An interesting finding is that the indirect influence shows that when self-control influences youth goals through FOMO, it will have a significantly negative impact.

The direct influence of paternal parenting on adolescents is shown significantly in each parenting style. This shows that paternal parenting, in any form, has both direct and indirect influences on how adolescents determine their life goals. This is supported by research conducted by Carbera et al., (2000 in Pleck, 2010), which explains that paternal involvement in child-rearing affects adolescents' social, emotional, and cognitive development. Furthermore, youth purpose can be supported through paternal parenting, as supported by previous research by Arifin (2012), which showed that most adolescents view their fathers as educators, motivating them to determine the direction of their youth purpose. In this study, both authoritative and authoritarian paternal parenting styles have a significant positive influence.

This is supported by gender role hypothesis sources stating that fathers tend to socialize their parenting with discipline to their children, but remain structured, which helps the child's personal development compared to mothers, who provide more attention to the child (Hosely and Monemayor, 1997 in Khalid et al., 2020). As research by Khalid et al., (2020) shows, fathers who provide authoritative parenting contribute more to the personal development of children during adolescence, which is related to how

adolescents determine their purpose. Other studies also show that authoritative parenting is often linked with positive outcomes in adolescents, one of which is determining their future aspirations (Nemet et al., 2021). According to Santrock (2014 in Muhliawati & Purwadi, 2023), in order for adolescents to become competent, parents must provide guidance to help them achieve their best quality, not just love without positive demands or clear guidance. This aligns with the research findings that permissive parenting has a negative impact on how adolescents are able to determine their purpose.

Compared with Western contexts where fathers are increasingly encouraged to be emotionally expressive and nurturing (Lamb, 2010), Indonesian fathers may still be transitioning toward that model. Similar patterns are also seen in other Southeast Asian and Middle Eastern societies, where economic responsibilities often take precedence over emotional engagement (Sarwono, 2020). As a limitation, this study only used adolescents from urban areas (*Jabodetabek*), which may not represent rural parenting patterns. In addition, the cross-sectional design restricts causality, and self-report data may carry bias.

Future research should explore longitudinal designs, expand to diverse regions in Indonesia, and include qualitative data to better understand the nuances of father involvement. Comparative studies between countries with similar sociocultural backgrounds could enrich global discourse. These findings may be useful for counselors, schools, and family programs to develop targeted interventions that strengthen paternal roles in guiding adolescents toward purposeful futures.

CONCLUSION

This study found that paternal parenting styles significantly influence youth purpose, both directly and through the mediating roles of self-control and Fear of Missing Out (FOMO). Authoritative parenting was found to foster higher self-control and reduce FOMO, thereby positively contributing to adolescents' life goals. In contrast, permissive parenting negatively affected self-control and youth purpose, while authoritarian parenting produced mixed outcomes. These findings underscore the critical role of paternal involvement in adolescent development, particularly in cultivating the psychological traits necessary for long-term goal setting.

Additionally, this study highlights the dual nature of FOMO, which can serve both as a motivator and a hindrance depending on its interaction with self-control. The insights from this study have important implications for parenting interventions, school-based programs, and youth counseling initiatives. However, the study has several limitations. The sample was limited to adolescents in the Greater Jakarta area, which may not fully capture cultural variations across rural Indonesia. Furthermore, the use of a cross-sectional design and self-report measures limits the ability to draw causal conclusions. Future research should explore longitudinal designs, extend the study to diverse regions in Indonesia, and incorporate qualitative data to better understand the nuances of father involvement. Comparative studies between countries with similar sociocultural contexts would further enrich global discourse. These findings provide valuable insights for counselors, educators, and family programs to develop targeted interventions that strengthen paternal roles in guiding adolescents toward purposeful futures.

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Bianca Nur Dinar Ghaniyyah:

Conceptualization, Data curation, Funding, Writing-original draft, Writing-review & editing, **Yulina Eva Riany:** Writing-review & editing, **Diah Krisnatuti:** Writing-review & editing.

DECLARATION OF COMPETING INTEREST

The Authors Declare No Conflict of Interest in This Paper.

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