



Father's Parenting Awareness with Stunted Toddlers

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<http://dx.doi.org/10.18415/ijmmu.v12i12.7193>

Abstract

The father's role in parenting significantly contributes to a child's physical and psychological development. However, paternal involvement remains low, even in families with stunted children under five. This study aims to understand fathers' parenting awareness toward stunted children and the meaning of their involvement in caregiving. The research employed a qualitative method with a phenomenological approach. Three fathers aged 25–40 years who have stunted children under five participated. Data were collected through in-depth interviews and analyzed inductively. The findings reveal that fathers' parenting awareness is reflected in their ability to fulfill children's basic needs, emotional involvement, and adaptability to the child's condition. Differences emerged in their relationship patterns with their spouses. One participant actively accompanied his wife during pregnancy, while the other two focused more on meeting the child's needs after birth. One participant also demonstrated denial regarding his child's stunting condition. Overall, fathers' parenting awareness manifested through empathy, responsibility, open communication, and cooperation with their partners. This study identifies a new aspect beyond existing theories: fathers' awareness and concern in supporting their wives during pregnancy as an initial form of parenting involvement. These findings highlight the importance of enhancing fathers' roles in parenting to prevent stunting and strengthen family well-being.

Keywords: *Parenting Awareness Fathers; Stunted Toddlers; Phenomenology; Parental Role*

Introduction

Stunting remains a serious problem in Indonesia, directly impacting the quality of future human resources. According to data from the Indonesian Nutritional Status Survey (SSGI), the prevalence of stunting in children under five reached 24.4% in 2021 and decreased to 21.6% in 2022. Despite the decline, this figure remains higher than the World Health Organization (WHO) target of below 20% (Ministry of Health, 2022). Reducing stunting is a global priority aligned with the Sustainable Development Goals (SDGs), specifically the second goal of eliminating all forms of malnutrition and reducing stunting rates in children under five by 2030 (Lukman et al., 2023).

Stunting is caused by various multidimensional factors, including inadequate nutritional intake, low parental knowledge of health and nutrition, limited access to health services, limited availability of nutritious food, and inadequate access to sanitation and clean water (Yuwanti et al., 2021). In addition to

biological and economic factors, psychosocial factors such as parental awareness in childcare also play a crucial role in preventing stunting (Nurdiansyah et al., 2024). The World Health Organization (WHO) explains that stunting is not only related to nutritional and health issues, but also inadequate stimulation and parenting patterns (Fitriani & Darmawi, 2023).

Research has shown that poor parenting increases the risk of stunting by up to eight times compared to good parenting (Reiher & Mohammadnezhad, 2019). In practice, as revealed in the 2024 Evaluation Meeting of the Yogyakarta City Stunting Reduction Acceleration Team, many parents still fail to recognize the importance of appropriate parenting and adequate nutritional support for children. Although the prevalence rate of stunting has shown a decline, it remains a significant public health concern (Portal Berita Pemerintah Kota Yogyakarta, 2024). This finding indicates that parenting awareness remains a crucial aspect that needs to be strengthened in efforts to prevent stunting.

Over time, changes in social, economic, and cultural contexts have influenced public perceptions of fathers' roles in childcare and child development. Today, fathers can participate in various aspects of parenting, such as nurturing, engaging in activities, and supporting educational matters. Policies that previously focused solely on mothers now provide opportunities and space for fathers to express themselves in the parenting process (Ariyanti, 2017). Parenting is not solely a mother's responsibility; the father's role is equally essential for a child's development emotionally, socially, and cognitively while also serving as the primary provider within the family.

However, the role of fathers remains limited. According to data from the United Nations Children's Fund (UNICEF, 2021), Indonesia is among the countries with a relatively high rate of fatherlessness, with approximately 20.9% of Indonesian children growing up without a father. The absence of a father figure or the condition of not living with a father is referred to as fatherlessness. Therefore, the father's role is crucial for a child's physical and mental development (Rahayu et al., 2024).

In line with this, every parent is expected to consistently care for their children and cultivate awareness in parenting, including being mindful of controlling emotional outbursts, particularly negative emotions (Sofyan, 2018). Mindful parenting is a parenting style that involves being fully aware and present in interactions with children. This approach aims to provide attentive care and effectively understand children's needs. According to Kabat-Zinn's (2014) theory, there are three key aspects applied in parenting: awareness, empathy, and acceptance (Prihandini, 2019).

Several previous studies have highlighted the importance of fathers' roles in child development (Putri & Lestari, 2015; Ariyanti, 2017), yet few have specifically examined fathers' awareness of their roles in childcare related to stunting prevention. This study aims to fill this gap by exploring in depth how fathers perceive and perform their roles in preventing stunting among children.

This study employed a qualitative approach exploring fathers' experiences and perceptions of parenting. This research is expected to provide new insights into the dimensions of fathers' parenting awareness, which contribute to stunting prevention and serve as a basis for developing more inclusive and participatory family-based interventions.

Therefore, the novelty of this study lies in its focus on fathers' parenting awareness as a psychosocial factor in stunting prevention, a trend that has previously focused on the role of mothers and nutritional factors. The findings of this study are expected to broaden perspectives on strategies to accelerate stunting reduction through a family-based approach, particularly the conscious and responsible involvement of fathers in parenting.

Method

This study employed a qualitative approach using a phenomenological method to gain an in-depth understanding of fathers' parenting awareness within the context of stunting prevention in early childhood. The phenomenological approach was chosen because it allows for exploring the subjective meaning of fathers' experiences in carrying out their daily caregiving role. Participants were selected using a purposive sampling technique, which involves choosing individuals based on specific criteria relevant to the research objectives. The participant criteria included fathers aged 25–40 years, currently married, having children aged 0–5 years, and living in the same household. Three fathers were selected as participants who were deemed capable of providing in-depth information relevant to the research focus.

Data collection was conducted using three main techniques: in-depth interviews, observation, and documentation. Data validity was checked using source triangulation techniques to ensure the data obtained were valid, credible, and objective. Data analysis was conducted inductively, following the stages Miles and Huberman (in Fiantika et al., 2022): data reduction, data presentation, and conclusion drawing.

Results and Discussion

Before discussing the research results further, we will first present the participant demographic data. This data includes basic participant characteristics, including gender, age, education level, and marital status. The purpose of presenting this demographic data is to provide a general overview of the participants' profiles in the study.

Table 1. Demographic Data

	Subject I	Subject II	Subject III
Initial Name	ADA	SP	APN
Age	40 years	38 years	34 years
Address	Karanglo RT. 02 RW. 25 Tlogoadi Mlati, Sleman	Nganti RT. 02 RW. 07 Sendangadi Mlati, Sleman	Gendingan NG II RT 19 RW 03 Ngampilan, Sleman
Education	S1	S1	SMA
Marital Status	Married	Married	Married

Based on the analysis, 14 new sub-aspects related to fathers' parenting awareness were identified. These themes encompass three important aspects of Kabat-Zinn's (2014) theory used in parenting: sovereignty, empathy, and acceptance (Prihandini, 2019).

Table 2. Aspect and Sub-Aspect Findings

No	Sovereignty Aspect	Empathy Aspect	Acceptance Aspect
1	Respond patiently to children's behavior through understanding and communication	Empathize and care for children's needs by fulfilling their nutritional needs, from the birth process to their nutritional needs.	Managing emotions with a partner through communication and mutual understanding
2	Parenting strategies through instilling values, role models, and approaches according to the child's character	Be consciously empathetic towards your role and responsibilities as a parent	Open communication and cooperation in child rearing

3	Self-control and emotions with an understanding of children's characteristics	Understand the child's condition by communicating and discussing with them, as well as observing their activities.	Parents' understanding and response to their child's emotional instability by providing space for expression, communication, and physical closeness to help the child calm down.
4	Handling children's tantrums through a communicative and calming approach	Be aware of stunting prevention by fulfilling children's vitamin and protein needs during pregnancy, and learn from various sources.	Self-acceptance with awareness of the father's role as breadwinner and head of the family.
5		Understand your child's behavior by approaching and discussing with them, as well as giving them the freedom to express themselves.	Acceptance and understanding of children's feelings through casual communication and providing a comfortable space

Discussion

The phenomenon of parenting awareness being studied today differs from previous research. Among the differences is the role of parents, especially fathers, where today more and more fathers are beginning to realize the importance of parenting patterns, where they not only play a role as providers, but are also actively involved in the process of child growth and development through attention, communication, and daily guidance.

A father's involvement in child-rearing is very important because even though mothers are the primary caregivers of toddlers, fathers also have a significant influence on children's nutritional status (Sugianti et al., 2024). In practice, all subjects are aware of child-rearing, although there are differences between them. These can be broken down into three general aspects, namely:

Sovereignty

The researcher's study of three participants shows that each had an aspect of sovereignty. Several sub-aspects based on this were also identified in all three, as follows.

Respond Patiently to Children's Behavior through Understanding and Communication

Responding patiently to children's behavior through understanding and communication is an important sub-aspect of parenting awareness for fathers. Two of the three participants demonstrated patience in handling their children's refusal to eat by seeking to understand needs, asking for reasons, and recognizing each child's unique character. This reflects a parent's ability to manage emotions and adapt their style to suit individual characteristics.

“Ya pada intinya sih kesabaran ya mba. Jadi ya harus sabar terus melihat tingkah laku satu anak sama anak yang lain kan berbeda gitu...” (Well, basically it's all about patience, you know. So, we really have to keep being patient because every child's behavior is different from one another)

Parenting Strategies through Instilling Values, Role Models, and Approaches According to the Child's Character

Parenting strategies, including instilling values, modeling, and understanding each child's personality, are important aspects for fathers to consider when interpreting a child's behavior and circumstances. All three participants demonstrated that their parenting styles focus on character education and personality development through role modeling, habituation, and a gentle approach. Parents instill the values of responsibility, discipline, and religiosity in their children from an early age by guiding and directing them according to their individual characteristics. Furthermore, parenting is carried out with full awareness of their role as family leaders, who must be fair, patient, and non-pressurizing, thus creating a positive, harmonious parenting environment that supports optimal child growth and development.

“Di ajar untuk bertanggung jawab seperti itu, saya kalau anak nangis kalau gitu saya gak terlalu tanggap, tapi kita harus pandu si anak harus di arahkan.” (I was taught to be responsible like that. When my child cries, I don't respond too much, but we have to guide and direct the child)

Self-control and Emotions with an Understanding of Children's Characteristics

Based on the findings in this sub-aspect, it can be concluded that the three participants demonstrated the ability to understand their children's characteristics by recognizing their abilities, interests, and character, including addressing their egos and weaknesses. This understanding is based on the awareness that each child is at a different stage of development. Furthermore, parents can also control themselves when dealing with their children's behavior by providing space for them to express their emotions and engaging in self-reflection to calm them down more patiently and wisely.

“...memahaminya ya cuma paling ditanyain pelan-pelan anak-anaknya” (I try to understand by asking the kids gently, bit by bit)

Handling Children's Tantrums through a Communicative and Calming Approach

Handling children's tantrums through a communicative and calming approach is another important sub-aspect for fathers, enabling children to express their feelings in a healthy and controlled manner. This is evidenced by the statements of two of the three participants, who demonstrated parenting skills focused on emotional control and empathetic communication when dealing with children's tantrums. Parents attempt to calm the child first and then establish two-way communication by asking about their wishes and understanding the differences of opinion between parent and child. This reflects an effort to foster a harmonious parent-child relationship through mutual understanding and open communication in the parenting process.

“Iya, di biarkan di gendong di deketin nanti maunya apa toh...” (Yeah, just let it be for a bit, then carry the baby, hold them close, and later ask what they want)

Empathy

The results of the study of three participants conducted by the researcher showed that the three participants who were the subjects of the study had empathy. Based on this general aspect, several sub-aspects were also found in the three participants, with the following explanations.

Empathize and Care for Children's Needs by Fulfilling Their Nutritional Needs, from the Birth Process to Their Nutritional Needs

Empathy and concern for children's needs, particularly in fulfilling their nutritional requirements from pregnancy through childhood, constitute an important subaspect that fathers need to be aware of in raising their children. In this subaspect, based on the findings, all three participants demonstrated high empathy and concern for their children's health and development by ensuring optimal nutrition from pregnancy to childhood. This concern was reflected in active efforts to maintain proper nutrition, monitor eating patterns, and prioritize children's needs in both prenatal and postnatal parenting stages.

"...kita menyediakan apa yang anak-anak mau kayak gitu sih, jadi ya semua dipersiapkan mulai dari hamil sampai lahir ya semuanya sih." (We just try to provide whatever the kids need, you know? So yeah, everything's prepared from pregnancy all the way until the baby's born, basically everything)

Be Consciously Empathetic towards Your Role and Responsibilities as a Parent

In this sub-aspect, based on the findings, it can be concluded that two of the three participants demonstrated empathy in parenting by understanding that the role of parents, especially fathers, is a comprehensive responsibility encompassing care, education, and the fulfillment of children's basic needs. The participants also recognized the importance of the complementary roles of fathers and mothers and the need to share responsibilities alternately according to the family's situation and needs. This awareness was reflected in the participants' sensitivity to children's needs and their ability to flexibly adjust their parenting roles to support children's well-being.

"Wah iya penting banget mba. Iya, betul banget. Ya kan kita berdua ya, jadi ya saling ini aja, saling melengkapi. Maksudnya pas lagi di rumah, aku kerja, kayak gitu kan ya ibunya. Terus nanti kalau udah pulang ya saya, bergantian aja sih" (Yeah, that's really important! Totally agree. You know, since it's just the two of us, we kinda balance each other out. Like, when I'm at home working, she takes care of things, and then when I'm done or back home, we just take turns)

Understand the Child's Condition by Communicating and Discussing with Them, as Well as Observing Their Activities

In this sub-aspect, based on the findings, all three participants demonstrated an understanding of children's conditions and needs through an open and reflective communication process. This understanding was manifested through engaging children in discussion, giving them space to calm down, and observing their behavior and activities to identify the factors underlying their reactions or behavior. This approach reflects parents' efforts to build empathetic relationships, gain a deeper understanding of their children's emotions, and take appropriate steps in responding to their needs and feelings.

"Ya diajak komunikasi, diskusi terus dilihat aktivitasnya, oh ini tadi nakalin adiknya" (Yeah, I talked to him, had a little discussion, and watched what he was doing. Oh, turns out he was teasing his little brother earlier)

Be Aware of Stunting Prevention by Fulfilling Children's Vitamin and Protein Needs During Pregnancy, and Learn from Various Sources

In this sub-aspect, based on the findings, all three participants demonstrated strong concern and awareness regarding stunting prevention through various concrete actions undertaken from the pre-pregnancy stage to the child's growth period. This concern was evident in their efforts to monitor pregnancy conditions, attend to children's nutritional intake and eating patterns, conduct regular growth

monitoring, and take follow-up action if signs of nutritional disorders were identified. In addition, the participants took the initiative to seek information from various sources despite limited time, reflecting empathy and a strong sense of responsibility in ensuring optimal child growth and development.

“Selama perkembangan dalam kandungan ini tidak di kawal dengan protein dan vitamin yang tinggi iya nanti otak juga jadi bagus, itu kuncinya satu jarang orang akan memahami itu” (You know, if the baby’s growth in the womb isn’t supported with enough protein and vitamins, the brain won’t develop properly. That’s the main point most people don’t really get that)

Understand Your Child's Behavior by Approaching and Discussing with Them, as Well as Giving Them the Freedom to Express Themselves

In this sub-aspect, based on the findings, it can be concluded that all three participants demonstrated an understanding of children’s behavior through various approaches oriented toward acceptance and communication. The participants sought to understand children’s behavior—including behavior perceived as abnormal or deviant—by refraining from angry reactions and instead engaging in dialogue and allowing children to express themselves, provided such behavior was not harmful. In addition, understanding children’s behavior also involved comparing it with their daily habits, so that behavioral differences were viewed as indications of changes or inconsistencies to be understood rather than blamed. This reflects a pattern of reflective parenting that emphasizes understanding children’s emotions.

“Gini loh mba kayak tadi, jadi si anak itu butuh pendekatan” (So here’s the thing, miss —the kid just needs a little bit of personal approach)

“Jangan dimarahi, ditanya maunya apa” (Don’t yell at them, just ask what they want)

“ajak diskusi jangan dimarahi” (Talk it out, don’t get mad)

Acceptance

The results of the study involving three participants indicated that all three exhibited aspects of acceptance. Building on these general aspects, several subaspects were identified among the participants, namely communication with partners; information sharing related to children’s growth and development; awareness of parental roles; self-acceptance as fathers; discussions about children’s experiences; and validation of children’s emotions. These subaspects are elaborated in the following sections.

Managing Emotions with a Partner through Communication and Mutual Understanding

Managing emotions with a partner through communication and mutual understanding is an important sub-aspect that fathers need to develop in order to accept their own feelings and circumstances, as well as their children’s emotions and experiences. In this subaspect, based on the findings, two of the three participants demonstrated the ability to manage emotions with their partners through open and thoughtful communication, accompanied by patience and the willingness to take time out when emotional differences arose. These efforts reflect an awareness of the importance of maintaining harmony in the relationship and avoiding conflicts driven by temporary emotional reactions.

“Kalau saya sih sabar, sabar aja terus ya intinya harus ada jeda waktu gitu, gak harus kita menyelesaikan masalah di waktu itu jadi mungkin di lain kesempatan kita baru ngobrolin masalah kayak gitu, jadi kalau saya sendiri sih gak terlalu harus diselesaikan waktu itu juga lebih memerlukan jeda waktu dan tentunya komunikasi gitu, ngomong gitu gak langsung harus hati-hati sama emosi” (Well, for me, it’s more about being patient — just staying patient. The

point is, you need some space or a little break; you don't have to solve the problem right away. Maybe we can talk about it another time. Personally, I don't think everything has to be fixed on the spot. I just need some time and, of course, good communication — talking things through carefully so I don't get carried away by emotions)

Open Communication and Cooperation in Child Rearing

In this sub-aspect, based on the findings, two of the three participants demonstrated open and participatory communication with their spouses through discussions and information sharing related to their children's needs. This effective communication fostered mutual understanding and agreement, particularly in managing family finances, thereby supporting the fulfillment of their children's needs and promoting optimal development.

“Kalau kita selama ini ya sharing aja, ngobrol aja. Kalau anaknya di rumah lagi apa, sakit pilek atau apa, ya kita sharing aja. Maksudnya tetap ngobrol, oh ini mau diapain, kasih minum obat atau apa, apa dibawa ke klinik atau gimana ya. Kita ngobrol, ngomong biasa” (Most of the time, we just talk and share things with each other. Like, if the kid's at home—what they're doing, or if they've got a cold or something—we just share and talk about it. I mean, we keep communicating, like, ‘What should we do? Give some medicine first or take them to the clinic?’ So yeah, we just talk like usual)

Parents' Understanding and Response to Their Child's Emotional Instability by Providing Space for Expression, Communication, and Physical Closeness to Help the Child Calm Down

In this sub-aspect, based on the findings, it can be concluded that two of the three participants demonstrated a sound understanding of children's emotional instability as a natural part of developmental stages. In responding to these situations, the participants exhibited adaptive parenting behaviors by allowing children space to express their emotions, fostering physical closeness, and communicating in a calm and reassuring manner with both the children and other caregivers involved in their upbringing. This approach reflects parents' awareness of the importance of managing their children's emotions in an empathetic and constructive.

“Biasanya saya gak ajak ngomong dulu biar tenang dulu. Mungkin tantrum ya biar dia nangis dulu aja nantinya. Nangisnya udah terlalu lalu biasanya terus saya tenangin. Saya gendong, saya tenangin dulu. Saya ajak gendong muter-muter sekitar dulu. Nanti udah tenang tuh biasanya terus ya udah bisa diajakin ngobrol kayak gitu” (Usually, I don't talk to him right away — I let him calm down first. When he's having a tantrum, I just let him cry until he starts to settle. Once he stops crying, that's when I comfort him. I pick him up and take him for a little walk around. When he's calm, that's when we can talk again like usual)

Self-Acceptance with Awareness of the Father's Role as Breadwinner and Head of the Family

In this sub-aspect, based on the findings, it can be concluded that self-acceptance as a father is reflected in the three participants' awareness and understanding of their primary role as heads of the family and breadwinners. This self-acceptance was manifested through attitudes of responsibility, patience, and composure in fulfilling their obligations to meet the needs of their families and children. These findings indicate that the participants were able to fully accept their roles, both emotionally and functionally, demonstrating readiness to support the well-being of their families.

“Ya, harusnya sudah. Jadi ayah itu memerlukan kesabaran, kalem. Segala sesuatunya emang harus kita pikirkan dengan kepala yang dingin sebagai kepala keluarga kan kita juga punya tanggungan untuk memberi nafkah itu ya harus kita sadari harus menafkahi istri ke anak dan

sebagainya“ (Yeah, it should be like that. A dad really needs to be patient and stay calm. You gotta think things through with a cool head, you know? As the head of the family, it’s our job to provide. We’ve gotta remember that—it’s our responsibility to take care of our wife, kids, and all that)

Acceptance and Understanding of Children's Feelings through Casual Communication and Providing a Comfortable Space

In this sub-aspect, based on the findings, all three participants demonstrated acceptance of their children’s emotions through a warm and open communicative approach. This acceptance was manifested through casual discussions, inquiries about their children’s wishes, and the provision of space for them to express themselves in a comfortable and supportive atmosphere. These efforts reflect parents’ emotional sensitivity in understanding their children’s emotional states and in fostering harmonious relationships through positive interactions.

“...paling pas lagi main kayak gini lalu pas lagi apa kayak gitu paling ditanyain. Tanyain yang kemarin-kemarin kenapa dan lain sebagainya sih paling kayak gitu.” (Usually when we’re playing like this, or doing something, that’s when they start asking questions. They’ll ask about what happened before, why this or that happened, and so on — yeah, something like that)

The results of this study describe the parenting awareness exhibited by the three participants, although variations were observed among them. The findings also revealed differences in the participants’ perspectives regarding their relationships with their spouses, specifically with their wives as mothers of their children. Differences were also found in the husbands’ understanding of how to support their wives during pregnancy preparation. One participant emphasized the importance of awareness and concern in accompanying their wives throughout pregnancy. In contrast, the other two participants did not provide specific responses but focused more on preparing for their children’s needs during pregnancy. Interview data also revealed that one of the two participants remained in a state of denial regarding their child’s diagnosis of stunting. The participant asserted that their child was healthy, whereas examination results from the integrated health service post and data from the community health center confirmed that the child was stunted.

Research on fathers’ awareness in caring for stunted toddlers is important, as fathers play a crucial role in supporting children’s physical and psychological growth and development. Fathers’ awareness of parenting practices can influence the fulfillment of children’s basic needs, including adequate nutrition, developmental stimulation, and emotional support for both their wives and children. To date, the role of fathers has received less attention than that of mothers, making this research relevant in illustrating the extent to which fathers are aware of their parenting responsibilities. Therefore, the results of this study are expected to serve as a basis for designing intervention and family-support programs that emphasize fathers’ involvement, thereby optimizing efforts to reduce the prevalence of stunting.

A limitation of this study lies in the difficulty of recruiting participants who met the criteria, namely, fathers of toddlers diagnosed with stunting. This challenge arose due to the low participation of fathers, many of whom declined to be interviewed because they felt embarrassed or lacked understanding of childcare aspects. Additionally, some fathers assumed that child care was better understood and managed by mothers, which made them reluctant to participate in this study.

This study recommends that fathers of toddlers diagnosed with stunting should be more open and actively participate in research activities and child care programs. Active paternal involvement is essential for raising awareness of fathers’ roles in supporting children’s growth and development, particularly in fulfilling nutritional needs, providing emotional support, and stimulating overall development.

Communities are encouraged to enhance their understanding that parenting is not solely the responsibility of mothers but also requires the active participation of fathers. Collective efforts are required to promote fathers' participation in parenting, such as through educational activities, nutritional counseling, or family forums involving both parents, thereby fostering broader awareness of parenting. Future researchers are encouraged to expand the scope of their studies by involving a larger and more diverse sample to ensure more representative results. In addition, more effective strategies should be developed to reach potential research participants, as fathers' participation in similar studies remains limited due to factors such as time constraints, embarrassment, and the perception that parenting is primarily the mothers' domain. Future research could also explore the psychological, social, and cultural factors influencing fathers' awareness in parenting children with stunting.

Conclusion

This study confirms that paternal caregiving awareness contributes significantly to stunting prevention through caregiving practices characterized by empathy, effective communication, and a sense of responsibility for child development. Fathers who are aware of their caregiving responsibilities are better able to fulfill their children's physical, emotional, and social needs in a balanced manner, while fostering harmonious collaboration with their partners in making caregiving decisions. The findings also reveal an aspect that extends beyond existing theories—namely, the form of paternal involvement in accompanying the wife during pregnancy, which constitutes an essential component of the continuous parenting process. Therefore, strengthening paternal caregiving awareness should be an integral component of family-based stunting reduction intervention strategies to promote optimal child growth and development and to enhance the quality of human resources in Indonesia.

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