

## The Relationship Between Father's Attachment And Self-Disclosure In Adolescent Girls

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### Abstract

Adolescence is a transitional phase from childhood to adulthood. Adolescents experience complex problems not only because of internal influences within themselves, but also from the influence of opportunities and support from adults, in this case parents. Fathers play a very important role in building a child's role in their environment and in determining the child's attachment status. By forming a good attachment between father and child, it is possible for teenage girls to be able to carry out self-disclosure. This study aims to determine the relationship between father attachment and self-disclosure in adolescent girls. The sample in this study consisted of 292 subjects aged 15-22 years. Data collection was carried out using a Likert scale, namely attachment scale and self-disclosure scales. Test the hypothesis using Spearman Rho correlation analysis with the help of SPSS 24. The results show that There is a significant relationship between father attachment and self-disclosure in adolescent girls, with a significance value of  $0.000 < 0.05$ . This means that the higher the attachment, the higher the self-disclosure in adolescent girls. The implications of this research are that it can be a reference for teenagers about the importance of attachment and making efforts to increase attachment.

**Keywords :** Adolescent Girls; Attachments; Self-Disclosure

## INTRODUCTION

Adolescence is often interpreted as a transition period from children to adults with a range of ages and changes in various physical, hormonal, social and psychological aspects. This period is a gray period due to uncertainty of meaning due to a series of complex developmental transition processes. Santrock (2011) in his book entitled *Life-span development* determines that individuals can be said to be teenagers when they are in the age range of 10-12 years to 18-22 years of age . According to Batubara (2010), adolescents are further classified into three stages of psychosocial change, namely early adolescence (aged 12-14 years), middle (aged 15-17 years), and late (aged 18 years).

Teenagers experience complex problems not only because of internal influences within them. However, this also comes from the influence of opportunities and support from adults,

in this case parents. Adolescents sometimes form a thought within themselves which is known as a *personal fable* which originates from a pattern of egocentrism, a sense of uniqueness in the adolescent which makes him feel that his parents cannot understand him properly (Santrock, 2011) . Thus, parents need to play an important role in understanding the process of change that is occurring, because if this is not paid attention to, it could be the forerunner to estrangement in the relationship between parents and teenagers (Batubara, 2010) .

Adhityaputra & Saripah ( 2015 ) said that social life cannot be separated from communication and is something that is important for individuals to apply in various aspects of life. (Putri & Rizal, 2021) . At the stage of the psychosocial change process, it is explained that individuals have developed to be able to express themselves regarding their feelings verbally (Batubara, 2010) . This ability to express oneself is one of the important social skills for building good interpersonal relationships with other people, one of these skills is stated as *self-disclosure* . However, in fact, this ability is still difficult for some people to carry out as a result of environmental factors stated by Albertia and Emmons (2002), including parenting patterns, culture, stereotypes, socio-economics, gender and a person's level of education (Septiani, D., Azzahra, PN, Wulandari, SN, Manuardi, AR, 2019: 265-271) .

Adolescents during this period tend to experience an increase in self-disclosure to their peers and tend to decrease to their parents. Daddis & Randolph (2010) and Keijsers & others (2010) state that teenagers tend to wait to express what they feel when their parents ask about themselves compared to expressing what they feel spontaneously. This is also related to the level of trust, acceptance and quality felt by teenagers with their parents (Santrock, 2011) .

Adolescents who are able to make positive adjustments are in line with their ability to reveal their whereabouts, activities and friends to their parents (Santrock, 2011) . Putri (2018) found that someone who practices *self-disclosure* will experience a better feeling of happiness. This feeling occurs due to a sense of relief and feeling of satisfaction at having emotional needs fulfilled for feeling understood and treated like a proper human being (Septiani et al., 2019) . This ability to express oneself also experiences differences based on gender. Teenage boys are more likely to carry out relational aggression and be open about themselves on social media, while teenage girls prefer to be open about themselves by communicating directly (Santrock, 2011) .

The family is the main pillar of creating attachment for children from the beginning of their birth as a medium for children to behave and relate in the next period of development. According to Gunadarsa (2003), fathers play a very important role in building a child's role in their environment (Wulandari, 2019) . However, the role of obtaining a complete father figure

in a child's development is decreasing as explained in Jaisyurrahman (2015), this is due to the strong patriarchal culture in Indonesia. ( Isnaini, A., Wulandari, NW, Sera, DC, 2021 : 77-82 ) . Based on research by Hill & Stafford ( 1980) , that in adolescence parents tend to have little time to spend with their children, especially fathers in the parenting process. (Santrock, 2011)

Quality time together between fathers and daughters is very important at all stages of her life development. Adolescents who have a good attachment to their fathers will not experience emotional and behavioral difficulties, especially adolescent girls where it is very important for them to obtain security and protection for long-term growth in various aspects. By forming a good attachment, it allows adolescent girls to be able to have better interpersonal relationships and verbal skills (Zia, A., Malik, AA, Ali, SM, 2015: 311-316) .

Based on this, several studies support this. Research conducted by Putri & Rizal (20 21 ), where there is a significant and positive relationship between *parent attachment* and *self-disclosure*, which means that the higher the level of *parent attachment* , the higher the level of *self-disclosure* . As well as Mikulincer & Nachson (1991), who found that someone with a good and secure *attachment will find it easier to carry out self-disclosure* because they are more sensitive to other people's self-disclosure, have the belief that their social environment is a comfortable and safe place, and believe that relationships with other people has benefits so that there is a desire to interact and get to know other people through self-disclosure.

The urgency in this research is that fathers play a very important role in the development of adolescent girls. When the role of father's attachment to teenage girls is relatively less contributed , then teenage girls will tend to find it difficult to establish good interpersonal relationships, where this ability is related to *self-disclosure* . Research related to these two variables tends to be difficult to find, where most research related to this tends to look at *self-disclosure* on social media. So, from the background of the problem that has been explained in above, the researcher is interested in researching about *attachment* relationship Fatherhood with *self-disclosure* in adolescent girls .

## **METHOD**

Respondents in this study were 2 92 female teenagers (1 5 -22 years) who had fathers who were obtained through technique *non probability sampling* , namely *accidental sampling* . This research uses a modification of *the attachment scale* created by Wulandari (2019) based on the three aspects proposed by Armsden & Greenberg (1987) . *Attachments* is an emotional

bond It has been established since childhood between teenage girls and fathers who feel they have ownership special meaning or meaning for the teenage girl. The *self-disclosure* scale uses a modification of the scale created by Intani (2022) based on aspects proposed by Wheelless and Grotz (1976). *Self-disclosure* is an act of disclosure adolescent girls themselves are directly related to various matters regarding the feelings and conditions they experienced towards their father.

This research scale is in the form of a *Likert* scale of 1 to 4. The validity of the scale is analyzed using content and construct validity. Content validity was carried out using the *Aiken's V value calculation* based on the assessment of three expert validators person. *Attachment* scale 34 items have an *Aiken's V value* of 0.75-0.91 and a *self-disclosure scale* of 32 items has Aiken 's *V value* is 0.66 - 0.91 . Construct validity is carried out using confirmatory factor analysis (CFA) with the help of the JASP application. CFA value of *the attachment scale* is 0.709 - 0.816 and *self-disclosure* is 0.747 - 0.851 . The reliability of the research scale was analyzed using the SPSS application . *Attachment* scale has value *Cronbach Alpha* of 0.993 and the *self-disclosure* scale has a *Cronbach alpha value* of 0.995 . After obtaining the validity and reliability of the two measuring instruments. Next is done descriptive analysis and hypothesis testing using correlation techniques *Spearman Rho* with IBM statistics application help *SPSS 24.0 for windows*.

## RESULTS AND DISCUSSION

### Results

#### Description of Research Subjects

The respondents of this research were female teenagers aged 15-22 years who have a father, either from the intact family or from the family 292 people divorced. The majority of subjects in this study were 17 year old female teenagers , 105 respondents ( 36% ) and 93 respondents ( 32% ) of the Bugis tribe .

#### Description of Research Data

##### *Attachments*

**Table 1.** *Attachment Variable Data Categorization*

<b>Category</b>	<b>Criteria</b>	<b>Frequency</b>	<b>Percent</b>
Low	< 68	9	3.08
Currently	68 - 102	249	85.27
Tall	102 <	34	11.64
<b>Total</b>		292	100.00

Based on the table above, it can be seen that the *attachment scale* data shows that 9 subjects are in the low category with a presentation of 3.08%, 249 are in the medium category with a presentation of 85.27%, and 34 are in the high category with a presentation of 11.64%. The percentage results show that *attachment* for female teenagers aged 15-22 years is in the medium category.

### **Self-disclosure**

**Table 2 . Self-Disclosure Variable Data Categorization**

<b>Category</b>	<b>Criteria</b>	<b>Frequency</b>	<b>Percent</b>
Low	< 64	58	19.86
Currently	64 - 96	211	72.26
Tall	96 <	23	7.88
<b>Total</b>		292	100.00

Based on the table above, it can be seen that the *self-disclosure scale* shows data as many as 58 subjects are in the low category with a presentation of 19.86%, 211 are in the medium category with a presentation of 72.26%, and 23 are in the high category with a presentation of 7.88 %. The percentage results show that *self-disclosure* among female teenagers aged 15-22 years is in the medium category.

### **Hypothesis Test Results**

*the attachment and self-disclosure* variables have a correlation coefficient of 0.838, which means the strength of the relationship is very strong and the significance value (Sig. (2-tailed)) is 0.000, which means there is a significant relationship between the *attachment and self-disclosure variables* . This is because the Sig value. (2-tailed) 0.000 < smaller than 0.05. So, Ha is accepted and H0 is rejected, or in other words, there is a relationship between father *attachment and self-disclosure* in adolescent girls.

**Table 3 . Correlation Test Results Between Aspects**

<i>Attachments</i>	<i>Self-Disclosure</i>	<i>r</i>	<i>p</i>	<b>Information</b>
Trust		0.766	0,000	Very Significant
Communication	<i>Intent to Disclose</i>	0.799	0,000	Very Significant
Alienation		-0.624	0,000	Very Significant
Trust		0.720	0,000	Very Significant
Communication	<i>Amount of Disclosure</i>	0.798	0,000	Very Significant
Alienation		-0.646	0,000	Very Significant
Trust		0.565	0,000	Very Significant
Communication	<i>The Positive-Negative of Disclosure</i>	0.661	0,000	Very Significant
Alienation		-0.482	0,000	Very Significant
Trust		0.511	0,000	Very Significant
Communication	<i>The Honesty-Accuracy of Disclosure</i>	0.588	0,000	Very Significant
Alienation		-0.409	0,000	Very Significant
Trust		0.643	0,000	Very Significant
Communication	<i>General Depth-Control of Disclosure</i>	0.700	0,000	Very Significant
Alienation		-0.502	0,000	Very Significant

Based on the table above, it can be seen that the correlation coefficient value is  $r = 0.799$  to  $-0.646$  with a probability value of  $p = 0.000 < 0.05$ . This means that all aspects of *attachment* except alienation and *self-disclosure aspects* have a significant positive relationship. A very high correlation value is found in *the attachment* (communication) aspect with the *self-disclosure* (*intent to disclose*) aspect.

**Table 4 . Different Test Results Based on Age**

Variable	Age	N	Mean Rank	Asymp. Sig	Information
<i>Attachments</i>	15	79	155.34	0.451	Not significant
	16	77	155.47		
	17	105	135.18		
	18	22	139.27		
	19	3	137.00		
	20	1	146.50		
	21	1	14.00		
	22	4	176.38		
<i>Self-Disclosure</i>	15	79	153.03	0.574	Not significant
	16	77	150.40		
	17	105	140.75		
	18	22	129.55		
	19	3	163.83		
	20	1	175.00		
	21	1	26.00		
	22	4	196.75		

The table above shows the significance value for the *attachment variable*, namely 0.451 ( $p > 0.05$ ), so it can be seen that there is no difference in the *attachment variable* when viewed from the respondent's age. Likewise, the *self-disclosure variable* shows a significance value of 0.574 ( $p > 0.05$ ), meaning there is no difference in the *self-disclosure variable* in terms of the respondent's age.

**Table 5 . Different Test Results Based on Ethnicity**

Variable	Ethnic group	N	Mean Rank	Asymp. Sig	Note
Attachments	Bali	6	198.83	0.240	Not significant
	Batak	2	218.75		
	Buginese	93	147.09		
	Thorn	1	184.00		
	Java	60	159.81		
	Lombok	2	105.50		
	Luwu	2	108.50		
	Makassar	30	119.05		
	Padang	1	83.50		
	Padoe	8	98.25		
	Pamona	27	167.94		
	Sasak	1	127.50		
	Toraja	59	138.38		
Self-Disclosure	Bali	6	196.00	0.566	Not significant
	Batak	2	215.00		
	Buginese	93	146.24		
	Thorn	1	191.50		
	Java	60	152.60		
	Lombok	2	72.75		
	Luwu	2	67.25		
	Makassar	30	122.97		
	Padang	1	99.50		
	Padoe	8	146.50		
	Pamona	27	158.83		
	Sasak	1	166.00		
	Toraja	59	144.56		

The table above shows the significance value for the *attachment variable* , namely 0.240 ( $p > 0.05$ ), so it can be seen that there is no difference in the *attachment variable* when viewed from the respondent's ethnicity. Likewise, the *self-disclosure variable* shows a



significance value of 0.566 ( $p > 0.05$ ), meaning there is no difference in the *self-disclosure variable* in terms of the respondent's ethnicity.

### **Discussion**

The results of hypothesis testing, obtained a significance value of  $0.000 < 0.05$ , so it can be said to be significant. The significance results obtained shows that there is a relationship between *attachment* and *self-disclosure* in adolescent girls where the results obtained are in line with research previously. This research shows that, out of 292 respondents have a good *attachment that leads to aspects of trust* and communication. However, in this case, the respondents tend to be larger on aspect communication addressed to their father. With the formation of good attachments allows teenagers women to be able to carry out interpersonal relationships and better verbal skills (Zia et al., 2015).

Capable teenager make positive adjustments in line with his abilities in disclosing their whereabouts, activities, and friends to parent (Santrock, 2011). Meanwhile, the aspect of alienation shows lower category value. So in this research, respondents tend to have *attachments* that lead to *attachments* that safe. Vivona (2000) suggests that when aspects of trust and Communication is in a higher category than aspects alienation then the type of attachment that is developed is the type of attachment that safe or *secure attachment* (Nurikhyana et al., 2022).

In this study, 292 respondents showed quite good *self - disclosure* in most aspects dominant is on aspect of *intent to disclose*. Adolescents who have good attachment with his father will not feel any emotional difficulties and behavior, especially in teenage girls where it is very important for them to obtain security and protection for long-term growth long in various aspects.

*Attachments* formed between relationships Fathers and teenagers are one of the important things in shaping a teenager's ability to carry out *self-disclosure*. This matter occurs due to feelings that form within a teenager when they are able to feel a well-formed *attachment*. So, based on the feelings felt by the teenager, it makes they are able and feel the need to establish a good relationship too with others through *self-disclosure activities*. Apart from that, researchers carried out other additional analyzes with tests differences according to research subject criteria.

Based on the results of the *Kruskall test Wallis* who aims to see differences in *attachment* based on age subject, shows a significance value of 0.451 ( $p > 0.05$ ) so no There are significant differences in *attachment in terms of adolescent age* Woman. Likewise, *self-*

*disclosure* shows value significance 0.574 ( $p > 0.05$ ) which means that adolescents' self-acceptance is not There are significant differences when viewed from adolescent age. Which of these two variables has the highest *mean rank* for age 22 years. Based on the results of the *Kruskall Wallis* test which aims to see differences in *attachment* based on the subject's ethnicity, showing value significance 0.240 ( $p > 0.05$ ) so there is no difference in *attachment* which is significant in terms of female adolescent ethnicity. As well with *self-disclosure* showing a significance value of 0.566 ( $p > 0.05$ ). This means that there is no difference in adolescent *self-disclosure* which is significant when viewed from the teenage tribe. Which of the two This variable has the highest *mean rank* among the Batak tribe.

The results of this analysis are in line with research by Batubara (2010) that in aged 18 years and over (late teens), indicating that teenagers will be more able to express oneself verbally and be more appreciative other people because they have emotions that tend to be more stable. Teenager It is also said that you will be better able to communicate with well when they have entered college age. This is of course also related to the level of trust, acceptance and quality felt by teenagers and their parents, in this case, is Father (Santrock, 2011).

The results of this research are supported by previous research conducted by Putri & Rizal (2021) which states that there is a relationship significant relationship between *parent attachment* and *self-disclosure*. When I was a teenager feeling loved and receiving treatment or relationships who are good with their parents, then a feeling of being able to be formed will be formed form relationships and carry out good self-disclosure as well with other people. Mikulincer & Nachshon (1991) in depth his research found that, someone with a good *attachment* and safely, it will be easier to carry out *self-disclosure* because it is more sensitive to other people's self-disclosure, has confidence that their social environment is a comfortable and safe place, and belief that relationships with other people have benefits so the desire arises to interact and get to know other people through self-disclosure.

The results of this research are also in line with the initial data obtained that Respondents felt happiness from the attention and affection given by their father, thus helping them to form personal, thoughts regarding the future, relationships with other people, and how do respondents manage emotions better in facing a problem. This is also influenced by feelings of pleasure them to be able to tell stories with their Father, because of them think that by telling stories, they will get direction and the motivation they need within themselves.

## **CONCLUSION**

Based on the results of research and hypothesis testing, researchers concluded that there is a positive relationship between father's *attachment* with *self-disclosure* in adolescent girls. Deep positive relationships This research means that if the father's *attachment* is high then the tendency is to self -*disclosure* among teenage girls will also be high. On the other hand, if father *attachment* is low, there is a tendency to self -*disclosure* among teenage girls will also be low. The suggestions regarding this research are that future researchers are expected to pay attention to other variables that can form self-disclosure , be active and critical in understanding conditions in the field , determine in advance the characteristics of the subject , teenagers are expected to be more aware of the importance of relationships and openness with parents , and parents are expected to be able to divide their time between work and taking care of their teenage children.

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