



THE INFLUENCE OF MEN'S (FATHERS') MENTAL HEALTH ON IMPROVING CHILDREN'S EDUCATION AND FAMILY HARMONY

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Abstract

Keywords:

father's mental health, father's role, family harmony, child education, child development, family dynamics.

The mental health of men, particularly fathers, plays a crucial role in shaping family dynamics and the success of children's education. This study examines three main aspects: (1) the changing role of fathers in the family and children's education; (2) the concepts and factors influencing men's mental health; and (3) the impact of fathers' mental health on family harmony and children's educational development. The results indicate that a father's role extends beyond breadwinning to providing care, emotional support, and involvement in children's learning. Fathers' mental health is influenced by various factors, such as economic pressure, patriarchal culture, social demands, and the burden of family responsibilities. These factors can impact fathers' emotional stability, which in turn affects the quality of family relationships. Furthermore, fathers' mental health significantly influences children's cognitive, social, and emotional development and determines the level of family harmony. Therefore, fathers' mental health is a fundamental element in creating a harmonious, supportive, and conducive family environment for optimizing children's education. This study emphasizes the importance of holistic strategies and cross-sectoral support to maintain family mental health, particularly for men as one of the main pillars of the family system.

Abstrak

Kata kunci: kesehatan mental ayah, peran ayah, keharmonisan keluarga, pendidikan anak, perkembangan anak, dinamika keluarga.

Kesehatan mental laki-laki, khususnya ayah, memiliki peranan penting dalam membentuk dinamika keluarga dan keberhasilan pendidikan anak. Penelitian ini membahas tiga aspek utama, yaitu: (1) perubahan peran ayah dalam keluarga dan pendidikan anak; (2) konsep serta faktor-faktor yang memengaruhi kesehatan mental laki-laki; dan (3) dampak kondisi mental ayah terhadap keharmonisan keluarga serta perkembangan pendidikan anak. Hasil pembahasan menunjukkan bahwa peran ayah tidak hanya terbatas pada pencari nafkah, tetapi juga mencakup pengasuhan, pendampingan emosional, serta keterlibatan dalam proses belajar anak. Kesehatan mental ayah dipengaruhi oleh berbagai faktor, seperti tekanan ekonomi, budaya patriarki, tuntutan sosial, dan beban tanggung jawab keluarga. Faktor-faktor tersebut dapat berdampak pada stabilitas emosional ayah, yang kemudian memengaruhi kualitas hubungan dalam keluarga. Lebih jauh, kondisi mental ayah berpengaruh signifikan terhadap perkembangan kognitif, sosial, dan emosional anak, serta menentukan tingkat keharmonisan keluarga. Dengan demikian, kesehatan mental ayah merupakan elemen fundamental dalam menciptakan lingkungan keluarga yang harmonis, suportif, dan kondusif bagi optimalisasi pendidikan anak. Penelitian ini menegaskan pentingnya strategi holistik dan dukungan lintas sektor untuk menjaga kesehatan mental keluarga, terutama bagi laki-laki sebagai salah satu pilar utama dalam sistem keluarga.

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INTRODUCTION

As the first educational environment, the family, especially parents, plays an important role in a child's life. The formation of a child's personality begins with the socialization process that occurs through their interactions with their parents at home. Khairuddin also emphasizes that the function of socialization refers to the role of parents in shaping a child's character through this process. Within the family, children learn various patterns of behavior, attitudes, beliefs, ideals, and values that apply in society, all of which become part of their personality development. (Mohammad Muhassin: 22). The role of fathers in raising children is an important aspect that is receiving increasing attention in studies on child development. The level of involvement of fathers has been shown to contribute greatly to various aspects of child growth and development, including language skills, cognitive development, moral formation, and physical and motor skills. In addition, the father's presence also influences the child's social-emotional development and academic achievement. Thus, the father figure in the parenting process has a broad positive impact on child development. (Mila Karmila dkk, 2025: 155).

Through his leadership style, fathers play a role in guiding their families toward positive things. They lead with a sense of responsibility that is continuously carried out for the welfare of the family and various other needs. The role of fathers in the family is very important; their presence is needed to guide and direct all family members so that they can achieve their desired goals. (Rauf Alif and Resdati, 2025: 601). Buya Hamka describes his father as a strong, wise, and loving person. His father was a source of inspiration and a role model for Hamka, both spiritually and morally. The book shows how significant his father's role and influence were in shaping Buya Hamka's character and values in life. (Annas Nur Fahmi, 2024: 66)

However, the patriarchal view that has long placed mothers as the central figure in childcare is now changing. Several factors have contributed to this shift. First, the development of gender equality ideas has made the role of fathers in managing the household increasingly accepted and appreciated by society. Second, there is a growing understanding of the importance of fathers' involvement in the child-rearing process. Third, changing roles within the family, such as when the husband loses his job, the wife has a higher income, or the husband's job is more flexible, encourage fathers to take on a greater share of childcare. In addition, the existence of

paternity leave policies opens up opportunities for fathers to be directly and actively involved in caring for their children. (Mila Karmila dkk, 2025: 155).

According to jogjaprovo.go.id, cases of men (fathers) as perpetrators of domestic violence are on the rise. Violence against women and children continues to occur. Based on data from SIMFONI-PPA, Ministry of Women's Empowerment and Child Protection of the Republic of Indonesia, from January to July 2025, there were 14,712 reports of violence against women and children (KtPA) in Indonesia. This figure shows that gender-based violence remains a serious issue in the country. In the Special Region of Yogyakarta, this situation has received special attention and has been followed up through various prevention efforts. The 2024 Annual Report of the National Commission on Violence Against Women shows alarming developments. Throughout 2023, there were 339,782 cases of violence against women. Of this number, domestic violence – including domestic violence – accounted for the largest proportion with 16,656 cases. Upon further investigation, violence against wives was the most dominant category, reaching 7,300 cases or 43.8% of all domestic violence cases. In addition, violence against girls and sexual violence also contributed significantly to the figures, indicating that patterns of violence do not only occur in marital relationships. Then, on the official website mahkamahagung.go.id, the most common type of violence experienced was physical violence (38%), followed by sexual violence (30%), psychological violence (23%), and economic violence (9%). This data confirms that domestic violence is a form of gender-based violence, in which women are the main victims. These findings are consistent with international research showing that women who are economically dependent on their partners and have low levels of education tend to have a higher risk of experiencing violence. Perpetrators of domestic violence who are men (fathers) are not far from poor mental health. Thus, they commit violence in the household, and family and children's education are far from expectations, with many children becoming victims of school dropouts.

Until now, attention to mental health has been focused more on women, while the psychological condition of men, especially fathers, is often neglected due to patriarchal social constructs that demand them to appear strong, not fragile, and not express their emotions. In fact, various studies show that fathers' mental health directly affects the quality of parenting, children's emotional stability, academic achievement, and family dynamics. This situation is becoming increasingly urgent given the rising economic burden, work pressure, and changing gender roles in the family, which make many fathers vulnerable to stress, depression, burnout, and other psychological disorders. When fathers' mental health is compromised, the risk of

negative parenting patterns, domestic conflict, and even violence in the family becomes higher. Conversely, fathers with good mental health can be a source of emotional support, create positive parenting relationships, and contribute to the creation of a harmonious family and a conducive educational environment for children. Amidst high rates of domestic violence and the complexity of modern family challenges, this research is urgently needed as a basis for developing more comprehensive intervention programs, family education, and social protection policies. Thus, this study has strong academic and practical relevance for strengthening family resilience and supporting optimal child growth and development.

RESEARCH METHODS

This study uses a qualitative approach with a literature review method. The selection of this type of research is in line with the objectives of the study, which are to examine and analyze the nature of students from the perspective of educational philosophy and how this implies the relationship between education and curriculum orientation. The qualitative approach provides space for researchers to explore in depth various phenomena that are complex and require comprehensive interpretive analysis. This explanation shows that quantitative research is a form of research that analyzes the phenomena to be revealed. In this study, a descriptive quantitative approach was chosen because it is able to describe views and real experiences more objectively and measurably.

RESULTS AND DISCUSSION

The Role of Fatherhood in the Family and Children's Education

The change in parents' perspectives, especially fathers, towards parenting patterns is one of the important impacts of the Father School Program. Before participating in this program, fathers were generally positioned only as providers of economic needs, while the daily parenting process was mostly left to mothers. This traditional mindset, which has long been ingrained in family culture, has limited the role of fathers and separated them from the emotional aspects and development of their children. In this perspective, fathers were understood as economic providers, while mothers were responsible for the emotional support and psychological well-being of their children. However, after participating in the program, fathers began to realize that parenting is a shared responsibility that requires involvement not only economically, but also emotionally, physically, and intellectually. (Mila Karmila dkk, 2025: 157).

Ideally, fathers and mothers complement each other in carrying out various household tasks and in raising children. Both also serve as good social role models for their children's development. (Budi Andayani & Koentjoro 2004:12).

The role of the father, or fathering, is the responsibility of a father in guiding his children toward physical and emotional independence as they grow up. This role is just as important as the role of the mother, because fathers also have a significant influence on their children's growth and development, even though the emotional bond between fathers and children is usually not as close as that between children and their mothers (Aziz, 2019; Aziz et al., 2024). Thus, a father's love is often more oriented towards certain demands or expectations, unlike a mother's love, which tends to be unconditional. This form of love can encourage children to understand and appreciate the values and responsibilities that are instilled in them. (Muhammad Salis Yuniardi, 2009: 20)

In the book *The Role of Fathers in Parenting*, the Population and Family Planning Agency, Directorate of Toddler and Child Development discusses the role of fathers, and the division of roles can be seen from the position of fathers in the structure as described. These roles can be grouped into five aspects, namely:

- 1) As individuals who have personal goals and needs;
- 2) As a husband who works together with his wife to achieve common goals;
- 3) As the head of the family who harmonizes the various goals of family members;
- 4) As a brother who contributes to the interests of the extended family;
- 5) As a good citizen who is open to social collaboration.

The primary role of fathers lies in their position as heads of families who have both the rights and obligations to create prosperous and harmonious families. In reality, fathers, as parents entrusted by God, are also responsible for raising children together with their wives. This awareness is important because children have specific needs that can only be, or are more appropriately, fulfilled by a father.

Thus, the role of a father can be understood as a man's efforts to fulfill his children's needs, both material needs such as clothing, food, shelter, education, and health, as well as non-material needs such as affection, attention, and guidance. This role applies to both biological and adoptive fathers. All of these efforts are aimed at preparing children to grow up to be independent, mature, wise, and well-behaved individuals in facing life. It is this responsibility to prepare them that gives rise to the role of the father. Along with the role of the mother, both roles should complement and support each other for the best interests of

the child. Therefore, the role of the father is different but reinforces the role of the mother, so that both of them can optimally carry out their parenting responsibilities together. (Annas Nur Fahmi, 2024, 21).

In addition, Islam also teaches that one of the important roles in the family is the role of the father, including:

The role of the father in educating his wife: The father or husband is responsible for treating his wife well, providing advice and guidance when mistakes occur ('Ulwan, 2012:81), guiding his wife to respect and honor her husband (Yusuf, 2015:152), and encouraging the formation of a pious personality in his wife (Yusuf, 2015:152). The role of fathers in children's education (Wiyani & Barnawi, 2016:63): (Wiyani & Barnawi, 2016:63):

- a. For boys: Fathers can teach their sons how to treat women well, how to solve problems, and how to defend their opinions. Fathers also serve as role models for their sons through their words, attitudes, behavior, and mindset as men.
- b. For girls: Fathers can guide girls in understanding abilities that are often associated with boys, such as strength, assertiveness, precision in thinking, the ability to control emotions, and other aspects that support their development. (Zulfia Rahmawati, 2018, 8).

Concepts and Factors Affecting Men's Mental Health

In family life, domestic violence must be avoided, because the victims are the children, whose health, education, and other rights are neglected. Several factors can trigger domestic violence, including:

- 1) Psychological factors. Unstable mental conditions—such as emotional disorders, psychological stress, or an inability to manage emotions—can increase a person's risk of committing violence.
- 2) Social factors. Economic pressure, unemployment, and unstable family dynamics often trigger stress, which can then develop into domestic violence.
- 3) Cultural factors. Certain cultural values or traditions sometimes legitimize the use of violence as a means of resolving conflict or as a tool for controlling one's partner.
- 4) Environmental factors. An environment rife with violence, easy access to weapons or dangerous substances, and poor security conditions can increase the likelihood of violence occurring.
- 5) Individual factors. Personal characteristics such as lack of self-control, aggressive tendencies, or lack of empathy can also increase the likelihood of someone committing domestic violence.

- 6) Gender factors. Unequal relationships between men and women, gender stereotypes, and discrimination remain key root causes of domestic violence, especially violence against women by male partners.
- 7) Family history factors. Individuals who have experienced violence – either as victims or perpetrators – are more likely to be involved in domestic violence in the future. (Naufal Hibrizi, 2023, 3).

Therefore, one of the factors contributing to domestic violence is mental disorders or neglected mental health in men (fathers). Prevention measures must be taken to address the above factors related to mental health, as well as those that can affect the mental health of men (fathers), including: First, masculinity. This affects men's behavior in seeking mental health assistance, especially in developing countries. The results of the study will be mapped based on the main theme related to the impact of masculinity constructs on men's tendency to access mental health services. In addition, this study also focuses on identifying important concepts, finding gaps in research that have yet to be filled, and providing a scientific basis that can be used to design more effective programs and interventions in encouraging men to seek help. (Janitra Hapsari dan Tri Krianto, 2023, 373).

Masculinity has a number of derivative concepts, such as traditional masculinity, toxic masculinity, and positive masculinity. Traditional masculinity is generally associated with the belief that men should not express emotions or seek help when experiencing mental health problems. In this view, ideal men are considered to be strong, tough, and not show any weakness, including emotional expressions such as crying in front of others (Aziz et al., 2024; Aziz & Amir, 2025). In addition, men often experience self-stigma, which is when they internalize social stigma to the point of feeling ashamed of their mental condition or psychological symptoms. This internal stigma can be an initial barrier for men to start seeking information or visiting professional mental health services. The American Psychological Association (APA) notes that men who strongly adhere to traditional masculinity values are more prone to mental and physical health disorders.. (Janitra Hapsari dan Tri Krianto, 2023, 373).

Toxic masculinity describes the social construct of how men “should” behave in order to be considered worthy and acceptable by society. The term toxic is used to emphasize that the norms and practices that shape this concept can have negative effects. Men are often under pressure to meet these standards of masculinity, and this constant

pressure can seep into the subconscious and become part of their daily emotional experience. This condition has the potential to disrupt their emotional, psychosocial, and physical well-being and health. The situation becomes even more complex when men feel unable to express their emotions because it is considered “inappropriate.” The accumulation of these pressures can cause discomfort, leading some men to “dull” or suppress their feelings. This then influences coping strategies, such as the use of alcohol and illegal drugs. Ultimately, these issues increase the likelihood of men dying earlier than women. The combination of socio-cultural factors and social structures also increases the risk of emotional stress, making men more vulnerable to various diseases and higher mortality rates. (Janitra Hapsari dan Tri Krianto, 2023, 373).

Second, social and economic pressures. Kompas.id reported that amid rising living costs, the difficulty of finding permanent employment, and social pressures to be considered “financially successful,” many people experience exhaustion that is not only physical but also mental. Economic difficulties are not merely a financial problem, but also affect a person's mental state – including their feelings, mindset, and overall mental health. According to a WHO report titled *Social Determinants of Mental Health (2014)*, social and economic factors such as low income, inadequate working conditions, and substandard housing have a significant impact on increasing the risk of mental disorders. In other words, economic issues are closely related to an individual's psychological state and cannot be separated from the mental well-being of society.

The Generali.co.id website also states that economic pressure can trigger various mental health disorders, including anxiety, depression, and other psychological problems. Constant worries about financial conditions can cause feelings of depression and despair, which ultimately affect a person's emotions, focus, and ability to carry out daily activities optimally. Various studies show a strong relationship between financial pressure and mental health disorders. A 2015 survey by the American Psychological Association (APA) revealed that 72 percent of adults in the United States experience stress related to financial issues, even higher than stress caused by work or interpersonal relationships.

These findings illustrate the serious impact of financial pressure, even in developed countries. In developing countries, this burden can be even heavier due to unstable economic conditions, limited access to affordable mental health services, and

high unemployment rates. These numerous challenges can further increase the overall stress levels of the population.

The Impact of Men's Mental Health on Families and Children's Education

Mental health is an important aspect that needs to be considered in addition to a person's emotional stability. Previous studies have discussed the relationship between marital adjustment and emotional stability in couples. However, not many studies have specifically highlighted the link between mental health and the dynamics of husband-wife relationships. This is what attracted the researchers' interest. Additionally, marital adjustment is also influenced by other factors, such as the physical health of the couple, which are not included in psychological factors. (Agustin Rahayu Maharani, 2018, 9) Some of the effects of poor mental health include:

Impact on Marital Relationships, According to Dewi, mental health affects a person's thoughts, feelings, and behavior. In terms of thoughts, the results of the study show that children of the couples in the study felt incapable, less intelligent, and weak because they were often labeled "stupid" by their parents when they could not complete their schoolwork. As a result, some children even experienced academic failure, such as not advancing to the next grade. In terms of feelings, children showed fear when they made mistakes, because even small mistakes were often met with physical punishment by their parents.

However, they can also feel calm when they see their parents showing genuine concern for their needs and providing them with support. Meanwhile, the impact of mental health on behavior is evident in the emergence of excessive fear in children due to the threat of punishment. When deprived of affection, children respond with emotional outbursts. Some children admit that frequent beatings from their parents cause them to imitate similar behavior in social relationships, such as physically abusing their peers. In the long term, these experiences lead to a number of behavioral and developmental problems, such as slow thinking, poor speech, mischievous behavior, a tendency to isolate themselves, stubbornness, becoming quiet and shy, a lack of respect, especially towards their father, and rude behavior. (Alfina E. Notti Delsyia Tresnawaty Ufi, 2021, 108-119);

Communication between husband and wife is a crucial aspect in maintaining the stability and harmony of a marriage. Effective communication skills help couples understand each other, express their needs, and resolve problems together. Positive interactions and harmonious communication can strengthen emotional closeness, increase

satisfaction in marriage, and support healthy conflict resolution. (Gutira, Tia, and Lusi Nurianti, 2010). Communication in daily life is fundamental and inseparable from the activities of every individual. However, mental disorders often make it difficult for a person to communicate effectively. This condition can lead to misunderstandings, tension, and unresolved conflicts. (Muh. Ricky Adzam, 2024: 43).

Emotional tension is a condition that occurs when a person experiences stress, conflict, or discomfort in a marriage. This situation can be triggered by various factors, such as ineffective communication, differences in values and goals, external pressures (e.g., financial problems or family issues), or a lack of emotional support. This type of tension can affect the quality of the relationship and the well-being of each individual. To alleviate it, couples need to establish open communication, seek solutions together, and, if necessary, seek the help of a counselor or marriage therapist. In a husband-wife relationship, emotional tension can arise due to various things—from poor communication, conflicts, differences in views, to environmental pressures. This condition can reduce emotional closeness between couples and affect the overall quality of the relationship. (Muh. Ricky Adzam, 2024: 43).

Overcoming emotional tension in a marriage is very important for maintaining closeness and harmony. Some ways to do this include: First, open communication - Couples need to talk honestly about their feelings and needs, and listen to each other with empathy without blaming each other. Second, couples massage - Relaxing touch can create a comfortable atmosphere, increase intimacy, and help couples connect emotionally. Third, Foreplay - Helps build emotional closeness and makes intimate relationships more meaningful and satisfying. Fourth, Spending quality time together. Doing activities together can strengthen bonds and reduce tension. Fifth, Empathetic approach - Trying to understand your partner's feelings and perspective and finding solutions together can improve the relationship. (Muh. Ricky Adzam, 2024: 43).

Then, the impact of men's (fathers') mental health on children's education is very important to note. The psychological impact on children who experience broken homes or grow up without a father figure can affect their character formation. The consistent presence of fathers and mothers in children's lives helps them develop into emotionally strong individuals, as they receive comprehensive attention, affection, and support from both parents. (Wardah Nuronyah, 2023, 173). A man who is a father figure must take good care of his mental health. This is so that he can educate and manage his family without

conflict, because the role of the father in educating and nurturing a child's growth and development is very important. Therefore, a father must be mentally healthy.

Positive impact: fathers play a very important role in raising children; they have a very important role in child development. Unlike mothers, fathers tend to encourage children to be more independent, brave in exploring their environment, and learn discipline and assertiveness. Fathers also often serve as role models in shaping character and concepts of masculinity. Therefore, a lack of father involvement in childcare can have a negative impact on children's psychological well-being, even into adulthood. (Fatma Ratu Shifa dan Asep Suherman 2024, 264).

Negative Impacts: Fatherlessness has serious impacts on early childhood development, including cognitive aspects. Children tend to have low motivation to learn or even lose motivation to learn, resulting in a decline in the quality of their learning. The absence of a father can cause disturbances in children's emotional development, particularly feelings of low self-esteem, difficulty controlling emotions, and anxiety or depression. Children from families without a father figure tend to have higher levels of aggression and less responsibility. (Fatma Ratu Shifa dan Asep Suherman 2024, 264).

Children who grow up without a father often experience obstacles in their social skills, such as low self-confidence and poor interaction skills. This condition can then affect their academic performance and relationships with others. In fact, a father's involvement in parenting generally helps improve children's cognitive, emotional, and social skills. In terms of language development, children are also at risk of delayed speech. This can occur because there is no father figure who is usually involved in activities such as reading stories, so children receive less language stimulation that is important for their growth and development. (Novita Eka Nurjanah, Fasli Jalal, and Asep Supena, 2023: 261).

Palkovits (2002) mentions several forms of father involvement, namely: (1) father participation in various children's activities, (2) direct interaction between father and child, (3) financial support provided by the father, and (4) the amount of time spent playing together. In the context of child education, Palkovits defines the role of fathers as the extent to which fathers think about, plan, feel, pay attention to, monitor, evaluate, worry about, and pray for their children's development. (Suaidah Lubis, 2022, 4).

In terms of child growth and development, fathers often encourage their children to ride bicycles, run, and play educational games. Meanwhile, mothers often encourage their children to exercise and ride bicycles together. From this, it can be concluded that fathers'

involvement in physical activities helps meet children's physical development needs. Activities such as playing tag are very beneficial for strengthening muscles and improving children's body coordination. (Retha Lourenzia Soedarmo, 2024, 34).

Parental attention, especially from fathers, to their children's education is very important because it plays a major role in determining their academic achievement and success. According to Slameto, children tend to have difficulty achieving good learning outcomes if their parents are indifferent or uncaring towards their education. This indifference is evident in a lack of concern for their children's learning activities, failure to meet their learning needs, failure to organize or pay attention to their study time, failure to provide learning tools, and failure to monitor their progress and difficulties. All of these things can hinder children's learning success. (Andrie Andhika Putra, 2015, 31)

The presence of family reflects the extent to which the family provides warmth and comfort for children. In this case, the presence of fathers and mothers is an important factor for children's success. Parents not only play a role in raising their children, but also in educating them to become successful individuals, both in school and in society. Family harmony also influences children's academic achievement. The role of parents in parenting is crucial to a child's development. In addition to mothers, fathers also play an important role. Fathers are not only responsible for providing for their families, but also for their children's education and character development. (Edita Pusparatri, 2025, 6).

Things that cause fatherlessness include: The breakdown of a husband and wife's relationship means the end of their legal and religious marriage bond. This usually happens when the couple no longer has love and trust for each other, which triggers various conflicts within the family. In addition, according to Wulandari and Shafarni, one of the causes of children losing their father's role is the strong patriarchal culture in society, which views men as responsible for life matters, while child care is entirely the responsibility of women. The loss of a father figure can also occur due to death. In this situation, the absence of a father is not a choice or a form of neglect. The impact on children can vary; some children are able to grow up strong, while others may experience greater negative effects, depending on the conditions and support they receive. (Novi Pebrianti, Fariat, Sri Ayatina Hayati, 2022: 24). The mental health of men who are fathers must be carefully monitored to prevent mental disorders or even psychological disorders.

Then there must be a strategy to improve the mental health of men in the family. More focused and coordinated efforts are needed from various parties – the government,

health institutions, the community, and individuals—to address the challenges of maintaining the mental health of families, especially men in the household. With strong and sustained collaboration, an environment can be created that supports the mental well-being of all family members so that they can develop optimally. Strategies to improve family mental health must be holistic and integrated. Effective approaches include education, skills training, strengthening family relationships, social support, and adequate access to mental health services. This combination of measures provides families with the capabilities and resources to deal with various pressures and daily problems. In its implementation, it is important to consider the contribution of each individual in the family, as each has a different role and influence in shaping family dynamics. Therefore, the strategy must be inclusive and take into account the needs of all family members. (Nurul Artika, 8).

The integration of mental health services into the primary health care system is also important. Easier and closer access to services can reduce barriers, including stigma, so that families can get the help they need more quickly. Primary health care is the main gateway to mental health support. In addition, cooperation between various parties such as the government, health agencies, educational institutions, and community organizations is essential to combine resources and expertise in creating an environment that supports family mental health. (Nurul Artika, 8). Continuous evaluation of each program implemented is also necessary. Monitoring and assessment help improve the effectiveness of strategies, ensure that families' needs are truly met, and identify successes and obstacles in efforts to improve family mental health

CONCLUSION

Based on the description of the role of fathers, the concept of men's mental health, and its impact on families and children's education, it can be concluded that fathers' mental health plays a very important role in shaping the overall quality of family life. First, the role of fathers in families and children's education has undergone significant changes, whereby fathers no longer function solely as breadwinners, but also as educators, caregivers, and sources of emotional support. Fathers' involvement in physical activities, educational activities, and daily interactions has been proven to contribute to optimal child development, both cognitively, socially, and emotionally. Second, men's mental health is influenced by various factors, such as economic pressure, socio-cultural demands, gender roles, workloads, and society's expectations of men as family leaders.

These factors can affect fathers' psychological well-being, which, if not managed properly, can lead to stress, anxiety, or other emotional problems. Third, fathers' mental health has a direct and indirect impact on family harmony and the success of their children's education. Fathers who are mentally healthy are better able to provide emotional support, establish effective communication, and build warm relationships with their children and partners. Conversely, mental health disorders can trigger family conflicts, reduce the quality of parenting, and hinder children's learning and development. Overall, it can be concluded that fathers' mental health is a key component in creating a harmonious family and supporting children's educational development. Efforts to improve family mental health must be carried out in an integrated manner through education, social support, active health services, and awareness of the importance of men's psychological well-being in the family system. In this way, families can become safe, harmonious, and conducive environments for children's growth and the well-being of all family members.

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