

Father Involvement, Drinking to Cope, Coping Strategies, and Perceived Stress: A Correlational Study of University Students in Jakarta

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Abstract

The high levels of stress and the use of maladaptive coping mechanisms, including alcohol consumption among students, indicate the need for efforts to understand protective factors that can strengthen psychological resilience. One factor that potentially plays a significant role is father involvement in young adult life. This study aims to explore the relationship between father involvement and three indicators of student mental health: perceived stress levels, adaptive coping strategies, and maladaptive coping through alcohol consumption. This research uses a quantitative approach with an exploratory correlational design. A total of 267 college students in Jakarta participated as respondents by filling out a self-report questionnaire. The measurement tools used in this study are the Father Involvement Scale, the Perceived Stress Scale (PSS), the Coping Stress Scale, and the Drinking Motive Questionnaire-Revised (DMQR). The analysis was conducted to identify patterns of relationships between variables without assuming a cause-and-effect relationship. The research findings indicate that father involvement is negatively correlated with stress levels and coping through alcohol consumption and positively correlated with adaptive coping strategies. Moreover, elevated stress levels correlate positively with the utilisation of alcohol as a coping strategy. This finding confirms that fatherly involvement plays an important role as a protective factor against stress and maladaptive coping behaviours in college students. As an exploratory study, these results provide a foundation for further research to test a deeper causal model related to the role of family support on students' mental health.

Keywords: coping stress, coping through drinking, father involvement, perceived level of stress

Abstrak

Tingginya tingkat stres dan penggunaan mekanisme koping yang tidak sehat, termasuk konsumsi alkohol di kalangan mahasiswa, menunjukkan perlunya usaha untuk memahami faktor pelindung yang dapat memperkuat ketahanan psikologis. Salah satu faktor yang secara potensial berperan penting adalah keterlibatan ayah (father involvement) dalam kehidupan dewasa muda. Penelitian ini bertujuan untuk mengeksplorasi hubungan antara keterlibatan ayah dengan tiga indikator kesehatan mental mahasiswa, yaitu tingkat stres yang dirasakan, strategi koping adaptif, dan koping maladaptif melalui konsumsi alkohol. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional eksploratif. Sebanyak 267 mahasiswa perguruan tinggi di Jakarta menjadi responden penelitian dengan mengisi kuesioner self-report. Alat ukur yang digunakan dalam penelitian ini adalah Skala Father Involvement, Perceived Stress Scale (PSS), Skala Coping Stress, dan Drinking Motive Questionnaire-Revised (DMQR). Analisis dilakukan untuk mengidentifikasi pola hubungan antarvariabel tanpa mengasumsikan hubungan sebab-akibat. Hasil penelitian menunjukkan bahwa keterlibatan ayah berkorelasi negatif dengan tingkat stres dan koping melalui konsumsi minuman beralkohol, serta berkorelasi positif dengan strategi koping adaptif. Selain itu, tingkat stres yang tinggi berkorelasi positif dengan penggunaan alkohol sebagai mekanisme koping. Hasil Temuan ini menegaskan bahwa keterlibatan ayah memiliki peran yang penting sebagai faktor pelindung terhadap stres dan perilaku koping maladaptif pada mahasiswa. Sebagai studi eksploratif, hasil ini bisa menjadi batu pijakan bagi penelitian selanjutnya, untuk menguji model kausal yang lebih mendalam, terkait peran keterlibatan ayah dalam pengasuhan terhadap kesehatan mental mahasiswa.

Kata kunci: coping stress, coping stress melalui minuman keras, father involvement, tingkat stres yang dirasakan

Introduction

Stress is a common experience for individuals who are transitioning to the role of a university student. This is due to the fact that they must establish new relationships, adopt new study habits that are specific to their chosen program, manage the overwhelming number of campus assignments, learn time management, and frequently relocate ([Teixeira et. al., 2021](#); [Beiter et. al. 2015 in Wirkus et. al., 2021](#)). For instance, in a study conducted by [Akacan \(2013\)](#) on first-year students in the Department of Guidance and Counseling and Psychology and the Department of Kindergarten Teachers, it was discovered that students experienced stress as a result of the necessity to adapt to the university environment, reduce relationships with their families, unfulfilled expectations from the university environment, and abandonment of old habits. [Ebenezer et al. \(2020\)](#) discovered that moderate stress was experienced by 74.6% of 355 students in a study spanning the first to fourth years. Stress, in general, is defined as any situation that is perceived to threaten a person's well-being and coping strategies ([Weiten, 2012](#)), while perceived stress is defined as the extent to which situations in a person's life are rated as stressful ([Cohen, et al., 1983](#)).

The way students manage stress depends on the coping mechanisms they adopt. Stress coping is the process of consistently altering cognitive and behavioral attempts to manage specific external and/or internal demands that are deemed to exceed or burden one's resources. [Lazarus and Folkman \(1984\)](#) have proposed two styles of coping, problem-focused coping and emotional-focused coping, which are supported by empirical evidence. The initial stage of coping involves how individuals respond to stressors. The second approach is a coping mechanism that emphasizes the regulation of emotions that develop in response to stress ([Lazarus & Folkman in Böke et. al., 2019](#)). [Ardiana & Soetjningsih \(2024\)](#) research identified that the majority of university students exhibited moderate to high coping abilities, suggesting that stress management skills were variable. It is important to note that the results revealed a substantial negative correlation between academic stress and problem-focused coping.

This implies that stress levels can be reduced through the implementation of effective coping strategies. There have also been many studies on stress and stress coping in students in Indonesia, both before and after the covid-19 pandemic. In a study conducted by [Faqih \(2019\)](#), it was also discovered that emotion-focused coping strategies can reduce tension in adolescents and enhance individual subjective well-being. In the meantime, [Adriani et al. \(2022\)](#) conducted an additional study that demonstrated that students' stress triggers and symptoms of depression can be mitigated through the use of problem-focused coping strategies during the COVID-19 pandemic. One of the studies conducted before the covid-19 pandemic was research from [Nursadrina and Adriani \(2020\)](#), which examined stress coping in 339 Padjadjaran University students. The results of his research show that the coping strategies that are mostly carried out by students are returning to religion, reinterpreting the problem more positively and growing. However, there are several maladaptive coping strategies, such as emotional outbursts and mental disengagement used by students.

Beyond the two coping mechanisms identified by [Lazarus and Folkman \(1984\)](#), there are behaviors that aim to manage stress but do not fall neatly into these categories—for example, using alcohol as a coping strategy. A drinking reason in which an individual seeks to alleviate negative influences or stressors is termed a coping motive for alcohol consumption. In such cases, people may engage in drinking behavior with the expectation that it will reduce unpleasant feelings, regardless of whether alcohol use effectively achieves that goal. Utilizing alcohol as a coping mechanism has been linked to problematic drinking behaviors ([Kuntsche et al., 2005](#); [Sebena et al., 2012](#); [Böke et al., 2019](#)).

Research on stress-induced alcohol consumption has been extensively conducted, particularly in Western countries where alcohol is permitted under specific age restrictions ([Böke et al., 2019](#)). Collins et al. ([as cited in Böke et al., 2019](#)) found that university students who participated in a questionnaire survey identified stress coping as a primary motive for alcohol consumption. The findings of [Böke et al. \(2019\)](#) are consistent with those of Collins' research.

The prevalence of alcohol usage is notably elevated among adolescents in Indonesia. In 2014, study by the National Movement Against Alcohol (GeNAM) indicated that 23% of Indonesian teenagers, around 14.4 million out of a total of 63 million, used alcohol ([Zulvikar in Ramahdan et al., 2017](#)). The research indicates that alcohol consumption among adolescents in 2014, who are now transitioning into young adulthood, was highly prevalent in Indonesia, despite the country's predominantly Muslim population, which prohibits alcohol use. Numerous research in Indonesia have identified a correlation between stress and alcohol consumption among university students. [Priangguna and Muis' \(2015\)](#) study on UNESA students revealed that 69% of participants utilized alcoholic beverages as a means of stress relief. The descriptive qualitative research conducted by [Ariyanto et al. \(2021\)](#) revealed that the majority of students in Semarang consumed alcohol to alleviate their troubles and ease their thoughts. Research conducted in the two major cities prompted a new inquiry on the drinking behavior of students in the capital city of Jakarta.

Jakarta has several distinctive traits that could affect how college students drink. Jakarta is the capital city and has a lot of urbanisation and an urban economy. It also has a lot of restaurants, clubs, and nightlife, all of which make it easy for young adults to get alcohol ([Time Out, 2024](#)). Second, Jakarta has a larger number of expats and non-Muslims than most other cities, even though majority of its residents are Muslims. This makes the social climate more varied ([BPS DKI Jakarta, 2023](#)). Thirdly, the campus social network could be a place where people drink more alcohol because there are a lot of students and universities there ([Hanafi et al., 2021](#)). However, research on alcohol use among university students in Jakarta is still rare in journals, both local and international. Therefore, this study serves as an important reference for future research on similar topics.

Research by [Goncy & van Dulmen \(2010\)](#) demonstrated that fathers play a vital role in protecting adolescents from engaging in delinquent and risky behaviors, such as alcohol consumption. Father involvement is a multifaceted concept wherein fathers can participate in parenting through various forms. [Goncya and Dulmena \(2010\)](#) characterized father involvement as comprising of three dimensions: collaborative communication, shared activities, and emotional attachment. Multiple studies have shown that paternal engagement is essential across the entire parenting range, including early childhood, adolescence, and adulthood. Research demonstrates that children with involved fathers show enhanced stress and frustration tolerance, advanced problem-solving and adaptive abilities, greater playfulness, resourcefulness, and attentiveness in the face of challenges, along with improved emotional and impulse regulation ([Mischel, Shoda, & Peake, 1988](#); [Biller, 1993](#); [Mischel et al., 1988 in Allen & Daly, 2007](#)). Furthermore, father involvement protects children from delinquency and is associated with a reduction in adolescent substance abuse, diminished delinquent conduct, lower drug consumption, less absence from school and theft, as well as reduced consumption of alcohol ([Harris et al., 1998](#); [Coombs & Landsverk, 1988](#); [Zimmerman et al., 1995](#); [Barnes, 1984](#); [Allen & Daly, 2007](#)). Furthermore, father involvement in young adult life have been positively correlated with higher levels of self-esteem, better psychological adjustment, improved academic performance, fewer behavioural issues, and more successful intimate relationships ([Jeong et al., 2020](#); [Flouri & Buchanan, 2003](#)). The trust and security that are established in youth can be translated into more effective coping mechanisms for stress and conflict when confronted with adult challenges ([Flouri & Buchanan, 2003](#)).

The above evidences show that paternal participation is closely associated with assisting college students in managing stress and reducing maladaptive coping behaviors, such as alcohol use. While research on paternal involvement in parenting has been extensively conducted among children and adolescents, studies focusing on father involvement in young adults, particularly college students during this stressful period, remain limited. Consequently, it is essential to conduct this study to examine the correlation between paternal participation and the stress levels and coping mechanisms of university students in Jakarta. The research questions to be addressed in this study are as follows:

1. Is there a correlation between father involvement and the perceived stress levels of university students?

2. Is there a correlation between father involvement and students' adaptive coping strategies for managing stress?
3. Is there a correlation between father involvement and the use of alcohol as a coping mechanism for stress among university students?
4. Is there a correlation between perceived stress levels and the use of alcohol as a coping mechanism for stress among university students?

Methods

This study uses quantitative approach with correlation analysis as the primary method. The demographic that served as the generalization area for the research findings comprised university students in Jakarta. The sample selection utilized a non-probability sampling method known as convenience sampling. Data were collected through a survey using a questionnaire as the measuring instrument, specifically the father involvement scale devised by [Risnawati et al. \(2021\)](#), grounded in the theories of Goncy and Dulmena, along with [Lazarus and Folkman's Ways of Coping Scale \(1985\)](#) and the Drinking Motives Questionnaire-Revised ([Cooper, 1994](#)). Only the coping dimension of the DMQ-R will be utilized in the investigation. Furthermore, the Perceived Stress Scale (PSS), was created by [Cohen in 1983](#) and subsequently refined by [Chan and Greca in 2013](#). Self-reporting was employed to gather socio-demographic data, including age, gender, and educational level.

This research was carried out in three stages, specifically:

Stage I. Preparatory

At this stage, the researcher developed and refined a research proposal. Once the idea was deemed realistic and comprehensive, the researcher proceeded to translate the scale used in this study. The research began with the dissemination of pilot questionnaires to evaluate the measurement tools to be employed. A trial of this measuring instrument was done with 100 students to assess its reliability, validity, and item analysis. Subsequently, engage in hypothesis testing. The item analysis revealed a correlation range of .499 to .793 for the father participation variable across 33 items. The validity coefficients for the stress level variable range from .245 to .617 (10 items), for the coping stress through drinking variable from .925 to .967 (5 items), and for the coping stress variable, the correlation among items is between .218 to .732 (58 items). Although some coefficients were below the conventional cut-off point of .30, items with correlations ranging from .218 to .245 were retained because they are still considered acceptable in exploratory research contexts ([Nunnally & Bernstein, 1994](#); [Azwar, 2012](#)) and were deemed theoretically important to represent the construct. The Cronbach's alpha value for father involvement is .967, indicating a high level of reliability, whereas the Cronbach's alpha for stress level is .777. The Cronbach alpha score for coping with alcohol was .962, whereas for coping with stress it was .881.

Stage 2. Data Collection

This phase employed a convenience sampling approach, targeting active university students in Jakarta who were currently living with their parents and whose fathers were still alive. Questionnaires were disseminated through multiple WhatsApp groups and other social media platforms, including Facebook and Instagram. In addition, offline data collection was conducted in classrooms during course instruction. After a two-month distribution period, a total of 267 responses were obtained. All participants were informed about the purpose of the research, assured of the confidentiality of their responses, and provided informed consent prior to participation. Participation was voluntary, and respondents had the right to withdraw at any time without any negative consequences. [Creswell \(2012, 2014\)](#) highlighted that the necessary number of participants in quantitative research is determined by the research design, the kind of statistical analysis used, and the accessibility of respondents. [Creswell \(2012\)](#) indicated that in correlational studies, having at least 30 participants can be acceptable for smaller studies. However, for

results that are more reliable and can be applied to a wider population, it is advisable to aim for samples that include more than 100 to 200 respondents. Consequently, the sample size of 267 participants in the current study not only satisfies but also surpasses common methodological standards, thereby guaranteeing sufficient statistical power and dependability for the analyses conducted.

Stage 3. Data Analysis

The data obtained from the second stage were analyzed using several statistical techniques to address the research objectives. Initially, descriptive statistical analyses were performed to summarize participants' demographic characteristics, including age, gender, and educational level, as well as to provide an overview of each variable's mean, standard deviation, and distribution pattern. This was followed by an assessment of data normality and linearity to ensure that the assumptions for correlation analysis were met. Subsequently, correlation analysis was conducted to examine the relationships between the main variables: father involvement, perceived stress, coping strategies, and coping through alcohol use. Spearman's rank-order correlation coefficient (ρ) was employed, as it is appropriate for assessing the strength and direction of associations between variables that are not normally distributed or measured on an ordinal scale. This method was chosen because several variables in the present study did not meet the normality assumption required for parametric tests. All statistical tests were conducted using the Statistical Package for the Social Sciences (SPSS) version 26. Significance levels were set at $p < .05$ to determine whether the observed correlations were statistically meaningful. Additionally, data reliability was reconfirmed prior to analysis to ensure the consistency and validity of the measurement instruments used.

Results and Discussion

Results

Socio-demographic attributes of the sample

Table 1 Socio-demographic attributes of the sample

Socio-demographic characteristics		N (267)	%
Gender	Male	84	31.5
	Female	183	68.5
Level in University	Year 1	50	18.7
	Year 2	103	36.6
	Year 3	36	13.5
	Year 4	40	15
	Above Year 4	38	14.2
Age	18-20	189	70.8
	21-22	64	24
	23-24	12	4.5
	Above 25	2	.7
Hometown	Jakarta	116	43.4
	Bodetabek	118	44.2
	Outside Jabodetabek	33	12.4

Note. N = 267 undergraduate students in Jakarta.

The sociodemographic data indicate that 68.5% of the respondents were women. The largest proportion of participants were second-year students (36.6%), followed by first-year students (18.7%). Most respondents were between 18 and 20 years old (70.8%), while 24% were aged 21–22 years. In terms of residence, 44.2% of the respondents lived in cities surrounding the Jakarta area, and 43.4% resided within Jakarta.

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*Results of Descriptive Analysis for Four Variables***Table 2** Descriptive Analysis for Four Variables

	Father Involvement (Mean: 96. SD: 21,33)	Present age	Level Stress (Mean: 30. SD: 6,67)	Present age	Coping Trough Drinking (Mean: 27. SD: 6)	Present age	Coping Stress (Mean: 120. SD: 26,67)	Present age
Low	45	16.9%	44	16.47%	237	88,8%	45	16.85%
Middle	142	53,2%	173	64.79%	19	7,1%	183	68.53%
High	80	30%	50	18.72%	11	4,1%	39	14.60%
	267		267		267		267	

Note. N = 267 undergraduate students in Jakarta.

Table 2 summarizes the descriptive analysis of the four main variables: father involvement, stress level, coping through drinking, and coping with stress. More than half of the respondents reported a moderate level of father involvement (53.2%), while 30% indicated a high level and 16.9% a low level. Similarly, the majority of students reported a moderate stress level (64.7%), with smaller proportions categorized as high (18.7%) and low (16.5%).

For coping through drinking, the distribution was highly skewed, with most respondents classified in the low category (88.8%), and only a small proportion in the moderate (7.1%) and high (4.1%) categories. In contrast, coping with stress showed a more balanced distribution, with the majority falling into the moderate category (68.5%), followed by low (16.9%) and high (14.6%).

These results indicate that respondents generally experienced moderate levels of father involvement and stress, rarely relied on alcohol as a coping strategy, and tended to engage in moderate coping strategies when managing stress.

Four Variable Normality Test Results

Kolmogorov-Smirnov test results for four variables:

Table 3 Four Variable Normality Test Results

Signifikansi	Father Involvement	Level Stress	Coping Trough Drinking	Coping Stress
Asymp. Sig. (2-tailed)	.055	.004	.000	.032

The normality test for the father involvement scale yielded a significance value greater than .05, indicating that the data were normally distributed. In contrast, the normality test results for stress level, coping through drinking, and coping strategies showed significance values below .05, suggesting that these variables were not normally distributed.

Variable Correlation Test Results The Spearman Rho

Correlation test between FI (Father Involvement) and Stress Level, FI with Coping through Drinking, FI with Coping Stress, and Stress Level with Coping through Drinking showed the following (**Figure 1**):

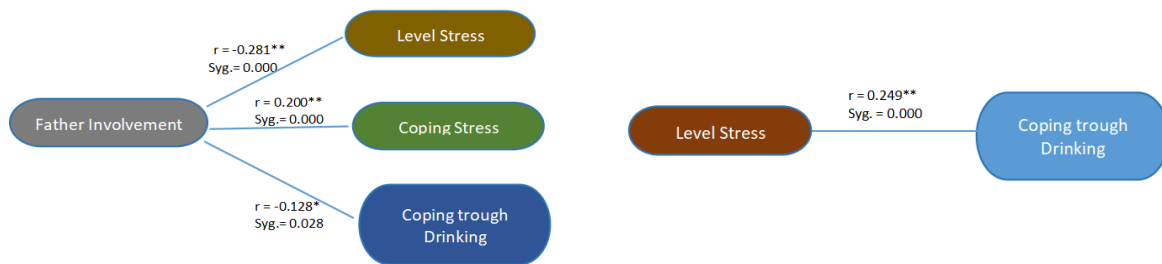


Figure 1 FI correlations with three variables and level stress correlation with stress-coping through drinking.

The data indicate a significant negative correlation between father involvement and students' perceived stress (Spearman's $\rho = -.281$, $p < .001$), suggesting that greater father involvement is associated with lower stress levels. Father involvement was also negatively correlated with drinking to cope (Spearman's $\rho = -.128$, $p = .028$), indicating that higher paternal involvement reduces the likelihood of using alcohol as a coping strategy. In contrast, a positive correlation was found between father involvement and coping with stress (Spearman's $\rho = .200$, $p = .001$), meaning that greater paternal involvement is associated with more effective stress-coping mechanisms. Finally, a significant positive correlation was observed between stress levels and drinking to cope (Spearman's $\rho = .249$, $p < .000$), suggesting that students with higher stress are more likely to consume alcohol as a coping mechanism.

Discussion

This study examined father involvement, coping strategies, and coping through alcohol use and students' perceived stress among 267 university students in Jakarta. The majority of respondents were female, with first and second-year students comprising most of the sample. Most respondents were aged 18–20 years and resided in Bogor, Depok, Tangerang, South Tangerang, and Bekasi, which are cities surrounding Jakarta.

The descriptive results indicated that father involvement, perceived stress, and stress coping were generally at moderate levels, whereas alcohol coping was reported to be low. This pattern can be explained not only by the gender composition of the sample—where the majority of respondents were female, a group that generally reports lower levels of alcohol use than males—but also by the cultural and religious context of Indonesia. As the world's largest Muslim-majority country, where Islamic teachings prohibit the consumption of alcohol, strong sociocultural and religious norms discourage drinking behavior (WHO, 2024; Muhibbin, et.al., 2024). These cultural and normative factors likely contribute to the low prevalence of alcohol coping strategies observed among the student population. Unfortunately, this study did not take into account religious factors in the sociodemographic data. It is advised that future research include this aspect. As stated by Belete and colleagues in their systematic review and meta-analysis on alcohol use in Sub-Saharan African countries (2024), countries with religions that oppose alcohol consumption, such as Sudan, as well as low-income nations, show lower levels of alcohol use. The meta-regression analysis further reinforces this finding, indicating that alcohol consumption is less common or less frequently reported in countries with religious practices that do not support alcohol use. This highlights the importance of government regulations in tightening policies on alcohol consumption in Indonesia, in order to protect the younger generation from drinking alcoholic beverages.

Notably, 11.2% of respondents reported using alcohol as a coping mechanism. This finding is concerning, as alcohol consumption among college students has been associated with a range of adverse physiological and behavioral outcomes. For instance, Dyani and Ariana (2021) found that increased alcohol consumption was linked to higher risk of academic failure and impairments in daily memory functions, while Hoaken and Pihl (2000) reported associations with heightened aggressive behavior. Considering the large population of university students in Jakarta, these results highlight both the urgency

of further studies with larger and more diverse samples and the potential risks of alcohol use as a coping strategy among students.

The correlation analysis revealed a significant negative association between father involvement and students' perceived stress ($r = -.281$, $p < .001$). Although the strength of the association is modest, the findings suggest that higher father involvement is linked to lower stress levels among young adults. This result is consistent with earlier studies by [Mischel et al. \(1988\)](#) and [Biller \(1993\)](#), as cited in [Allen and Daly \(2007\)](#), which demonstrated that greater father engagement in parenting contributes to children's ability to manage stress. Similarly, research conducted in Mindanao, Philippines, during a two-year lockdown reported a substantial negative relationship between parental social support—including support from fathers—and stress and depression levels. These findings emphasize that effective father–child communication, emotional closeness, and shared activities are associated with children's resilience to stress. Open communication and emotional closeness between children and their parents make it easier for children to talk about the stressors they are facing, while engaging in many shared activities allows parents—especially fathers—to become more aware of their children's needs for parental support.

Furthermore, the results indicated a significant negative association between father involvement and coping through alcohol use ($r = -.128$, $p = .028$). Although the magnitude of the relationship is relatively small, the finding suggests that students with greater paternal involvement are less likely to rely on alcohol as a coping strategy. This is in line with studies by [Harris et al. \(1998\)](#), [Coombs and Landsverk \(1988\)](#), [Zimmerman et al. \(1995\)](#), and [Barnes \(1984\)](#), as cited in [Allen and Daly \(2007\)](#), as well as [Goncya and van Dulmen \(2010\)](#), which demonstrated the role of fathers in preventing risky and delinquent behaviors, including alcohol consumption, among adolescents. The current study extends this evidence to young adults, indicating that paternal involvement remains important in protecting students from stress-induced maladaptive behaviors. In the study by [Cook et al. \(2022\)](#), it was found that parents' behavior serves as a model for children in shaping their perceptions of alcoholic beverages. In the context of Indonesian society, where the majority of the population is Muslim, the strong religious prohibition against consuming alcohol—adhered to by parents—can serve as a model for children, discouraging them from touching such drinks even into adulthood.

In addition, a positive association was observed between father involvement and coping with stress ($r = .200$, $p = .001$). This finding suggests that students with higher levels of paternal engagement are more likely to develop effective coping skills. Such coping may be fostered through emotion regulation and adaptive strategies for handling challenges. One key approach in this process is seeking social support. Fathers, as close family members, may provide emotional reassurance and strengthen students' confidence that they can rely on family support when facing difficulties. The positive association between father involvement and effective coping found in this study aligns with previous findings highlighting the protective role of religiosity in managing perceived stress among Muslim populations ([Ozeto & Allan, 2021](#)). In Muslim cultural contexts, fathers often play a dual role—not only as providers but also as moral and spiritual guides who transmit religious values within the family. Such values may foster emotion regulation and promote adaptive coping strategies, including reliance on faith and seeking social support. Therefore, higher paternal engagement in religiously oriented families may contribute to lower stress levels and reduced engagement in maladaptive behaviors, such as alcohol use, among young adults.

The analysis also revealed a significant positive correlation between students' stress levels and coping through alcohol use ($r = .249$, $p = .000$). This suggests that higher stress is associated with a greater likelihood of using alcohol as a coping strategy. Research indicates that university students often resort to alcohol as a coping mechanism for stress. For example, [Cadigan et al. \(2021\)](#), who conducted their study among young adults in the Pacific Northwest region of the United States, found that stress can lead young adults to engage in drinking as a way to manage negative emotions, resulting in adverse alcohol-related consequences. Although their study does not specifically address Muslim countries, it provides insight into the broader tendency to use alcohol as a coping strategy among young adults. Nevertheless, despite the relatively small proportion of students reporting alcohol use in the current study, further

research with larger and more representative samples is warranted to confirm and expand upon these findings.

There are a few things about this study that should be noted. First, the results may have been affected by social desirability bias. Respondents may have given responses more positive than their real actions or experiences in an effort to portray themselves in a good light. Second, in the Indonesian setting, where most of the people are Muslim, there is a cultural hesitation to disclose drinking. Participants might have been reluctant to reveal their true behaviors given the religious and cultural taboo against drinking, therefore underreporting prevalence of alcohol use is probable. Third, the research used convenience sampling, which restricts the applicability of the results. Since the participants were drawn from easily accessible groups of students rather than by chance, the findings cannot be extrapolated to apply to the larger population among Jakarta or Indonesia's total university students. Last but not least, problems with measurement should be taken into account. For instance, some things in the tool could have proven to be not very good (for example, the correlation between item and total is less than .30). Also, using self-report measures makes the results more likely to be wrong because of susceptibility to prejudices like misreporting or inaccurate self-evaluation.

Conclusion

This study involved 267 university students in Jakarta and aimed to examine the correlations between father involvement and students' perceived stress levels, stress coping mechanisms, and coping through alcohol use. Additionally, the study investigated the relationship between perceived stress and the use of alcohol as a coping strategy.

The findings revealed a significant negative correlation between father involvement and students' perceived stress, as well as between father involvement and alcohol-related coping. In contrast, father involvement was positively associated with adaptive coping strategies, suggesting that greater paternal engagement may promote more effective ways of managing stress. Furthermore, students' perceived stress levels were positively correlated with the use of alcohol as a coping mechanism, indicating that higher stress may increase the likelihood of engaging in maladaptive coping behaviors.

Future research could further enhance the understanding of these relationships by examining potential mediation effects. For instance, it would be valuable to investigate whether the link between father involvement and alcohol-related coping is mediated by students' perceived stress levels. Additionally, exploring possible moderation effects could yield deeper insights; for example, the influence of father involvement might vary according to gender, age, or levels of religiosity among students. Moreover, the cross-sectional nature of the present study limits causal interpretations. To overcome this limitation, future research should consider adopting longitudinal or experimental designs, which would enable a more precise examination of causal pathways and temporal dynamics among father involvement, stress, coping strategies, and alcohol-related behaviors.

Furthermore, future research also should consider employing a larger and more diverse sample, as well as incorporating sociodemographic factors such as religious factor, field of study and the distinction between public and private universities in Jakarta. This would allow for more comprehensive analyses, particularly regarding variations in stress levels across different faculties and institutional types. It is also recommended to further examine the specific dimensions of paternal involvement that are most strongly associated with students' coping strategies in order to provide a more nuanced understanding of these relationships. Furthermore, the questionnaire should enquire about the frequency with which respondents consume alcohol and whether they consume it on a daily basis, in order to evaluate their alcohol consumption patterns in future research.

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