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The Effect Of Fathering On Dating Intimacy In Early Adult Women

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Abstract

This study aims to determine the influence of fathering on dating intimacy in young adult women. This research examines the relationship between fathering and intimacy. Therefore, the goal of this study is to provide an empirical overview of the extent of fathering's influence on intimacy in young adulthood in Medan City. In this section, the researcher will outline the conclusions in the form of a research summary, as well as methodological and practical suggestions for further research. Based on the analysis of the data obtained in this study, several things can be concluded as follows: This study shows the value of the coefficient of determination or R square on the quarter life crisis variable on subjective well-being of 0.042, which means that the influence of the independent variable (Fathering) on the dependent variable (Intimacy) is 4.2%. Based on the descriptive data of the study, it can be seen that the fathering scale has an empirical mean of 81.64, where this result is obtained through the calculation of the score given by respondents from the measuring instrument and the hypothetical mean of 70. Therefore, because the empirical mean result of fathering is above the hypothetical mean, overall the fathering of early adult women in Medan City is quite high. Based on the descriptive data of the study, it can be seen that the intimacy scale has an empirical mean of 107.04, where this result is obtained through the calculation of the score given by respondents from the measuring instrument and the hypothetical mean of 82.5. Therefore, because the empirical mean result of intimacy is above the hypothetical mean, overall the intimacy of early adult women in Medan City is quite high.

Keywords : Fathering, Intimacy, Dating, Early Adulthood

INTRODUCTION

Early adulthood is a crucial transitional stage in a person's life, where individuals begin to form their identity, develop independence, and build increasingly complex social relationships. One of the most important developmental tasks in this phase is establishing intimate relationships. Erikson (Hadisawa & Nurhadianti, 2020) suggests that the "Intimacy vs. Isolation" stage is crucial in this development. At this stage, individuals strive to build

deep relationships, characterized by emotional attachment, openness in expressing feelings, and a high level of trust in their partners. In this context, fathering plays a significant role in influencing the quality of their daughters' interpersonal relationships, particularly in terms of intimacy when seeking a partner.

According to Sternberg (Hidayati & Sari, n.d.) love consists of three main components known as the Triangle of Love: intimacy, passion, and commitment. In this theory, intimacy plays a key role, reflecting emotional closeness, a sense of connectedness, and shared experiences in a romantic relationship. Intimacy allows partners to understand each other, feel accepted, and build a deep emotional bond. Furthermore, passion refers to emotional drive and physical attraction, while commitment encompasses the short-term decision to love.

each other and a long-term commitment to maintaining the relationship. However, without strong intimacy, relationships tend to be less stable and at risk of emotional alienation.

Erikson (Savitri Hidayati & Sari, 2020) explains that building intimate relationships is one of the greatest challenges for individuals entering adulthood. At this stage, they desperately need close and harmonious relationships with others, based on friendship, affection, and love. Research shows that a person's psychological and physical development in adulthood is greatly influenced by the quality and depth of their intimate relationships.

According to research conducted by Krista (KHOIRIYAH & Khoiriyah, 2023)the ability to maintain intimacy is very important for women. This is due to the fact that women tend to prioritize intimacy more than men. Women will only consider sexual relations when they feel close and trust their partner. Without intimacy, women can feel pressured and worried that their partner only wants a physical relationship.

Intimacy can be understood as a very close relationship and warm feelings that one person has for another (Handayani et al., 2008). Creating intimacy requires openness between individuals and good, smooth communication between both parties. Without honesty, this closeness is difficult to achieve. Building intimacy involves various aspects, including emotional, intellectual, social, recreational, and sexual closeness.

Lafollette and Graham (1986) emphasized the importance of intimacy in a relationship. Without it, the relationship becomes fragile and risks ending quickly. Lafollette also emphasized that intimacy must be practiced by both individuals in the relationship. This demonstrates that intimacy cannot be built solely from one side; it must be reciprocal.

Intimacy can be defined as the closeness and warm feelings that exist between certain individuals (Syafiyah & Primanita, 2024) Intimacy creates a deep sense of closeness, accompanied by feelings such as respect, affection, and mutual support. Furthermore, intimacy is also related to the intense exchange of personal information between two people (Lefrancois, 1993).

According to Hatfield and Rapson (1994), intimacy has four important aspects. First, the love & affection aspect, which shows that men and women tend to have deeper feelings of love and affection for their intimate partners compared to other people. Second, the trust aspect, which explains that individuals often feel hesitant to share their dreams, hopes, or fears unless they are sure that it is safe to do so. The third aspect is self-disclosure, when men and women are able to share their deepest feelings and experiences with each other,

their relationship will develop into a more intimate one. Finally, the non-verbal communication aspect, where partners feel more comfortable in their intimate relationship when they are physically close to each other (Kimberley Kimberley & Dewi, 2024).

Researchers interviewed two young adult women in relationships. The authors conducted face-to-face interviews. The following are the results of the interviews conducted with two 21-year-old female students in relationships:

"For my love for my partner, it's hard to describe, for example, from point one to ten it's eight. As for sharing personal stories? I'm not comfortable sharing because I feel like I won't share anything that doesn't need to be expressed or told, as long as I can handle my own problems and I won't tell. I trust my partner, but if I say it really? No, because this relationship is still too young, too small, unless I want to get married, maybe I'll really trust him, but for now I do, but I don't really trust him (SIAHAAN & SUBROTO, 2025)."

"I can't define my love for my boyfriend, but if it's big, it's definitely big. When it comes to trusting my boyfriend, it's still fifty-fifty because we're in a long-distance relationship, so I haven't been very open with him. I'm comfortable sharing stories with my partner, but there are some things I might think twice about telling, so I don't share all my personal matters."

Interviews with two young adult women revealed that they tended to have difficulty trusting their partners. Furthermore, they were reluctant to share personal details with their partners. Mutual trust, openness, and sharing are crucial in a relationship. These qualities reflect the intimacy that underpins a relationship (KHOIRIYAH & Khoiriyah, 2023).

In an intimate relationship, a personal exchange of feelings occurs between a woman and her partner, where both provide the emotional support each other needs. Intimacy is a state in which a person feels affection, closeness, and warmth toward another person. In this state, the individual feels comfortable sharing intimate information about themselves with those close to them (M Rusdi, 2014). Intimacy with the opposite sex helps a woman fulfill her developmental tasks in preparation for married life.

Before deciding to marry, a woman will usually search for and choose the most suitable partner to be her life partner. Generally, those who have reached the marriage stage have gone through various phases of dating. During the courtship period, a woman gathers valuable experiences that will prepare her for future married life. According to Linder (Irmadiani, 2022) intimacy in a dating relationship is built on trust, understanding, acceptance, and mutual respect. A lack of trust in a partner can lead to jealousy.

According to research conducted by Yeniza (Kristianti & Kristinawati, 2021) there is a very significant negative relationship between intimacy and jealousy in adolescents in dating relationships. The lack of intimacy in these relationships, as stated by Cox (1978), can be influenced by various factors. Some of these factors include past experiences, anxiety about self-identity, fear of revealing weakness, and carrying grudges or feelings of resentment from the past into the current relationship. Furthermore, unresolved conflicts from childhood and a fear of expressing unpleasant feelings also contribute.

When choosing a partner, women in early adulthood tend to seek out figures who resemble and are close to their fathers. This is because a father is the first figure a daughter knows (Akbar & Abdullah, 2021). A father's involvement in childcare provides significant benefits for the woman, facilitating positive interactions with the men in her life.

Conversely, without a father's active role in childcare, women will struggle to establish positive relationships with men and potentially develop pessimistic views of them. When interactions between fathers and daughters are positive, women in early adulthood will find it easier to build intimacy, and these dynamics influence each other (Sisy and Dini, 2020).

Yunardi (Ramadhan & Coralia, 2022) explains that fathering is a father's role in childcare, aimed at guiding his children toward independence and positive development, both physically and psychologically. The researcher also interviewed two women who were dating. The following are the results:

"My father's form of affection is hugging, holding my hand, or patting my shoulder. Even when he's angry, he doesn't yell, he gently says, 'You shouldn't do this.' And I'm looking for a partner who doesn't yell at me, and I hope my partner can be like my father. My current partner is almost identical to my father, although not all of them, but there are similarities."

"My father's personality tends to show affection through kisses on the forehead and taking me out to dinner. I hope I get the same from my father as I do from my partner. Coincidentally, my current partner also likes to take me out to dinner, which makes me feel comfortable because it's similar to how my father treats me."

Based on the interview results above, women tend to seek partners who demonstrate affection similar to that received from their fathers. The patterns of attention and warmth provided by fathers from childhood serve as a guide for building expectations of their partners, allowing women to feel more comfortable and valued in relationships that share similar expressions of affection. According to Kanti & Wieka (2015), a father's relationship with his daughter during childhood will have a significant impact on her choice of future life partner.

Erikson (Febriani, Candra, & Nastasia, 2021) revealed that the relationship between a father and daughter can have a significant impact on how a woman in early adulthood builds interpersonal relationships, especially in the context of romantic relationships. Supportive, attentive, and stable paternal care can provide a healthy emotional foundation for a daughter. Conversely, paternal care that is less physically and emotionally supportive can negatively impact a daughter's psychosocial development. Girls who grow up without paternal care may have difficulty building trust in future romantic relationships, feel less secure and comfortable, and may develop negative views of men.

Based on the results of research conducted by Kimberley and Fransisca (2025) on five early adult women aged 18–25 years, it was found that three subjects had positive experiences of fathers' parenting roles. This is due to the involvement of fathers who not only play a role as breadwinners, but also provide emotional support, a sense of security, and guidance. These three subjects tended to have harmonious relationships with their partners, characterized by effective communication patterns and good conflict resolution skills. In contrast, the other two subjects had negative experiences of fathers' parenting, where their relationships with their fathers were less close. The father's role in the lives of both subjects was limited to providing income without active involvement in daily activities. This condition made both subjects tend not to desire partners with characteristics similar to their fathers. The lack of a father's role in parenting can have a significant impact on the ability of early adult women to build and maintain healthy relationships. According

to Lamb (Grenadi & Mardi Rahayu, 2024) fathers serve as providers of emotional support, social role models, and providers of rules.

Fathering is closely related to the responsibility of raising children. As a crucial component of a parent's role, fathers should collaborate with mothers to create a harmonious environment at home and in their marriage. Both need to complement each other, so they can serve as complete role models for their children in life (Rahman, 2008). Fathering can be defined as the responsibility associated with guiding children in achieving independence, both physically and biologically, as they enter adulthood. Fathering has a significance that is equal to the mother's role in supporting children's growth and development. Although fathers generally spend less time with their children than mothers, their influence remains significant (Yulianti & Hijrianti, 2024) . Therefore, based on the description and phenomena described above, this study aims to examine whether there is a relationship between fathering and intimacy in dating in early adult women.

RESEARCH METHODS

According to Sugiyono (Tania & Nurudin, 2021) a research variable is defined as an attribute with alterations obtained from a subject, object, or activity that can be studied and examined to draw conclusions. In this study, there are two research variables: the independent variable and the dependent variable. For Sugiyono (Oktaviana & Kristinawati, 2022) the independent variable is the variable that influences or triggers changes in the dependent variable. Conversely, the dependent variable is defined as the variable that is influenced or becomes the result of the influence exerted by the independent variable.

Fathering is the father's involvement in childcare, which includes fulfilling the child's biological and emotional needs to support their growth and development and independence. Fathering is structured based on the dimensions outlined by Lamb & Tamis (2004), which include Engagement, Accessibility, and Responsibility .

A sample is a portion of the population's size and characteristics. The sampling technique used in this study is probability sampling with simple random sampling. According to Sugiyono (Sa'diyah, Hidayati, & Melinda, 2023) simple random sampling is a technique for randomly selecting samples from a population without considering the strata within the population. The criteria used by the researcher are:

1. Aged 18-25 years.
2. Early adult women in Medan city.
3. Currently in a relationship, at least 6 months.

In this study, the researcher determined the sample using the researcher conducted an A priori power analysis to determine the number of samples needed using the G*power application version 3.1.9.7. The data collection technique used to obtain data in this study was a psychological scale. A psychological scale is a series of items used to express a psychological attribute. In this distribution, it will be used via Google Form. The scale used by researchers in data collection is a Likert scale. The Likert scale is a data measurement technique in which respondents are asked to choose one answer according to their characteristics by providing answer choices between agreement or disagreement in each statement (Aberdeen, Rahardjo, & Sulistyani, 2024). In this study, the scales used were the fathering scale and the intimacy scale . To obtain data from respondents, researchers used a

Google Form. All items from both measurement tools were entered into the Google Form, then researchers created a link and barcode to make it easier for potential respondents to access the questionnaire. In finding respondents, researchers distributed questionnaires through social media such as WhatsApp and Instagram, sent messages to several chat groups, and asked for help from fellow researchers to fill out and distribute the questionnaires. The study was conducted from May 2, 2025 to May 17, 2025, among young adult women who were dating in Medan City.

Before hypothesis testing, normality and linearity tests were performed. The assumption test was used to determine whether the distribution of research data for each variable, namely fathering and intimacy, was normally distributed, and the linearity test was used to determine whether the variable data correlated linearly with the interaction variable data using SPSS 26.0 for Windows.

RESULTS AND DISCUSSION

Research Subject Overview

This research was conducted from May 2, 2025, to May 17, 2025, with 173 respondents. The respondents were young adult women aged 18-25, in a relationship for at least six months, residing in Medan. Once the data was collected, the researchers categorized it based on age, ethnicity, relationship duration, highest level of education, and employment status.

Respondent Description Based on Age

Table 1. Age

Age	N	Percentage
18	3	1.7%
19	8	4.6%
20	27	15.6%
21	49	28.3%
22	45	26.0%
23	25	14.5%
24	9	5.2%
25	7	4.0%
Total	**173**	**100%**

From the table above, it can be concluded that the respondents in this study, which amounted to 173 respondents, if categorized by age, are at the age of 18 years with a percentage of 1.7%, at the age of 19 years with a percentage of 4.6%, at the age of 20 years with a percentage of 15.6%, at the age of 21 years with a percentage of 28.3%, at the age of 22 years with a percentage of 26.0%, at the age of 23 years with a percentage of 14.5%, at the age of 24 years with a percentage of 5.2% and at the age of 25 years with a percentage of 4.0%.

Hypothesis Testing

The purpose of conducting a hypothesis test is to determine whether the research hypothesis is accepted or rejected, and also to determine the degree of closeness of the relationship between the two variables. In this study, the hypothesis test was conducted using Simple Linear Regression with the help of *the SPSS 26.0 program for Windows* . The results of this research hypothesis test can be seen in the table below.

Table 2. Hypothesis Test Results

R	R Square	Adjusted R Square	Std. Error of the estimate
0.204	0.042	0.036	13,732

Based on the table above, the coefficient of determination (R Square) is 0.042, which means that the influence of the independent variable (*Fathering*) on the dependent variable (*Intimacy*) is 4.2%, while the remaining 95.8% is influenced by other factors outside the research variables.

Table 3. T-Test Results

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	**Std. Error**	**Beta**	**t**	**Sig.**
1	(Constant)	94,988	4,530		20,969	.000
	F	.147	.054	.204	2,722	.007

a. Dependent Variable: I

Based on the table above, it can be concluded that in column B, the constant (a) is 94.988, while the *Fathering value* is 0.147. So the regression model equation can be written as follows:

Y = a + bX

Y = 94.988 + 0.147X

The equation shows that the *Fathering variable* (X) has a positive influence on *Intimacy* (Y). The constant (a) of 94.988 indicates that if there is no influence from the *Fathering variable* , the *Intimacy value* will be at 94.988. The regression coefficient of 0.147 indicates that every one unit increase in the *Fathering variable* will increase the *Intimacy score* by 0.147 points.

Thus, it can be concluded that there is a positive relationship between *Fathering* and *Intimacy* , which means that the higher the father's involvement (*Fathering*), the higher the level of intimacy *felt* by the individual.

Discussion

This study aims to identify the influence of *Fathering* on Dating *Intimacy* in Early Adult Women in Medan City. This study consists of two variables, namely *the Fathering variable* and *the Intimacy variable* . The method used in this study is a quantitative method with data

analysis techniques using simple linear regression. The data obtained are based on the results of distributing questionnaires using *Google Forms* to early adult individuals as respondents of this study. Although the coefficient of determination (*R Square*) in this study is only 0.042 or 4.2%, it still shows a significant influence of fathering on intimacy. This means that 4.2% of the variation in intimacy can be explained by father involvement, while the rest is influenced by other factors not examined in this study.

Factors influencing intimacy in dating relationships are not limited to the father's involvement, but also include the individual's relationship with the mother, past experiences, and interpersonal communication skills. One past experience that significantly influences an individual's ability to build and maintain intimacy is the quality of attachment formed during childhood. A secure attachment to a primary caregiver, in this case the mother, provides a stable emotional foundation for individuals to establish interpersonal relationships in adulthood, including romantic relationships. This is in line with the opinion of Agusdwitanti et al. (Muchlisah & Murdiana, 2024) who stated that attachment experiences in childhood play a crucial role in determining relationship patterns and an individual's capacity to establish emotional closeness with others later in life.

In this study, intimacy is understood as an individual's ability to establish close relationships, based on trust, openness, and emotional closeness with a partner. Hatfield and Rapson (1994) explain that intimacy is formed through several key aspects: love *and affection* , trust , self *-disclosure* , and nonverbal communication. Of these four aspects, *self-disclosure* has the most significant influence on the formation of intimacy in a dating relationship.

David (Lupitasari, Oktaviana, Rahmasari, & Darmawanti, 2025) suggests that there are three main factors that influence intimacy in interpersonal relationships, namely attachment style, similarity, and self-disclosure. First, attachment style plays an important role in forming emotional closeness with others. David (2012) classifies attachment styles into four types, namely: (1) *secure attachment* , where individuals feel comfortable in close relationships and can rely on and be trusted by their partners; (2) *preoccupied attachment* , where individuals have a high need for closeness but are anxious about acceptance from their partners; (3) *dismissive attachment* , where individuals tend to maintain emotional distance and feel they do not need close relationships; and (4) *fearful attachment* , where individuals desire close relationships but have a fear of rejection and being hurt. Second, similarity *is* also an important factor in the formation of intimacy. John (2011) states that many individuals are attracted to people who have similar attitudes, values, and lifestyles. This is due to the need for consensual validation *and* the human tendency to avoid things that are unfamiliar. Shared values and attitudes make it easier for individuals to predict each other's behavior and increase comfort and enjoyment in interactions. In intimate relationships, partners generally share many similarities, both in interests and perspectives, which makes the relationship more satisfying and fulfilling. Third, self *-disclosure* is a crucial element in building intimate relationships. Holmes and Rempel (in David, 2012) state that deep, supportive relationships are intimate because they allow individuals to be known authentically and to feel accepted for who they are. In such relationships, there is a high level of trust, so individuals feel safe to open up without fear of losing their partner's

affection. This concept is supported by Sidney Jourard (in David, 2012), who states that self-disclosure is key to building healthy and strong intimacy.

Research conducted by Sherisa and Tiara (Selfilia Arum Kristanti & Eva, 2022) shows a positive and significant relationship between *self-disclosure* and satisfaction in romantic relationships. This positive relationship indicates that increased *self-disclosure* will be followed by increased relationship satisfaction, and vice versa. This shows that an individual's openness in expressing personal thoughts, feelings, and experiences to a partner is an important foundation for building emotional intimacy. According to Reis and Shaver (1988), the growth of intimacy in a relationship is not only influenced by the extent to which individuals engage in *self-disclosure* , but also by how partners respond to that openness. The reciprocal interaction that occurs in the process of self-disclosure is a crucial element in creating and maintaining intimacy in romantic relationships.

In the *fathering variable* , Lamb and Tamis-LeMonda (Sophia Shearly, 2024) suggested that there are three main aspects that shape father involvement: *engagement* (direct involvement in children's activities), *accessibility* (the father's availability to the child), and *responsibility* (the father's responsibility for the child's well-being). Among these three aspects, *responsibility* is the most dominant dimension in reflecting the level of father involvement. This shows that father involvement is not only demonstrated through physical presence alone, but also through concrete forms of responsibility in caring for and meeting the child's developmental needs.

A similar explanation is put forward by Gitta (Nofembri, Fitria, & Radyuli, 2021) who states that paternal involvement encompasses more than just positive interactions with children. Involved fathers show concern for their children's development, create warm and comfortable relationships, and are able to understand and accept their children as they are. Optimally carried out by fathers in their parenting roles significantly contributes to children's development in various aspects of life. Allen and Dalyemphasized that active paternal involvement in parenting is positively correlated with children's development, including cognitive, emotional, mental, and social aspects. Children who have highly involved fathers tend to show better developmental outcomes compared to children whose fathers are not actively involved in the parenting process.

The influence of *fathering* on *intimacy* in dating relationships is positive. This statement is supported by research findings showing that the higher the level of *fathering* an individual receives, the higher the level of *intimacy* they experience in their dating relationships, particularly in young adult women. Conversely, if the level *of fathering* is low, the individual's tendency to establish an intimate and trusting relationship with their partner also decreases. The results of the data analysis in this study reinforce these findings, where a positive correlation was obtained between *fathering* and *intimacy* . This indicates that an optimal father's role in parenting, both in terms of direct involvement, availability, and responsibility, contributes significantly to an individual's ability to build emotional closeness, self-disclosure, and trust in romantic relationships.

CONCLUSION

This research examines the influence of *fathering* on *intimacy* . Therefore, the aim of this study is to provide an empirical overview of the extent of *fathering's influence* on *intimacy* in

early adulthood in Medan. In this section, the researcher will outline the conclusions, which include a summary of the research, as well as methodological and practical suggestions for further research. Based on the analysis of the data obtained in this study, several conclusions can be drawn:

1. This study shows that the coefficient of determination or R square value for the quarter life crisis variable on subjective well-being is 0.042, which means that the influence of the independent variable (*Fathering*) on the dependent variable (*Intimacy*) is 4.2%.
2. Based on the descriptive research data, it can be seen that the *fathering scale* has an empirical mean of 81.64, where this result is obtained through the calculation of the score given by respondents from the measuring instrument and the hypothetical mean of 70. Therefore, because the empirical mean result *of fathering* is above the hypothetical mean, overall *fathering* of early adult women in Medan City is quite high.
3. Based on the descriptive research data, it can be seen that the intimacy scale has an empirical mean of 107.04, where this result is obtained through the calculation of the score given by respondents from the measuring instrument and the hypothetical mean of 82.5. Therefore, because the empirical mean *of intimacy* is above the hypothetical mean, overall, *the intimacy* of early adult women in Medan City is quite high.

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