

ABSTRAK

Memahami *Parenting Self Efficacy* pada Bapak Rumah Tangga melalui Cerita dan Foto serta Tinjauannya dalam Islam

Kondisi bapak rumah tangga di Indonesia masih dianggap kurang lazim. Salah satu tantangan yang dihadapi bapak rumah tangga adalah saat mengasuh anak karena pengasuhan anak di Indonesia lebih dominan dilakukan istri. Penelitian ini bertujuan memahami pengalaman dan penghayatan bapak rumah tangga mengenai *parenting self efficacy*. Penelitian ini dilakukan dengan pendekatan kualitatif, desain fenomenologi, serta metode pengumpulan *photovoice* dan *photo elicitation*. Partisipan penelitian ini terdiri dari 10 bapak rumah tangga yang dipilih melalui *purposive sampling*. Berdasarkan narasi mengenai pengalaman sebagai bapak rumah tangga yang dihimpun dari 10 orang tersebut, terdapat dua partisipan yang secara dominan mengemukakan cerita yang mengandung tema *parenting self efficacy*. Data dalam penelitian ini dianalisis menggunakan *interpretative phenomenological analysis* (IPA). Terkait *parenting self efficacy*, temuan penelitian ini menunjukkan, partisipan merasa bangga dengan statusnya sebagai bapak rumah, merasa dirinya lebih kompeten mengasuh anak dibandingkan istri maupun suami-suami yang tidak menjalani peran sebagai bapak rumah tangga. Meski demikian, partisipan tetap merasa dirinya masih perlu memperbaiki diri dengan terus belajar mengenai pengasuhan anak sepanjang hayat. Dalam perspektif Islam, orang tua, terutama ayah, memiliki kewajiban dalam mendidik anak dengan pendidikan Islami serta menjadi teladan bagi anak sesuai dengan syariat Islam. Hasil dari penelitian ini diharapkan dapat menjadi referensi bagi pihak-pihak terkait untuk meningkatkan kompetensi dan kesejahteraan bapak rumah tangga.

Kata kunci: Bapak Rumah Tangga, Fenomenologi, *Parenting Self Efficacy*, *Photovoice*, *Photo-Elicitation*.

ABSTRACT

Understanding Parenting Self-Efficacy in Stay-at-Home Fathers through Narrations and Photos and Its Review in Islam

The condition of stay-at-home fathers in Indonesia is still considered uncommon. One of the challenges faced by stay-at-home fathers is when it comes to raising children, as child-rearing in Indonesia is predominantly carried out by mothers. This research aims to understand the experiences and perceptions of stay-at-home fathers regarding parenting self-efficacy. This research was conducted using a qualitative approach, phenomenological design, and the methods of photovoice and photo elicitation. The participants in this study consisted of 10 stay-at-home fathers selected through purposive sampling. Based on the narratives about the experiences of being a stay-at-home fathers gathered from those 10 individuals, there are two participants who predominantly shared stories containing the theme of parenting self-efficacy. The data in this study were analyzed using interpretative phenomenological analysis (IPA). Regarding parenting self-efficacy, the findings of this study indicate that participants feel proud of their status as stay-at-home fathers, believing themselves to be more competent in raising children compared to their wives or husbands who do not take on the role of stay-at-home fathers. Nevertheless, participants still feel that they need to improve themselves by continuously learning about lifelong parenting. In the Islamic perspective, parents, especially fathers, have the duty to educate their children with Islamic teachings and to serve as role models for their children in accordance with Islamic law. The results of this research are expected to serve as a reference for relevant parties to enhance the competence and well-being of household fathers.

Keywords: Parenting Self-Efficacy, Photovoice, Photo-Elicitation, Phenomenology, Stay-at-Home Fathers