



## FATHERING PATTERNS OF TEENAGERS TOWARDS CHILDREN WITH STUNTING AMONG THE BAJO TRIBE

Rismanudin<sup>1</sup>, Muhammad Syahrul Alam<sup>1</sup>, Wiwiek Hidayati Jaya<sup>1</sup>, Wahyuni Hafid<sup>2</sup>

<sup>1</sup>Departemen of Nursing, Universitas Famika, Grand Central BTP. 12, Tamalanrea, Makassar, Sulawesi Selatan 90222, Indonesia

<sup>2</sup>Departemen of Midwifery, Universitas Famika, Grand Central BTP. 12, Tamalanrea, Makassar, Sulawesi Selatan 90222, Indonesia

\*[Rismanudin171095@gmail.com](mailto:Rismanudin171095@gmail.com)

### ABSTRACT

Being a teenage father presents several challenges, including unpreparedness, shifting expectations, and uncertainty about the future. This study explores the life experiences of teenage fathers from the Bajo community who are raising children diagnosed with stunting. This study aims to understand how they navigate the complexities of early parenthood. This study adopts a qualitative approach using phenomenological methods. In a qualitative approach, the researcher acts as the main instrument of research. The study involved 12 participants, namely fathers of adolescents experiencing stunting. Data was collected through interviews and analyzed using Amadeo Georgie's data analysis method. Findings indicate that although many teenage fathers initially feel unprepared for their parental responsibilities, the desire to provide a better life for their children and families serves as a strong motivator. One of the most significant challenges is uncertainty about the future, particularly regarding financial stability and relationships with partners. Social support from family, community, and cultural traditions plays an important role in helping teenage fathers overcome these challenges. This support system not only offers emotional and financial assistance but also guidance in adapting to their new roles. Understanding the experiences of these teenage fathers is important for developing empowerment efforts and ensuring the well-being of fathers and children in the Bajo tribe.

Keyword: family dynamics; father's role; parental responsibility; social support; stunting

### INTRODUCTION

Stunting is one of the most pressing global public health issues, especially in low- and middle-income countries. According to the World Health Organization (WHO, 2023), More than half (55%) of stunted children worldwide are from Asia, while 39% are from Africa. In Asia, South Asia has the highest proportion (58.7%), followed by Southeast Asia (14.9%) (Islam et al., 2025). Indonesia ranks third in Southeast Asia Regional (SEAR) in terms of stunting prevalence, making it a significant concern for national health and human development (Shyntia et al., 2022). The 2018 Basic Health Research Report reveals an upward trend in the prevalence of stunting in Indonesia, increasing from 24.2% in 2017 to 29% in 2021-2023 (Badan Pusat Statistik Sulawesi Tengah, 2023). In 2023, the total population of Banggai Kepulauan Regency was recorded at 73,100 people (Badan Pusat Statistik Sulawesi Tengah, 2023), with 64.6% of them aged 0-4 years. The prevalence of stunting in Banggai Laut Regency reached 27.7%. According to data from the Lantibung Community Health Center in Bangkukung District, Banggai Laut Regency, between January and June 2024, there were 161 births, with 16 babies identified as stunted.

Stunting is influenced by various interrelated factors, including inadequate nutrition, low maternal education levels, lack of exclusive breastfeeding practices, history of infectious diseases, environmental sanitation conditions, and parenting styles (Katmawanti et al., 2024). Existing research on the Bajo tribe has identified exclusive breastfeeding, parental education levels, and household income as significant determinants of stunting in children aged 24-59

months (Garina et al., 2024). However, the problem of stunting goes beyond nutritional deficiencies; it is also closely linked to the high prevalence of early marriage (Prasetya et al., 2023).

Teenage fathers often struggle with their responsibilities due to their lack of experience and society's expectations of traditional fatherhood, which can result in their limited involvement in raising their children. These challenges are exacerbated by socioeconomic burdens and the absence of supportive family structures (Rantho & Matlakala, 2021). Many young fathers may find themselves unprepared to handle the responsibilities of parenting, making it difficult for them to meet their children's nutritional and healthcare needs. As a result, stunted children in these households remain at risk of continued developmental delays, affecting their physical and cognitive growth (Seko & Mosha, 2024).

Becoming a father among teenagers is a growing social phenomenon with far-reaching implications, particularly with regard to child health and nutritional well-being (Rathi et al., 2024). Although fathers' involvement in parenting is widely recognized as important for child development, research on adolescent fathers remains scarce (Fauzana, 2023). Existing research has been limited and has mostly focused on the role of mothers in raising children, while the contribution of fathers, especially adolescent fathers, has been neglected. This research gap is particularly evident in studies on stunting among the Bajo tribe, where the role of young fathers in caregiving remains under-explored (Fávaro et al., 2019).

Given the importance of stunting as a key indicator of public health and human development, a deeper understanding of adolescent fathers in this context is needed. Research on the parenting experiences of adolescent fathers can provide important insights into their challenges, coping strategies, and the broader sociocultural factors that influence their role (Collins et al., 2021). In addition, these findings may help design more effective interventions to support young fathers in their parenting responsibilities, which ultimately contributes to better health outcomes for their children (Cimino et al., 2024). Data from the Lantibung Community Health Center in Bangkukung District, Banggai Laut Regency, from January to June 2024, shows that 12 of 36 stunted babies were born into families where early marriage had occurred. These statistics highlight the direct correlation between early marriage and child stunting, further underscoring the need for targeted research in this area.

The persistently high prevalence of stunting, particularly among children born to families involved in early marriage, is a critical public health issue that demands urgent attention (A. B et al., 2022). The role of parenting, especially teenage fathers, plays an important role in determining the outcome of stunting in children. However, limited emotional maturity and inadequate parenting knowledge among teenage fathers pose significant challenges, often exacerbating the risk of stunting (Adyani & Realita, 2023). Initial findings from fathers of stunted children indicate that they face various obstacles in their parenting roles. These include socioeconomic pressures, limited family and community support, and inadequate awareness of child nutrition and health. These obstacles have a negative impact on overall parenting quality, potentially reinforcing the risk of stunting (Yulastini et al., 2022).

Despite the important role of fathers in early childhood development, research on adolescent fathers in the Bajo tribe is still scarce. Most research on stunting focuses on child development in general without examining the specific challenges and responsibilities faced by adolescent fathers. As a result, little is known about how young fathers in this cultural context navigate their parenting roles and how their involvement affects the health and nutritional status of their children. Therefore, the purpose of this study is to explore the life experiences of adolescent fathers in caring for stunted children in the Bajo tribe.

This study aims to explore the experiences of individuals who become parents at a young age, focusing on how they cope with and adapt to the complex challenges of everyday life. The transition to parenthood at a young age is often accompanied by significant psychological, social, and economic pressures. Therefore, it is important to understand the dynamics of their lives, including how they manage their responsibilities as parents, build relationships with their partners and families, and adapt to the demands of their environment. This study seeks to explore the adaptation strategies they develop, the social support they receive, and the barriers that influence the child-rearing process. By understanding these various aspects, it is hoped that the findings of this research can serve as a foundation for designing interventions or policies that are more responsive to the needs of young parents.

## METHOD

This study adopts a qualitative approach using phenomenological methods. In a qualitative approach, the researcher acts as the main instrument of research. The study involved 12 participants, namely fathers of adolescents experiencing stunting. Data was collected through interviews and analyzed using Amadeo Georgie's data analysis method. The results of the study are presented in the form of descriptive data, including verbal notes and observed behavior of the research subjects. The phenomenological method was used to explore the meaning of individual experiences related to a particular concept.

## RESULT

This study involved in-depth interviews with twelve teenage fathers, each lasting approximately 30 to 40 minutes. Data validity was ensured through intensive engagement, triangulation techniques, and a comprehensive audit of the research process. Data were analyzed using a descriptive phenomenological approach according to Amedeo Giorgi. The analysis revealed key themes that describe the experiences of teenage fathers in caring for children with stunting in the Bajo community. Demographic information about the participants is presented in Table 1, with a total of 12 teenage fathers participating.

Table 1.  
Demographic Characteristics of Participants

Karakteristik Peserta	f	%
Gender		
Male	12	100
Age (year)		
15	2	16.67
16	1	8.33
17	6	50
18	3	25
Hometown		
Kota Banggai Laut	12	100
Living With		
Parents	12	100
Level of Education		
Junior High School	3	25
Senior High School	8	66.67
University/College	1	8.33

Table 2.  
Main Themes from Participants

No	Theme
1	Unpreparedness to face challenges compared to expectations in fulfilling the role of a father
2	Uncertainty about the future of children
3	Feeling support and cultural heritage as the main foundation in handling children who experience stunting

### **Theme 1: Unpreparedness to face challenges compared to expectations in fulfilling the role of a father.**

Teenage fathers in the Bajo community face significant challenges due to their physical, emotional, social, and economic unpreparedness to take on the role of head of the family. Feelings of unpreparedness generally arise from forced circumstances, rather than mature readiness. They experience internal pressures in the form of confusion and anxiety, as well as external pressures from cultural norms and social expectations, particularly regarding gender roles and financial responsibilities. Limited knowledge about child nutrition and health exacerbates this situation, as evidenced by a lack of understanding about stunting. Despite this, participants demonstrate active efforts to learn, seek information, and accept advice from those around them. The aspiration to become better fathers and provide a decent future for their children serves as a strong source of motivation. Their unpreparedness does not deter their determination to adapt and grow through experience.

### **Theme 2: Uncertainty About Children's Future**

Young fathers in the Bajo community face significant psychological pressure due to uncertainty about the future, especially in terms of their responsibilities as heads of households at a young age. Economic instability, low levels of education, and limited access to health services exacerbate their concerns about their children's well-being, particularly in relation to stunting and malnutrition. Additionally, social norms and cultural expectations amplify the burden of their role as breadwinners. However, emotional support from their partners serves as a primary source of strength, helping them endure and fulfill their roles as parents. The complexity of these issues underscores the importance of comprehensive interventions, ranging from education, family economic empowerment, to health literacy, to create a more stable and healthy future for young families in coastal communities like Bajo

### **Tema 3: Feeling support and cultural heritage as the main foundation in handling children who experience stunting**

Social support, collectivist values, and local traditions play a significant role in child rearing in the Bajo community, particularly in addressing the challenges of stunting. Extended families and the surrounding community often provide support, both material and emotional, to young fathers who are still adapting to their role as heads of households. Although the primary responsibility for childcare often falls on mothers, the involvement of fathers and relatives remains crucial in creating an environment that supports children's growth and development. However, limited knowledge about child nutrition and health is a serious obstacle to stunting prevention efforts. The influence of local traditions also creates a dilemma when traditional practices conflict with medical advice. On the other hand, some fathers are becoming more open to modern approaches that can be combined with local cultural practices. This situation highlights the importance of the state's role in providing health education, nutrition-based childcare training, and financial support for vulnerable families. A collaborative approach that integrates cultural values, family roles, and public policy is key to optimizing childcare in order to prevent stunting in Bajo communities in a sustainable manner.

## DISCUSSION

In-depth interviews revealed that teenage fathers in the Bajo community experience an internal dilemma between feelings of unpreparedness and high expectations regarding their role as parents. This dilemma arises from various aspects of life, including psychological, emotional, financial, and social dimensions. Psychologically, many teenage fathers feel unprepared to take on the role of head of the family, which aligns with Erikson's psychosocial development theory, which suggests that adolescence is a period of identity exploration and searching for life direction. Teenagers have not fully internalized adult roles, making the burden of responsibility, such as raising children and providing for the family, feel overwhelming and even intimidating (Astuti et al., 2021). This unpreparedness is often exacerbated by the absence of role models, especially in societies undergoing rapid social and economic transformation (Schmitz & Tyler, 2017). Emotional unpreparedness was evident as participants expressed difficulty in managing stress, anxiety, and pressure associated with their new roles as fathers. Some participants acknowledged a desire to continue enjoying their youth and freedom before facing the challenges of parental responsibility. They acknowledged their limited experience and knowledge in raising children, often leading to feelings of overwhelm. Research in developmental psychology shows that the transition from adolescence to young adulthood is often accompanied by high emotional stress, especially when drastic social role changes occur without adequate preparation (Philpott, 2023).

Financial instability further reinforces this sense of unpreparedness. Many teenage fathers do not have stable jobs or sufficient income to meet their families' basic needs, often relying on informal work or financial assistance from extended family members. This dependence fuels anxiety about their ability to provide a decent life for their children and partners. Previous studies have highlighted economic factors as one of the main stresses of being a teenage father, reinforcing the idea that financial insecurity contributes significantly to the challenges faced by young fathers. Economic instability also increases stress levels, potentially straining relationships with partners and children (Rantho & Matlakala, 2021).

Social pressure from the surrounding community also plays an important role in shaping the attitudes and readiness of teenage fathers (Uengwongsapat et al., 2018). The Bajo community, which upholds collective cultural values, often imposes societal expectations on young men to conform to traditional fatherhood roles. While these expectations can serve as motivation, they also create psychological burdens, forcing adolescent fathers to quickly adapt to their new responsibilities even as their developmental transition is still underway (Hernández-Quirama et al., 2025; Khuzwayo et al., 2020).

Despite these challenges, the fathers showed a strong sense of hope and determination to provide a better future for their children. Hope serves as a key motivator in overcoming limitations. Positive psychology research links hope to an individual's belief in setting and achieving goals despite adverse circumstances (Cohen-Chen & Pliskin, 2024). Participants revealed that their desire to see their children grow up healthy and successful motivated them to adapt and seek solutions, even in the face of many obstacles (Pleeging et al., 2022).

The cultural values and local wisdom of the Bajo community further reinforce this sense of hope. The support of extended family and community offers a sense of security and confidence among teenage fathers (Collins et al., 2021). The communal emphasis on the father's role as protector and provider encourages them to embrace their responsibilities, with the hope that experience and knowledge will accumulate over time to compensate for initial shortcomings. In Bajo culture, mutual assistance and community support act as social mechanisms that help individuals adjust to life transitions (Yohanes Kristiawan Artanto, 2021).

Although adolescent fathers in the Bajo community experience various forms of unpreparedness, their strong desire to fulfill their parental roles serves as a major driving force for resilience and adaptation. The interaction between unpreparedness and desire reflects the complexity of role transitions among adolescent fathers and underscores the importance of social and cultural support in navigating these challenges (Collins et al., 2021; van de Beek et al., 2025).

Another important theme that emerged from this study was the uncertainty felt by teenage fathers about their future. This uncertainty encompasses economic, educational, and social dimensions in the context of the family and the wider community. These factors interact and reinforce the uncertainty experienced by teenage fathers as they strive to build stability in their family lives (Botero-Botero, León Dario; Castrillón-Osorio, 2015; Rantho & Matlakala, 2021).

Economically, many teenage fathers struggle to find stable employment with adequate income (Nirmalasari, 2020). Limited access to formal education and vocational training serves as a major barrier, hindering their ability to compete in an increasingly competitive job market (Fitriani, 2019). Many participants work in the informal labor sector, such as fishing or manual labor, which often results in inconsistent income. Economic instability increases concerns about providing for their families, including food security, children's education, and health care (Anhusadar & Kadir, 2023). The global economic situation and the limited resources available in the Bajo community further exacerbate these concerns (Herman & Anhusadar, 2022). Previous studies have shown that teenage fathers are at higher risk of experiencing significant psychological and financial challenges, which can impact family well-being and child development.

Uncertainty also extends to access to education and skills development (Arif et al., 2020). Many teenage fathers do not have the opportunity to complete formal education, creating a skills gap that prevents them from getting better jobs (Tukan & Lemba, 2019). This deficiency not only affects their economic prospects but also influences their self-confidence and social roles (Siskawati Thaib, 2017). Some participants expressed a desire to continue vocational training or further education but faced financial constraints and limited access to information. Low educational attainment correlates with limited social and economic opportunities, making adolescent fathers more vulnerable to long-term economic instability. These findings reaffirm the important role of education in shaping the future of adolescent fathers and their families.

Teenage fathers often struggle with societal acceptance as responsible heads of households (Fauzana, 2023). Despite their willingness to participate actively in family life, societal stigma associated with their age and lack of experience often results in them being viewed as inadequate by their communities (Insan, 2021). This stigma stems from the traditional belief that individuals must undergo a prolonged maturation process before being fully recognized as competent parents. In the Bajo community, the expectation that men should be the primary providers intensifies the social pressure they face. The psychological impact of this uncertainty is profound, leading to increased levels of anxiety and stress among adolescent fathers (Wibowo, 2020). Research shows that immaturity in parenting among teenage fathers can lead to higher levels of anxiety compared to older fathers.

Some teenage fathers in the Bajo community have begun to adopt adaptive strategies to cope with future uncertainty, such as looking for work, joining skills training programs, and consulting with experienced family or community members (Fauzana, 2023). These efforts

are supported by strong social networks that offer material assistance and emotional support, in line with social capital theory, which highlights the role of community ties in enhancing individual resilience. Despite ongoing challenges, some young fathers are also learning better financial management and participating in local entrepreneurship and literacy programs (Lekatompessy et al., 2023). These signs of proactive adaptation indicate that with continued support from the government and social organizations, there is significant potential to improve the well-being and stability of adolescent fathers and their families (Matthew Biancalana and Shohei Koide, 2011).

## CONCLUSION

These findings reveal that while many teenage fathers feel unprepared to take on the responsibilities of parenthood, the desire to provide a better life for their children and families serves as a key motivating factor. Uncertainty about the future emerges as one of the most significant sources of stress, particularly regarding financial stability and relationships with their partners. Support from family and community, along with prevailing societal traditions, plays a crucial role in helping teenage fathers navigate these challenges. This support system not only provides emotional and financial assistance but also guidance in adapting to their new roles. Understanding the dynamics of teenage fathers is essential for developing targeted interventions and empowering support mechanisms for young fathers, ensuring their well-being and that of their children. Future research should further explore the long-term impacts of early fatherhood on personal development, family dynamics, and socio-economic mobility.

## REFERENCES

- A. B, A., Candra Devi, N., Oktavia Harahap, R., & Gita Ningrum, A. (2022). The Association Of Adolescent Pregnancy With Stunting Incidence In Child Under Five Years Old; Literatur Review. *Jurnal Sosial Dan Sains*, 2(11), 1241–1250. <https://doi.org/10.59188/jurnalsosains.v2i11.518>
- Adyani, K., & Realita, F. (2023). Penyuluhan Kesehatan Reproduksi Remaja pada Bina Keluarga Remaja sebagai Upaya Pencegahan Stunting. *Poltekita: Jurnal Pengabdian Masyarakat*, 4(2), 435–441. <https://doi.org/10.33860/pjpm.v4i2.1691>
- Anhusadar, L., & Kadir, A. (2023). Fathering dalam Pengasuhan Anak Usia Dini pada Masyarakat Suku Bajo. *Murhum : Jurnal Pendidikan Anak Usia Dini*, 4(1), 21–30. <https://doi.org/10.37985/murhum.v4i1.157>
- Arif, S., Isdijoso, W., Fatah, A. R., & Tamyis, A. R. (2020). Tinjauan Strategis Ketahanan Pangan dan Gizi di Indonesia: Informasi Terkini 2019-2020. In *The SMERU Research Institute*.
- Astuti, A. W., Hirst, J., & Bharj, K. K. (2021). Adolescent fathers' experiences in Indonesia: a qualitative study. *International Journal of Adolescence and Youth*, 26(1), 201–210. <https://doi.org/10.1080/02673843.2021.1901749>
- Badan Pusat Statistik Sulawesi Tengah, 2023. (2023). *Angka Stunting di Banggai Melonjak di Tahun 2023, Naik 4,8 Persen*. <https://palu.tribunnews.com/2024/05/06/angka-stunting-di-banggai-melonjak-di-tahun-2023-naik-48-persen>
- Botero-Botero, León Dario; Castrillón-Osorio, L. C. (2015). The Experience of Paternity in Adolescents. *Católica Del Norte*, 46(July), 14. <http://www.redalyc.org/articulo.oa?id=194242285008>
- Cimino, S., Tafà, M., & Cerniglia, L. (2024). Fathers as Key Figures Shaping the Foundations

- of Early Childhood Development: An Exploratory Longitudinal Study on Web-Based Intervention. *Journal of Clinical Medicine*, 13(23), 1–12. <https://doi.org/10.3390/jcm13237167>
- Cohen-Chen, S., & Pliskin, R. (2024). Hope: The experience and functions of a seemingly-positive group-based emotion. *European Review of Social Psychology*, 00(00), 1–36. <https://doi.org/10.1080/10463283.2024.2347815>
- Collins, S. P., Storrow, A., Liu, D., Jenkins, C. A., Miller, K. F., Kampe, C., & Butler, J. (2021). *Fatherhood from the Lens of Teenage Ilokano Fathers*. 3(2), 64–77.
- Fauzana, K. (2023). Dampak Keterlibatan Ayah dalam Pengasuhan Remaja: Sebuah Studi Literatur. *Happiness: Journal of Psychology and Islamic Science*, 7(1), 39–49. <https://doi.org/10.30762/happiness.v7i1.874>
- Fávvaro, J. D., Leão, A. M. de C., Ribeiro, P. R. M., & Zuin, L. F. (2019). Paternidade na adolescência: analisando seu significado, os desafios e suas consequências. *Revista Ibero-Americana de Estudos Em Educação*, 14(n. esp. 2), 1321–1338. <https://doi.org/10.21723/riaee.v14iesp.2.12582>
- Fitriani, E. (2019). Persepsi Masyarakat Bajo Tentang Pentingnya Pendidikan Formal Di Kelurahan Watolo Kecamatan Mawasangka Kabupaten Buton Tengah. *Jurnal Penelitian Pendidikan Geografi*, 4(1). <https://doi.org/10.36709/jppg.v4i1.5598>
- Garina, L. A., Dewi, M. K., Trusda, S. A. D., Purbaningsih, W., Mufliah, H., Tursina, A., Respati, T., & Rahimah, S. B. (2024). Maternal, Child, and Household Risk Factors for Children with Stunting. *The Open Public Health Journal*, 17(1), 1–11. <https://doi.org/10.2174/0118749445321448240823112908>
- Herman, H., & Anhusadar, L. (2022). Pendidikan Islam Anak Suku Bajo: Penelitian Lapangan pada Suku Bajo. *Jurnal Obsesi : Jurnal Pendidikan Anak Usia Dini*, 6(4), 2665–2676. <https://doi.org/10.31004/obsesi.v6i4.2266>
- Hernández-Quirama, A., Rivero-Rubio, C., & Linares-García, J. (2025). Significados de paternidad para jóvenes universitarios: cotidianidad, relaciones y cambios en proyecto de vida. *Revista Latinoamericana de Ciencias Sociales, Niñez y Juventud*, 19(1), 1–21. <https://doi.org/10.11600/rlcsnj.19.1.3924>
- Insan, H. M. (2021). Analisis Peran Ayah Terhadap Pengasuhan Anak Dalam Membangun Ketahanan Keluarga Sebagai Pondasi Ketahanan Nasional. *Siyasyatuna: Jurnal Hukum Tata Negara*, 1(1), 49–57.
- Islam, B., Ibrahim, T. I., Wang, T., Wu, M., & Qin, J. (2025). Current trends in household food insecurity, dietary diversity, and stunting among children under five in Asia: a systematic review. *Journal of Global Health*, 15. <https://doi.org/10.7189/jogh.15.04049>
- Katmawanti, S., Masfi, A., Aditya, R. S., Samah, D. A., Putri, F. R., Wahyuni, O. S., Rabbani, M. F., & Sari, P. D. (2024). The Relationship Between Breast Milk Coverage, Mother's Education Level, Sanitation Hygiene, and Infectious Diseases and Incidents Of Stunting In Toddler In Bangkalan District, East Java. *Preventia : The Indonesian Journal of Public Health*, 9(2), 115. <https://doi.org/10.17977/um044v9i22024p115-122>
- Khuzwayo, P. P., Douglas, M., & Mchunu, G. G. (2020). Developing Adolescent Boys Toward Adaptation of Male Sexual and Reproductive Health in Communities With Embedded Cultural Manhood Values. *American Journal of Men's Health*, 14(5).

<https://doi.org/10.1177/1557988320949342>

- Lekatompessy, S. K., Dimala, C. P., & Wulandari, C. R. (2023). Resilience in Emerging Adulthood Viewed from Social Support. *Psikoborneo: Jurnal Ilmiah Psikologi*, 11(4), 477. <https://doi.org/10.30872/psikoborneo.v11i4.12335>
- Matthew Biancalana and Shohei Koide. (2011). 基因的改变NIH Public Access. *Bone*, 23(1), 1–7. <https://doi.org/10.1177/0192513X10370110.How>
- Nirmalasari, N. O. (2020). Stunting Pada Anak : Penyebab dan Faktor Risiko Stunting di Indonesia. *Qawwam: Journal For Gender Mainstreaming*, 14(1), 19–28. <https://doi.org/10.20414/Qawwam.v14i1.2372>
- Philpott, L. F. (2023). Paternal perinatal mental health: progress, challenges and future direction. *Trends in Urology & Men's Health*, 14(5), 14–18. <https://doi.org/10.1002/tre.935>
- Pleeging, E., Exel, J. Van, & Burger, M. (2022). Characterizing Hope : An Interdisciplinary Overview of the Characteristics of Hope. In *Applied Research in Quality of Life*. Springer Netherlands. <https://doi.org/10.1007/s11482-021-09967-x>
- Prasetya, C. W., Amiruddin, N., Rafikri, R. M., Suwae, G. R. R., Sari, A., Safitri, A. B., & Pasaribu, J. F. (2023). Sosialisasi Pendewasaan Usia Perkawinan Sebagai Pencegahan Stunting Oleh Mahasiswa KKN Kolaboratif Kelompok 188 di SMP 3 Ledokombo Desa Sumbersalak Kecamatan Ledokombo Kabupaten Jember. *Jurnal Pemberdayaan: Publikasi Hasil Pengabdian Kepada Masyarakat*, 2(2), 101–105. <https://doi.org/10.47233/jpmitc.v2i2.1119>
- Rantho, K. M., & Matlakala, F. K. (2021). Psychological and socio-economic challenges faced by teen fathers: A narrative review. *Humanities & Social Sciences Reviews*, 9(5), 62–67. <https://doi.org/10.18510/hssr.2021.9510>
- Rathi, N., Kansal, S., & Worsley, A. (2024). Indian fathers are involved in nurturing healthy behaviours in adolescents: A qualitative inquiry. *BMC Public Health*, 24(1), 1–13. <https://doi.org/10.1186/s12889-024-17634-7>
- Schmitz, R. M., & Tyler, K. A. (2017). *HHS Public Access*. 402, 15–22. <https://doi.org/10.1016/j.childyouth.2016.02.026.Growing>
- Seko, M., & Mosha, I. (2024). Fathers' Involvement in Child Care Practices to Improve Stunting among Under-five Children in Sumbawanga Rural District, Rukwa Tanzania. *Eajahme*, 7(3). <https://doi.org/10.58498/eajahme.v7i3.68>
- Shyntia, F. D., Kurnia, A. S., & Dito, G. A. (2022). *Pendekatan Metode CHAID dan Regresi Logistik dalam*. 11(1), 48–58.
- Siskawati Thaib. (2017). Perkawinan Dibawah Umur (Ditinjau Dari Hukum Islam Dan Undang-Undang Nomor 1 Tahun 1974). *Lex Privatum*, 5(9), 48–56.
- Tukan, P., & Lemba, V. C. (2019). Komunikasi Interpersonal Orang Tua Dan Anak. *Jurnal Reinha*, 11(2), 19–30. <https://doi.org/10.56358/ejr.v11i2.29>
- Uengwongsapat, C., Kantaruksa, K., Klunklin, A., & Sansiriphun, N. (2018). Growing into teen fatherhood: a grounded theory study. *International Nursing Review*, 65(2), 244–253. <https://doi.org/10.1111/inr.12412>

- van de Beek, J., Petit-Steeghs, V., Hilverda, F., & Nieboer, A. P. (2025). Unraveling the threads of vulnerability and resilience: Young men's journey through unintended fatherhood. *Journal of Family Research*, 37, 26–42. <https://doi.org/10.20377/jfr-1038>
- WHO. (2023). *Levels and trends in child malnutrition: UNICEF/WHO/World Bank Group joint child malnutrition estimates: key findings of the 2023 edition*. <https://www.who.int/publications/i/item/9789240073791>
- Wibowo, S. E. (2020). Dampak Sosial dan Psikologis Pada Pasangan Pernikahan Dini (Studi Kasus Desa Air Balui Kecamatan Kemuning Kabupaten Indra Giri Hilir, Riau). *JIGC (Journal of Islamic Guidance and Counseling)*, 3(2), 115–130. <https://doi.org/10.30631/jigc.v3i2.36>
- Yohanes Kristiawan Artanto. (2021). *Bapongka, sistem budaya suku bajo dalam menjaga kelestarian sumber daya pesisir*. 12, 52–69.
- Yulastini, F., Hidayati, D. U., & Fajriani, E. (2022). Promosi Kesehatan 1000 Hari Pertama Kehidupan (Hpk) Sebagai Upaya Pencegahan Stunting Di Desa Perina Wilayah Kerja Puskesmas Bonjeruk. *SELAPARANG: Jurnal Pengabdian Masyarakat Berkemajuan*, 6(3), 1135. <https://doi.org/10.31764/jpmb.v6i3.10433>