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The Phenomenon of Father's Involvement in Stimulating Gross Motor Development Children Aged 3-6 Years in The Family Environment Pacitan City

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ABSTRACT
Gross motor development in early childhood is an important aspect that forms the foundation of physical and cognitive abilities. The process of stimulating growth and early childhood development requires support from both parents. This proves that the parenting process requires cooperation between mothers and fathers in order to produce good stimulation for children's growth and development. This study aims to describe and analyze the phenomenon of father's involvement pattern in providing gross motor stimulation and forms of stimulation provided as well as the perspective of parents regarding this role in the family environment. This study uses descriptive qualitative with a case study method. The subjects of the study were 15 parents who had children aged 3-6 years in the Pacitan City area using the purposive sampling technique. Data were collected through participatory observation, in-depth interviews and documentation of father-and-son play activities. Data analysis is carried out through data reduction, data presentation and conclusion drawn. The results of the study showed that the intense physical involvement of the father such as throwing and catching the ball and activities outside the house were specifically the main characteristics of the stimulation given by the father. Dominant fathers use a challenging, low-risk, and interactive style of play. It has been shown to be effective in spurring coordination of movement and the strength of children's large muscles. Most parents have a positive view of the involvement of fathers in having a significant impact on increasing confidence, courage in taking risks, gross motor maturity of children and complementing the role of mothers which focus more on fine motor activities and child care. The conclusion of this study is that strengthening the role of a father in providing gross motor stimulation for children aged 3-6 years needs to be a special concern in early childhood parenting education

Keywords: paternal involvement, gross motor stimulation, early childhood, family environment

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INTRODUCTION

Early childhood is a group of children who are in a unique growth and development process with special patterns according to their growth and development (Rahnang et al., 2022). In this period, it is often referred to as the golden age, this is the development of the child's brain developing very rapidly and all aspects of development, namely physical, motor, social-emotional, language, cognitive, moral and artistic aspects, are formed (Adatul'aisy et al., 2023).

Regulation of the Minister of Education and Culture Number 137 of 2014 concerning National Standards for Early Childhood Education. Early Childhood Education Standards, hereinafter referred to as Early Childhood Education Standards, are criteria for the management and implementation of early childhood education in all jurisdictions of the Unitary State of the Republic of Indonesia. Permendikbud 137 of 2014 concerning National Standards for Early Childhood Education emphasizes that the Early Childhood Education Standards consist of Child Development Achievement Standards, Content Standards, Process Standards, Assessment Standards, Standards for Educators, and Education Personnel, Standards for Facilities and Infrastructure, Management Standards and Financing Standards. Early childhood education standards aim to ensure the quality of early childhood education in order to provide a foundation for educational stimulants in assisting growth and development, both physically and spiritually in accordance with the level of achievement

of child development, optimizing children's development in a holistic and integrative manner, and preparing for the formation of children's attitudes, knowledge, and skills (Rosmayati et al., 2021).

Parenting is the attitude of parents in interacting with their children. Providing good parenting needs to be done, especially in early childhood, especially those between the ages of 3-6 years because at this time the child's five senses are still in the sensitive period. At this time, symptoms of delinquency appear (Handayani, 2021). Parents need to provide proper parenting during this period, because this is a period of formation for children (Dhiu et al., 2023). Parental parenting for children is actually a form of communication or interaction between children and parents during parenting, which means that is where the role of parents is in educating, guiding, and disciplining children to reach maturity in accordance with the norms that apply in the community (Brantasari, 2022).

Early childhood, namely the age of 0-6 years, experiences rapid growth and development in all aspects of development. This also includes gross motor. Gross motor development includes the ability to control and coordinate the movement of large muscles such as running, throwing, jumping, as well as children's independence and school preparation (Suryadin & Wahyuningsih, 2023). Parenting is often associated as a mother's role only, while father's role focuses on providing financial facilities (Ambarwati, 2024). However, as the habits of modern society develop, it shows that quality father's involvement has a positive impact that will affect all aspects of child development, especially in the aspects of cognitive, social, economic, and physical development.

Father's parenting style in stimulating gross motor development through interaction styles tends to be more challenging. Fathers usually use the rouh and tumble play technique, which is to provide a different stimulus than a mother (Nurjanah et al., 2023). This type of technique used encourages a child to test physical limits, improve coordination, balance and develop emotional regulation and social skills (Hardiningrum et al., 2024). Departing from this phenomenon, this study seeks to explore in depth how the phenomenon of father's involvement in gross motor stimulation in early childhood actually occurs in the family context.

The urgency of research on father involvement in stimulating gross motor development in children aged 3–6 years in the family environment in Pacitan City lies in the lack of attention to the role of fathers in the growth and development of early childhood, especially in physical aspects that require motor activity support. Until now, the responsibility of childcare has been mostly borne by mothers, while fathers tend to play the role of breadwinners. This situation has resulted in suboptimal motor stimulation for children, even though the involvement of fathers through physical activities with their children has been proven to contribute greatly to the development of coordination, balance, courage, and self-confidence in children. Therefore, this study is important to provide an empirical description of the patterns of father involvement in Pacitan society, the factors that influence it, and its impact on child development, so that it can be used as a basis for developing more inclusive educational programs and family policies with a perspective of equality in parenting roles.

METHOD

This research uses a qualitative approach with a case study design. This design was chosen to obtain an in-depth and holistic description of the phenomenon of paternal involvement patterns in gross motor stimulation in early childhood in the context of the family environment. The subjects of this study were 15 parents (father and mother) and their children aged 3-6 years in Pacitan City. The selection of subjects used purposive sampling techniques with the following criteria: (1) The father works as a full-time worker, (2) The father lives in the same house with the child, (3) The child does not have a history of motor developmental disorders.

Data collection techniques use participatory observation, in-depth interviews and documentation. This study uses the data analysis of the Miles and Huberman model, namely using data reduction by summarizing, selecting main points and focusing data from the results of observations and interviews, data presentation, namely presenting data in the form of descriptive narratives, and drawing conclusions (Asipi et al., 2022).

FINDING AND DISCUSSION

Results

Forms and Patterns of Father Involvement in Children's Gross Motor Stimulation

The results of the study show that the form of father's involvement in stimulating the gross motor development of children aged 3-6 years in Pacitan City is very diverse, but most of them are still situational and not routine. The activities carried out are generally in the form of simple physical activities and active games outside the home, such as running, playing football, cycling, or taking children for a morning walk. Dad's involvement usually happens in his spare time in the afternoon or on weekends, when he's not working. This pattern of involvement suggests that fathers play more of a role as a play companion than as a designer of planned stimulation activities.

Some fathers show spontaneous involvement, which is to engage in the child's physical activity when the opportunity arises, without special planning. For example, when the child asks to be invited to play soccer or when the father comes home from work. A small percentage of fathers (about 25%) have a structured and consistent pattern of engagement, such as scheduling cycling with their children every weekend or teaching children basic motor movements such as jumping, throwing, and kicking balls repeatedly. This pattern of involvement generally appears in fathers who have a high awareness of the role of parenting and a close emotional relationship with the child.

In addition to playing outside the home, some fathers also stimulate children's gross motor skills through light household activities such as helping to sweep the yard, washing vehicles, or gardening. This activity not only trains children's physical strength and coordination, but also instills the value of responsibility and togetherness. Although the frequency is not high, this kind of activity is a form of positive interaction between father and son in the family environment.

In general, these results show that the involvement of fathers in gross motor stimulation in Pacitan is still oriented towards recreational activities, not planned parenting. However, involvement in any form still makes an important contribution to children's development, especially in building confidence, coordination skills, and emotional relationships between father and child.

Table 1. Forms and Patterns of Father's Involvement in Gross Motor Stimulation of Children Aged 3–6 Years in Pacitan City

No	Forms of Parental Involvement	Activity Description	Frequency	Involvement in Implementation	Impact on Children
1.	Play ball, run, or bike	Dad takes the children to play ball in the yard, bike in the afternoon, or go for a little run together	Often done on weekends or evenings	Outdoor recreational activities	Train balance, leg muscle strength, and body coordination
2.	Morning walk or light exercise	Father and son walk around the house in the morning or participate in family gymnastics	1–2 times per week	Done on holidays	Increase stamina and emotional closeness
3.	Simple household activities	Children are invited to sweep the yard, wash the motorbike, or garden with the father	Sometimes, depending on the situation	Daily activities at home	Train the child's physical resilience and responsibility
4.	Teach basic motor movements	Dad taught me how to jump, throw a ball, or climb safely	Regular (1–2 times a week) for	Planned activities at home	Develop children's

No	Forms of Parental Involvement	Activity Description	Frequency	Involvement in Implementation	Impact on Children
			active fathers		coordination skills and courage
5.	Active play with family	Father, mother, and child play together in the living room or garden	Not routine, depending on free time together	Family activities in leisure time	Strengthen family relationships and children's confidence

From the findings in Table 1, it can be concluded that the form of father's involvement in Pacitan City is still dominated by spontaneous activities and simple games. Although these activities are not always systematically planned, they still have a high stimulating value for children's gross motor development. Varying levels of intensity indicate a gap between awareness of the role of the father and the practice of real involvement, which is an important basis for educational interventions in improving the quality of the role of the father in the family environment.

Factors Affecting Father's Involvement in Stimulating Children's Gross Motor Development

The results show that the level of father's involvement in stimulating children's gross motor development in Pacitan City is influenced by various internal and external factors. These factors form a complex pattern between individual awareness, working conditions, family support, and the cultural values that prevail in society.

In terms of internal factors, field findings show that awareness of the role of parenting and emotional closeness to children are the main determinants of father's involvement. Fathers who have a positive perception of the importance of playing with children tend to be more active in stimulating children's motor skills. This motivation often arises from personal experience or the drive to be a different father figure from previous generations, who generally play a passive role in parenting. However, for some fathers, work fatigue and lack of knowledge about early childhood stimulation are the main obstacles, despite the intention to get involved.

In terms of external factors, the two most dominant aspects are work conditions and maternal support. Most of the fathers in Pacitan work in the informal sector such as agriculture, fishermen, or trading, with erratic working hours. This limits their time to engage regularly in children's activities. In contrast, fathers with more flexible jobs or working around the house have a greater chance of interacting with the child.

In addition, maternal support and family communication patterns play an important role in increasing paternal involvement. Mothers who appreciate and provide space for fathers to interact with children encourage fathers to be more confident in playing an active role. In contrast, in families with closed communication patterns or rigid traditional role sharing, fathers tend to leave all parenting responsibilities to mothers.

Cultural factors cannot be ignored either. In the context of Pacitan society which is still steeped in Javanese patriarchal values, the role of the father is often identified with the main breadwinner, while domestic activities and parenting are considered as women's territory. This view is still a social obstacle that makes some fathers feel "inappropriate" to be too involved in children's activities. Nevertheless, there is a positive change in the younger generation that is beginning to reinterpret the role of the father in a more egalitarian way.

Table 2. Factors Influencing Father's Involvement in Children's Gross Motor Stimulation

No	Category Factor	Subfaktor	Description of Field Findings	Impact on Dad Engagement
1.	Internal	Awareness of the role of parenting	Fathers with an understanding of the importance of child stimulation tend to interact	Increase the frequency and quality of engagement

No	Category Factor	Subfaktor	Description of Field Findings	Impact on Dad Engagement
			more often through physical play	
2.		Motivation and emotional closeness	The closeness of the father-son relationship is the main driver of spontaneous involvement	Foster positive interaction and initiative from fathers
3.		Physical condition and work fatigue	Hard-working fathers are less likely to have enough energy to play actively with the child	Lower the intensity of engagement
4.	External	Working hours and types of work	Work with long hours or a location away from home limits interaction time	Limiting the frequency of activities with children
5.		Maternal support and family communication	Mothers who support and encourage fatherly involvement increase father's participation in parenting	Creating a collaborative family environment
6.		Cultural values and social norms	The traditional perception that parenting is a mother's job is still strong in some Pacitan communities	Inhibiting father's involvement openly and routinely
7.		Environmental facilities	Home environment with a yard or play area supports motor activities with children	Make it easier for fathers to stimulate children naturally

Based on these findings, it can be concluded that the involvement of fathers in gross motor stimulation of children in Pacitan City is the result of dynamic interactions between personal awareness, family support, and socio-cultural influences. The work factor is the main obstacle practically, while the cultural factor is a normative obstacle. Therefore, increasing father's involvement requires a two-way intervention strategy, namely through parenting education for fathers and the creation of a social environment that better supports the equality of parenting roles at the family level.

The Impact of Father's Involvement on Children's Gross Motor Development

The results show that father's involvement in stimulating gross motor development has a real positive impact on the physical and social abilities of children aged 3–6 years. Children who received attention and active participation from their fathers showed significant progress in aspects of movement coordination, body balance, and large muscle strength. Playing with dads, such as running, cycling, playing soccer, or jumping, provides an opportunity for children to exercise body control and courage in the face of physical challenges. Children become more active, agile, and brave to try new things compared to children who receive less stimulation from their fathers.

In addition to the influence on motor skills, the involvement of fathers also has an impact on the formation of children's character and confidence. Warm and supportive interaction from the father during physical activity fosters a sense of security and self-esteem in the child. When the father gives praise or encouragement when the child succeeds in making a movement, the child feels appreciated and motivated to continue learning. In this context, the involvement of fathers not only trains physical abilities, but also strengthens the psychosocial aspects that are the basis for children's overall growth and development.

From the results of observations and interviews, children who frequently interact with their fathers in physical activities show a better level of independence and concentration. They are more likely to follow directions, have stable emotional control, and show enthusiasm in participating in group activities, both at home and in early childhood education. This shows that activities with fathers make an important contribution to building children's social adaptability and discipline.

Interestingly, the involvement of fathers also shows an indirect effect on emotional relationships in the family. Gross motor activities with the father are often moments of togetherness that strengthen the overall family relationship. The child feels closer to the father, while the mother feels greater support in parenting. Thus, the involvement of the father not only has an impact on the motor aspects of the child, but also strengthens positive dynamics in the family system.

Overall, it can be concluded that the higher the level of father's involvement, the more optimal the gross motor development of early childhood. This impact is not only seen on the ability to physically move, but also on the formation of children's personality, confidence, and social relationships. Therefore, the role of fathers in stimulating children's development cannot be seen simply as a recreational activity, but as an integral part of the holistic process of child growth and development.

Discussion

The findings of this study confirm that paternal involvement has a significant influence on early childhood gross motor development. This is in line with the opinion of Lamb and Cabrera who emphasize the importance of father engagement in the aspect of active play, because physical activity with the father is often challenging, stimulates courage, and hones the child's movement coordination skills (Yuliah et al., 2025).

The involvement of fathers in Pacitan City shows a typical pattern of semi-traditional families, where fathers still play the main role of breadwinners, but begin to adjust to the role of parenting. Although awareness is increasing, time constraints and social norms are still obstacles. These results are in line research which found that the construction of patriarchal culture in rural Javanese communities tends to place mothers as the main figures in childcare (Ramdhini & Afrizal, 2024).

Gross motor stimulation activities carried out by fathers, such as playing football or cycling together, have been shown to not only strengthen the child's physical abilities, but also strengthen the father-child emotional relationship (Fajrin & Purwastuti, 2022). This kind of physical interaction creates a positive experience that boosts the child's confidence. Thus, the involvement of fathers not only has an impact on the motor aspect, but also on the formation of character and the regulation of children's emotions. Practically, the results of this study show the need to increase awareness and education for fathers in Pacitan about the importance of their role in stimulating child development. PAUD institutions, posyandu, and local governments can play an active role in developing father involvement programs that encourage fathers' involvement in children's play and learning activities at home (Ardiana, 2022).

Father Involvement is a multidimensional concept that encompasses three main domains: (1) Engagement, i.e. time spent by fathers in face-to-face interactions, such as playing or caring; (2) Accessibility, i.e. the physical or mental presence of the father; and (3) Responsibility, which is the role of the father in planning and decision-making related to the needs of children. Research shows that father's involvement is positively and significantly correlated with child development (Nurmawati et al., 2025). Gross motor is a movement that uses large muscles and requires energy, such as walking, jumping, running, and throwing. Proper and diverse stimulation is necessary to achieve gross motor maturity according to developmental standards. Incompetence in this aspect can affect negative self-concept in children.

Dads are often the primary "playmates" for children, especially in challenging physical games. Types of play such as rough-and-tumble play (rolling, light struggle, chase) that are predominantly carried out by fathers, uniquely stimulate physical abilities, such as muscle strength, agility, and balance, which are at the core of gross motor Parental involvement is positively correlated with the child's motor development.

The pattern of father's involvement in gross motor stimulation is dominated by direct physical engagement. This form of engagement often occurs outdoors or in the form of dynamic games. There are several types of father's involvement patterns in stimulating children's gross motor skills, including: (1) Physical play style, namely fathers tend to choose rough and tumble play such as chasing, rolling, playing wars and lifting children high. (2) Directed activities are inviting children to play sports such as soccer, throwing balls into the basket), cycling, and activities that require coordination of directed

movements. (3) special playtime i.e. Dad dedicates time on weekends or after work, albeit briefly, to physical activity. This is often a father-son special "tradition".

The most frequent forms of stimulation that emerged from father's participants included: (1) Running and jumping games, where fathers invite children to play hide and seek, chase and running competitions. (2) The game of throwing and catching is using boles, pillows or other objects to train coordination of the eyes, hands, feet and arm muscle strength. (3) Imitative movements, i.e. fathers invite to imitate animal movements or airplanes that practice balance and flexibility. This style of stimulation of fathers is different from mothers who tend to be more structured and focused on safety. A more exploratory fathering style gives the child the opportunity to take controlled risks, which is essential for gross motor development and independence.

Parents' perceptions, especially mothers, of father's involvement in gross motor stimulation are generally very positive. Moms find it helpful because dads provide a more physical, high-energy type of stimulation that they can't always provide. They see that the child becomes more courageous, confident, and his gross motor skills improve.

However, there were also challenges, such as limited father's time due to work. Some mothers wish fathers could adopt a gentler and more communicative approach in some aspects of parenting, pointing to the need for balance in fathering patterns.

These findings reinforce the theory that the role of the father is a strategic factor in optimizing early childhood development, including in physical aspects (gross motor) and psychosocial development related to Father's involvement not only builds motor skills, but also strengthens emotional bonds and provides a sense of security.

CONCLUSIONS

The phenomenon of father's involvement in the stimulation of gross motor development in early childhood in the family environment is characterized by the dominance of direct physical involvement through challenging and dynamic play styles (rough-and-tumble play). Specific forms of stimulation, such as chasing games, jumping, and throwing/catching balls, have been shown to be unique and effective in boosting a child's coordination, balance, and large muscle strength. Parental perceptions suggest that the role of the father in this stimulation is very important as a complement to the role of the mother, which as a whole contributes to optimal gross motor development, increased self-confidence, and child independence

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