



# The effect of mindful parenting on gender-based violence: Father involvement as a mediator

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**Abstract:** Gender-based violence (GBV) has increased in the last decade, highlighting the need for significant attention to the prevention of physical and/or sexual violence. This situation is partially influenced by parenting in the family and is specifically reinforced by the involvement of fathers. This study aims to examine the effect of mindful parenting on GBV, with the father's involvement in parenting as a mediator. Data were collected using accidental sampling from 739 people (503 women and 236 men) aged between 18 to 23 years old. The instruments used in the study were the Interpersonal Mindfulness in Parenting (IM-P) scale (31 items,  $\alpha = .953$ ); the Inventory of Father Involvement (IFI) (26 items,  $\alpha = .915$ ); and the Social Norms and Beliefs about Gender-based Violence (GBV) Scale (30 items,  $\alpha = .935$ ). Mediation analysis served to test the research hypothesis. The research results indicate that mindful parenting has a significant effect on GBV, with the direct effect ( $\beta = -.244$ ,  $p < .001$ ) being lower than the indirect effect ( $\beta = -.582$ ,  $p < .001$ ), and the results of the Sobel test ( $z = -11.649$ ,  $p = .000$ ,  $p < .001$ ) suggest that this effect is mediated by the father's involvement in parenting. These findings emphasize the importance of increasing societal awareness regarding the significance of father involvement in parenting to reduce gender-based violence. Fathers should provide complete care by being physically and psychologically present, which could alleviate the mother's burden and diminish gender-based violence.

**Keywords:** father involvement in parenting; gender-based violence; mindful parenting

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## Introduction

Gender-based violence (GBV) has generally increased in the last decade. Global reports consistently reveal that based on estimated data from 2000 to 2018, a substantial number of young women experienced violence (World Health Organization, 2021). In Indonesia, the number of cases of violence against women increased significantly by 50% in 2021 compared to 2020, rising from 226,062 cases to 338,506 cases (Komnas Perempuan, 2023). This trend continued in 2022, with the number of cases of gender-based violence reported by the National Women's Commission was 339,782 cases. Most cases occurred in the individual, public and state domains. Physical and sexual violence against women aged 15 – 64 years by the spouse or non-spouse reached a prevalence of 8.7% (Komnas Perempuan, 2023). The Annual Notes of the National Commission on Violence against Women report that the highest rates of gender-based violence occurred in the provinces of West Java, East Java, Central Java, and DKI Jakarta (Kementerian Pemberdayaan Perempuan dan Perlindungan Anak, 2022).

The issue of GBV remains a national and global concern (World Health Organization, 2021). Unrealized gender equality leads to socially assigned lower positioning of one gender (Dahal et al., 2022) and human rights violations (Capasso et al., 2021). GBV refers to forms of violence against individuals in various forms of physical, emotional, verbal, sexual and spiritual abuse/violence caused by gender inequality, biological sex, gender identity or expression, or perceived conformity to one's gender expectations in public and private (Decker et al., 2022; Johnson, 2011; Kawuki et al., 2022; Muñoz-Sellés et al., 2023; Shahid & Rane, 2022; Wirtz et al., 2020).

Most victims are mothers, with GBV occurring within private settings. In such cases, the perpetrators are usually intimate partners or

families with more dominant gender roles (Ayubi & Satyen, 2024). GBV in the family has long-term effects, especially for children and later in their adulthood. Interpersonal consequences include low self-esteem, drug or alcohol abuse (Heise et al., 2002), post-traumatic stress disorder and depression (Friedberg et al., 2023), anxiety (Yatham et al., 2018), mental health problems (Moylan et al., 2010; Stanley & Devaney, 2017), well-being problems (Noble-Carr et al., 2020), academic problems (Coffey et al., 2023; Tsavoussis et al., 2014), and disruption to individuals' growth (Stojetz & Brück, 2023). In the social field, GBV may lead to worsening relationships with spouses (Katz & LaRose, 2019), worse family and mother-child relationships, friendship problems (Rees et al., 2011), and low social relational skills (Roncón-Tirado et al., 2023; Taquette & Monteiro, 2019).

Victims may also not immediately report cases of GBV committed by their intimate partners. Gender-based violence in the family occurs continuously (Dhawan & Bhasin, 2024; Sinha et al., 2023). However, reporting of cases may only occur when the behavior of the perpetrator is very severe or has a significant impact on the victim (Gill, 2018; Reis et al., 2024).

This research contributes to the literature on the topic in several ways. In theoretical terms, the study integrates the ecological model (Bronfenbrenner, 1989) with role theory (Eagly & Wood, 2012) to explain the occurrence of gender-based violence.

Based on the theoretical framework of the social-ecological model (Bronfenbrenner, 1989), both development and socialization are influenced by different environments, such as the active inter-relation of an individual. The micro-system is the first and the closest environment for an individual, referring to the structures in which an individual maintains direct bidirectional contact. Accordingly, a micro-system is a pattern of activities, roles and interpersonal relations experienced in the development of an individual in

a given face-to-face setting, with particular physical and material features, and with the involvement of other individuals with distinctive characteristics of temperament, personality, social norms, and systems of belief.

The family is one of the micro-systems for individuals, one of the protective factors that prevents children from being victims or perpetrators of GBV is interaction with the micro-system. In families, there is intensive interaction in physical, social, and symbolic terms, which involves complex and ongoing interactions between parents and children, known as parenting. Children learn much from their parents' knowledge, attitudes and values. At the same time, parents will observe, become closer to their children, and improve their parenting skills. As role models, parents who support gender equality at home and treat their family with respect will find their children learn how to respect other people and thus be kept away from violence. It is what is called parenting as a factor which protects from violence, as explained by the ecological systems theory (Bronfenbrenner, 1989; Cluver et al., 2017; Gonzalez et al., 2022; Yue et al., 2022; Zhang et al., 2022).

Moreover, social norms and systems of belief about GBV are formed in the micro-system through parenting. Social norms refer to shared beliefs within a social unit concerning appropriate ways to think, feel and behave in a particular context. Social norms refer to "beliefs of how other people expect someone to behave" (injunctive norms) and "beliefs of how other people behave" (descriptive norms) (Cialdini et al., 2004 cited by Torrance et al., 2024).

Research in Somalia shows that gender-based violence cannot be separated from social norms (Torrance et al., 2024). Somali society is often exposed to violence. It makes people think that 1) rape is something that is "normal" because it is encountered very often; 2) rape is a way to get

married because women will no longer be valuable after being raped; and 3) rape is a normal way of revenge and is practised in society.

In general, people who continue to be exposed to cases of GBV ultimately believe that such violence is a common occurrence and is very often experienced by women and children. Cases of GBV do not need to be reported because it is taboo for women to reveal that they have been victims of it. Social norms can make gender-based violence become something normal. It is also believed to be sufficient to resolve cases of violence through the provision of compensation, without having to go through a legal process. In other words, social norms will influence how society acts and behaves towards GBV and how certain genders should be treated.

Previous studies using focus group discussions with 32 social officers and stakeholders obtained the same results (Handayani et al., 2022). It was found that poverty, incomplete families, low access to education, the amount of reported violence, patrilineal culture, the number of children, families with childcare neglect, and early marriage were causal factors of violence (Handayani et al., 2022; Rakhmawati et al., 2020). Therefore, the more risk factors a woman has, the more vulnerable she will be to becoming a victim of GBV in her immediate environment and the wider area.

Parenting plays an important role in children's development. Parents are expected to be present for their children, to interact with them fully, and to pay attention to the care they give. They should manage good self-control in their interactions, share knowledge, a warm interaction with their children, and instill family values.

Parenting with full awareness is known as mindful parenting. Such parenting can be achieved by paying attention to and caring for children with full awareness, providing attention without judgment will strengthen the interpersonal

relationships between parents and children. In mindful parenting, parents pay attention to their children and their parenting patterns in a certain way, in the form of conscious parenting, and by non-judgmentally conducting qualified self-regulation both for themselves and their children through periodic interactions (Ahemaitijiang et al., 2021; Kabat-Zinn & Kabat-Zinn, 2009). Through the implementation of mindful parenting, parents are expected to enjoy their role, thus enabling them to lower their stress levels related to parenting, which will ultimately prevent violence (Ahemaitijiang et al., 2021; Kumalasari & Fourianalistyawati, 2021).

Initially, mindful parenting was defined by three elements: sovereignty, empathy, and acceptance. As it developed, these three elements have been expanded into five elements (Ahemaitijiang et al., 2021; Kabat-Zinn & Kabat-Zinn, 2009), namely: 1) greater awareness of the cognition, emotions and behavior of parents and children and parent-child interactions; 2) more attention paid to the cognition, emotions and behavior of parents and children and parent-child interactions; 3) acceptance of parents and their children's cognitions, emotions and behaviors without judgment, both in the case of pleasant or unpleasant parent-child interactions; 4) compassion shown to parents and children who are experiencing difficulties; and 5) self-regulation of parents' cognition, emotions, and behavior in parent-child interactions. In this way, children and parents feel completely understood and accepted, including their feelings, thoughts and perceptions. Mindful parenting can develop emotional awareness in both parents and children, promoting self-regulation within the parenting relationship (Ahemaitijiang et al., 2021; Duncan et al., 2009; Moreira et al., 2018).

Implementing mindful parenting will result in positive attitudes in children and parents. First, children will not be afraid to speak up to their parents, as they will be willing to listen and pay

attention to their children. Mindful parenting increases parents' understanding of their children, meets children's needs promptly, and builds positive emotional parent-child relationships. Second, children feel appreciated because their parents do not show them judgmental behavior. Parents who implement mindful parenting will formulate parenting rules appropriate to the child's development and increase understanding of themselves, their children, and the parent-child relationship. Third, children can better recognize their emotions. Awareness and recognition of children's emotions can help parents recognize the process of developing their own and their children's emotions; provide opportunities to avoid self-identifying their emotions; and reduce excessive emotional responses. Fourth, children receive positive emotional feedback. Self-regulation in mindful parenting allows parents to control their emotional responses in a balanced way, helping them select reasonable coping styles, emotional expressions, and parenting strategies. Fifth, children receive love from their parents. Through compassion, parents can provide understanding and comfort to their children and reduce feelings of guilt and pressure from themselves in the parenting process (Fernandes et al., 2022; Moreira et al., 2018; Potharst et al., 2021).

Such a positive parent-child relationship ultimately increases positive outcomes. It reduces adverse outcomes for children, such as juvenile delinquent behavior problems, for example, consuming alcohol. On the other hand, it improves adolescent qualities such as psychological well-being and the ability to self-regulate. Various reductions in maladaptive behavior from mindful parenting will lower the prevalence of GBV (Gonzalez et al., 2022; Parent et al., 2021).

Mindful parenting has positive impacts on parents. They will be able love themselves and their children and improve the quality of their parenting and well-being in playing their roles. Furthermore, it encourages parents to adopt

parenting management practices through consistent discipline, monitoring and inductive reasoning. It also improves parent-child affection relationships through increased positive affection, minimal negative affection, and responsiveness to parent-child affection (Ahemaitijiang et al., 2021; Duncan et al., 2009). Therefore, when parents implement mindful parenting, there will be full involvement in the child. However Medeiros et al (2016) found that mothers provided more attentive care than fathers. This aligns with Kumalasari and Fourianalistyawati (2021) regarding mindful parenting, who only took mothers as research samples because not all fathers were involved in parenting.

According to role theory (Eagly & Wood, 2012) there are differences in roles between men and women in the family. The husband acts as the breadwinner and invests more time at work, while the wife is more involved in the family role. This dynamic has consequences for the parenting process. Patriarchal culture assumes that only mothers are responsible for childcare, so fathers often take no part in parenting (Maghsoudi et al., 2018; Mensah, 2023). In general, the consequence of this is that data and theories regarding father involvement in parenting remain minimal.

Role theory suggests that fathers are expected to be engaged in their children's lives by offering emotional support, guidance and financial assistance. Those who are more engaged in these roles are likely to positively influence their children's development and well-being (Diniz et al., 2021).

Some studies define father involvement in terms of presence versus absence, and equate involvement with residence. Such involvement is a broad concept involving multiple dimensions, such as direct interactions with the child; responsibility for managing child-related tasks, or the monitoring of children's activities and social interactions (Diniz et al., 2021). Father involvement is identified with the frequency of their participation in parenting,

physical play, and cognitively stimulating activities (Cabrera, 2020).

Research shows that fathers involved in parenting contribute to the formation of children's self-esteem (Lam et al., 2012). Children who lived with biological fathers, adoptive fathers or stepfathers have been shown to have higher self-esteem and better social functioning (Kevorkian, 2010). The effect of fathers on parenting also improves children's well-being and social competence (Cabrera, 2020; Parke, 2000; Rubin et al., 2004; Videon, 2005).

Fathers who are more caring as parents will be more involved in the process (MacDonald & Hastings, 2010). If fathers and children spend time together, this can improve children's cognitive functions related to individual skills and problem-solving, including attention, memory, reasoning and thinking (Cano et al., 2019).

More recent research on fathers' involvement has expanded to take a holistic view of the quality of father-child relationships (Palkovitz, 2019) and confirms the importance of fathers' involvement and its impact on children later in life. Research on fathers' involvement with children's early childhood learning activities has found strong positive effects on academic performance, and that parenting programs involving fathers can reduce child maltreatment and GBV (Hunter & Graham-Bermann, 2013; Lazović & Randelović, 2022; Santis & Barham, 2017; Wight et al., 2022).

Furthermore, studies have found that fathers who were more mindful in their parenting role would avoid their children less and would have more present-centered attention in their relationship with their children. This will increase father involvement in childcare (MacDonald & Hastings, 2010).

On the contrary, children who grow up in families and environments that experience GBV will be more vulnerable to becoming young victims or subsequent perpetrators of cases of gender-based violence. Schools and universities

should be places where victims can be detected early as people who need help (Montserrat et al., 2022). It is expected that survivors will receive protection and recovery in such places. However, on the other hand, universities are also places that are vulnerable to GBV because of unequal power relations between male and female friends and between lecturers and students (Zhafarina et al., 2022). In this case, women are still vulnerable objects in gender-based violence.

The family factor, caring with full awareness, refers to when parents maintain behavior, actions and attitudes which are fully present and focused on the child, especially with the father's involvement. It makes it possible to reduce the occurrence of gender-based violence. However, not all parents understand mindful parenting, so only a few fathers are involved. The impact of this is that GBV can occur.

The results of previous studies have shown that mindful parenting is associated with a lower likelihood of physical violence and psychological aggression, which are associated with reduced levels of adolescent aggressive behavior (Yue et al., 2022). The results of another study showed that most research on parenting is still mother-oriented, therefore there remains much to learn about fathers (Cabrera, 2020). This is especially true for understanding the parent-child relationship, which serves as a source of emotional security that promotes healthy development. Our study aims to examine the effect of mindful parenting on GBV, with the father's involvement as a mediator

The authors investigate the role of father involvement in parenting in relation to mindful parenting and gender-based violence among college students, such involvement makes a significant contribution to efforts to prevent gender-based violence. Understanding the role of father involvement in parenting and mindful parenting practices can help in the design of effective gender-based violence prevention programs, including educational approaches in

higher educational institutions. The importance of father involvement in parenting led us to examine the mediating role of such involvement in the relationship between mindful parenting and gender-based violence. The study aims to test the research model and provide further insights into previous findings regarding the important role of fathers in parenting. It hopes to enrich the literature on mindful parenting, father involvement in parenting, and GBV, thereby emphasizing the importance of paternal participation.

Based on these issues, the research aims to examine the effect of mindful parenting on GBV, with father involvement as a mediating variable. The research model is depicted in Figure 1.

The following hypothesis is investigated: Father involvement in parenting is a mediating variable in the relationship between mindful parenting and gender-based violence.

## Methods

### *Research Design*

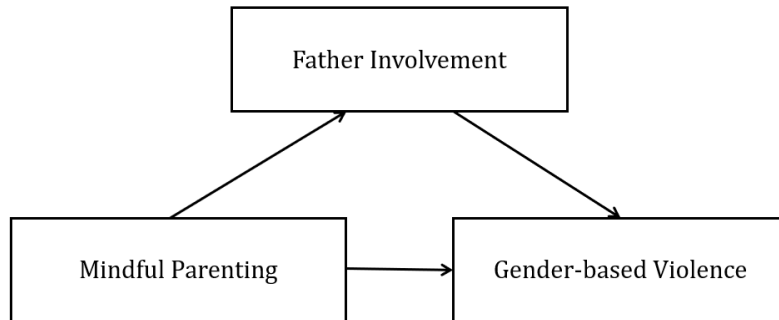
This research was a cross-sectional study with three research variables: gender-based violence (GBV) as the dependent variable, mindful parenting as the independent variable, and father involvement as the mediating variable.

### *Respondents*

The population comprised university students in Central Java with the following characteristics: having both parents (father and mother), aged 18 – 23, living with their parents, and having parents with at least a high school educational level. The survey was completed by 817 participants, but 78 of them were either incomplete or they did not meet the specified characteristics and thus could not be included in the analysis. The total research sample was 739 people, consisting of 236 men and 503 women. The sample was selected using accidental sampling, with data collected from sur-

**Figure 1**

*Research Model*



veys distributed via Google Forms. Before completing the survey, respondents were asked to fill out an informed consent form.

*Research Procedure*

The survey data were assessed using the Interpersonal Mindfulness in Parenting (IM-P) scale, the Inventory of Father Involvement (IFI) scale, and the Social Norms and Beliefs about GBV Scale. These scales were all adopted and modified from the original scales. They were translated from English into Indonesian and then tested for readability on ten teenagers matching the characteristics of the population. The following step was to assess the validity and reliability of 57 respondents.

*Instruments*

*Interpersonal Mindfulness in Parenting (IM-P) Scale*

Mindful parenting was measured by the IM-P scale developed by Harvey et al. (2003) and Duncan et al. (2009) consisting of 31 items with five aspects: Listening with Full Attention (“My parents listen carefully to the ideas I convey”), Non-judgmental acceptance of parental functioning (“My parents criticize themselves when making mistakes in parenting”), Emotional Awareness of the Child (“My parents are aware of the impact of their mood on parenting behavior”), self-regulation in

parenting (“My parents react too quickly to my behavior”), and Compassion for the Child (“My parents try to be patient when I am going through difficult times”).

The results of the validity test of the test adoption process show that all items had good validity, with total correlation scores of .427 to .789. The reliability test using Cronbach’s alpha achieved a total score of  $\alpha = .953$ . The results of the reliability test for each subscale were Compassion for the Child  $\alpha = .82$ ; Non-judgmental Acceptance of Parental Functioning  $\alpha = .82$ ; Self-regulation in Parenting  $\alpha = .82$ ; Emotional Awareness of the Child  $\alpha = .72$ ; and Listening with Full Attention  $\alpha = .71$

*Inventory of Father Involvement (IFI) Scale*

Father involvement was measured by the IFI scale. This was developed by Hawkins et al. (2002) and consists of 26 items that focus on the quality of the father’s ways of encouraging children’s development and well-being. IFI consists of nine aspects: discipline and responsibility (“Father disciplines me”), encouragement for education (“Father encourages me to succeed in school”), mother support (“Father also provides encouragement and emotional support to mother”), providing (“Fathers provide their children’s basic needs (food, clothing, shelter and healthcare”),

time and communication (“Fathers become friends or companions for their children”), praise and affection (“Father praises me for something I have done well”), reading and homework support (“Father encourages me to read”), attention (“Father knows where his children go and what they do with their friends”), and talent development and future concerns (“Father encourages his children to develop talents”).

The IFI scale has relatively good internal consistency reliability with Cronbach’s alpha ( $\alpha = .690$ ). The results of the validity test of the test modification process show that all items had good validity, while the reliability test with Cronbach’s alpha shows a value of  $\alpha = .915$ . The reliability test for each aspect shows a value of  $\alpha = .728$  for the discipline and teaching responsibility aspect. Aspects of school encouragement  $\alpha = .715$ , mother support  $\alpha = .736$ , providing  $\alpha = .709$ , time and talking together  $\alpha = .727$ , praise and affection  $\alpha = .787$ , developing talents and future concerns  $\alpha = .701$ , reading and homework support  $\alpha = .749$ , and attentiveness  $\alpha = .704$ .

#### *Social Norms and Beliefs about GBV Scale*

GBV was measured by the Social Norms and Beliefs about GBV Scale. The scale was developed by Perrin et al. (2019) and consists of 30 items with two aspects: social norms and individual beliefs. An example of an item from the social norm aspect was, “I think sexual violence is handled within the family and is not reported to the authorities”, while one from the individual belief aspect was “Husbands or fathers must retaliate against suspected perpetrators of violence.” The psychometric properties of the Social Norms and Beliefs about GBV Scale are strong. Each of the three subscales, “Response to sexual violence”, “Protecting family honor” and “Husband’s right to use violence” within the two domains of the scale illustrate good factor structure, acceptable internal consistency, reliability and are supported by the significance of the hypothesized group differences.

These three factors represent social norms known from previous research to maintain high rates of GBV in many global settings (Perrin et al., 2019).

The GBV scale was adopted to the Indonesian context for this research. Internal consistency reliability using Cronbach’s alpha for the scale in this study was  $\alpha = .935$ . The reliability of the social norms dimension was  $\alpha = .886$  and for the individual belief dimension  $\alpha = .858$ .

#### *Data Analysis*

The data were analyzed using path analysis to determine the indirect relationship between mindful parenting and gender-based violence, with the father’s involvement in parenting as a mediating variable. SPSS version 23 was used for the analysis. If regression analysis only measures variables that have a direct effect, path analysis can analyze data on indirect relationships between variables (Perrin et al., 2019).

The mediation procedure was analyzed in several stages. First, it was tested whether the independent variable (mindful parenting) predicted the dependent variable (GBV). Second, it was tested whether the independent variable (mindful parenting) predicted the mediating variable (father involvement in parenting). Third, regression analysis was conducted to demonstrate whether the mediator variable (father involvement in parenting) affected the dependent variable (GBV). Fourth, the effect of the independent variable (mindful parenting) on the dependent variable by controlling the mediator variable (father involvement in parenting) was tested. Fifth, the effect of the independent variable (mindful parenting) on the dependent variable by controlling each aspect of the mediator variable (father involvement in parenting) was tested. Apart from these techniques, to better understand the significance of the indirect effect of mindful parenting on gender-based violence, the Sobel test was used. It is a simple test developed by Sobel (1982) as a complement or substitute for the 3 or 4-step test in path analysis (Perrin et al., 2019).



## Results

### *Assumption Test Results*

The normality test with Mahalanobis distance showed that all variables were normally distributed, while the results of the linearity test showed that the independent and dependent variables had a linear relationship with  $p = .000$ . All the independent variables had a tolerance value of .267 ( $> .10$ ), which means there was no correlation between them.

Based on Table 1, most respondents were females with fathers and mothers, mostly with bachelor's degrees and with an average monthly income of 3-5 million rupiahs. From the descriptive data, the respondents' levels of paternal involvement in parenting and of mindful parenting were high, while their level of GBV was low.

Table 2 presents the Pearson product moment correlation analysis computed between mindful parenting, father involvement, and gender-based violence.

Table 3 shows that mindful parenting has a significant effect on father involvement in parenting ( $\beta = .856, p < .001$ ) and GBV ( $\beta = -.244, p < .001$ ). Furthermore, father involvement has a significant effect on GBV ( $\beta = -.680, p < .001$ ). Considering father involvement in parenting as a mediator, the indirect effect showed a significant relationship between mindful parenting and GBV ( $\beta = -.582, p < .001$ ). In addition, based on Table 4, the R-squares is .898, meaning that the effect of mindful parenting on father involvement in parenting is 89.8%. It indicates that 89.8% of the variability in the variable of father involvement in parenting is described by mindful parenting.

**Table 1**  
*Subject Characteristics*

No.	Subject Characteristic	Category	N	%
1	Age	18-20	542	73.35
		21-23	197	26.65
2	Sex	Male	236	31.94
		Female	503	68.06
3	Mother's Education	High School	211	28.55
		Bachelor	449	60.76
		Master	79	10.69
4	Father's Education	High School	187	25.30
		Bachelor	441	59.67
		Master	111	15.03
5	Mother's Age	36-40	247	33.42
		41-44	295	39.91
		45-48	197	26.67
		48>	39	13.98
6	Father's Age	36-40	221	29.91
		41-44	281	38.03
		45-48	139	18.80
		48>	98	13.26
7	Family Income (Rupiahs)	1-3 million	293	39.65
		3-5 million	351	47.49
		>5 million	95	12.86

**Table 2**  
*Mean, Standard Deviation and Correlation*

Variable	M	SD	1	2	3
Mindful Parenting	80.58	12.200	1	.856	.739
Father Involvement	90.72	10.651	-	1	-.889
Gender-based Violence	72.83	12.129	-	-	1

**Table 3**  
*Hypothesis Test Results*

	Father Involvement			Gender-based Violence		
	$\beta$	SE	p	$\beta$	SE	p
<i>Direct Effect</i>						
Mindful Parenting	.856	.017	0.000	-.244	.031	.000
Father Involvement	-	-	-	-.680	.036	.000
<i>Indirect Effect</i>						
Mindful Parenting	-	-	-	-.582	-	.000

**Table 4**  
*Model Summary*

Model	R	R-squared	Adjusted R-squared	Std. Error of the Estimate
1	.898 <sup>a</sup>	.806	.805	5.350

- a. Predictors (Constant): Father Involvement, Mindful Parenting
- b. Dependent Variable: Gender-based Violence

**Figure 2**  
*Correlational Model*

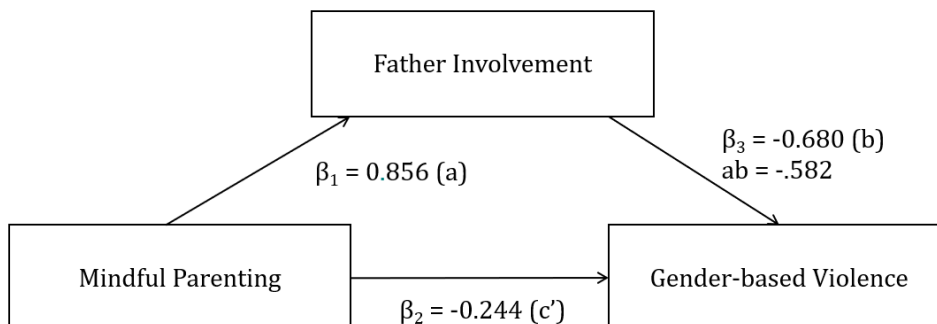


Figure 2 shows that father involvement in parenting is a mediating variable in the effect between mindful parenting and gender-based violence. The standardized coefficient results were compared directly and indirectly. The comparison revealed that the direct effect of mindful parenting on GBV ( $\beta = -.244, p < .001$ ) was smaller than the indirect effect, which is the effect of mindful parenting on GBV through father involvement in parenting ( $\beta = -.582, p < .001$ ). These results indicate that father involvement in parenting mediates the effect of mindful parenting on gender-based violence.

In addition to these techniques, the Sobel test was employed to further assess the significance of the indirect effect of mindful parenting on gender-based violence through father involvement in parenting. The Sobel test showed  $z = -11.649, p = .000$  ( $p < .001$ ), indicating that father involvement in parenting acts as a mediator between mindful parenting and GBV, as illustrated in Figure 2.

It is demonstrated that father involvement in parenting as a mediating variable can explain the indirect effect of mindful parenting on gender-based violence. Therefore, the hypothesis "Father involvement in parenting is a mediating variable in the relationship between mindful parenting and gender-based violence" can be accepted.

## Discussion

This research examines the relationship between mindful parenting and gender-based violence, with father involvement in parenting as the mediating variable. The results show that efforts to reduce gender-based violence are important and should be complemented by mindful parenting, especially with father involvement. Such involvement significantly decreases gender-based violence and is important because generally mothers do the parenting. However, once fathers participate, gender-based violence could be reduced.

The results show that parents must be aware of their tasks in parenting their children, especially fathers, as they influence any reduction in gender-based violence. Parents with excellent mindful parenting will pay close attention consciously without judging or blaming their children (Kabat-Zinn & Kabat-Zinn, 2009). High father involvement in parenting children decreases gender-based violence (Wight et al., 2022), while mindful parenting with father involvement influences the well-being and growth of children (Majeed, 2016; Rutherford et al., 2007) and reduces gender-based violence (Hadi, 2017).

Father involvement in parenting can be a mediating variable, as suggested by a previous study (Hadi, 2017). The mediating role of this variable in combined parenting by both fathers and mothers could lead to a proportional gender-parenting attitude. Moreover, the inconsistency between fathers and the father-child relationship moderates the correlation between father involvement and children's emotional and behavioral problems (Hadi, 2017).

A previous study also found a positive correlation between mindful parenting and father involvement (MacDonald & Hastings, 2010). The conscious-based approach in mindful parenting that parents adopt toward their children and family relationships is evident in fathers' parenting behavior (Ahemaitjiang et al., 2021; Cowling & Van Gordon, 2022). Consistent with this, according to role theory, mindful parenting encourages fathers to adopt more parenting and involved roles by reshaping societal norms around fatherhood (Eagly & Wood, 2012). Fathers who practice mindful parenting often develop a stronger, more positive parental identity, leading to greater role satisfaction. This increased satisfaction and motivation enhance their involvement in their children's lives.

Poor parenting can become a cause of gender-based violence (Wight et al., 2022), whereas children with excellent parenting will experience a positive relationship between parents and children (Anderson et al., 2014; McKee et al., 2007). Effective parenting and awareness also influence children's growth (Rutherford et al., 2007). Their perceptions of safe and secure parenting will improve their psychological well-being. Therefore, the children will not experience any gender-based violence (Oladepo et al., 2011). Parents implementing a mindful approach will reduce the potential for gender-based violence. Yue et al. (2022) also explain that parenting children without any mindfulness and ignoring their growth will make their behaviors deviate, such as committing violence, displaying unstable emotions, and maintaining poor social relationships. Such behaviors can become the predictors of gender-based violence. Parents with the capability for self-regulation in parenting their children and with excellent positive emotions and interactions should be excellent role models for children, thus avoiding gender-based violence (Duncan et al., 2009; Edwards et al., 2022).

According to ecological systems theory, the physical and social environments can affect individuals, thus explaining how mindful parenting has a comprehensive impact on reducing gender-based violence (GBV) (Bronfenbrenner, 1989). Within the micro-system, mindful parenting enhances healthy communication within the family, which lowers the likelihood of violence and nurtures gender equality. In the mesosystem, it promotes positive interactions between the family and other settings, such as schools, reinforcing non-violent behaviors and respect for gender across different environments.

The research results also demonstrate that father involvement in parenting significantly influences gender-based violence, in accordance with the findings of other researchers (Hunter &

Graham-Bermann, 2013; Siu et al., 2017; Yoleri, 2024). Gender-based violence occurs because of power inequality based on gender roles. Victims and perpetrators of GBV may be both males or females. However, the statistical data show that females and children are the vulnerable groups with the greatest risk of being victims and may not be able to avoid or escape from sexual abuse. Global estimations show that 30% of females who are victims of gender-based violence, especially physical and/or sexual violence, have been abused by spouses (Cotter & Savage, 2019; Devries et al., 2013; Harnoko, 2010; Perreault, 2020)

Father involvement in parenting children may include providing examples, such as equality between fathers and mothers. In such a case, males do not make females subordinate individuals. Male and female children with excellent role models from their fathers may also disagree with gender-based violent action. Continual fathers' roles in parenting their children will decrease gender-based violence. Hadi (2017) found that patriarchal culture in a community directly led to gender-based violence. In this culture, females are seen as objects, while males are the subjects. In patriarchal culture, this inequality occurs in many forms and makes females second-class individuals in a community (Nurnaningsih, 2023).

Fathers must also participate in parenting their children, such a role is associated with the psychological well-being of children (Choi & Aquilino, cited by Kwok et al., 2013). Low psychological well-being weakens the psychological condition of children and makes them unable to live positively and function well due to the low self-esteem of those with poor father-child interaction (Lau, cited by Kwok et al., 2013). The ecological social model also explains that human behaviors are influenced by the environment, especially social interactions, such as protecting children from gender-based violence within micro-systems (Bronfenbrenner, 1989).

Specifically, this involves parental involvement in the parenting process (Ebeoğlu Duman & Yılmaz Irmak, 2023). This aligns with current findings indicating that respondents are majority high father involvement and mindful parenting. The demographic factors of the respondents, including their educational level and socio-economic status, also influenced the findings. Most respondents had a high educational level with majority holding bachelor's degree and earning between 3 and 5 million rupiahs, which supports mindful parenting with father involvement.

Using an ecological lens, it is argued that by highlighting the interconnectedness of the individual, family and societal factors, mindful parenting can reduce GBV through father involvement. Active father involvement, encouraged by mindful parenting, further reduces GBV by fostering positive father-child relationships and modelling non-violent behavior. In the macrosystem, mindful parenting challenges traditional gender norms, promoting non-violent family dynamics.

The theory of parenting (Palkovitz, 2019) explains the correlation between fathers' parenting of children and their involvement. The influential factors of this correlation include the individual values of the father, such as belief and individuality, interpersonal relationships, and contextual resources, such as social values to foster the affection, behavioral and cognitive aspects of children. Domestic interpersonality does not only deal with fathers' jobs outside of the home and mothers' jobs to nurture their children. Fathers should also provide time or occasions to play with their wives and children, to interact with them, accompany them during the learning process, and engage in discussion with both their children and wives (Laxman et al., 2015). This shows that father involvement also provides support for the mothers.

Children who spend time with their fathers will have high cognitive functions related to individual skills and problem-solving, such as attention, memory, reasoning and thinking skills. Their skills are further enhanced if they engage in educational activities together. As example figures, fathers provide role models for their children. They help them to grow strong, adopting, pursuing and providing models for their children to learn problem-solving behaviors (Cano et al., 2019). The behaviors of parents can be the role models for children. Therefore, if the parents commit violence, their children will tend to imitate such actions (Coto et al., 2019; Halpern-Meekin & Turney, 2016).

Despite the study findings and contribution of theoretical and practical implications, some limitations should be noted. All the instruments applied to measure the variables were adopted and modified from the originals. Therefore, the researchers assumed there were some items irrelevant to Indonesian culture. In addition, the respondents were not the victims of gender-based violence. Consequently, they only shared their perceptions about gender-based violence, which might involve a low understanding of the issue. The low reported score of GBV may be attributed to high social desirability, leading to response bias. Based on these limitations, the researchers suggest that future research focuses on respondents who have been victims of gender-based violence. Therefore, the father's involvement would be more visible in promoting mindful parenting. Moreover, the applied instrument was developed by the researchers based on Indonesian culture. The research provides parents with various types of information about mindful parenting related to physical and psychological attendance to avoid the impacts of gender-based violence. The researchers also suggest fathers nurture their children so they can relieve the domestic burdens of the mothers and also prevent gender-based violence.

## Conclusion

Based on the research results, father involvement is a mediating variable between mindful parenting and gender-based violence (GBV). Such involvement also leads to the optimum role of parenting, with gender-based violence decreasing.

The results can serve as the basis for developing an intervention aimed at increasing societal awareness of the importance of fathers'

involvement in children's parenting in the effort to eradicate gender-based violence. The preventive efforts of GBV require the empowerment of father's involvement to apply mindful parenting, together with the socialization of parenting programs at schools for the parents of the learners. A comprehensive understanding of the roles of fathers and mothers within the context of mindful parenting is also important.[]

## Author Contribution Statement

**Arri Handayani:** Conceptualization; Formal Analysis; Funding Acquisition; Investigation; Methodology; Project Administration; Validation; Visualization; Writing Original Draft; Writing, Review & Editing. **Ika Zenita Ratnaningsih:** Funding Acquisition; Methodology; Validation; Writing Original Draft; Writing, Review & Editing. **Desi Maulia:** Conceptualization; Data Curation; Formal Analysis; Funding Acquisition; Resources; Writing Original Draft; Writing, Review & Editing; Translation. **Chr. Argo Widiharto:** Investigation; Methodology; Project Administration; Resources; Validation; Visualization; Writing Original Draft; Writing, Review & Editing. **Yudho Bawono:** Formal Analysis; Investigation; Writing, Review & Editing.

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