

Self Acceptance in Stay at Home and Orphanage Teens

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Abstract. Self-acceptance is the attitude of the individual feeling satisfied with himself and adjusting fully, and unconditionally to accepting himself. Adolescents need family support in the formation of self-acceptance. This study aims to determine the picture of self-acceptance in adolescents who live at home and who live in the Sonaf Maneka Orphanage, Lasiana Village. The approach used is a quantitative approach with a descriptive type of research. The data collection technique used a self-acceptance scale with the results of a measuring instrument trial using a Cronbach Alpha Scale value of 0.633. The respondents to this study were teenagers aged 15-20 years totaling 48 teenagers living in Lasiana village. The results of the study found that self-acceptance in adolescents living at home and living in orphanages was in the moderate category. However, based on the age of adolescents living in nursing homes, the age range is 15-16 years, with 4 respondents (8.3%).

Keywords: *Self-Acceptance, Youth, Residence*

Abstrak. Penerimaan diri ialah sikap individu merasa puas dengan diri sendiri dan menyesuaikan diri secara penuh, tanpa syarat dalam menerima dirinya. Remaja membutuhkan dukungan keluarga dalam pembentukan penerimaan diri. Penelitian ini bertujuan untuk mengetahui gambaran penerimaan diri pada remaja yang tinggal di rumah dan yang tinggal di Panti Asuhan Sonaf Maneka Kelurahan Lasiana. Pendekatan digunakan adalah pendekatan kuantitatif dengan jenis penelitian deskriptif. Teknik pengumpulan data menggunakan skala penerimaan diri dengan hasil uji coba alat ukur menggunakan nilai *Cronbach Alpha* Skala sebesar 0,633. Responden penelitian ini adalah remaja berusia 15-20 tahun berjumlah 48 remaja yang tinggal di kelurahan Lasiana. Hasil penelitian menemukan bahwa penerimaan diri pada remaja yang tinggal di rumah dan tinggal di panti asuhan berada pada kategori sedang. Namun berdasarkan usia remaja yang tinggal di Panti lebih tinggi yakni rentang usia 15-16 tahun 4 responden (8.3%).

Kata kunci: *Penerimaan Diri, Remaja, Tempat Tinggal*

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Introduction

Self-acceptance influences the psychological condition of the individual. Self-acceptance becomes difficult in adolescence because they need support from family in terms of forming self-acceptance. Self-acceptance is a person's ability to fully and unconditionally accept himself. Self-acceptance means accepting oneself as a whole, accepting oneself without conditions in accepting self-characteristics. Self-characteristics are the abilities possessed by adolescents, in shaping their personality and self-concept. Self-acceptance of the changes that occur in adolescents is a means to develop a positive self-concept (Bernard, 2013:158).

In the process of development of a teenager, social adjustment is important to determine how self-acceptance of adolescents with their environment. When adolescents have good or positive self-acceptance, they will accept the advantages and disadvantages that exist in themselves, but if adolescents have bad or negative self-acceptance, they will tend to close themselves off, lack self-confidence, and feel inferior. In this case, self-acceptance is related to the relationship between individuals in everyday life. When someone feels their existence is accepted by others, then it becomes a need to express themselves (Noviani, 2016).

Factors that cause delinquency and pressure on adolescents in the family such as a broken family (broken home), lack of attention and affection from parents, socioeconomic status, and the application of inappropriate discipline. Adolescents want to show themselves as adults, but often these desires are not channeled properly, resulting in many conflicts with their parents, siblings, friends, and society. Conflicts that occur in the family, for example, the attitude of parents who are not wise enough to cause a gap between siblings, may lead to feelings of revenge and mutual hostility among their children (Dariyo, 2004). This is supported by the results of the initial interview with 3 teenagers living at home, namely MB, EJ, and YN. MB said that MB's needs were not met, there were often conflicts in the family and he often got into problems with socializing because his parents were busy working. EJ said that his needs were met but received less attention from his parents because his parents were busy working, while YN said that his needs were not met but received more love.

The results of interviews conducted by researchers with 3 teenagers who live in the Sonaf Maneka Lasiana Orphanage, namely LM, DY, and KY. LM said that he still had complete parents but due to economic conditions that did not allow LM then he was entrusted to the Sonaf Maneka orphanage and he felt his parents abandoned him and felt less confident, DY said that he felt inferior because his friends called the orphans, while KY said that life in an orphanage made KY feel uncomfortable due to the many rules that must be obeyed and the lack of love and attention from the caregivers.

Self-acceptance is needed by every individual to achieve harmony in life because no human being is created without flaws. To deal with the shortcomings that are owned, it takes an attitude of accepting both strengths and weaknesses themselves. Good self-acceptance is a person's ability to live and get along fairly with his environment so that adolescents feel satisfied with themselves and their environment (Willis, 2005). According to Maslow (2013) said Self-acceptance can be viewed as a need if seen and observed, implicitly self-acceptance is part of the basic need in the individual to actualize himself.

Related research by (Dumaris & Rahayu, 2019) on Self-Acceptance and Resilience about the meaningfulness of life for adolescents living in orphanages, aims to link self-acceptance and resilience with the meaning of life in adolescents. The results of data analysis obtained that the R-value of 0.695 means that there is a positive relationship between self-acceptance, resilience, and meaningfulness of life, the more high the self-acceptance and resilience of orphanage youth, the higher the meaning of life will be.

The second related research by Resty (2015), concerning the Effect of Self-Acceptance on Adolescent Self-Esteem at the Aisiyiah Orphanage, Yogyakarta. This study aims to determine the level of self-acceptance of adolescents in the orphanage, to determine the level of self-esteem of adolescents in the orphanage, and to determine the effect of self-acceptance on adolescent self-esteem at the Putri Aisiyiah orphanage, Yogyakarta. This type of research is causal quantitative. The subjects in this study amounted to 38 adolescents. Data collection uses a self-acceptance scale and a self-esteem scale. The results of this study indicate that self-acceptance and resilience in adolescents are in the moderate category. There is a positive influence of the self-acceptance variable on self-esteem.

Method

This research uses a quantitative approach with a descriptive type of research. The sample in this study was 48 people, including 24 teenagers who lived at home with their biological parents and 24 teenagers who lived in an orphanage. The inclusion criteria were adolescents aged 15-20 years, male and female who lived at home and who lived in the Sionaf Meneka Orphanage, Lasiana Village. the process of collecting data is done through the distribution of questionnaires in the form of a scale and distributed to the respondents concerned.

The variable in this study is self-acceptance. The measuring instrument uses a self-acceptance adaptation scale compiled by Bernard (2013). This scale has been translated into Indonesian. This scale is a Likert scale and consists of 16 items and has 5 answer options, namely, Strongly Not Appropriate, Not Appropriate, Neutral, Appropriate, and Very Appropriate. The scale adaptation process is carried out in four stages, namely the stage of translating measuring instruments into Indonesian by two English professionals. The second stage is to conduct discussions based on the agreed translation results. The third stage is to review the translation results to ensure the equality of the measuring instrument. The fourth stage is to conduct a trial with 12 raters or assessors, namely psychology alumni to see whether the measuring instrument is suitable for use or not.

Results

Data Processing statistics that explain the description of respondents based on gender and age can be seen in the table below:

Table 1.
Characteristics of Respondents Based on Gender

Residence	Gender	N	%
House	Man	10	21
	Woman	14	29.1
Orphanage	Man	7	14.5
	Woman	17	35.4
		48	100

Based on table 1. The above shows that the number of research respondents based on gender is not the same, namely 10 men living at home with a percentage of (21%) and 14

women with a percentage (29.1%), while adolescents living in the Orphanage, with a percentage of 7 men (14.5%) and 48 women (35.4%).

Table 2.
Characteristics of Respondents by Age

Residence	Age	N	%
House	15-16	19	39.58
	17-18	3	6.25
	19-20	2	4.17
Orphanage	15-16	12	25
	17-18	6	12.5
	19-20	6	12.5
Total		48	100

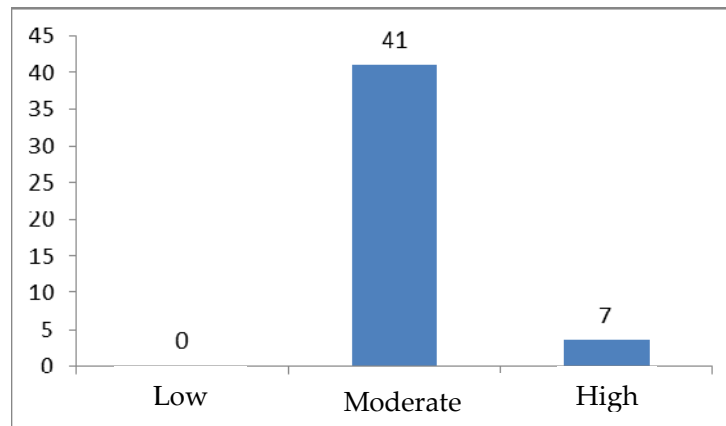
Based on table 2, shows that teenagers who live at home are 19 respondents (39.58%) with an age range of 15-16 years, as many as 3 respondents (6.25%) with an age range of 17-18 years, and as many as 2 respondents (4, 17%) with an age range of 19-20 years. Meanwhile, teenagers living at the SonafManeka Orphanage have 12 respondents (25%) with an age range of 15-16 years, as many as 6 respondents (12.5%) with an age range of 17-18 years, and as many as 6 respondents (12.5%) with an age range of 19-20 years.

Table 3.
Categorization of Self-Acceptance Data

Variable	Hypothetical					Empirical				
	Min	Max	Range	Mea n	SD	Min	Max	Range	mean	SD
Accepting yourself	16	80	64	48	11	45	63	18	53.62	4,884

We use hypothetical statistics to see the relative position of the group based on the measuring instrument, from the table above it is known that the hypothetical minimum value is 16 and the hypothetical maximum value is 80 with a range of 64, a mean of 48, and hypothetical standard deviation 11. The table of calculation results above will be used to determine the category of self-acceptance intervals for adolescents who live at home and who live in the Sonaf Maneka Orphanage, Lasiana Village.

Figure 1. Category of Self-Acceptance Score



The author found from the diagram above that the overall self-acceptance score for adolescents who live at home and who live in orphanages is in the medium category, namely 41 people (85.42%), and in the high category as many as 7 people (14.58).

Table 12.
 Categorization of Self-Acceptance Scores by Gender

Residence	Gender	Categorization of Self-Acceptance					Total	
		Low	Currently		Tall			
House	Man	0	10	21%	0	0	10	21%
	Woman	0	13	27.08%	1	2.08%	14	29.1%
Orphanage	Man	0	4	8.33%	3	6.25%	7	14.5%
	Woman	0	13	27.08%	4	8.33%	17	35.4%
	Total	0	40	83.4%	8	16.6%	48	100%

Based on table 12, it is known that from 48 respondents, adolescents who live at home there are 10 male respondents (21%) who have moderate self-acceptance and 13 female respondents (27.08%) have moderate self-acceptance, 1 respondent (2, 08%) have high self-acceptance. Meanwhile, for teenagers who live in the Sonaf Maneka orphanage, there are 4 male respondents (8.33%) who have moderate self-acceptance and 3 respondents (8.33%) who have high self-acceptance. While for women there are 13 respondents (27.08%) who have moderate self-acceptance, 4 respondents (8.33%) have high self-acceptance.

Table 13.

Categorization of Self-Acceptance by Age

Residence	Age	Categorization of Self-Acceptance					Total
		Low	Currently		Tall		
House	15-16	0	18	37.5%	1	2.08%	39.58%
	17-18	0	3	6.25%	0	0	6.25%
	19-20	0	2	4.17%	0	0	4.17%
Orphanage	15-16	0	8	16.7%	4	8.3%	25%
	17-18	0	5	10.41%	1	2.08%	12.5%
	19-20	0	4	8.3%	2	4.17%	12.5%
Total			40	83.3%	8	16.7%	100%

Based on Table 13, it is known that from the total number of respondents who live at home aged 15-16 years, there are 18 respondents (37.5%) who have moderate self-acceptance, 1 respondent (2.08%) has high self-acceptance. . In respondents aged 17-18 years, there are 3 respondents (6.25%) who have moderate self-acceptance, in respondents aged 19-20 years there are 2 respondents (4.17%) have moderate self-acceptance. Meanwhile, for adolescents who live in the Sonaf Maneka Orphanage aged 15-16 years, there are 8 respondents (16.7%) who have moderate self-acceptance, and 4 respondents (8.3%) who have high self-acceptance.

Table 14.

Categorization of Self-Acceptance by Place of Residence

Residence	Categorization of self-acceptance					Total	
	Low	Currently		Tall			
House	0	23	47.91%	1	2.08%	24	49.99%
Orphanage	0	17	35.41%	7	14.6%	24	50.01%
Total	0	40	83.32%	8	16.68%	48	100%

Based on the table above, it can be seen that 23 respondents (47.91%) who live at home have moderate self-acceptance, and 1 respondent (2.08%) has high self-acceptance. Meanwhile, 17 respondents (35.41%) who live in the Sonaf Maneka Orphanage have a medium category, and 7 respondents (14.6%) are high.

Discussion

This study aims to determine the description of self-acceptance of adolescents who live at home and who live in the Sonaf Maneka Orphanage, Lasiana Village. Self-acceptance can be interpreted as an individual's attitude which feels satisfied with himself and adapts, and fully and unconditionally accepts himself. Self-acceptance is characterized by a self-awareness to appreciate positive characters and respond to negative events while remaining proud to accept himself unconditionally and accept the changes that exist within themselves and those outside the individual.

The results of self-acceptance analysis Based on gender, in adolescents who live at home there are 10 male respondents (21%) who have moderate self-acceptance and 13 female respondents (27.08%) have moderate self-acceptance, 1 respondent (2.08%)) have high self-acceptance. Meanwhile, for teenagers who live in the Sonaf Maneka orphanage, there are 4 male respondents (8.33%) who have moderate self-acceptance and 3 respondents (8.33%) who have high self-acceptance. While for women there are 13 respondents (27.08%) who have moderate self-acceptance, 4 respondents (8.33%) have high self-acceptance. The results of this study are different from Purnama's (2016) research which found that men have higher self-acceptance.

Data from research results based on age, it is known that adolescents in the age range of 15-16 years who live at home have moderate self-acceptance because adolescence has experienced maturity, where this maturity generally refers to an adult way of thinking and acting. Adolescents who have experienced maturity are treated like people who are almost adults, and this affects the development of a pleasant self-concept so that adolescents can adjust well (Hurlock, 2013).

In line with the theory put forward by Bernard (2013), which says that self-acceptance can lead to positive emotions, satisfying social relationships, and making individuals able to adjust to negative events. This means that teenagers who live at home or in the Sonaf Maneka orphanage accept their situation, and use their potential to learn and grow. They can identify strengths and weaknesses and are free to describe themselves even though they sometimes experience rejection or negative events.

This is similar to the results of research conducted by Durado, Tololiu, & Pangemanan (2013) that the role and support provided by the family are very meaningful in giving attention and directing adolescents to positive perceptions of themselves. The self-acceptance possessed by orphanage adolescents makes them feel equal to other individuals, respect the differences of each individual, enjoy all activities carried out, and believe in their abilities to be able to act based on their best judgment in solving problems (Matthew, 1993). This proves that adolescents who live in the Sonaf Maneka Orphanage have higher self-acceptance than adolescents who live at home seen from the age range of 15-16 years. 4 respondents (8.3%) adolescents are in the high category.

The research data is based on place of residence, as many as 23 adolescents (47.91%) who live at home have moderate self-acceptance, and 1 respondent (2.08%) has high self-acceptance. Meanwhile, 17 respondents (35.41%) who live in the Sonaf Maneka Orphanage, Lasiana Village, have moderate and high self-acceptance as many as 7 respondents (14.5%). This means that adolescents who live at home and in orphanages have sufficient self-acceptance, but adolescents who live in orphanages have higher self-acceptance because adolescents in orphanages can accept their circumstances, do not have low self-esteem, and have confidence in their abilities in dealing with life.

Teenagers who live in orphanages are different from those who live at home. The fulfillment of needs and desires is certainly different between adolescents who live in orphanages and adolescents who live with their families. Teenagers who live in orphanages can accept this situation well.

A person who accepts himself completely positively, will live life with positive things, be able to think and act positively, ignore the opinions of others who can humble himself, be able to socialize with the environment and achieve a good self-actualization process (Bernard, 2013).

Orphanage youth who have high self-acceptance can be more realistic in accepting all forms of shortcomings and strengths within themselves and in this case including the situation of orphanage teenagers who have to live in orphanages (Bernard, 2013).

Conclusion

Based on the results and discussion of the research conducted, it can be concluded that the self-acceptance of adolescents who live at home and who live in the Sonaf Maneka Orphanage, Lasiana Village is in the medium category. The categorization of self-acceptance scores based on gender found that women tended to or quite accepted themselves compared to men, based on the age category of respondents aged 15-16 years tended to accept themselves more fairly than adolescents aged 19-20 years, while based on the place of residence of respondents who lived living at home and in orphanages tend to accept themselves fairly or moderately, but teenagers who live in the Sonaf Maneka Orphanage have higher self-acceptance.

Suggestions

The suggestions proposed in this study are for adolescents who live at home and who live in orphanages, as material for self-reflection to understand how to accept themselves well in their living environment.

For further research, it is hoped that further researchers who want to examine self-acceptance will further expand the number of male and female respondents, as well as the age of the respondents.

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