

Findings on Self-Acceptance: A Case Study of a Psychology Student Who Experienced the Loss of Their Mother to COVID-19

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ABSTRACT

This study aims to describe the self-acceptance of students in dealing with pressure due to the death of their parents based on the self-acceptance factor. The criteria for informants in this study were selected based on three conditions: male/female undergraduate students, having experienced a bereavement event (death of a parent), and residing in the Yogyakarta area. This research uses a case study approach. Data collection techniques using semi-structured interview techniques. While the analysis technique uses four stages, namely data presentation, coding, data reduction, and conclusion. The findings from this research can be seen from the existence of 2 themes related to the description of self-acceptance, including the cultivation of self-awareness, and accepting the presence of family and closest people. While the factors that influence self-acceptance include self-understanding, realistic expectations, absence of environmental barriers, good prejudice, emotional pressure, belief in success, identification, perspective, upbringing, and good self-concept. In addition, the impact of self-acceptance on the life of informants includes feeling easier to accept circumstances and knowing the values or wisdom of self-acceptance.

ABSTRACT

Penelitian ini bertujuan untuk mengetahui gambaran penerimaan diri mahasiswa dalam menghadapi tekanan akibat peristiwa kematian orang tua berdasarkan faktor penerimaan diri. Kriteria informan dalam penelitian ini dipilih berdasarkan tiga ketentuan: pria/wanita mahasiswa S1, telah mengalami peristiwa duka (kematian orang tua), bertempat tinggal di daerah Yogyakarta. Penelitian ini menggunakan pendekatan studi kasus. Teknik pengumpulan data menggunakan teknik wawancara semi-terstruktur. Sedangkan teknik analisis menggunakan empat tahap, yakni penyajian data, koding, reduksi data dan penarikan kesimpulan. Temuan dari penelitian dapat dilihat dari adanya 2 tema terkait gambaran penerimaan diri, antara lain penanaman kesadaran diri, menerima kehadiran keluarga dan orang terdekat. Sedangkan faktor yang mempengaruhi penerimaan diri meliputi pemahaman diri, harapan yang realistis, tidak adanya hambatan lingkungan, prasangka baik, tekanan emosional, percaya akan keberhasilan, identifikasi, cara pandang, pola asuh, dan konsep diri yang baik. Selain itu adapun dampak penerimaan diri bagi kehidupan informan meliputi, merasa lebih mudah menerima keadaan, mengetahui nilai-nilai atau hikmah penerimaan diri.

Introduction

The Corona Virus Disease (Covid-19) pandemic is a disaster that can be said to be multidimensional. The covid-19 disaster has caused impacts in various sectors, such as the economic sector, manufacturing sector, tourism sector, and transportation sector. The covid-19 pandemic also not only affects sectors but also affects social life, education, and uncontrollable psychological stress for people in Indonesia when facing health emergency situations that can result in mental problems (Rahayu & Wiryosutomo, 2021).

The data report from the Health Office states that covid-19 cases in the Special Region of Yogyakarta show that 93 people tested positive and died, positive covid-19 and declared cured as many as 3147 people, then confirmed covid-19 cases 3835 people (Rizaldy, T & Andreasta, M 2021). Death is something that is bound to happen in human life and no one can avoid it. Death has become something that sounds scary to everyone because death makes individuals lose loved ones forever such as the death of parents, family, friends, and spouses (Fitria, 2013).

In essence, the family is one of the places to share stories experienced by a child. The family is also a means of growth and development of children because there are parents in it. Parents are the closest people to children, especially mothers because it is mothers who give birth to children and raise them from childhood. In relation to the mother, of course, there is a closeness to the child that is given from birth and fosters a sense of security and comfort when with the family. In addition, mothers also teach their children to recognize the environment around them so that children can perceive themselves to think, feel and act in the existing socio-cultural environment (Dita Cahayatiningsih, 2022). Everyone has a different reaction to grief. Some people exhibit the same feelings of grief as depression which makes individuals withdraw from social settings and feel very sad. In terms of receiving support, people who are depressed often shut themselves off from and are reluctant to interact with people around them (Tashandra, 2020).

Moreover, psychology students who are experiencing the death of loved ones, especially mothers, will certainly feel very sad because they are learning about mental processes that train emotionally so that it will cause a very long trauma (Vastya C., 2021). The sadness experienced can be passed in a gradual way and of course try to get up from the dream that became a reality in his life. (Tillquist 2018). As for individuals who cannot overcome the adversity they experience, it will tend to lead to negative behavior, individuals will behave aggressively compared to others (Buhanuddin 2022).

In addition, individuals who have entered the transition from late adolescence to early adulthood have erratic emotions and will cause feelings of sadness, or feel less cared for. At this age individuals often feel fickle emotions that can cause them to close themselves off, be depressed, desperate, irritable, and even not know the

direction and purpose of life (Ramadhan, Rio F. & Ardias, 2019). In the case of individuals who have been faced with the death of their mother and are protracted in their grief, it can certainly cause difficulties in achieving optimal psychological well-being (Ismail dan Indrawati, 2015).

Psychological well-being is also closely related to self-acceptance. Self-acceptance is defined as an attitude that is basically satisfied with oneself, qualities and talents from within and knowledge of one's own limitations, this means that it is aimed at supporting individual abilities. Self-awareness of all the advantages and disadvantages of oneself must and must complement each other so as to foster a healthy personality (Chaplin, 2014). In addition, individuals who have accepted themselves for the events that have been experienced are certainly able to overcome problems such as feelings of loss due to the death of their parents (Nurriyana & Savira, 2021). Self-acceptance in early adulthood is considered an important factor for development, because it is the basis for the formation of identity in individuals. Self-acceptance is also closely related to a psychologically healthy condition, which has full awareness and acceptance of who and what he is. Once an individual has an awareness of his or her self-acceptance, it means that he or she is free from guilt, shame, and low self-esteem due to self-limitation, as well as free from fear of judgment from others about his or her condition (Syafitasari 2020).

Method

This research uses qualitative research. John Creswell (2019) explains that qualitative research methods are a procedure in research that produces descriptive data in the form of written or oral data sourced from the behavior of the people observed. In addition, qualitative research also aims to understand the conditions of a context by directing it to a detailed and in-depth description of the conditions and reality in a natural way about the facts as they are according to events in the field.

The research approach used is a case study. A case study is an exploration of a system that is bound over time through in-depth data collection and involves various sources of information that are abundant in a context (John C., 2019). The research setting is the place chosen by the researcher based on the placement of the research focus. The location setting in the research was carried out in the Yogyakarta area. Then for the research informants themselves are Javanese people who were left by their parents due to Covid-19. This study uses 2 samples who reside in Yogyakarta.

The criteria related to the informants include:

- a. Male and Female, Student S1
- b. Have experience a sad event (Their mother died)
- c. Resides in the Yogyakarta area

In finding informants, this research uses *purposive sampling technique*. *Purposive sampling* is one of the non-random sampling techniques in finding informants by determining specific characteristics that are in accordance with the research objectives so that it is expected to answer research problems (Goldman, Ian. and Pabari, 2021). In this research, data analysis will be conducted simultaneously with the data collection session. As expressed by Creswell (2019) The researcher can conduct analysis before the interview session, write memos during the interview to later become data in the report. So that the data conveyed by informants does not escape the attention of researchers (John C., 2019).

Qualitative data analysis can also be carried out in two stages, namely analyzing raw data, both in the form of interview transcripts, field notes, and pictures, and conducting further analysis related to the research approach. In phenomenological research, the specific analysis used includes analyzing significant statements, forming units of meaning, and developing the essence of description (John C., 2019).

Results and Discussion

1. Informan KMW

a. Self-Acceptance Overview

1) Emerging Self Acceptance

a) Cultivating Awareness Within Oneself

After experiencing the death event, over time KMW realized that she had to escape and rise from the protracted sadness. The desire to rise from sadness arose because KMW had realized that there was no bad event that did not bring valuable lessons in her life. KMW also realized that protracted sadness would also not solve his life problems, so he tried to rise little by little by accepting the existing realities of life. One of the things KMW did to rise from her slump was to complete her thesis.

b) Fully Accepting the Family's Presence

Family is a place to tell stories and is also the most comfortable place for KMW, she can tell her complaints and grievances. Moreover, family always accompanies her when she is happy or sad and since childhood she has lived her life with family, therefore family is very important in the process of self-acceptance in KMW.

2) Factor's Affecting Self-Acceptance

a) Awareness to Accept the Situation

Efforts in accepting the circumstances that have been experienced have an influence on self-acceptance. KMW explained that when the efforts

that have been made make him move towards a better direction, then of course he will feel strong in continuing life.

b) Hope for Better

KMW explained that hope will lead her to a better life, namely learning to be stronger in accepting circumstances, learning to be more patient, and learning to be sincere.

c) Social Environment that Support the Subject's Life

According to KMW, she has also been able to see the obstacles that come from the environment where she has been able to distinguish the environment that provides support and the environment that hinders her process to date.

d) Have a Good Attitude

Prejudice towards others certainly exists within the process of self-acceptance itself. Especially when the prejudice is built positively and makes KMW not compare herself to others.

e) Not Easily Influenced by Others

According to KMW, she is not affected by emotional pressure that can weaken her, meaning that she will ignore negative assumptions from others, but still accept positive assumptions from others. She thinks that such things are a form of reference for her maturation.

f) Confidence in Future Success

In addition, KMW also believes that success will achieve the desired goal, namely when she has tried her best, the effort will bring her to a better life.

g) Able to Identify People Around Him

KMW realizes that he must be able to identify the people around him, starting from the way he thinks, socializes, and acts because basically everyone has their own way of providing empathy for the events experienced by KMW, so he must also adjust to his environment.

h) Have a Good Point of View

To foster self-acceptance, of course, KMW must also be able to have a perspective in understanding the circumstances that occur so that she is able to cling to her own perspective in the process of self-acceptance.

i) Family Support

Understanding of oneself is based on the provision of family parenting such as affection, attention, and love. KMW has expressed this in the process that happened to her, when in difficult times KMW's closest people and cousins always paid attention to her by comforting her.

j) Good Self-Concept

One of the encouragements to foster self-acceptance is to be consistent with himself in moving forward and starting to change his life. KMW said that she always tries to do good things such as getting closer to God Almighty, so she is calmer in going through the process of self-acceptance.

3) Impact of Self-Acceptance

a) Feeling Easier to Accept the Situation

In addition to feeling the need to rise from adversity, of course, there is also a sense of being able to more easily accept the circumstances that have occurred. This can be seen when he is able to face his own ego so that feelings of anger, hatred, and irregular activities have begun to disappear little by little.

b) Knowing the Values of Self-Acceptance

From such a long process, there are values or lessons that can be taken from self-acceptance. In addition, KMW has also revealed that she has been able to accept the situation which is part of the process of self-acceptance so that she can take values or lessons from all the events that have been experienced.

2. Informan BS

a. Self-Acceptance Overview

1) Emerging Self-Acceptance

a) Cultivating Self-Awareness

After experiencing the death event, over time BS realized that he had to escape and rise from the protracted sadness. This was reflected in BS's experience where he thought of being able to cover his mother's debt when she went to the hospital for treatment.

b) Feeling the Presence of Loved Ones is More Meaningful

Basically, the family is a place to tell stories and is also the most comfortable place, but for BS himself the family is not a means to always accompany him when he experiences the downturn of his mother's death. This has been expressed by BS through his story that the presence of the closest person always pays attention to BS, therefore the presence of the closest person is very important in the process of self-acceptance.

2) Factor's Affecting Self-Acceptance

a) Awareness to Accept the Situation

Efforts in accepting the circumstances that have been experienced have an influence on self-acceptance. BS explained that when the efforts that have been made make him move towards a better direction, then of course he will feel strong in continuing life.

b) Hope for Better

BS explained that hope will lead him to a better life, namely having the desire to continue his studies as a form of responsibility to his parents and having a strong intention to raise the status of his parents.

c) Feeling that His Neighborhood Cares about Him

According to BS, he has also been able to see obstacles that come from the environment where he can distinguish the environment that provides encouragement to rise from adversity. This is because he considers that the environment that pities him because of the death event is a form of concern for him.

d) Strive to Cultivate Good Prejudice

Prejudice towards others certainly exists in the process of self-acceptance itself. Especially when the prejudice is built positively, it will create a sense of security in his life and minimize negative prejudice. This was expressed by BS through the story he went through.

e) Emotional Stress that is Still Attached to the Self

According to BS, emotional distress often arises when other people ask a lot of questions about her life, which makes her feel unacceptable and also causes anger in her.

f) Have Confidence that the Process Will Lead to Success

In addition, BS also believes that success will achieve the desired goal, namely when he has tried his best, the effort will bring him to a better life.

g) Able to Identify People Around Him

BS realizes that he must be able to identify the people around him starting from the way he thinks, socializes, and acts because basically everyone has their own way of providing empathy for the events experienced by BS, so he must also adjust to his environment.

h) Have a Good Point of View

To foster self-acceptance, of course, BS must also be able to have a perspective in understanding the circumstances that occur so that he is able to hold fast to his own perspective in the process of self-acceptance.

i) Support from Others

Self-understanding is based on the provision of affection, attention and love. This has been expressed by BS in the process that happened to him, when in difficult times he rarely received attention from his brother but those closest to BS who always paid attention to him.

j) Good Self-Concept

One of the encouragements to foster self-acceptance is to be consistent with himself in moving forward and starting to change his life. BS said that he always tries to do good things such as surrendering to God Almighty that the events that have occurred are destiny that has been outlined properly, therefore he feels calmer in going through the process of self-acceptance.

3) Impact of Self-Acceptance

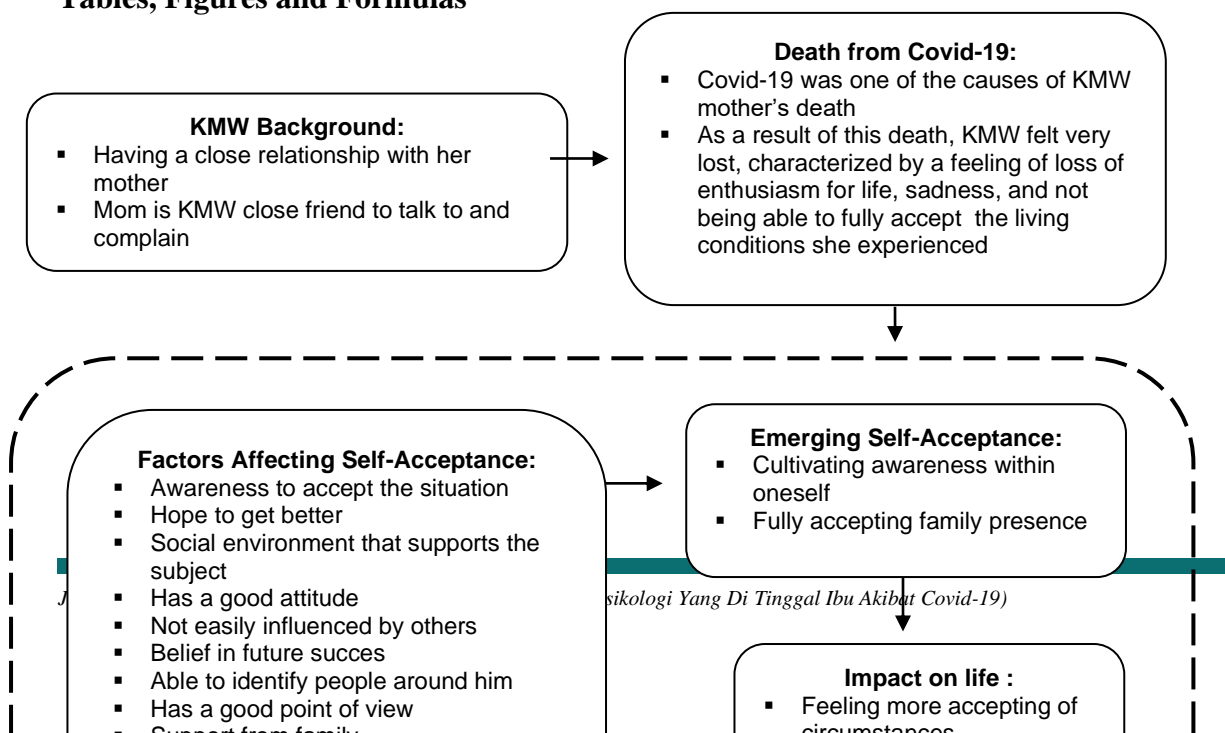
a) Feeling Easier to Accept the Situation

In addition to feeling the need to rise from adversity, of course, there is also a sense of being easier to accept the circumstances that have occurred. This appears when he has a goal to change his life for the better.

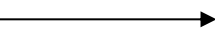
b) Knowing the Values of Self-Acceptance

From such a long process, there are values or lessons that can be taken from self-acceptance. In addition, BS has also revealed that he feels more graceful and feels more mature in dealing with problems.

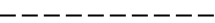
Tables, Figures and Formulas



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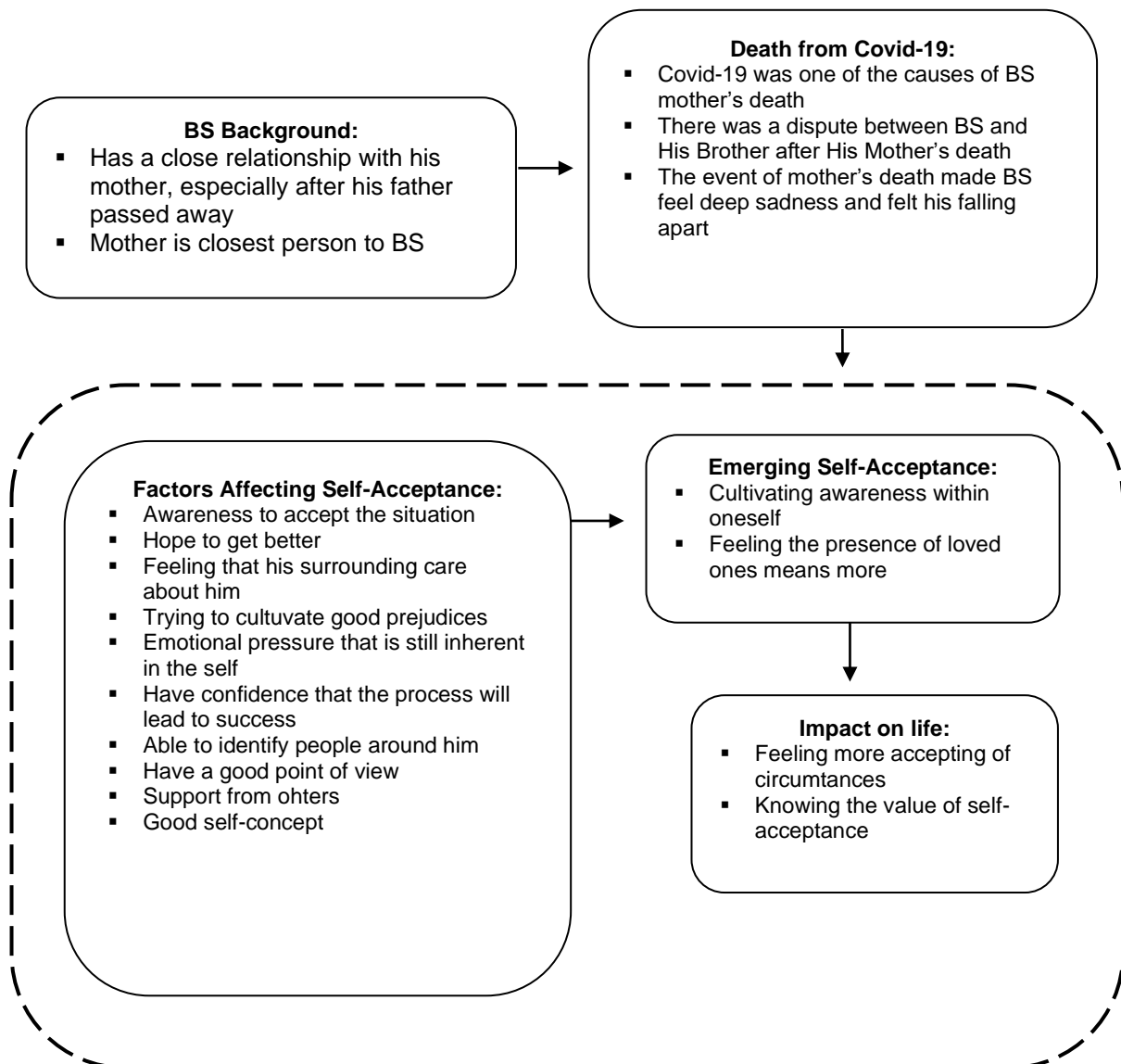
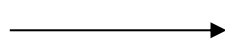


= Influence

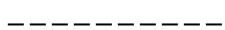


= Self-Acceptance overview (Areas Studied)

Chart 1. KMW Subject's Self-Acceptance Dynamics

**Description :**

= Influence



= Self-Acceptance overview (Areas Studied)

Conclusion

Based on the results/findings and analysis conducted in this research, several conclusions can be drawn which include the description, factors and impact of self-acceptance of research informants. The following is an explanation related to the conclusions of the description, factors, and impact of self-acceptance:

1. Self-acceptance that appears in informants includes 2 themes, namely: (a) cultivating self-awareness, (b) accepting the presence of family and closest people.
2. Factors that influence informants' self-acceptance include 10 themes, namely: (a) self-understanding, (b) realistic expectations, (c) absence of environmental barriers, (d) good prejudice, (e) emotional pressure, (f) belief in success, (g) identification, (h) perspective, (i) parenting, (j) good self-concept.
3. The impact of self-acceptance on life includes 2 themes, namely: (a) feeling easier to accept the situation, (b) knowing the values or wisdom of self-acceptance.

Declarations

Author contribution. The author makes the research paper as it is without any manipulation of data. The author also takes the data very carefully and in-depth so as to get the results he wants to study.

Funding statement. The source of funds carried out in this study is a private source of funds without involving other institutions.

Conflict of interest. The conflict that has occurred in this study is that each informant stated that they experienced a deep feeling of sadness when they lost their mother at the time of covid-19, but over time the informant was able to foster self-acceptance in himself which was influenced by several factors including self-understanding, realistic expectations, absence of environmental barriers, good prejudice, emotional pressure, belief in success, identification, perspective, parenting, good self-concept.

Additional information. No additional information is available for this paper.

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