

# Self Acceptance : a Study in the Elderly Age in Family Cempaka, Kabupaten Ngawi

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**Abstract**— Aging is a closing period in the span of human life. A period that must be passed when receiving a long life gift. Living this period, the elderly have the opportunity to develop more mature, by doing something meaningful for themselves and others. In old age, the problem faced is one of which is a decrease in physical conditions and other problems that need serious attention. Physical changes that occur in the elderly will affect in terms of self-acceptance. This study was carried out on the elderly in the Elderly Family Development of Cempaka Posyandu, Ngawi, with 16 subjects. The results showed that self-acceptance in the elderly had a large influence. The perceived changes such as the aging process can be well received by the elderly and able to adjust to the environment in which they are located.

**Keywords:** *self-acceptance, elderly*

## I. INTRODUCTION

Aging is a closing period in the span of human life. A period that must be passed when receiving a long life gift. Living this period, the elderly have the opportunity to develop more mature, by doing something meaningful for themselves and others. In old age, the problem faced is one of which is a decrease in physical conditions and other problems that need serious attention. Physical changes that occur in the elderly will affect in terms of self-acceptance.

Self-acceptance in the elderly is closely related to the physical health of individuals. According to the World Health Organization (WHO), health is a condition that includes physical, mental and social health which does not only mean a condition that is free from disease and disability. According to Coleman and Broen (Wiramihardja, 2004), there are six characteristics of mentally healthy people, one of which is self-acceptance. Self acceptance is a level of individual ability and desire to live with all the characteristics of him (Hurlock, 1980).

So, individuals with self-acceptance have a realistic assessment of their potential, which is combined with appreciation for themselves as a whole. That is, individuals are able to accept everything that is in themselves both weaknesses and strengths, so that if things happen that are less favorable or pleasant then the individual will be able to think logically about the good and bad of a problem that occurs without feeling like inferiority, shame, opposition and others.

This is in line with what was stated by Hurlock (1974, in Paramitha, 2012), emphasizing that people who lack self-acceptance can be inferior so they tend to be self-oriented. Self-acceptance in the elderly can be done by changing lifestyle. Therefore, self-acceptance for the elderly, especially the elderly at the Cempaka Posyandu in Ngawi needs to prepare themselves to enter this new phase.

## II. METHODS

This research is descriptive qualitative research. The location of this research was carried out in the Family Posyandu Cempaka, Ngawi, East Java Province. The population in this study were those who were elderly in the Development of Elderly Families of Cempaka Posyandu, Ngawi. Sampling in this study was by purposive sampling, with the number of research subjects 16 people. Data collection techniques were carried out using participatory observation and indepth interviews. Data analysis is carried out through stages, namely the data reduction stage, data presentation stage, and conclusions. While to guarantee the validity of the data, the researcher used the source triangulation technique by checking the information submitted by the informant.

## III. DISCUSSION

The results showed that self-acceptance in the elderly had a large influence. Old age is a natural process that will occur in every living thing. According to Suardiman (2011), which states that all living things have a life cycle towards old age, which begins with the birth process, grows into an adult, breeds, grows old and finally dies. Old age is susceptible to disease. Some weaknesses and diseases will occur with increasing age. Elders who live in weakness, and various diseases they feel will certainly not be able to enjoy their old age well. It will be different if the elderly who can accept themselves are defined as individuals who do not have problems with themselves, do not have the burden of feeling towards themselves, so that individuals have more opportunities to adapt to their environment. The perceived changes such as the aging process can be well received by the elderly and able to adjust themselves to the environment in which they are located. A person's physical condition will affect the level of self-acceptance.

Self acceptance is a desire to see oneself as they are, and recognize themselves as they are. This does not mean a lack of ambition because there are still desires to improve themselves, but still realize how he is now. That is, the ability to live with all the advantages and disadvantages of this self does not mean that the individual will take it for granted, because this individual continues to strive to develop themselves. Individuals with self-acceptance will see all the shortcomings and strengths they have and are able to manage well.

Self-acceptance characteristics according to Cronbach (1963), include having confidence in his ability to live life, considering himself valuable as a human being equal to another individual, realizing and not feeling ashamed of his situation, placing himself as other human beings so that other individuals can accepting himself, being responsible for all his actions, accepting praise or reproach on him objectively, trusting the principles or standards of his life without having to be enslaved by the opinions of others, not denying or feeling guilty for the impulses and emotions that exist in him.

Self-acceptance is chosen because the journey of an individual's life naturally changes. Changes in conditions in old age such as gray hair, wrinkles, difficulty eating. In addition, there are also feelings of exclusion, unnecessary and so on. Everything that is in yourself and felt as something fun so that the individual has the desire to continue to be able to enjoy his life in old age. Any changes that occur related to the aging process can be accepted by individuals who have good self-acceptance so that the elderly can live happily.

#### IV. CONCLUSION

In general, it can be concluded that self-acceptance in the elderly is that individuals are able to accept their strengths and weaknesses and want to live in peace with the situation. Elders who are able to accept themselves or not also get influence from the environment in which they are.

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