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Parental Self-Acceptance During Covid-19 Pandemic

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Abstract
Acceptance of parents during the pandemic is something to talk about, as the Covid-19 pandemic has affected parents as individuals with economic instability. Feelings of inadequacy, frailty, and self-limitations to meet the needs of life can be detrimental psychologically because of feelings of worthlessness. A person can accept himself if he is brave enough to take on responsibility, trust in his abilities, know his strengths, strengths and weaknesses, recognize limitations, position in position, accept both praise and reproach, and be able to adjust to the environment. It is important, therefore, to understand yourself, with realistic expectations, a positive social outlook, and good self-promotion factors. Because the effect of self-acceptance is associated with self-adjustment and social adjustment.

Keywords: self-acceptance, covid-19 pandemic, parental
Introduction

The Covid-19 pandemic is a concern to any household, let alone that the corona pandemic will go a long way. The impact of the Covid-19 pandemic is felt in all areas of human life, both health, employment, education, and also economics (R. N. Putri, 2020). The instability of the economic situation is also felt in the lives of families in a community, as the loss of household income leads to poverty. As explained by Summer, Hoy and Juarez (2020) that the economic downturn of a pandemic increases world poverty levels to include half a billion people or 8% of the world’s population. Poverty in families eventually interferes with family welfare. Even less income to meet the needs of the family, making the child a breadwinner substitute for or contribute to the roles and duties of the parent.

The fact is that the Covid-19 pandemic results in informal economic incompetence because there is no income (Nurhayati & Halal, R, 2020). This is because government encouragement to work from home even the shut down of public facilities has caused informal sector workers to be unable to sell services. Whereas the demands of fulfilling the necessities of life must be met. These circumstances leave middle-income - poor parents, even be anxious because of the inadequacy of meeting life's needs. These circumstances eventually led to the education of the children for being unable to buy mobile phones to study online, preferring to lay off the children's study activity for an uncertain time. At this stage, parents may be viewed as irresponsible for neglecting a child's education, in order to provide food and clothing. On the same side, parents feel that gap in income with this need creates a feeling of inadequacy with other families who are more capable or have more stable lives. The difficulties of living this life lead to self-copying of disabilities, weaknesses, shortcomings and limitations. In other words not accepting any of the living realities that are experienced and felt. According to Hartarti, Erlamshah, and Syahniah individuals who do not accept themselves with limitations, weaknesses, and fragility display unhealthy individuals (Puspita et al., 2013). Unhealthy individuals are those who are unable to accept themselves. In other words, self-acceptance displays a healthy and positive personality.

Ryff says that a person who shows a positive attitude about himself and has a positive view of his life, describes his acceptance (Qonita & Dahlia, 2019). The same is said by Rahmawati et al (without years) that individuals who have no problems with themselves and who are unburdened with themselves and can adapt to the environment are individuals who can accept themselves. Individuals who can accept themselves have good social interaction because there is confidence in the view that all have flaws and advantages. As Hurlock explains that “the better an individual can receive himself, the better his adjustment and social will be” (Hurlock, 1990).

The results of Utami's study found that a person who believes in his own abilities, is resilient, responsible, and accepts his own strengths and shortcomings is highly endowed because he is able to accept himself and view himself as valuable (Utami & Widiasavitri, 2013). White (2011) says that people will be happy, strong, successful and can make changes in their lives because of good self-acceptance. Whereas according to Alport in (Winarsih et al., 2020) individuals who have self-acceptance are those who tolerate life events that are perceived painfully aware of self-power. Hence, self-acceptance is depicted as having mature mental health and personality health. In addition, Anderson says accepting oneself indicates also as one who has found the character and basis of humility and self-integrity-forming humility and integrity (Gamayanti, 2016).
Thus, this picture of acceptance of parents from a middle-income family as a result of the Covid-19 outbreak gives a negative self-acceptance as a result of an unfavorable comparison of the lives of parents of the upper middle-income economic status still seems to be able to meet the needs of children, including a good education. These circumstances make parents feel worthless for life's shortcomings and thus result in the release of responsibility for the child's education and the indifference to life lived. Hence, the study would like to see an overview of the integration of parents into the pandemic of psychological science.

Literature Review

An Understanding of Self-Acceptance

According to Johada, self-acceptance is how one learns to live with oneself (Rizkiana & Retnaningsih, 2009). Chaplin (2014) self-acceptance is the extent to which a person can recognize and acknowledge personal characteristics and use them in living his or her survival. Self-acceptance is indicated by one's recognition of one's strengths and acceptance of his weaknesses without blaming others and continuing to develop. Whereas according to Agustin (2017) self-acceptance is either a positive or a negative attitude in expressing a feeling of acceptance and happiness over the strengths and weaknesses and being willing to live with all the characteristics in him. Sheerer in Gentrudis, describes individuals who have values and standards not influenced by the environment showing acceptance of themselves (G. G. Putri et al., 2013).

Aspect Of Self-Acceptance

Aspects of self-acceptance according to Sheerer (Ulina etc., 2013) can be distinguished by 9 aspects:

1. Believing in the abilities of individuals who already have the potential for living their lives, can be seen in the way the individual behaves with confidence, in which the individual prefers the development of a good attitude and the removing of its bad attitude and staying yourself with positive change. This can make the individual feel satisfied with his or her own behavior and decisions.

2. The individual's equal feelings feel of oneself as a precious human being as well as equal or equal to others in general. This makes the individual feels as one who does have strengths and weaknesses as others do.

3. Recognizing individual limitations does not deny themselves limitations and does not deny excess, and has a realistic appraisal of resources.

4. Self-orientation of individuals who have more of a self-orientation than an inner self. Such individuals tend to care and be tolerant of others, making them acceptable to their environment.

5. Bold enough to bear the responsibility of an individual who bears responsibility for his behavior is seen in the character of the individual capable of receiving criticism and making it a good and important input to develop oneself.

6. Taking a stand for individuals who take a stand as individuals who can follow their own decisions rather than conformity to social pressure. Individuals like these usually have aspirational ideas for better life and self-hope.

7. Accepting praise and reproach objectively enables an individual to take credit for his good behavior and can take criticism as a basis for evaluating personal wrongdoing.

8. Accepting the human nature of the individual is capable of revealing and recognizing all kinds of emotions like anger, sedoleh because it is important to be happy, not to think of
those emotions as something that should be covered up because they are the human nature of everyone.

9. Not subjecting oneself to self-injury is an individual who adapts well to the environment without feeling himself unworthy, feeling himself as a deviant and rejected by the other is used in the study, since it is consistent with the psychological condition of a patient suffering from an illness.

**Characteristics of Self-Acceptance**
Jersild refers to the traits of self-acceptance (Gamayanti, 2016):

1. The person who accepts himself has realistic expectations about his situation and values himself. It means that the person has an expectation that matches his capabilities.
2. Convinced of his standards and self-knowledge without fixating on the opinions of others.
3. Has an accounting of his limitations and does not look upon himself irrationally. It means the person understands his or her limitations but not the disagreeable use of himself.
4. Recognizing his own assets and feeling free to withdraw or do what he wants.
5. Recognizing a lack without blaming yourself.

**Factors of Acceptance**
Hurlock sets out factors that contribute to the acceptance process (Ardilla & Herdiana, 2013):

1. An understanding of yourself. This understanding stems from a person's opportunity to recognize his ability and incompetence. Not only that, but an individual who understands himself also tries to show his ability. The more the individual understands himself, the greater the acceptance of the individual toward him.
2. Realistic expectations. A realistic or real or tangible hope arises when an individual sets his own expectations in which the expectations are tailored to the understanding of his abilities, rather than directed by others. With realistic expectations, such hopes will become greater and more likely to reach them, resulting in self-fulfillment.
3. The absence of environmental barriers. An individual's expectations are difficult to achieve if the environment around him presents no opportunity or even stands in the way (though individual expectations are already realistic) such as racial, gender or religious discrimination. If they are eliminated and if families, peer or those around them provide the motivation for achieving goals, then one will be able to achieve satisfaction.
4. Positive social profile. Lack of prejudice and appreciation for the social abilities of others and the willingness of individuals follow ward customs.
5. No intense emotional or stress disorder. A lack of emotional or severe stress will enable the individual to do his best, to feel calm, and to feel happy.
6. The effects of effective success. Success may result in (positive) self-acceptance. On the other hand, personal rejection is the result of failure.
7. Identify with people who are well-adjusted. Individuals who identify themselves with those who are well-adjusted, can build positive attitudes toward themselves and conduct themselves properly. This can result in an acceptance of oneself and good judgment.
8. Having a broad self-perspective means watching others' views of themselves. This broad self-perspective is gained through experience and learning.
9. A childhood upbringing that is good for a democratically nurtured child will tend to develop as one who can respect himself.
10. The stable concept of self because an individual who has no stable concept of self (for example, sometimes likes himself and sometimes dislikes himself), is difficult to show others who he is, as he is ambivalent toward himself.

**The Effect of Self-Acceptance**
Hurlock's self-acceptance is the first with regard to adaptability, such as becoming more familiar with strengths and weaknesses, having confidence, self-worth, better equipped with criticism, being able to use their potential effectively, being honest and unpretentiously, even caring for others in the form of empathy. Second, when it comes to social adjustments, it is better not to feel inferior to others, to pay attention to others, to take an interest in others, such as showing empathy and sympathy because of positive personality concepts and personality traits (Hurlock, 1990).

**Stage of Self Acceptance**
Tomb explains the following stages - acceptance (Supradewi & Sukmawati, 2020):
1. The stage of denial at this stage is denial of denial of denial or denial of unpleasant occurrences or of individual deprivation.
2. Anger at this stage is a reaction to such emotions as anger over the individual's actions and reality.
3. This stage is redirecting the individual's emotional reactions or anger better which can be in a way that is usually associated with the antidote to getting something more often in the form of a deal with god.
4. The depression stage. At this stage the individual raises a reaction in the form of lost hope and despair.
5. The darker stage. At this stage where individuals have reached the point of resignation and the feeling of trying to accept the harsh reality being experienced or occurring.

Germer (Ardani & Nasution, 2015) also has an interpretation that self-acceptance is being passed at various stages of:
1. The darker stage. At this stage marked the growing feeling of hate/unwillingness and trying to avoid the hate by meditating in order to find a way to relieve those feelings.
2. The level of curiosity on this phase of the individual versus his or her resentment or discomfort with attention. Individuals begin to have questions about things they feel they need to consider.
3. The darker stage. At this stage the individual begins to be able to accept events that befall him well. In this regard tolerance means being able to endure the pain of a wide range of negative emotions arising before and individuals continue to resist and expect those feelings to disappear quickly.
4. The allowing stage. At this stage the individual has tried to let his emotions come and go, where they are a sense of discomfort that will be left to come and go by itself.
5. The friendship stage. At this stage the individual is able to hold tight and look at the values that have been hidden. An individual views values upon himself when in the difficult circumstances that are befalling him.

**Research Method**
This research is a kind of literature study. Literature studies are studies conducted solely on written works, including those that have been and have not been published (Embun, 2020). This library study method contained theories that pertinent to the research problem. This research problem is how they picture the self-acceptance of parents during the Covid-19
pandemic. The sources used were textbooks, scientific journals and research results. Therefore, the source and method of collecting data is in a library by reading, recording and processing research material. Data analysis techniques using the context analysis techniques. Content analysis is the study with which an in-depth discussion of the content of a written information (Afifudin, 2012).

Results and Discussion
The inability of parents to face each and blame the circumstances of their living life leaves them susceptible to psychological problems and problematic behavior. Problems faced include incompetence in accepting the situation of a current corona virus outbreak with all its effects on human life. This indicates the individual is weak in his acceptance of himself, for he does not believe in the ability of the self with everything he has. Inability to accept is also due to a sense of unpicking blame for life's destiny with all the shortcomings that are different from that of others. This has resulted in loss of responsibility in families demonstrated by neglect of children's educational needs because of the economic instability of the Covid-19 pandemic. It is also the result of conflicting expectations and realities of life, so parents tend to blame themselves. For the person who blames himself according to the jerslid (Gamayanti, 2016) is characteristic of those who do not have self-acceptance. Rather, one who has self-acceptance is aware of his own shortcomings and limitations.

The ability of a parent in accepting himself with all the surrounding situations of life is affected by factors that play a part in the self-acceptance process, that is, an understanding of oneself's strengths and weaknesses or abilities and disabilities. This self-understanding sends parents to a realistic expectation that is tailored to the ability to achieve what is expected. To get to the realization of expectations is necessary to avoid stress and emotional distractions, so that parents can feel calm, strong and happy. To this end, adjustments also play an important role in developing a positive attitude toward oneself and individual conduct. That is, parents have to adapt to their surroundings. Furthermore, positive self-concept sends parents to a firm stand.

Thus, parents who have self-acceptance portray someone who accepts the living conditions they live, respects them, reflects them and finds a way to reconcile with whatever deficiencies have (Pramono & Astuti, 2017). Further, self-acceptance makes the individual to have a healthy and powerful personality because otherwise the individual parent would feel less confident and useless. Therefore, it is important to have a positive view of oneself during the Covid-19 pandemic that will enable a person to receive himself. As Riff says individual self-acceptance is about one's positive view of oneself (Pramono & Astuti, 2017).

Conclusion
The Covid-19 pandemic that's pandemic across the globe including Indonesia has caused the economic instability felt by any parent especially in the background of a lower middle-income economy. The underlying consequence is stress because there is a lack of financial means in caring for life's needs and impair responsibility for family and child education. There is a sense of unpicking on people's equals and becoming unable to accept their own strengths and shortcomings. This indicates that negative self-acceptance leads to an unhealthy level of self-confidence and personality, which leads to the peace of living. Self-acceptance, therefore, is an important thing that every parent must understand in order to live a normal life.
Limitation of the Study
This research is limited to parental self-acceptance during the Covid-19 pandemic

Declaration of conflicting interest
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