



## Penerimaan Diri Remaja yang Memiliki Keluarga Tiri di Talang Kelapa (Pendekatan Fenomenologi)

### *Self-Acceptance of Adolescents Who Have Stepfamilies in Talang Kelapa (Phenomenological Approach)*

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#### Abstrak

Penelitian ini bertujuan untuk mengetahui penerimaan diri remaja yang memiliki keluarga tiri. Faktor-faktor penerimaan diri manakah yang mempengaruhi penerimaan diri remaja yang memiliki keluarga tiri. Penelitian ini menggunakan desain penelitian kualitatif dan menggunakan studi fenomenologi untuk dapat mengetahui penerimaan diri remaja yang memiliki keluarga tiri. Dalam penelitian ini, peneliti menggunakan 7 narasumber, 2 orang sebagai subjek penelitian, 5 orang sebagai informan tahu. Hasil dari penelitian ini menemukan bahwa terdapat penyebab kedua subjek dapat menerima diri terhadap keluarga tiri. Kedua subjek memiliki 2 faktor penerimaan diri. Setiap faktor yang dimiliki kedua subjek juga dipengaruhi oleh konsep diri dan lingkungan sosial.

**Kata Kunci:** Keluarga Tiri; Penerimaan Diri; Remaja.

#### Abstract

*This study aims to determine the self-acceptance of adolescents who have stepfamilies. Which of the self-acceptance factors affect the self-acceptance of adolescents who have stepfamilies. This study uses a qualitative research design and uses phenomenological studies to be able to find out the self-acceptance of adolescents who have stepfamilies. In this study, researchers used 7 sources, 2 people as research subjects, 5 people as informants know. The results of this study found that there were causes for the two subjects to accept themselves to their stepfamilies. Both subjects have 2 self-acceptance factors. Each factor that both subjects have is also influenced by self-concept and social environment.*

**Keywords:** Step Families; Self-Acceptance; Adolescents.

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## INTRODUCTION

Adolescence is a very important period because this period determines who they are as individuals. A teenager will grow with good character if there is a good support system from family, friends, or the environment. At the age of adolescents who are looking for identity, it is very important to form support from around to build good attitude integrity. An intact family, a positive environment, and peers are factors that influence a teenager's attitude towards self-acceptance.

In the course of human life, we experience several developmental phases that become an important part of each individual's personal journey. One stage of development that requires special attention is adolescence, which is the transition phase between childhood and adulthood. During adolescence, there are various problems that teenagers often face. They may have difficulty in tolerating different opinions, feel awkward in social situations, do not yet have a strong understanding of themselves, have difficulty in understanding and interpreting their own and others' feelings, and often face obstacles in controlling emotions. Reference from Mufidatu (2015) states that these are some of the common challenges faced by adolescents in their developmental phase.

As a social being, humans cannot live or survive alone; they need interactions with other individuals to get through life. In adolescence, their view of the complex world is greatly influenced by the environment and support systems around them. The family environment plays a very important role in the lives of adolescents. As the first known unit and the place where the learning process first occurs, the family

environment has a significant influence on adolescent development. The role of parents in the family environment is crucial. They act as a support system that makes an important contribution to children's development, both in terms of ensuring a sense of security and shaping their character (Aini & Zzuhdi, 2021). In addition, the presence of parents also plays a role in providing assistance to adolescents, helping them understand the world better, providing different points of view in understanding problems, and creating a balance between the demands and responsiveness needed by children (Pambudi & Darmawanti, 2022). Thus, the family environment not only acts as a physical environment, but also as a place where the role of parents is very influential in shaping adolescent individuals.

The role of parents in a child's development is crucial, as they provide reassurance and boost children's self-esteem. Children raised in an environment where parents are actively involved tend to explore the world around them more easily and build complex thinking skills. According to Steinberg (2017), positive parental influence can accelerate adolescents' cognitive development, allowing them to hone their ability to think multidimensionally and consider multiple points of view in exploring life.

During adolescence, there are various internal changes that affect the relationship between parents and children. One of these is the development of logical reasoning and an increased understanding of the concept of puberty. In addition, adolescents also begin to recognize the concept of freedom, which can sometimes trigger rejection or rebellion against parents. This is also

influenced by the idealistic thinking that teenagers generally have. The role of the family in this case is very instrumental in shaping the cognitive development of adolescents. They learn how to control associations through conflicts and comparative arguments they face, which often arise in the family environment. Thus, the family plays an important role in helping adolescents to reach maturity through the understanding they build from daily interactions. More than just assuring physical growth, families also have a significant influence on adolescents' mental development. They provide guidance in understanding the wider world and shape the child's behavior and personality. Therefore, the meaning of family is very important for the development of children, because their role is not only limited to physical aspects, but also greatly impacts the mental development of children (Azagi, 2022).

The importance of the role, influence, and meaning of a family for a child causes immaturity in family relationships to affect the psychology of a child. This is because children will feel deprived of encouragement and protection from the family, causing a sense of insecurity in themselves (Mufidatu & Sholichatun, 2016). Thus, it is the desire of every child to have a complete and harmonious family. However, in reality not all children can achieve this because not all of them have the support of intact parents as a family support system.

According to information obtained from the Palembang Religious Court, in 2023, there were 1,478 divorce cases recorded in Palembang City, South Sumatra, during the period January-July 2023. These divorce cases involved both

cerai gugat and cerai talak, with the main cause being conflict caused by the presence of a third party or infidelity. Data shows that as of July 10, 2023, the Palembang Religious Court received 1,140 cases of gugat divorce and issued verdicts for 907 cases, while for divorce, 338 cases were filed and 276 of them had been decided (detik.com, 2023).

Parental divorce can have a significant impact on children, inflicting a variety of emotional wounds that may last well into adulthood. In addition to emotional turmoil such as anger, feelings of abandonment and indifference, adolescents from divorced families are also vulnerable to a range of psychological impacts. They may feel shyness, become more sensitive, and experience a lack of confidence that can hinder their social interactions. Children's responses to parental divorce are influenced by how parents act before, during and after the divorce. Therefore, it is important for parents to provide extra support, care and affection to help children through this difficult time. In addition, when parents remarry, children will face changes in their family dynamics, requiring time and adjustment to accept the presence of new family members in their lives (Mahfud, 2006). This shows how important the role of parents is in helping children cope with the impact of divorce and changes in the family.

The ability to accept oneself in new situations and environments is very important for adolescents to build good relationships. This is in line with the view of Willis (2008) which states that self-acceptance is a person's ability to live life and interact healthily with their environment, allowing individuals to feel

satisfied with themselves and their environment. Accepting oneself helps a person to escape from obstacles and insecurities that can disturb him, thereby achieving mental balance without causing internal conflict or violating social norms. The age of adolescence when parents remarry has a significant impact on adolescents' adjustment to stepparents. Adolescence is a major challenge in the formation of stepfamilies because adolescents often worry about identity, autonomy, and sexuality (Santrock, 2007).

Most children are often unable to see their stepparents as true parent figures due to a strong sense of loyalty towards their biological parents. Some of them may blame their stepparents for the separation of their biological parents, but there are also adolescents who accept the presence of their stepfamilies without showing any resistance at all. This finding is supported by the researchers' interviews and observations of adolescents raised by single parents, where they admitted to supporting their parents to remarry someone else. In fact, some of them revealed that they felt more comfortable and open in their relationship with their stepparents.

Self-acceptance, according to Germer (2009), refers to a person's effort to fully accept and understand every aspect of themselves without rejecting any condition. This concept of self-acceptance involves emotional acceptance of all changes, including those that may be painful, without blaming oneself or the surrounding environment. On the other hand, the definition of self-acceptance by Rodrigues et al. (2015) includes a positive attitude and comprehensive appreciation of oneself, including past life experiences.

The individual's approach to life experiences as an integral part of self-acceptance also confirms that self-acceptance occurs when individuals are able to see themselves objectively, accept their bodies, emotions, experiences, behaviors, inner qualities, and understand and embrace themselves as individual's worthy of respect. Thus, self-acceptance can be understood as an individual's understanding and positive attitude towards their characteristics, acceptance of all changes, criticisms, and life choices in the past, and having the willingness to survive and deal with these situations.

Self-acceptance in adolescents with stepfamilies is a process that requires great faith and courage. When adolescents are able to genuinely accept their family situation, it can have a significant positive impact on their cognitive development and thinking. The ability to accept circumstances without rejection is often based on positive attitudes and mental strength. Adolescents who are able to face themselves with understanding tend to be more thoughtful in their actions and more proactive in planning for a better future. Furthermore, self-acceptance can also have an impact on their physical health as good mental health often has a positive correlation with physical well-being. Interestingly, adolescents' self-acceptance is also closely related to their perception of themselves. The belief that their body is healthy, their appearance is attractive, and their mind is at peace without stress will reflect their overall self-concept (Chen, 2017).

One of the factors that can influence self-acceptance in adolescents is self-concept, which includes their view of themselves, including beliefs and

judgments about their abilities and self-worth. Social support also plays an important role, which includes concrete encouragement and attention given by people around the adolescent to create a sense of comfort and confidence. According to Berger (2003), this can influence how adolescents accept and value themselves.

After conducting initial observations and interviews, the researcher noted that Subject B, an adolescent girl, lives with her stepfamily. According to the research, Subject B's relationship with her stepfamily has lasted for more than 10 years, and Subject B seems to have accepted this situation well. This finding illustrates the development of a solid relationship between Subject B and her stepfamily over a long period of time.

Subject B is a teenager who has a stepfamily, especially a mother and stepbrother. Subject B's biological mother died when he was a child. Subject B, whose mother died, felt lonely so his father asked his permission to remarry someone who was familiar to him. His stepmother was a friend of his biological mother so that subject B did not take long to adapt to new circumstances after the presence of someone in his life. After the presence of his stepmother, subject B looks happier and cared for. Because his childhood experience of being left by his biological mother and then his father who was busy working made subject B crave a mother figure who would take care of him at home.

According to these observations and interviews, Subject B felt lonely after the departure of his biological mother so he did not mind the presence of his birth mother. Although there were times when he was confused or awkward with the

presence of a stranger who would become a stepmother and would interact every day. But with the social factor, namely the extended family, it is very supportive of the decision to accept the stepfamily in Subject B's life.

Subject B also has self-acceptance towards his mother, as seen from the fact that he is open to telling his daily complaints without any restrictions like mothers and children in general. Subject B made the choice to accept his mother's presence in his life with past experiences of being lonely after his biological mother died. But there are times when Subject B feels not free because he is always supervised by his mother, such as not being allowed to go home at night, not being allowed to stay at a friend's house, while Subject B considers himself not to be given trust in his social life because there are often arguments between Subject B and his birth mother.

On the other hand, subject B feels lonely so that subject B can accept the birth mother, get self-strength from the family, can accept the situation of getting communication attention and also need each other both subject B as a child and stepmother as a parent, able to take care of himself after physical changes to adolescence and get support and mother's advice.

The researcher also conducted observations and interviews with subject K who is the only child of his parents. Subject K's parents divorced due to the presence of a 3rd party in their household. Subject B's father decided to separate and live alone with his son, namely subject K. Then not long ago subject K's father remarried, of course with the consent of Subject K.

Subject K explained that he had accepted treatment from the environment where he lived both positive and negative about his family situation by thinking logically and positively.

Based on the results of theoretical studies, observations, and interviews that have been conducted, an idea has emerged to conduct research that aims to understand more deeply how the psychological dynamics of self-acceptance of adolescents who come from stepfamilies in Talang Kelapa. This research will focus on the factors that influence the subjects' self-acceptance. To achieve this goal, a qualitative method with a phenomenological approach is seen as an appropriate and necessary step. This method is expected to provide a deep understanding related to the subject's experience in the context of their self-acceptance.

## METHOD

This study aims to understand and explore more deeply the self-acceptance of adolescents who have stepfamilies. This research process uses phenomenological qualitative research methods because in this study what is studied is the human experience or phenomenology in his life. This research uses a qualitative approach, the data collected is in the form of words and images and not numbers.

Researchers collect data by conducting interviews with research subjects to obtain information and collect data and also researchers make observations to see the behavior patterns of research subjects. After that the researcher conducts documentation to strengthen the evidence of the research.

Given the vast amount of information collected from the field, it is imperative to record it thoroughly and carefully. Data reduction involves summarizing and prioritizing the most important information, concentrating on the essential elements, and identifying overarching themes and patterns.

Involves the representation of data, focusing on relationships between categories, charts, or concise summaries. Narrative text serves as the primary format for presenting data in qualitative research

Researchers can conclude that descriptive qualitative research begins with organizing data, continues with the preparation of information, and ends with data analysis to be followed up.

## RESULT AND DISCUSSION

The series of research implementation was carried out through several stages: First Step. Get the participant relationship up to speed. Long before this research was carried out, the researcher was introduced to the subject. This was done by establishing a more intimate relationship and asking for the subject's willingness to become a participant and making an appointment for the implementation of the research.

Second Step. Consisted of extensive interviews designed to dig deeper into topics that may not be as clearly expressed as expected. This stage is dedicated to discovering the authentic truth behind the information shared with YO's friends and neighbors of subject B as the first know informant on May 15, 2024, then met aunt S who is the aunt of subject B as the second know informant on May 16, 2024, then met mother M the stepmother of subject B as

the third know informant on May 18, 2024, then met M the boyfriend of subject K as the first know informant on July 24, 2024, then met mother R the stepmother or stepmother of subject K as the second know informant on July 24, 2024.

Tabel 1. Interview and Observation Data Collection Schedule

No	Interview Day/Date and Time	Location
1	Wednesday/20 March 2024 14.15 – 15.00 WIB	Subject Residence B
2	Wednesday/15 May 2024 16.00 s/d 17.23 WIB	Subject Residence B
3	Thursday/16 May 2024 10.11 s/d 11.23 WIB	Subject Residence B
4	Saturday /18 May 2024 15.05 s/d 15.53 WIB	Subject Residence B
5	Tuesday /23 July 2024 15.00 s/d 16.15 WIB	Subject Residence K
6	Wednesday /24 July 2024 15.01 s/d 15.53 WIB	Senior high school country 22 Palembang
7	Wednesday /24 July 2024 10.01 s/d 11.05 WIB	Subject Residence K

Based on the output obtained from the interviews with Subject B&K highlighted several themes that answered the research questions, which will be systematically detailed. These themes centered on the concept of self-acceptance among adolescents in stepfamilies, which was explored through various dimensions of self-acceptance and their influencing factors. Collectively, these insights describe the subject's experience of an adolescent's self-acceptance in dealing with a stepfamily situation. The following section will outline the findings, their significance, and an analysis of self-acceptance as perceived by the subjects.

Profile Subject B. The first subject in this study has the initials B

Theme 1: Expressing our feelings, thoughts to others. Subject B has a way to open himself up to other people's responses logical thinking can distinguish

between positive and negative. Subject B makes motivation or input for positive responses for himself to build a better mental subject B.

"I kind of forgot too, ehhh nothing, just after some time after mom left, I just felt where did mom go? How come it's lonely. I feel like something is missing but how do I express it, I'm also still a little confused hehe actually why, what happened is still confused, you know what I mean, right"

Subject B's confession was strengthened by YO, who is a friend and also a neighbor of subject B as the first informant. YO said that subject B felt happy with the presence of a birth mother in his life. Subject B's confession was reinforced by Aunt S, who is a neighbor as well as his close family as the second informant.

Aunt S said subject B as a child was looking for the whereabouts of his mother who had died. Aunt S also added changes in subject B's attitude after the departure of his biological mother.

Based on the results of the subject and informant interviews, it can be concluded that B has self-opening. Seen from how to accept positive responses from others to be used as motivation within themselves.

Theme 2: Acceptance of Others. Subject B willingly accepted the presence of a stepfamily, because it was encouraged by the environment and family, which made B sure of his decision. The following is subject B's confession:

"Ahh yes family support, my aunt said yes, it's good that there is a mother, eh there is someone to take care of me at home not lonely and yes, I agreed, I didn't say that 'yes, it's okay' but just nodded and the marriage happened."

Subject B's confession was strengthened by YO, a friend of subject B

who is subject B's first informant, YO explained that subject B accepted the presence of a stepfamily after hearing the opinion or advice of his extended family.

"We also can't say anything, just pray for the best. Poor Subject B maybe with the new one bella is more taken care of, that's the hope so auntie supports her father's decision and auntie also tells bella that you now have someone to look after, someone to take care of."

Based on the results of interviews with subjects and informants, it is known that the subject can accept others well.

Subject K. The second subject in this study has the initials K, K is an 18-year-old teenager

Theme 1: Expressing our feelings, thoughts to others. Subject K has a way to open himself up to other people's responses logical thinking can distinguish between positive and negative. Subject K makes motivation or input for positive responses for himself to build a better mental subject K.

"Ma'am, our family is peaceful and rarely fights, so how come I was also shocked, why did it become like this" (W1/S2/K/85-90).

"Mom, oh my God, I also can't believe how could you have the heart for my father and me too. So that night my mother left not knowing where until finally we went to my mother's house to discuss with my mother's family what to do."

Subject K's confession was strengthened by M, who is subject K's boyfriend as the first informant. M said that subject K felt happy with the presence of a birth mother in his life.

"She once told me that her mother had cheated on her with someone else and then her father found out. He said he was sad that he couldn't believe the reality. His mother's father divorced

but there was no news from his mother until now just disappeared, I don't know where he is now, whether he is still alive or what, he said that made him angry and hurt."

Theme 2: Acceptance of Others, Subject K willingly accepted the presence of a stepfamily, because it was encouraged by the environment and family, which made K sure of his decision.

"Because it was empty yesterday when my mother left without news suddenly, and now I have a mother who is willing to resign to focus at home, Alhamdulillah, I am happy even though I am a little insecure about being close to my mother, you believe it or not my mother is still young, 30 years old if I'm not mistaken, very young right. I'm insecure, if I go out, I'm sure you'll say brother and sister."

Subject K's confession was strengthened by M, the girlfriend of subject K, who is subject K's first informant, M explained that subject K accepted the presence of a stepfamily.

"Before Kania's father married her, she said she was bored at home with no one around. So yes, sometimes after school we go for a walk first and then in the afternoon, I take her home...but since there is a bunda at home, we rarely go out, she wants to go straight home, she said."

Based on the results of interviews with subjects and informants, it is known that the subject can accept others well.

The research shows that adolescents from stepfamilies exhibit important elements of self-acceptance, as identified in the existing literature, alongside various factors that influence this self-acceptance. Through interviews and observations conducted with two participants, two main themes emerged that highlighted the adolescents' self-acceptance journey.

In subject B the first theme is Expressing feelings and thoughts to others carried out by the two research subjects. From the results of interviews and observations conducted by the two research subjects and also reinforced by the recognition of informants who know YO, aunt S and Mrs. M, it can be concluded that the two subjects have almost the same self-opening. Based on the statement given by the subject and added to the statements of informants who know YO, aunt S and Mrs. M, it can be emphasized with the theory that it can be said that subject B has self-acceptance. This can be seen from the activities of subject B in his daily life who has a stepfamily who accepts positive responses from others to be used as motivation within himself.

The second theme is acceptance of others. From the interviews and observations conducted on the two research subjects and also reinforced by the recognition of informants know YO, aunt S and Mrs. M, it can be concluded that the two subjects have almost the same self-acceptance. Based on the statement given by the subject and added to the statements of informants who know YO, aunt S and Mrs. M, it is then reinforced by the theory that it can be said that subject B has self-acceptance. This can be seen from the activities of subject B in his daily life who has a stepfamily that accepts acceptance of others.

In subject K The first theme revolves around the expression of feelings and thoughts between the two research subjects. Insights gained from the interviews and observations, as well as corroborating feedback from informant M and R, indicated that both subjects exhibited comparable levels of self-

acceptance. Statements given by the subjects, along with observations from informant M and R, support the assertion that subject K shows self-acceptance. This can be seen from subject K's daily activities, especially in the context of a stepfamily that provides positive reinforcement and is a source of motivation.

The second theme relates to acceptance of others. Analysis of the interviews and observations showed that both subjects had comparable experiences in terms of self-acceptance. This is supported by the statements of both subjects and their informants, which highlighted their daily interactions within the stepfamily, where they demonstrated a willingness to accept the other person.

**Similarities of the Two Subjects.** The self-acceptance journey of an adolescent in a stepfamily reflects the broader processes identified in existing research. Various elements and influences that contribute to self-acceptance can be observed. Through interviews and observations, several themes emerged that facilitated self-acceptance for both participants in this study.

The first theme involved the expression of feelings and thoughts to others, which was demonstrated by both participants. Findings from interviews and observations showed that Subject B and Subject K showed similar levels of self-acceptance. This can be seen from how they accept positive feedback from others, and use it as a source of personal motivation.

The second theme relates to acceptance of others. Analysis of the interviews and observations showed that both subjects had comparable experiences

of self-acceptance. This is supported by statements from both subjects and their informants, who highlighted their daily interactions within their stepfamilies, where they demonstrated a willingness to accept others.

**Differences between the Two Subjects.** The results obtained from the interview and observation process showed that there were some findings that emerged beyond the scope of this research:

Findings from interviews with subject B and various informants show that subject B's journey towards self-acceptance was significantly influenced by the sense of loss caused by the death of his mother. This sense of loss made subject B look for a mother figure who could provide the attention and affection he had longed for.

Unlike subject B, subject K's parents divorced due to a third party in their household relationship. That is what made subject K angry and sad and then decided to start a new chapter in his life with his stepmother

## CONCLUSION

The analysis conducted by the researcher showed that there were striking similarities in the psychological dynamics related to self-acceptance between the two subjects involved in the study, namely subject B and subject K. Both subjects demonstrated acceptance of their stepparents, particularly the stepmother, which was influenced by experiences and guidance from close people. This study reveals that self-acceptance of adolescents in stepfamilies, as observed in these two subjects, includes various dimensions, which are reflected in the emerging

themes such as disclosure of feelings and thoughts to others, and acceptance of others.

An important factor influencing the self-acceptance of the subjects in this study was their ability to maintain a realistic perspective towards their surroundings and their family. The main challenge faced on the road to self-acceptance is accepting circumstances through a sincere perspective.

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