

## SELF ACCEPTANCE OF PARENTS WITH SCHIZOPHRENIC CHILDREN IN KUMUN DEBAI DISTRICT, SUNGAI PENUH CITY

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### ABSTRACT

**BACKGROUND** Parents play a significant role in preventing relapse and even healing people with schizophrenia. They provide appropriate behavior and attitudes even though problems and obstacles come while caring for their children who suffer from schizophrenia. One of the attitudes given by parents is self-acceptance. Parental self-acceptance is an important factor in the healing process of people with schizophrenia.

**OBJECTIVES** This study aimed to determine the description and factors that influenced the Self Acceptance of Parents with Schizophrenic Children in Kumun Debai District, Sungai Penuh City.

**METHOD** Qualitative method with phenomenological approach was used in this study. The method used in data collection is in-depth interview. This study used Interpretative Phenomenological Analysis (IPA). The characteristics of the participants were parents with schizophrenic children in Kumun Debai district, Sungai Penuh city, aged 40-75 years.

**RESULTS** The description of self-acceptance in parents with schizophrenic children in Kumun Debai district, Sungai Penuh city includes responses to rejection, absence of feelings of inferiority, awareness of self-limitations, and gratitude. The processes of parental self-acceptance is the presence of knowledge of the child's condition, the treatment and care given to their child, difficulties' experiences, and self-acceptance. The stages of self-acceptance experienced by parents were rejection, anger, and acceptance. Factors that influenced parental self-acceptance were social support, religiosity, child development after treatment, orientation to problems, and expectations.

**CONCLUSION** The four participants described their self-acceptance as parents of schizophrenic children.

**Keywords:** self-acceptance; parents with schizophrenic children; schizophrenia

**SELF ACCEPTANCE ORANG TUA DENGAN ANAK SKIZOFRENIA  
DI KECAMATAN KUMUN DEBAI KOTA SUNGAI PENUH**

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**ABSTRAK**

**LATAR BELAKANG** Orang tua berperan penting dalam pencegahan kekambuhan bahkan kesembuhan penderita skizofrenia. Orang tua memberikan perilaku serta sikap yang tepat meskipun terdapat permasalahan dan hambatan selama merawat anaknya yang menderita skizofrenia. Salah satu sikap yang diberikan orang tua adalah penerimaan diri. Penerimaan diri orang tua merupakan faktor penting dalam proses penyembuhan penderita skizofrenia.

**TUJUAN** Penelitian ini bertujuan untuk mengetahui gambaran dan faktor-faktor yang mempengaruhi *Self Acceptance* Orang Tua dengan Anak Skizofrenia di Kecamatan Kumun Debai Kota Sungai penuh.

**METODE** Metode kualitatif dengan pendekatan fenomenologi. Metode pengumpulan data menggunakan wawancara mendalam. Penelitian ini menggunakan *Interpretative Phenomenological Analysis* (IPA). Karakteristik partisipan adalah orang tua dengan anak skizofrenia di kecamatan Kumun Debai kota Sungai Penuh berusia 40-75 tahun.

**HASIL** Gambaran penerimaan diri pada orang tua dengan anak skizofrenia di Kecamatan Kumun Debai Kota Sungai Penuh diantaranya meliputi respon terhadap penolakan, tidak adanya perasaan inferioritas, menyadari keterbatasan diri, dan kebersyukuran. Proses penerimaan diri orang tua adalah pengetahuan yang dimiliki orang tua, memberi pengobatan dan perawatan pada anaknya, mengalami kesulitan, dan penerimaan diri. Tahap-tahap penerimaan diri yang dialami orang tua adalah penolakan, marah, dan penerimaan. Faktor yang mempengaruhi penerimaan diri orang tua adalah dukungan sosial, religiusitas, perkembangan anak setelah diberi perawatan, orientasi terhadap masalah, dan harapan.

**KESIMPULAN** Keempat partisipan menggambarkan penerimaan dirinya sebagai orang tua dengan anak skizofrenia.

**Kata kunci:** *self acceptance*; orang tua dengan anak skizofrenia; skizofreni

