

THE ROLE OF SELF ACCEPTANCE ON THE MENTAL HEALTH OF ADOLESCENT IN THE PANDEMIC

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Abstract: The living conditions since the COVID-19 pandemic have changed a lot of people's lives. Changes that occur suddenly, make it difficult for people to adapt and cause stress to trauma. Adolescents are one of the groups that are vulnerable to experiencing psychological impacts and mental health disorders during a pandemic because the psychological conditions of adolescents are still vulnerable, filled with conflict because of the many changes they face. This article tries to analyze the role of self-acceptance on mental health in adolescents during a pandemic by using the literature study method. If the teenager has accepted that the current condition is not a normal condition, then the teenager will be ready to adapt. So, if a teenager is able to accept himself and his current condition, he will be able to think positively and be mentally healthy.

Keywords: *self acceptance*, mental health, adolescent, pandemic

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INTRODUCTION

Papalia & Olds (in Jelita and Aslamawati, 2020), say that adolescence is a transitional period of individual development that goes from childhood to adulthood. This period generally begins at the age of 12 or 13 years and ends in the late teens or early twenties. The transition period in question is the change from childhood to adulthood, where there is an effort to adapt to the internal changes that are happening in the adolescent phase according to Papalia, Olds, & Feldman (in Wulandari and Susilawati, 2016). children and adults. Therefore,

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adolescents are often known as the "searching for identity" phase or the "hurricane and storm" phase (Rahma, 2016).

According to Hall (in Wulandari and Susilawati, 2016) adolescence is a time of storms and stress, namely a turbulent period filled with conflict and mood swings, various thoughts, feelings, and actions that change. Teenagers tend to see life through pink glass. He sees himself and others as he wants and not as they are, especially in terms of ideals. These unrealistic ideals, not only for himself but also for his family and friends, lead to the emotional highs that are characteristic of early adolescence (Hurlock, 1980).

Hurlock (in Wulandari and Susilawati, 2016) reveals self-acceptance is a level where individuals really consider personal characteristics and want to live with these characteristics. With self-acceptance, individuals can appreciate all the advantages and disadvantages that exist within themselves. Individuals who have self-acceptance view their weaknesses or shortcomings as natural and owned by each individual, because individuals who have self-acceptance will be able to think positively about themselves that each individual has weaknesses or shortcomings and this will not be an obstacle for individuals to actualize themselves according to Heriyadi (in Wulandari and Susilawati, 2016). Anderson (in Permatasari and Gamayanti, 2016) states that self-acceptance means that individuals have succeeded in accepting their strengths and weaknesses as they are. Accepting oneself means having found the character of oneself and the basis that forms humility and integrity.

Good self-acceptance in individuals makes them able to develop themselves, be able to interact with other people, and establish close relationships with others without being disturbed by their weaknesses, because individuals think that all people have strengths and weaknesses. Adolescence is a period of self-concept formation, so a process of self-acceptance and social support from the environment is needed to help adolescents achieve a positive self-concept (Wulandari and Susilawati, 2016).

METHOD

This article is a situation analysis using a literature study, literature study is research whose preparation uses data collection methods by collecting, reading, recording, and reviewing data from journals and articles from electronic media and books related to "The Role of Self Acceptance on The Mental Health of Adolescent in The Pandemic".

FINDINGS AND DISCUSSIONS

Self Acceptance Concept

Humans are social creatures who will always be in touch with other people as a process of socialization and social interaction in order to help each other to meet their respective needs. A person's success in interacting with others is influenced by the way the individual accepts himself (Heriyadi, 2013). Self-acceptance is an attitude that basically feels satisfied with oneself, one's own qualities and talents as well as an acknowledgment of one's own limitations according to Caplin (in Tentama, 2014).

According to Bernard, et al (in Nisa and Sari, 2019) self-acceptance is the ability to realize and appreciate the characteristics of oneself, can develop potential, and when faced with negative interpersonal situations and relationships, individuals with high self-acceptance remain proud and Do not give negative self-assessment. A positive attitude towards self-acceptance is a person's idea or view when he or she can accept and properly acknowledge all the qualities of oneself (good and bad) and feel positive about life in the past (Kustina, Mayasari, and Pratama, 2019).

According to Bernard (in Lestiani, 2016) self-acceptance is the basis for choosing and pursuing important goals in an effort to achieve happiness, both short-term and long-term happiness. Self-acceptance according to Sheerer modified by Berger (in Putri, Augusta, and Najahi, 2013) are values and self-standards that are not influenced by the external environment, belief in living life, being responsible for what is done, being able to accept criticism and suggestions as objectively as possible, does not blame himself for his feelings towards others, considers himself the same as others, does not want others to reject him under any circumstances, does not consider himself different from others, and does not want or has low self-esteem.

Characteristics of Self Acceptance

Of course, people who have self-acceptance and do not have self-acceptance are different in their behavior. A person is said to have good self-acceptance that can be seen from his daily words and behavior. A person who is able to accept himself well will see and act honestly, without having to manipulate what is in him to make it look good for himself and others (Nurhasyanah, 2012).

The characteristics of someone who has self-acceptance according to Priyono and Sugiyo (2018) are believing in his ability to face his life, considering himself as equal to others, not being shy or afraid of being criticized by others, taking responsibility for his actions, following his standard of living

pattern and not following him. follow along, receive praise or criticism objectively, do not mistreat oneself with excessive restraint and express feelings fairly.

According to Sheerer (in Wangge and Hartini, 2013) states that the characteristics of people who accept themselves are: (1) Individuals have confidence in their ability to deal with problems. (2) Individuals consider themselves valuable as a human being and equal to others. 3) Individuals do not consider themselves strange or abnormal and have no hope of being rejected by others. (4) Individuals are not ashamed or only care about themselves. (5) Individuals dare to take responsibility for their behavior. (6) Individuals can receive praise or criticism objectively. (7) Individuals do not blame themselves for their limitations or deny their strengths.

Factors Affecting Self Acceptance

Basically, to have self-acceptance is not an easy thing, because individuals are much easier to accept the advantages that exist in themselves than how individuals can accept all the shortcomings that exist in themselves as well. Self-acceptance can be influenced by several factors. These factors affect a person so that he becomes an individual who has low self-acceptance (Widiastusi, 2018).

The factors that influence self-acceptance according to Hurlock (in Widiastusi, 2018; Palupi 2020) are: (1) Self-Understanding. (2) Realistic Expectations, when a person has realistic expectations, he has considered his ability to achieve these goals. (3) Absence of Environmental Obstacles. (4) Appropriate social behavior (Favourable Social Attitudes) (5) Absence of severe emotional stress (6) Preponderance of successes (7) Identification with well-adjusted people (Identification with well-adjusted people (8) Self-Perspective (9) Good Childhood Training (10) Stable Self-Concept.

COVID-19 Pandemic and Mental Health

Corona virus disease (COVID-19) is an infectious disease caused by a virus and it is declared that COVID-19 disease is a pandemic that occurred in 2020 and there are around 1,991,562 confirmed cases and 130,855 deaths reported related to this COVID-19 disease globally. according to the World Health Organization (WHO) (in Aisyah, Wardani, and Nasution, 2021). Even in Indonesia, as of March 31, there were 1,528 confirmed cases of COVID-19 in Indonesia and 136

deaths related to this disease according to Setiati & Azwar (in Aisyah, Wardani, and Nasution, 2021).

The spread of this virus is unpredictable and very fast. Therefore, the government and health experts must take quick and decisive action on every newly identified COVID-19 case (Ananda and Apsari, 2020). In handling these cases so that they do not spread and become dangerous, the government implements social distancing or physical distancing. (Jelita and Aslamawati, 2020). Social distancing is the practice of widening the distance between people in an effort to reduce the chance of disease transmission. self-restriction to leave the house, avoid crowds, and maintain physical distance (Novira, Iskandar, and Bahraen, 2020).

Indonesia has called for Large-Scale Social Restrictions (PSBB) as an effort of social distancing. PSBB is a restriction on certain activities of residents in an area suspected of being infected with COVID-19 in such a way as to prevent the possible spread of the virus. PSBB regulates school and work holidays; religious activity; activities in public places or facilities; social and cultural activities; modes of transportation, as well as restrictions on other activities specifically related to defense and security aspects (Pradana, Casman, and Nur'aini, 2020).

Coronavirus disease 2019 or also known as COVID-19 is currently a pandemic in almost all countries in the world. This pandemic outbreak has a negative impact on the physical and psychological health of individuals and communities according to Banerjee, Brooke et al., and Zhang et al. (in Vibriyanti, 2020). Living conditions since the COVID-19 pandemic have changed a lot of people's lives. Changes that occur suddenly make it difficult for people to adapt and cause stress to trauma (Setyaningrum and Yanuarita, 2020). According to WHO (in Ananda and Apsari, 2020), stress that arises during the COVID-19 pandemic can be in the form of fear and anxiety about personal health and the health of those closest to them, changing sleep/eating patterns, difficulty concentrating, to using drugs/ drugs.

According to Adiwijaya (in Sari, Aryansyah, and Sari, 2020) around 7.5 million students and nearly 45 million elementary and middle school students were 'forced' to study from home. The negative impacts that are strongly felt by the community include: limited activities, reduced community economic turnover, online learning models cause boredom and boredom due to ineffective online interactions, and others. Negative impacts are very likely to cause stress (Muslim, 2020).

According to the World Health Organization (WHO) (in Rozali, Sitasari and Lenggogeni, 2021), mental health is a person's ability to adapt to himself and to the natural surroundings in general, so that he feels happy, happy, lives freely, behaves normally socially, and able to face and accept the realities of life.

Even children and teenagers are not immune from the impact of the policy to limit the spread of the virus through the distance learning system. Limited space for movement and lack of interaction with peers during the pandemic can affect their mental health (Setyaningrum and Yanuarita, 2020; Vibriyanti, 2020). Teenagers who are actually the age group most vulnerable to stress and anxiety are now faced with a new polemic due to the COVID-19 outbreak which will further increase the risk of stress and anxiety. Activities that they can normally do normally have now become limited, and social access to individuals and communities cannot be carried out as usual (Setyaningrum and Yanuarita, 2020).

The psychological condition of the teenagers, which incidentally is still vulnerable and easily disturbed, is further exacerbated by conditions in the surrounding environment that do not support them in carrying out their usual activities. Especially with the current situation which requires teenagers to be able to act in accordance with existing conditions and rules and they are not free to do something that is their habit to do outside the home (Ananda and Apsari, 2020).

Adolescents who are able to adapt in various conditions, are confident, have a positive attitude, have potential and accept themselves and others can be said to be mentally healthy teenagers. When teenagers are able to develop such attitudes, it will also affect their interactions with other people (Heriyadi, 2013). One of the characteristics of someone who has a healthy mentality is the ability to accept reality. There is a difference between drive, desire, and ambition on the one hand, and opportunity and ability on the other. Adolescents who have the ability to accept reality, among others, show behavior that is able to solve problems immediately and accept responsibility (Yusuf, 2018).

CONCLUSION AND RECOMMENDATION

Coronavirus disease 2019 or also known as COVID-19 is currently a pandemic in almost all countries in the world. Currently, there is no accurate estimate of how long the COVID-19 situation will last, the number of people worldwide who will be infected, or how long people's lives will be disrupted. Life must go

on, so the first step is acceptance. Acceptance means giving yourself a room for full awareness that the COVID-19 pandemic is a reality. If the teenager has accepted that the current condition is not a normal condition, then the teenager will be ready to adapt.

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