

## **Parentless Community: Relationship between Self-Acceptance and Social Adjustment in Adolescents from Broken Home Families**

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### **ABSTRACT**

Adolescents need their parents to learn self-acceptance and build social relationships. However, some parents choose to separate and neglect their parental role. This study aims to determine the relationship between self-acceptance and social adjustment in broken home adolescents. The subjects in this study are 102 people with the criteria of adolescents aged 13-18 years and have divorced parents. The sampling technique used in this study was purposive sampling method. Data collection tools using the Self-Acceptance Scale and Social Adjustment Scale. The results of the analysis with the product moment correlation test between Self-Acceptance and Social Adjustment in broken home adolescents showed a correlation coefficient value ( $R$ ) = 0.552 with  $p = 0.010$  ( $p \leq 0.050$ ). These results indicate that there is a significant positive relationship between self-acceptance and social adjustment. This study confirms the importance of self-acceptance in broken home adolescents to help them have good social adjustment. Self-acceptance can be a material in interventions in cases of broken home families.

**Keywords:** Self-Acceptance; Social Adjustment; Adolescent; Broken Home; Parentless community

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### **Introduction**

In Indonesia, the divorce rate is increasing from year to year. According to BPS in its report, the number of divorces in Indonesia in 2021 reached 447,743, with details of 110,400 divorces and 337,343 contested divorces. This number is higher than the previous two years, namely 291,677 in 2020 and 493,002 in 2019 (Dzulfaroh, 2022). Many causes that make them divorce include economic factors, domestic violence, infidelity, age differences, education, marital conflicts and other social factors. Divorce is actually an act that is less justified in social norms, but can be the best way to solve problems in the family (Mahmud., 2015). Divorce is the end of marriage between husband and wife declared by the court. Divorce is the occurrence of separation between husband and wife so that the obligations and commitments as husband and wife are not carried out again (Amato, 2000). The phenomenon of family separation is often referred to as "Broken Home" (Burhanuddin et al., 2023).

The impact of divorce is that children are at high risk of developing psychological and emotional problems (Olson & DeFrain, 2003). Children who are victims of parental divorce, as stated by Santrock (2000), will experience trauma to a relationship, increasingly isolate themselves, have difficulty communicating, and will experience loss of affection from their parents. In addition, children married to divorced parents will be more likely to divorce like their divorced parents (Amato, 2000). Post-divorce conditions can make children stressed

because they are mentally depressed, thus inhibiting their emotional or social development (Bornstein, 2002). Adolescents will spend more time outside their family and separate themselves from their family after a divorce (Bornstein, 2002). Research conducted by Atieka et al. (2020) adolescents whose parents experience separation feel disappointed, they will tend to withdraw because they feel embarrassed even though they have never been ostracized, assuming that the community will talk about their parents' divorce so that these adolescents tend to withdraw from their social environment.

The success of adolescents in dealing with the problem of their parents' divorce is influenced by their social adjustment. According to Hurlock (2011) social adjustment is a mental process and behavior that encourages a person to adjust to desires that come from within and can be accepted by the environment. Neely-Prado et al., (2021) explain that social adjustment is a harmonious relationship with the social environment and learning the necessary behavior or modifying existing habits to suit social society. According to Estiane (2015) the ability to develop relationships is an important element of social adjustment. Adolescents with positive self-esteem are adolescents who have good self-acceptance and self-respect, so they are able to complete tasks, feel comfortable with their friends and are proud of themselves. This feeling will emotionally make it easier for them to establish social interactions.

According to the results of research conducted by Elviani and Neviyarni (2018) adolescents who have divorced parents are included in the category of low social adjustment and low social support. Self-acceptance has a significant impact on social adjustment. The results of research by Mewengkang et al (2020) show that self-acceptance through its aspects can contribute to social adjustment in adolescents. This is also in line with what Indrawati and Fauziah (2010) say about the many factors that influence social adjustment, including self-acceptance. When they accept others, pay attention to them, and remain interested in them, such as by showing sympathy and empathy to them, people who have good self-acceptance will feel safe. According to Chaplin (2002), self-acceptance is an attitude that focuses primarily on self-satisfaction, self-talent, and quality, and recognizes one's own limitations. Fauzi (2018) says that self-acceptance is one of the main characteristics of mental health. It is also one of the main characteristics of good self-actualization, which leads to maturity and optimal self-functioning in individuals.

Based on Razgulin et al, (2023) self-acceptance has a greater relationship with self-adjustment than other factors. Individuals who have high self-acceptance and will have a high level of awareness as well. This awareness will affect how to view and understand the state of self. So if someone feels accepted in their environment, it will cause feelings, trust, and a sense of security within. Various studies show self-adjustment and self-acceptance are important for adolescent development (Ely, 2023; Razgulin et al., 2023; Ma'rifah & Maryam, 2022). However, not many studies have focused on adolescents with broken home families. Adolescents with broken home families need personal qualities such as self-adjustment and self-acceptance to succeed in dealing with the problems of their parents' divorce. Based on this information gap, the question of this research is whether there is a relationship between self-acceptance and self-adjustment in adolescents with broken home families?

### Methods

The subjects in this study amounted to 102 people with the criteria of adolescents aged 13-18 years and having divorced parents. The sampling technique used in this study was purposive sampling method. The instrument used to collect data in this study is to use two scales, namely the Self-Acceptance Scale with a Cronbach Alpha value of 0.906 and the range of aitem differentiation index values ranging from 0.300 -0.726. The Social Adjustment Scale which has an Alpha Cronbach score of 0.913 and the range of aitem power index values ranges from 0.300-0.878. The Self-Acceptance Scale and Social Adjustment Scale are arranged based on the Likert method with 2 statement models, namely favorable and unfavorable statements.

### Results

Based on the number of questions on the self-acceptance scale of 29 items with the lowest score of 1 and the highest score of 4. The hypothetical minimum score is (1 x number of items)  $1 \times 29 = 29$  and the hypothetical maximum score is (4 x number of items)  $4 \times 29 = 116$ . The hypothetical mean is  $(116 + 29) : 2 = 72.5$ , with a standard deviation of  $(116 - 29) : 6 = 14.5$ . While the results of the analysis of empirical data, obtained a minimum score of 56 and a maximum score of 116, an empirical mean of 88.52 and a standard deviation of 11.702.

Tabel 1. Description of Research Data

Variabel	N	Hypothetical Data				Empirical Data			
		Mean	Score		SD	Mean	Score		SD
			Min	Max			Min	Max	
Self-Acceptance	102	72,5	29	116	14,5	88,52	56	116	11.702
Social Adjustment	102	50	20	80	10	64,48	38	80	8,037

Based on the number of questions on the Social Adjustment scale of 20 items with the lowest score of 1 and the highest score of 4. The hypothetical minimum score is (1 x number of items)  $1 \times 20 = 20$  and the hypothetical maximum score is (4 x number of items)  $4 \times 20 = 80$ . The hypothetical mean is  $(80 + 20) : 2 = 50$ , with a standard deviation of  $(80 - 20) : 6 = 14.5$ . While the results of the analysis of empirical data, obtained a minimum score of 38 and a maximum score of 80, an empirical mean of 64.48 and a standard deviation of 8.037. Based on the description of the research data, most of the subjects had a high level of self-acceptance with a percentage of 54.9% (56 subjects). While the results of social adjustment categorization show that most subjects have a high level of social adjustment with a percentage of 72.5% (74 subjects).

Based on the normality test results, the self-acceptance variable obtained  $KS-Z = 0.043$  with  $p = 0.200$  ( $p > 0.05$ ). While the social adjustment variable obtained  $KS-Z = 0.122$  with  $p = 0.001$  ( $p < 0.05$ ). So that the data shows that the social adjustment variable score does not follow the normal data distribution while the self-acceptance variable follows the normal data distribution. Based on the results of the linearity test,  $F = 42.405$  and  $p = 0.000$  ( $p < 0.050$ )

means that the relationship between the Self-Acceptance variable and the Social Adjustment variable is a linear relationship. Based on hypothesis testing is done using the product moment correlation technique (pearson correlation). From the results of the product moment (pearson correlation) analysis, the correlation coefficient ( $r_{xy}$ ) = 0.552 with  $p = 0.010$  ( $p < 0.050$ ) means that there is a positive relationship between self-acceptance and social adjustment of broken home adolescents. The more positive the self-acceptance, the higher the social adjustment. Conversely, the more negative the self-acceptance, the lower the social adjustment.

## **Discussions**

This study aims to examine the relationship between self-acceptance and social adjustment of adolescents from broken home families. Based on hypothesis testing, it was found that there is a relationship between self-acceptance and social adjustment. This research is in line with previous research by Mualifah et al. (2019) which shows there is a relationship between self-acceptance and adjustment. Individuals who are able to accept themselves tend to be more comfortable with themselves, making it easy to adapt to their social environment. The results of this study are also in line with the results of research conducted by Mawengkang et al. (2020) which showed a significant positive relationship between self-acceptance and social adjustment. The higher the self-acceptance, the higher the social adjustment. Conversely, the lower the self-acceptance, the lower the social adjustment.

Acceptance from their social environment is important. Someone who has a high level of self-acceptance is usually easier to adjust socially. Abharini et al., (2023) explained They are more confident in interacting with others and are better able to deal with social pressure without feeling threatened or anxious. This is because they have a positive view of themselves, so they do not easily feel inferior or affected by negative judgments from others. In addition, Zhu et al. (2021) explained that with high self-acceptance, a person tends to be better able to handle social conflicts in a constructive way, because they do not feel they always have to be right or accepted by others. This supports better social adjustment because individuals are more flexible and able to manage social interactions without experiencing excessive pressure.

According to Estiane (2015), the ability to accept oneself is an important element of social adjustment. It is able to make them able to complete their obligations as teenagers, feel comfortable with their friends and proud of themselves. These feelings will emotionally make it easier for them to establish social interactions, therefore they can adjust socially (Nur'Aeni & Ambarwati, 2021). Sari (2012) explains that the factor that influences self-adjustment is self-acceptance. This high awareness will affect the way he views and understands his situation. This will cause feelings, have trust and a sense of security within if a person can be accepted in their environment.

Furthermore, Stahl (2004) wrote several case studies on the lives of adolescents whose parents had divorced and noted that adolescents could not fully accept themselves after the divorce of

their parents. Self-acceptance is related to an individual's ability to adjust themselves in order to achieve a harmonious relationship with their environment. Individuals who have positive self-acceptance can automatically adjust well to their environment, and vice versa, if individuals accept themselves negatively, their adjustment to their environment will be poor. This research data was collected using an online form, so this research has weaknesses. Data collection was conducted in an uncontrolled environment, so participants could be distracted by external factors or not take the survey seriously. This could affect the quality of the data collected.

### **Conclusion**

Based on the results of research and discussion, it can be concluded that there is a positive relationship between self-acceptance and social adjustment of broken home adolescents. This shows that the higher the self-acceptance, the higher the social adjustment. Conversely, the lower the self-acceptance, the lower the social adjustment in broken home adolescents. From the categorization results, it can be said that broken home adolescents have a high level of acceptance and high adjustment.

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