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Self Acceptance: a Concept of Guidance and Counseling

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Abstract
This research aims to developing guidance and counseling concept of self acceptance. Self acceptance has become life issues among Indonesian students. However, most of the concept of self acceptance derives from self awareness, self understanding and self knowledge. This research aimed at developing the concept of self acceptance derived from existing self awareness, self understanding and self knowledge on literature review in much different individuality. The results of literature analysis were compared. This research concluded that there were five aspects of self acceptance: (1) self regulated (2) tolerance (3) openness (4) responsibility (5) be yourself.

Keywords: self acceptance, guidance and counseling concept

Introduction
The process in each individual's life will continue to looking and find so called happiness. Slaner and Friedman in Hurlock (2004) mentioned that some of the essence of the state of happiness or well-being, pleasure or satisfaction, among which is the acceptance (acceptance), affection (affection) and achievement (achievement). Furthermore, Al-Mighwar (2006) mentions that acceptance is an important factor in happiness, good acceptance of self, and self awareness, self understanding, and self knowledge. Based on this it can be seen that in the pursuit of happiness, the individual must have self acceptance.

Husniyati (2009) the individuals who have self acceptance low will easily discouraged, always blaming himself, shame, low self-esteem would be the case, feel insignificant, feel jealous of the circumstances of others, it will be hard to build positive relationships with others, and was not happy. Students who dont have a good self acceptance will be very susceptible to becoming depressed and have difficulty in focusing concentration of the mind, weaken motivation and fighting spirit in student. In the end students are not able to actualize its ability to develop himself so well.

Ercikson (Santrock, 1996) refer to as a crisis of identity which occurs an internal dialogue with himself about who is he, what to do and done for that be accepted the environment. Hurlock (2004) explains that adolescence is a problematic age. Problems encountered cant be overcome fully for childhood, the problem partially solved by the parents. The development of adolescence is the transition of children into adolescence. This period is considered very important in one's life, especially in the formation of one's personality so that each student requires self acceptance so that they can develop optimally. Self acceptance is an aspect that is needed by every student, especially in the process of actualizing.

Santrock (1996) which describes adolescence is an age of dependence which often conflicts with parents. The one side adolescents want to free and doesn't depend on the parents but in reality they are emotionally attached. Adolescence is also known as the period of maturation physically because at this time there is a change of physical shape is very significant. Ripeness and physical changes at times been a problem if teens are not prepared to accept his situation. It is
strongly associated with adolescent perception and acceptance of adolescent regarding the state itself.

The meaning of most important aspects in the life of Adolescence is self acceptance. Chaplin (1992) explains that self-acceptance is an attitude that is basically satisfied with yourself, qualities and talents of its own, and the recognition of his own limitations. Self acceptance is closely related to self understanding, namely the extent to which people understand the advantages and disadvantages. Especially adolescent known as an identity crisis, it is closely related to self-acceptance as an adolescent. The individual’s condition was himself who receive both benefits and drawbacks susceptible to stress.

Self acceptance is defined as an affirmation of self despite certain shortcomings. It is an agreement with yourself to appreciate, validate, accept, and support who you are eventually going to change (Ziglar, 2005). In other words, self acceptance means being happy and loving yourself. So, the greater your self acceptance, the greater your level happiness. In order to achieve effective results, through self counseling, an individual will have to willingly explore a number of essential qualities. These include self-acceptance and the ability to work towards creating positive changes in the behavior, thoughts and emotions that are considered to be unacceptable. Self acceptance having five aspects self regulated, tolerance, openness, responsibility, be yourself.

Being accepted for who you are, regardless of your thoughts, beliefs, feelings, values and behavior is a liberating experience. It allows us to move through life with less concern about holding ourselves in check. Acceptance usually comes after other people have taken the time to understand who we are, what we do and how we deal with issues and situations, as well as how we interact with other people. If we feel judgment is being passed on us however, it creates a barrier, which may stop an individual accepting him or herself. Being able to accept ourselves fully can only happen if we accept that our psyche does not judge us in any way, and that it will therefore help us overcome our issue with self acceptance.

At large, self-acceptance related with our willingness to open or revealed miscellaneous thoughts, feelings, and reactions to other people. Self-acceptance is built through our understanding that other people accept us. If others perceive us precious, then we will consider ourselves precious. More Hurlock (2004) revealed that people really consider the personal characteristics and want to live with these characteristics. People who accept themselves have a realistic assessment of the potential and dignity, is responsible for the existing norms and also think realistically about the deficiencies himself without blame themselves for the shortage. Self-acceptance is closely related to one's own self-understanding. Positive progressively understanding of himself, the higher acceptance of him, and vice versa, if the self understanding of one's own low then it would lower her acceptance. Self acceptance is more directed at one's humility and generosity. People who have good self-acceptance can accept what itself (Calhoun and Acocella, 1995).

Conditions that affect the formation of self-acceptance involves self understanding. Self understanding is a perception of yourself that is characterized by authenticity instead of pretense, realistic instead a fantasy, truth not lies, candor is not convoluted. Understanding and self acceptance have a positive relationship, the better man to understand himself, the better he accepts who himself, with a lack of understanding yourself, then indirectly will try to understand, comprehend and accept such all that exist in itself, including all of the advantages and disadvantages, so it can be defined as individuals who have no problem with itself (Oktaviana, 2004). Self acceptance is also one way to help individuals acquire self knowledge is very useful for the good adjustment and a criterion for mental health. Self knowledge requires an ability to find personal assets owned so there are weaknesses that can be reduced or eliminated. Self knowledge will lead to self acceptance (Handayani, Ratnawati and Helmi, 1998). Reception with respect to the psychologically healthy people who have full self awareness to who and what they are. Then the self awareness can be considered as part of self acceptance.
Self Acceptance of Guidance and Counseling

Self acceptance is a positive attitude towards itself in the form can accept his situation is quiet with all the advantages and disadvantages, as well as awareness and full acceptance of who and what they are, can respect themselves and respect others, and receive state emotionalanya (depression, anger, fear, anxiety, etc.) without disturbing others. Hurlock (2004) states that many factors affect people like and accept themselves. These factors are the opposite of the factors that lead to self denial. Furthermore, Hurlock (2004) conditions that can affect such self acceptance is; self understanding is a perception of yourself that is characterized by authenticity instead pretense, realistic instead a fantasy, truth not lies, candor instead convoluted. Understanding and self acceptance have a positive relationship, the better a man to understand himself, the better he accepts who she is, with a lack of understanding yourself, then indirectly will try to understand, comprehend and accept such all that exist in itself, including all of the advantages and disadvantages, so it can be defined as individuals who have no problem with itself (Oktaviana, 2004). Self acceptance is also one way to help individuals acquire self knowledge is very useful for the good adjustment and a criterion for mental health. Self knowledge requires an ability to find personal assets owned so there are weaknesses that can be reduced or eliminated. Self knowledge will lead to self acceptance (Handayani, Ratnaawati and Helmi, 1998). Self acceptance with respect to the psychologically healthy people who have full self awareness to who and what they are. Then the self awareness can be considered as part of self acceptance.

Hurlock (2004) divides the influence of self acceptance into three; First, influence of self awareness, that is one who can accept himself able to receive all the strengths and weaknesses of himself, he is aware of the weaknesses of himself as well as he realized the advantage of himself. Second, the influence self understanding, a person who can accept himself able to receive all the strengths and weaknesses of himself. He understood the weaknesses of himself as well as he understood the excess itself. Third, the influence of self knowledge Someone, who can accept themselves able to receive all the strengths and weaknesses of himself, he is able to recognize the weakness herself as she recognized the advantages of herself.

Then the individual accepting he will felt safe to collectively and connect with other people and showing empathy. As a result, she can create self-awareness, self-understanding, self-knowledge are better. People who accept themselves tolerant with others, to forgive their weaknesses. Tolerance with others often accompanies the desire to help others. When a person who accepts himself not oriented to yourself and do not blame others for their weaknesses, it will help people in need around them.

Basically the objective of guidance and counseling in schools is the one student individually. This does not mean that guidance and counseling services individualistic who put the interests of the individual above all else, but guidance and counseling targeted to develop what is contained within each individual optimally that each individual can be maximum useful for himself, environment, and the general public. More specifically, the students personal development objective through guidance and counseling services include development stages disclosure capabilities, the introduction and self acceptance. The ability of self disclosure does not raised in a person, but requires the help of others, one must know the limits of their own abilities, talents and interests and others. The result of an objective self disclosure is a sound basis to know yourself and receive the capability of its own.

Considering the importance of self acceptance in adolescent development, Kartadinata (2003) set the self acceptance and development is one of the development tasks that must be met in adolescence. Guidance and counseling services as professional services to help have roles and functions to assist individuals in achieving the developmental tasks. Yusuf (2006) explained that the counseling is the process of providing assistance to students to be able to understand the potential of themselves and their surroundings, accept themselves, develop themselves optimally and adapt positively and constructively to the demands of the norm of life (religious and cultural) so as to achieve a meaningful life good personal and social. Self acceptance is one of the important
tasks that adolescents developments in the success of its development. Therefore, guidance services as a process help was instrumental in helping to achieve the development of self acceptance in adolescents.

Self counseling provides an opportunity to explore all the areas of our personality or behavior that we do not like or accept. Developing our skills and personal awareness, understanding, knowledge of self acceptance can only be possible if we recognize that changes need to be made, and are prepared to accept this. In order to make the changes we want to we need to bridge the gap between our current actual state of self acceptance and the ideal. Although perfect acceptance probably does not exist, we can work towards bridging the gap, between what we have and what we would ideally like to have, by being open to exploring feelings and emotions through self counseling and personal development and growth.

Conclusion

The role of guidance and counseling as a professional services in helping people, especially adolescents to provide an understanding of him that is able to accept themselves. In the words of Kartadinata (Yusuf, 2006) that the ultimate purpose of the guidance is the development of individual potential optimally. Aspects of self-acceptance is not met in the task of development, will bring other problems in the development of adolescents. Therefore, guidance and counseling services are not only healing (curative) but also has a function as a prevention (preventive) to the problems that occurred. This provides an explanation that counseling services are not only given to students who have problems but for all (for all). Thus, the position of guidance and counseling services in schools have an important position in supporting educational success.

References


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