

PENERIMAAN DIRI PADA IBU YANG MEMILIKI ANAK STUNTING

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ABSTRAK

Setiap orang tua pasti menginginkan kehadiran seorang anak. Anak yang terlahir sempurna merupakan harapan semua orang tua. Namun, tidak semua anak dilahirkan dan tumbuh dalam keadaan normal. Beberapa diantaranya memiliki keterbatasan baik secara fisik maupun psikis, yang telah dialami sejak awal masa perkembangan. Adapun orang tua juga harus siap menghadapi anak yang sudah dilahirkan dan menerima keadaan anaknya. Maka dari itu orang tua membutuhkan penerimaan diri. Penelitian ini bertujuan untuk mengetahui penerimaan diri orang tua yang memiliki anak stunting di Kecamatan Tanjung Selayar, Kabupaten Kotabaru. Teori yang digunakan yaitu penerimaan diri menurut Supraktiknya (1996) yang terdiri dari 3 aspek yaitu: pembukaan diri, kesehatan psikologis dan penerimaan terhadap orang lain. Penelitian ini menggunakan desain penelitian kualitatif dengan pendekatan studi kasus. Metode pengumpulan data dengan menggunakan wawancara semiterstruktur, observasi, dan partisipasi pasif (passive participation). Untuk pengambilan subjek menggunakan Teknik Purposive Sampling. Partisipasi dalam penelitian ini diperoleh melalui teknik purposive sampling, yaitu tiga orang perempuan berusia 30-40 yang mempunyai anak mengidap penyakit stunting. Hasil penelitian ini menunjukkan bahwa ketiga subjek sama-sama berusaha untuk menerima kondisi anaknya, karena pada awalnya subjek kesulitan untuk menerima kondisi anaknya yang mengalami stunting dan ketiga subjek kurang paham apa itu penyakit stunting. Seiring berjalannya waktu subjek mulai menerima kondisi anaknya dan lebih memperhatikan kebutuhan nutrisi serta kebutuhan lainnya yang mampu menyembuhkan anaknya, dengan bantuan tambahan yang diterima oleh lingkungan sekitar dan puskesmas.

Kata Kunci: Ibu, Penerimaan Diri, Stunting

SELF-ACCEPTANCE OF MOTHERS WHO HAVE STUNTED CHILDREN

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ABSTRACT

Every parent would want the presence of a child. A child who is born perfect is the hope of all parents. However, not all children are born and grow under normal circumstances. Some of them have limitations both physically and psychologically, which have been experienced since the beginning of the development period. As for parents, they must also be prepared to face children who have been born and accept the circumstances of their children. Therefore parents need self-acceptance. This study aims to determine the self-acceptance of parents who have stunted children in Tanjung Selayar District, Kotabaru Regency. The theory used is self-acceptance according to Supractice (1996) which consists of 3 aspects, namely: self-disclosure, psychological health and acceptance of others. This study uses a qualitative research design with a case study approach. Methods of data collection using semi-structured interviews, observation, and passive participation. For taking the subject using Purposive Sampling Technique. Participation in this study was obtained through a purposive sampling technique, namely three women aged 31-34 who had children with stunting. The results of this study showed that the three subjects were equally trying to accept their child's condition, because at first the subject had difficulty accepting the condition of their child who was stunted and the three subjects did not understand what stunting was. As time went on, the subject began to accept her child's condition and pay more attention to nutritional needs and other needs that could heal her child, with additional assistance received from the surrounding environment and the health center.

Keywords: *Mother, Self-Acceptance, Stunting*