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Annisah Azizah, Cahyaning Suryaningrum and
Susanti Prasetyaningrum

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THE EFFECT OF FAMILY FUNCTION ON THE SELF-ACCEPTANCE OF THE BROKEN HOME ADOLESCENT

Annisah Nurul Azizah¹, Cahyaning Suryaningrum², Susanti Prasetyaningrum³

^{1,2,3}Fakultas Psikologi, Universitas Muhammadiyah Malang.

¹*annisahnurul216@gmail.com*

Abstract.

Broken home adolescents tend to have a low level of self-acceptance, then to achieve a high self-acceptance process, individuals need reinforcement from people in their surrounding environment, one of which is the family. An optimally functioning family will help broken home teens reach a high level of self-acceptance for their family background that is different from their friends in general. This study aimed to determine the effect of family functioning on self-acceptance in broken-home adolescents. The research design uses correlational quantitative. The data collection method used the non-probability sampling purposive sampling technique. The research subjects were 116 adolescents, with a frequency of 84 women and 32 men, female subjects. The age range of respondents is 17-21 years old. In addition, the respondent's family background is a broken home with the provision of living with a nuclear family or a large family with a frequency of 91 subjects living with their nuclear family and 25 subjects living with extended family. The measuring instrument used is the Berger scale (Self Acceptance Questionnaire) and The General Functioning 12-item subscale (GF12) of The McMaster Family Assessment Device (FAD) scale. Test data analysis using simple linear regression which shows the influence of family functioning on self-acceptance of broken home adolescents ($\beta=0.613$; $p<0.001$), which means that the more the family functions optimally, the higher the level of self-acceptance of broken home adolescents. Other results show that gender has an effect on the level of self-acceptance of broken home adolescents $p = 0.011$ ($p < 0.005$) with male ($M = 111.750$; $SD = 22.02$) and female ($M = 100.952$; $SD = 19.524$) scores. Different test based on living with a nuclear family or extended family does not affect the self-acceptance of broken home adolescents. This means that only gender and family functioning in general influence the self-acceptance of broken home adolescents.

Keywords: Broken home adolescents, Family functioning, Self-acceptance

Introduction

Research related to psychological problems in adolescents is increasing because when viewed from Erikson's theory, individuals enter the early stages of identity versus identity confusion. One of the things that are very influential on the process of discovering individual identity is when a family experiences dysfunction or a family experiences divorce, adolescents will experience a lot of pressure and confusion, and adolescents do not have ideal figures to help them become psychologically mature individuals (Santrock, 2012).

One of the impacts of parental divorce is the low level of self-acceptance in adolescents, this is to research conducted by Sari, (2013) and Fahrudin, (2012) that adolescents with broken home families tend not to accept themselves as victims of their parent's divorce. They also feel unable to face the

realities of life they experience, and teenagers cannot accept criticism from those around them. Another study conducted by Andriani et al., (2020) that adolescents from broken home families have poor self-acceptance marked by feelings of inferiority, withdrawing from their friends, and assessing themselves subjectively. While Bastaman, (2007) explains that self-acceptance is the initial stage for individuals in the process of self-development from a meaningless life stage to a meaningful life stage. This is considered very important because when an individual cannot accept himself for the bad experiences that have befallen him in the past, there is a delay in developing himself.

One of the variables that can have an impact on increasing self-acceptance of broken home adolescents is a family that works optimally, In addition, research conducted by Nisa & Sari, (2019), Stanescu & Romer, (2011) & (and Wulandri & Fauziah, 2019) explains that family functioning has a significant effect on the level of self-acceptance of broken home adolescents. Previous research has revealed that good family functioning does not only come from complete families according to research conducted by Azhari et al., (2019) which reveals that family functions in broken home families in Tanjung Hulu Village are quite good, this is marked by the ongoing functioning of socialization, affection functions, and the function of life in the family because families with broken home backgrounds are still able to carry out aspects of family functioning even with a single parent condition caused by divorce or death. In addition, research conducted by Yee & Sulaiman, (2017) explains that family functions will continue to run optimally when existing family members can carry out aspects of family functioning well, in which good family functioning is not only determined by whether or not the parents are complete, but how maximally the aspects of family functioning can be carried out.

This study aimed to determine the effect of family functioning on the self-acceptance of broken-home adolescents. This research is expected to be able to provide an overview to teenagers with broken home family backgrounds that the functioning of the family is very important to help the physical, social and emotional development of adolescents in undergoing the development process to create individuals who can accept themselves and do not look down on themselves with bad experiences that have befallen him.

Method

This research design uses non-experimental correlational quantitative which emphasize analysis of quantitative data or numbers collected through the measurement stages by filling in the scale and processed by statistical analysis methods (Azwar, 2018). The data collection method used the purposive non-probability sampling technique. The research subjects were 116 adolescents, with a frequency of 84 women and 32 men, female subjects. The age range of respondents is 17-21 years with the majority aged 20 and 21 years. In addition, the respondent's family background is a broken home with the provision of living with a nuclear family or a large family with a frequency of 91 subjects living with their nuclear family and 25 subjects living with extended families. The measuring instrument used is the Berger scale (Self Acceptance Questionnaire) totaling 36 items with a Cronbach's Alpha reliability index of 0.913 This scale consists of 36 items with 5 answer choices with a score of 1-5 and consists of favorable and unfavorable items where a score of 5 is for a very appropriate answer, a score of 4 for an appropriate answer, a score of 3 for a doubtful answer, a score of 2 for an inappropriate answer, and a score of 1 for a very inappropriate answer, but the value is given if the item is favorable, and if the item is unfavorable then the scoring system be the other way around. and the 12-item General Functioning (GF12) subscale The McMaster Family Assessment Device (FAD) scale consists of 12 items with 4 answer choices namely, STS (Strongly Disagree), TS (Disagree), S (agree), and SS (Strongly agree). with Cronbach's Alpha reliability index of = 0.908. Data analysis used simple linear regression analysis.

Result

Participants in this study were 116 teenagers from broken homes. This study shows that family functioning has a significant influence on the self-acceptance of broken-home adolescents ($\beta=0.613$; $p<0.001$).

Table 1. regression.

Variable	B	β	R ²	F	p
Family functioning	1.725	0.613	0.375	68.521	<0.001

In table 1, it is known that the hypothesis of this study was accepted so it can be concluded that family functioning has a significant influence on the self-acceptance of broken-home adolescents. The results of other studies explain the effective contribution of the R Square (R²) value of 0.375 which means that the variable of self-acceptance can be influenced by family functioning by 37.5% while the other 62.5% is influenced by other variables,

Table 2. different tests based on gender.

Variable	Male		Female		t	p
	M	SD	M	SD		
Self-acceptance	111.750	22.023	100.952	19.524	-2.569	0.011

In table 2 explained that there are differences in the results of the level of self-acceptance by gender with a value of $p = 0.011$ ($p < 0.05$) ($M = 111.750$; $SD = 22.023$ and female ($M = 100.952$; $SD = 19.524$). boys have a difference in the mean value of 10.798, which means that male ($M = 111.750$; $SD = 22.023$) adolescent self-acceptance is higher than female ($M = 100.952$; $SD = 19.524$) with significant differences ($t = -2.569$; $p < 0.05$).

Discussion

The results of the analysis conducted reveal that this research can answer the proposed hypothesis, namely that there is a significant influence between family functioning on the self-acceptance of broken home adolescents. This is in line with research conducted by Wałęcka-Matyja, (2015) explaining that the maximum function in the family has a significant effect on the level of self-acceptance of adolescents, where families who can meet primary and secondary needs, provide support and affection will be able to support adolescents to improve positive self-image to achieve a good level of self-acceptance. In addition, research conducted by Nisa & Sari, (2019), Stanescu & Romer, (2011) & (and Wulandri & Fauziah, 2019) explains that family functioning has a significant effect on the level of self-acceptance of broken home adolescents. The results of other studies explain the effective contribution of the R Square (R²) value of 0.375 which means that the variable of self-acceptance can be influenced by family functioning by 37.5% while the other 62.5% is influenced by other variables, where one of the influential variables is support. This is in line with research conducted by Noviana, & Sakti, (2015) which explains that the higher the level of peer attachment, the higher the level of self-acceptance in accelerated students. According to Hurlock (Ardilla & Herdiana, 2013) explaining other factors that affect a person's self-acceptance include (1) understanding of oneself, (2) realistic expectations, (3) the absence of obstacles in the environment, (4) a pleasant society, (5) not having severe emotional disturbances, (6) the level of success experienced, (7) identification of someone who can adapt well, (8) having a broad perspective on oneself (9) parenting good, (10) good self-concept.

In addition, the results of the study reveal that there are differences in self-acceptance of broken home adolescents based on gender, where the level of self-acceptance of male adolescents has a mean value difference of 10,798, which means that the self-acceptance of male adolescents is higher than that of women. This is in line with research conducted by Yusuf, (2020) which explains that male adolescents who are going through puberty tend to have a good level of self-acceptance because they are not worried about the changes that occur in themselves, while adolescent girls will tend to be worried about the changes they experience both physically and psychologically.

Conclusion and Implication

The conclusion of this study is the accepted hypothesis in which there is a significant effect of family functioning on the self-acceptance of broken home adolescents, besides the gender of the respondent also affects the level of self-acceptance of broken home adolescents. Then other factors can affect the level of self-acceptance of broken home adolescents, namely social support, peer support, and the prevailing culture in the surrounding environment. For further researchers can explore other variables that affect their self-acceptance; self-understanding, self-concept, parenting, emotion, adjustment, peer support, and gender. Further researchers can also provide interventions on the subject to increase the level of self-acceptance, the form of intervention that can be given is in the form of individual counseling or peer group counseling at school.

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