

Effectiveness of Sincerity Therapy on Self-Acceptance in Children Left Behind by One of Their Parents

Nasya Mahesa Rosadi¹, Dwi Fitria Sari², Familia Anggraini³, Nabilah Hidayah Sari⁴

¹⁻³Universitas Islam Negeri Raden Fatah Palembang, Fakultas Psikologi. ⁴Universitas YARSI, Fakultas Kedokteran Gigi

Corresponding Email: dwifitriasari09@gmail.com

ABSTRACT

Losing a parent is a traumatic event that can impact a child's self-acceptance and emotional well-being. Sincere therapy is an approach that integrates aspects of spirituality in the process of healing and accepting loss. This research aims to explore the effectiveness of sincere therapy in helping children who have lost one of their parents to achieve self-acceptance. The research method used is a qualitative approach with a single case study design. The research participants consisted of teenagers aged 20 years who had lost one of their parents and had attended sincere therapy sessions for 1 week. Data was collected through in-depth interviews and participant observation. Data analysis was carried out using an inductive qualitative approach, focusing on findings and patterns that emerged from participant narratives. Research findings will be interpreted to understand how sincerity therapy influences the self-acceptance process of children who have experienced the loss of a parent. It is hoped that the results of this research will provide in-depth insight into the effectiveness of sincere therapy in helping children overcome grief and trauma due to the loss of a parent, as well as provide a basis for developing better interventions in the context of acceptance for bereaved children.

Keywords: Loss of parents, Sincere Therapy, Self-acceptance, Children, Trauma, Grief, Effectiveness, Intervention, Acceptance in grieving children

Introduction

Self-acceptance is an important element in healthy psychological development, especially for adolescents who have experienced the loss of a parent. This loss often results in deep emotional trauma, affecting psychological well-being and Children's emotions significantly. This trauma can manifest itself in the form of anxiety, depression, and difficulty in adapting to the social environment. In this context, Ikhlas Therapy emerges as a potential approach to help adolescents confront and manage their feelings of loss, as well as build greater self-acceptance.

Ikhlas Therapy, which focuses on the principle of sincerity, or sincere acceptance of a situation that cannot be changed, offers a unique and profound approach to helping individuals overcome emotional trauma. According to Gani (2011), this therapy teaches individuals to let go of negative emotions such as anger and hatred, and accept reality with an open and peaceful heart (Gani, 2011). This is especially relevant for adolescents who have experienced the loss of a parent, where intense negative emotions can become a barrier to their self-acceptance and psychological well-being.

Research conducted by Aristawati and Kurniati (2018) shows that Ikhlas Therapy, with a process model adapted from Enright, is effective in helping individuals release anger and increase self-acceptance. This therapy includes several stages, including identification of negative emotions, in-depth understanding of the source of those emotions, and finally, Acceptance and release of these emotions through spiritual and psychological processes (Aristawati & Kurniati, 2018). This approach not only focuses on the psychological aspect but also on the spiritual aspect, which makes it more comprehensive and holistic. Furthermore, Hadriami and Samuel (2016) emphasized that the therapeutic approach involving spiritual elements, such as Ikhlas Therapy, can have a significant positive impact on the emotional well-being of adolescents who have experienced trauma. They found that by engaging adolescents in a process of deep reflection and acceptance, they could reduce stress and anxiety levels, as well as increase self-acceptance and inner peace (Hadriami & Samuel, 2016). This research supports the view that strong self-acceptance can help teenagers better deal with emotional challenges and prevent the development of more serious psychological problems later in life.

In the context of this research, it is important to understand that adolescents who have lost one of their parents need support that focuses not only on emotional but also spiritual aspects. As stated by Patton (2015), a qualitative approach allows researchers to dig deeper into the experiences and perceptions of research subjects, providing more comprehensive insight into the effectiveness of this therapy (Patton, 2015). By using qualitative methods, this research seeks to get a more in-depth picture of how Ikhlas Therapy can help teenagers increase their self-acceptance after experiencing a traumatic loss.

Overall, this research aims to explore and analyze the effectiveness of Ikhlas Therapy in increasing self-acceptance in adolescents who have lost one of their parents. By understanding the process and impact of this therapy, it is hoped that it can make a significant contribution to the fields of child psychology and trauma therapy, as well as offer practical solutions for professionals in helping teenagers better face and manage their trauma.

This research aims to explore the effectiveness of Ikhlas Therapy in increasing self-acceptance in adolescents who have experienced the loss of one of their parents. Through a qualitative approach, it is hoped that this research can provide in-depth insight into the practical application of this therapy in helping teenagers deal with their emotional trauma.

Methods

This research uses a qualitative approach to explore the effectiveness of Ikhlas Therapy on self-acceptance in adolescents who have lost one of their parents. Qualitative methods were chosen because they allow researchers to gain an in-depth understanding of the experiences and perceptions of research subjects in their emotional and psychological context. This research uses a case study research design, which allows in-depth analysis of the phenomenon under study in a natural context (Yin, 2014). This case study will involve several subjects who meet the previously established inclusion and exclusion criteria. The subjects in this study were teenagers who were 20 years old and had lost one of their parents within the last year. Subject selection was carried out through a purposive sampling technique to ensure that

they had characteristics relevant to the research objectives (Creswell, 2013). Data will be collected through in-depth interviews and subject observations during Ikhlas Therapy sessions.

In-depth interviews will be used to explore the subject's personal experiences and perceptions of the therapy process and the changes they feel in their self-acceptance (Patton, 2015). Subject observations were carried out to see directly the subject's interactions and emotional responses during therapy. Data analysis was carried out using the thematic analysis method, which involves coding interview and observation data to identify the main themes that emerge (Braun & Clarke, 2006). Each theme will be analyzed to understand how Ikhlas Therapy influences adolescents' self-acceptance.

Result

This research involved subjects in late teens aged around 20 years who had lost one of their parents in the last year. Data was collected through in-depth interviews and observations during Ikhlas Therapy sessions. Data analysis identified several key themes regarding changes in their self-acceptance and emotional well-being:

1. **Reduction of Negative Emotions** Subjects reported a significant reduction in negative emotions such as anger, sadness, and hatred after undergoing Ikhlas Therapy. The subject expressed, "I started to feel more at peace and no longer angry at the situation."
2. **Increased Self-Acceptance** The subject shows an increase in self-acceptance. They begin to accept losing situations more sincerely and show inner improvement Inner peace. The subject also said, "I can now accept mother's reality I'm gone and more focused on the positive things in my life."
3. **Emotional Well-Being Improvements** in emotional well-being were also evident. The subject feels calmer and is able to face difficult situations better. Subjects also reported better social relationships with friends and family.

Discussion

The results of this study support the view that Ikhlas Therapy can be an effective approach in helping late adolescents who have experienced the loss of a parent to increase their self-acceptance and emotional well-being. Gani (2011) emphasizes that therapy that focuses on accepting and releasing negative emotions can help individuals overcome emotional trauma and achieve inner peace (Gani, 2011). Furthermore, Hadriami and Samuel (2016) show that therapeutic approaches involving spiritual aspects can have a significant positive impact on teenagers' emotional well-being (Hadriami & Samuel, 2016).

Ikhlas Therapy helps late adolescents not only accept the reality of loss, but also find new meaning in their lives, which is important for the development of stronger self-acceptance. The qualitative method used in this research, as outlined by Patton (2015), allows researchers to explore deeper into the experiences and perceptions of research subjects, providing more comprehensive insight into the effectiveness of this therapy (Patton, 2015). This approach allows researchers to understand the process and impact of therapy in depth on each individual, as well as identify key factors that contribute to increased self-acceptance. Overall, this research suggests that Ikhlas Therapy can be an effective intervention for helping late adolescents who have experienced loss. One parent in improving their self-

acceptance and emotional well-being. These results make important contributions to the fields of adolescent psychology and trauma therapy, and offer practical solutions for professionals in helping adolescents better confront and manage their trauma.

Conclusion

From this discussion it can be concluded that Ikhlas Therapy is an effective approach in helping teenagers who have lost a parent to increase self-acceptance and emotional well-being. Through a qualitative approach with a single case study design, this research shows that Ikhlas Therapy, which focuses on the principle of sincere acceptance of situations that cannot be changed, makes a positive contribution in helping individuals overcome the emotional trauma of loss. The results showed that Ikhlas Therapy helped teenagers reduce negative emotions such as anger, sadness, and hatred, and increased their self-acceptance and emotional well-being. By facilitating the process of accepting and releasing negative emotions, Ikhlas Therapy allows teenagers to accept the reality of loss more sincerely and find inner peace. In addition, this approach also involves a spiritual element, which has a significant positive impact on the emotional well-being of adolescents who have experienced trauma.

In the context of child psychology and trauma therapy, Ikhlas Therapy offers practical solutions for professionals in helping teenagers better face and manage their trauma. Holistic support, which includes emotional and spiritual aspects, is key in helping teenagers overcome the emotional challenges faced by the loss of a parent. Therefore, Ikhlas Therapy can be considered a potentially effective approach in helping teenagers overcome the grief and trauma resulting from the loss of a parent, as well as strengthening their self-acceptance in the face of significant life changes.

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