

## Self-acceptance dan spiritual well-being remaja awal dari single mother = Early adolescences self acceptance and spiritual well-being of single mother

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### Abstrak

#### **ABSTRAK**

Penelitian ini bertujuan untuk melihat sejauh mana self-acceptance dan spiritual well-being pada remaja awal dari keluarga single mother. Metode pengumpulan data dengan menggunakan observasi dan wawancara mendalam. Subjek berjumlah 3 tiga orang yang mengalami pisah orang tua karena cerai hidup dan cerai mati. Hasil penelitian menunjukkan bahwa self-acceptance dan spiritual well-being memberikan dampak yang positif terhadap kualitas hidup subjek. Hal yang membedakan adalah aspek penerimaan diri internal dimana subjek yang tidak melihat perpisahan orang tuanya mempunyai self-acceptance lebih baik dibandingkan dengan yang melihat perpisahan orang tuanya. Sedangkan pada spiritual well-being subjek yang mengalami melihat perpisahan orang tuanya lebih mampu mendekatkan diri pada sisi spiritual dalam dirinya.

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#### **ABSTRACT**

The aims of this research is to find out overview of self acceptance and spiritual well being in early adolescence from single mother family. This research used observation and in depth interview as the data collection method. There are three subjects who experience their parents that live separately as the result of divorce or dead spouse. The research showed that self acceptance and spiritual well being had a positive impact on quality of life of the subjects. The differentiation comes from internal self acceptance aspects where subject who do not see the conflicts between their parents have better self acceptance than those who see the conflicts. While the spiritual well being of the subject who experience see the conflict between their parents have deeper connections within their spiritual side.