SELF-ACCEPTANCE IN DIVORCED WIDOW
WHO IS SUED OR SUES

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Abstract
Self-acceptance can be said by someone who has accepted what they know about their strengths and weaknesses. Widow is a term for a woman who no longer has a husband. The reason they are without a husband is due to death or divorce, and because of this many people negatively view widows The objectives of this research are 1) Look at the level of self-acceptance in divorcee widows. 2) Know which items of the self-acceptance scale are identified as not optimal such as low which can be proposed as a guidance topic. This research is aimed at divorcees who have filed for divorce. Respondents in this research amount 87 widows. The measurement tools used are scales of self-acceptance. The results of this study prove: 1) The level of self-acceptance in divorce widows is very high.
Keywords*: Self-Acceptance, Widow Who Is Sued Or Sues.*

INTRODUCTION

God created humans with its version in their life. Humans are sometimes unable to accept who they are, how they are perceived by others, what others think of them, and many other things. The best version of man will emerge when he can accept everything that is in him and that is valued by the people around him.

Chaplin (Ridha dkk., 2012) It is said that self-acceptance is a satisfied attitude toward someone of all that exists in him, like quality, attitude, behavior, or talent. From this attitude, it can also be a reflection of each of them. Self-acceptance also has a positive impact on an individual who has accepted himself. The impact of divorce is definitely for both parties, but the woman is more devastated and thinks that she is guilty or useless. Ningrum & Lestariningrum, 2022 also said that divorced women have heavy pressure. The pressure stems from a worry most divorced women have.

There is also a psychological impact that a woman feels during the process of divorce until after the divorce, like stress, anxiety, being afraid being angry, and even being haunted by guilt and wanting to become better. Self-acceptance in this condition is highly influenced to women. So it can be concluded that self-acceptance is an individual's way of accepting everything that is within himself. This self-acceptance is also important in life because it concerns a person's life. The purpose of this study itself is to see the level of self-acceptance in divorce widows and to find out the items of self- acceptance scale items that are identified as not optimal such as low which can be proposed as a guidance topic.

METHODOLOGY

The Research uses quantitative research methods. Sugiono (2005) says that every research is basically to get data and fulfill the objectives you want to achieve. This research uses descriptive quantitative research. Descriptive research methods are research methods that achieve the data using a scale of self-acceptance.

The variable researched is self-acceptance. The research subjects amounted to 87 divorce widows in the scope of those who sued or were sued. The instrument uses a scale of self-acceptance. This research analysis uses the help of the JASP application.

Sugiono (2005) says reliability is a measurement process or a series of measuring instruments that have consistency. To calculate the reliability of this research instrument using Alfa Cronbach. Gliem (Rodliya, 2018) said that Alfa Cronbach is a method for estimating reliability on measuring instruments that use a Likert scale.

RESULT AND DISCUSSION

Testing the reliability of the self-acceptance instrument using the JASP application.

Table 1. Reliability test

Frequentist Scale Reliability Statistics

	Estimate	*Cronbach's α*	*Average interitem correlation*
Point estimate		0.895	0.208

The reliability test shows that the instrument of self-acceptance using the JASP application shows 0,895, which means the reliability is in the high category.

Based on the data obtained after distributing the questionnaire, the result of the subject's self- acceptance categorization

Table 2 Self-Acceptance in widows

Norma	Interval	Item Frequency	Frequency Percentage	Categorization
$\mu + 1{,}5\,\sigma < X$	$104 < X$	69	78%	Very High
$\mu + 0{,}5\,\sigma < X \leq \mu + 1{,}5\,\sigma$	$88 < X \leq 104$	9	10%	Hight
$\mu - 0{,}5\,\sigma < X \leq \mu + 0{,}5\,\sigma$	$72 < X \leq 88$	10	11%	Medium
$\mu - 1{,}5\,\sigma < X \leq \mu - 0{,}5\,\sigma$	$56 < X\,72$	0	0%	Low
$X \leq \mu - 1{,}5\,\sigma$	$X \leq 56$	0	0%	Very Low

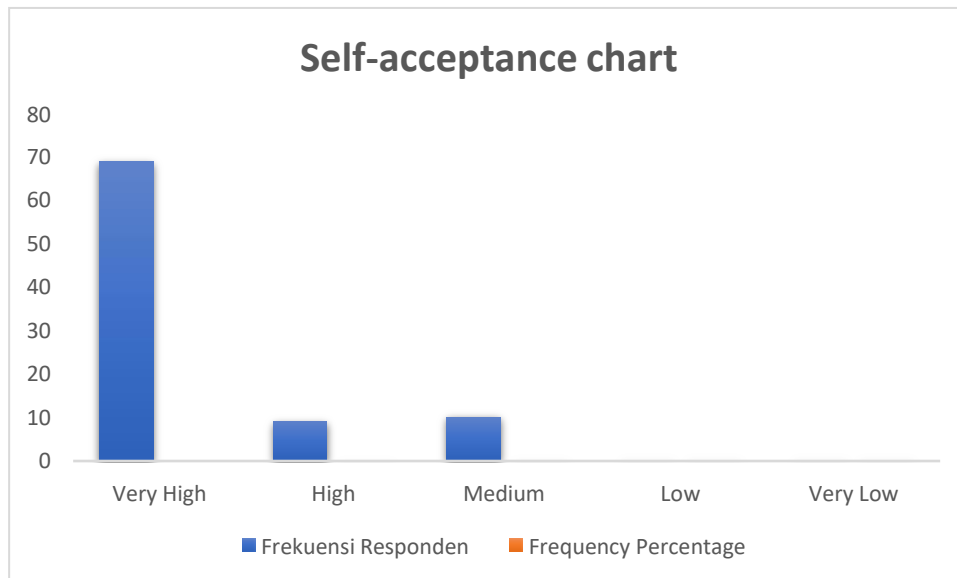From the table, a chart of the self-acceptance table is published

Chart 1 self-acceptance

Based on the data above, it can be seen that:

(1) There were 69 respondents or widows (78%) who indicated a very high of self-acceptance.

(2) There were 9 respondents or widows (10%) who indicated a high level of self-acceptance.

(3) There were 10 respondents or widows (11%) who indicated that they had a moderate level of self-acceptance.

(4) There were 0 respondents or widows (0%) who indicated that they had a low level of self-acceptance.

(5) There were 0 respondents or widows (0%) who indicated that they had a very low level of self- acceptance.

After calculating the high and low levels of self-acceptance among widows. The writer will calculate the categorization for each item to find out which items can be material or discussion topics in guidance.

Table 3 Categories

Norma	Interval	Categorization	Item Frequency	Frequency Percentage
$\mu + 1,5\,\sigma < X$	$283 < X$	Very High	19	59%
$\mu + 0,5\,\sigma < X \leq \mu + 1,5\,\sigma$	$239 < X \leq 283$	Hight	13	41%
$\mu - 0,5\,\sigma < X \leq \mu + 0,5\,\sigma$	$196 < X \leq 239$	Medium	0	0%
$\mu - 1,5\,\sigma < X \leq \mu - 0,5\,\sigma$	$152 < X\ 196$	Low	0	0%
$X \leq \mu - 1,5\,\sigma$	$X \leq 152$	Very Low	0	0%

Based on the data displayed above, it can be understood that:

(1) There are 19% statement items with a percentage of 59% that fall into the very high item score categorization.

(2) There are 13 statement items with a percentage of 41% that fall into the high item score categorization

(3) There are no statement items that fall into the medium score category.

(4) There are no statement items that fall into the low score category.

(5) There are no statement items that fall into the very low score category.

From the research data that has been obtained, the data indicated normal by showing a high level of self-acceptance. The result of the study showed very high and high self-acceptance in divorce widows.

The pleasant attitude of the people, the absence of severe emotional disturbances, the influences of success experienced, the identification of people who can adjust, broad self-perspective, parenting, and self-concept. From the factors written, it is believed that widows can accept themselves well because of a supportive environment. A supportive environment will be the key to widows accepting themselves.

Katuuk (2023) Unfairness to widows, often considered trivial by people, will make them do something they should not do, but if they see instead, they will feel comfortable and do a lot of good things. Not only that, the widow's psychic condition will also lead to high self-acceptance. Environment, productivity, society, and the nearest scope in daily life will be a positive push factor for us to be able to accept ourselves. Not only external factors, but internal factors are also key for us to accept ourselves as we are.

The result shows that self-acceptance is very high and high. In the high items, several aspects stand out in high self-acceptance, namely moral aspects and social aspects. The lowest item has several proposed topics.

Table 4 Proposed topics based on low items

No.	Aspect	Guidance Topic	Objective
1	Social Aspect	Confident becomes a shield from negative stigma	Strengthen and boost widows' self-confidence despite being viewed negatively

| 2 | Moral Aspect | My past makes my life better | Increasing the sense of acceptance of the situation that exist in him, regarding the nature, past or current behavior that becomes an asset to be grateful and reflect more on himself well |
| | | Against the fear of smiling | Increase the sense of courage to fight fears in the present or past for a better life |

CONCLUSION

Based on the data and research results as well as the discussion, it can be concluded that. This study proves that the level of self-acceptance of a divorced widow tends to be very high. This illustrates that a widow has the acceptance of physical, psychological, social, and moral well. Then the environment and productivity that supports her is one of the keys to support her self-acceptance.

Research limitations During this research process, the researcher has followed the procedure well, but the researcher realizes that there are still shortcomings contained in this study, namely:

(1)Researchers could not search for subjects above 100 due to subject limitations

(2)Researcher could not seek in-depth information due to the closed attitude and restrictions of divorcee widows

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