

## SELF-ACCEPTANCE AMONG THE ELDERLY IN THE TRESNA WERDHA CENTER IN BENGKULU

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### Abstract

This study aims to gain a deeper and more comprehensive understanding of self-acceptance among elderly individuals living at Panti Sosial Tresna Werdha Bengkulu, focusing on the factors that influence this psychological condition. Using a descriptive qualitative method, the research involved five elderly participants who served as key informants and provided detailed explanations regarding their personal experiences, perceptions, and reflections about life in the institution. The findings show that seven out of ten identified factors contribute positively to self-acceptance. These factors include the ability to understand oneself, having realistic expectations, the absence of significant environmental barriers, the lack of severe emotional disturbances, past achievements that strengthen confidence, maintaining a stable self-concept, and experiencing positive parenting earlier in life. These positive influences are supported by healthy thinking patterns, relatively good physical conditions, and emotional resilience in managing current challenges. However, three factors were found to hinder self-acceptance: receiving positive attitudes from others, identifying with well-adjusted individuals, and having a broad self-perspective. These inhibiting factors are associated with disharmonious peer relationships and a tendency for individuals to rely primarily on personal judgment rather than external input. In conclusion, the study highlights that self-acceptance among the elderly is shaped by both internal and external factors. It is recommended that elderly care institutions strengthen social and emotional support, and that further research be conducted to explore these influences more deeply in order to develop effective interventions that improve the well-being and overall quality of life of older adults.

**Key words:** self-acceptance, elderly, social institution

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## INTRODUCTION

The human life journey passes through various phases, from infancy, childhood, adolescence, adulthood, and finally, old age. Elderly is the final phase of the life cycle, characterized by a gradual decline in physical, mental, and social abilities, often leading to difficulties in carrying out daily activities. Even though the body's organs have reached maturity, the aging process still results in an inevitable decline in function.

According to (Malahati, 2023) Self-acceptance is the ability to accept oneself as a whole, including all the shortcomings and changes experienced throughout life. One common change is psychological, particularly related to self-concept. When self-concept declines in older adults, it can affect how they think and behave. Older adults with a negative self-concept often struggle with self-acceptance, which can lead to obstacles in adapting to their surroundings.

Elderly people have various backgrounds in deciding to live in social institutions, ranging from family decisions, voluntary arrivals, to being neglected. (Supriani, 2021). Decisions made by families are generally influenced by various factors such as economic limitations, the inability to provide adequate care to the elderly, or the desire to maintain the integrity of the nuclear family. (Sessiani, 2018) Seniors with high levels of self-acceptance tend to be better able to adapt to their social environment and engage in positive interactions. This ultimately contributes to their improved social well-being.

Conversely, low self-acceptance can lead to feelings of worthlessness, loneliness, social conflict, and decreased participation in social activities. Social well-being also plays a crucial role in shaping self-acceptance. A supportive and respectful environment can boost self-confidence in older adults. Thus, the relationship between self-acceptance and social well-being is reciprocal; they mutually influence and reinforce each other. Elderly individuals who live with their families generally have more stable mental health, feel more secure, and socialize more easily. Conversely, elderly individuals living in social care are more susceptible to psychological disorders such as difficulty adapting and depression. (Muhyati, 2018) This situation becomes worse when they live in the shelter against their will, thus losing meaningful social

relationships.

Based on the Republic of Indonesia Law Number 13 of 1998 concerning the Welfare of the Elderly, Article 1 paragraph 1, welfare is defined as a social condition that encompasses material and spiritual aspects, characterized by a sense of security, morality, and peace of mind and body. This condition allows every citizen to optimally fulfill the physical, emotional, and social needs for themselves, their families, and the community, while still upholding human rights and obligations based on the values of Pancasila. Therefore, family support for the elderly is very important so that they not only have a long life, but also can enjoy a happy and quality old age.

According to data from (Agency(Central Statistics Agency, 2024). Regarding demographic aspects, by 2024, approximately 12.00 percent of Indonesia's population will be elderly, with a dependency ratio of 17.08. Most of these elderly are female, live in urban areas, and are classified as young elderly, with an age range of 60–69 years.

Furthermore, the 2024 Susenas data revealed that approximately 11.36% of elderly people live alone, a figure that demonstrates a significant difference between men and women. Female elderly people live alone at a higher percentage (16.21%) than male elderly people (6.52%). This situation highlights the importance of attention and support from family, community, and the surrounding environment, especially for elderly people living alone. Female elderly people are a group that requires greater attention because they are more vulnerable to various problems and tend to be more marginalized than male elderly people.

As life expectancy increases, the number and proportion of older adults in society also increases. However, the aging process presents its own challenges, both physical and psychological. One common psychological challenge is the inability to accept aging.

Elderly people in Indonesia still face significant challenges in enjoying their old age, particularly financially. The majority of elderly people lack savings, pension funds, or adequate social security, leaving them largely dependent on children and younger family members for their daily needs. This situation demonstrates that they have not been optimally prepared for old age. Nevertheless, the government continues to provide support through various programs, such as the Elderly Family

Development Program (BKL) and the Elderly Integrated Health Post (Posyandu Lansia), which maintain physical and mental health and help foster active and independent seniors.

On the other hand, older adults often experience social rejection, resulting in stigmas that suggest they are unproductive, weak, and a burden on their families and the nation. These perceptions can undermine their self-confidence and self-esteem. Therefore, the concept of active aging continues to be promoted so that society sees older adults not as burdens but as assets capable of contributing through their experience, knowledge, and social roles.

Emotionally, many older adults still choose to work not solely for economic reasons, but also for inner satisfaction, self-actualization, and mental health. However, older adults who have lost a spouse, live alone, or experience physical limitations are more susceptible to stress, loneliness, and depression. Support from family, the surrounding environment, and the social community is crucial for maintaining emotional stability in older adults, ensuring they continue to feel valued and loved, and are able to enjoy their old age with peace and joy.

The study focused on elderly people living in nursing homes, to understand the extent to which they are able to accept themselves in conditions of separation from their families and how social support in the nursing home plays a role in this process. The Pagar Dewa Bengkulu Social Home for the Elderly (PSTW) is a Regional Technical Implementation Unit (UPTD) under the Bengkulu Provincial Social Service which focuses on services and care for the elderly. Established on October 5, 2017 at Jl. Adam Malik No. 08, Bengkulu City, this institution is present with the aim of realizing physical and spiritual well-being for the elderly through social protection services, the provision of adequate housing, health care, and mental, spiritual, and social development. The main target of this home is the elderly aged 60 years and above who are classified as underprivileged or neglected, with a number of predetermined administrative and medical requirements.

In an effort to improve the quality of life for its residents, the Pagar Dewa Homeless Rehabilitation Center (PSTW) provides comprehensive programs, including housing,

food and clothing, health, fitness, recreation, productive skills, mental and spiritual development, and funeral services. Furthermore, the center provides access to data and information for research and academic activities. Supporting facilities, such as a senior residence, a health clinic, a prayer room, a skills room, and a hall, complement the services provided.

The Bengkulu Tresna Werdha Social Home (PSTW) has a capacity to accommodate up to 90 elderly people. Currently, the home has 72 residents, consisting of 43 male elderly and 29 female elderly. Based on age groups, there are 27 young elderly (60–69 years old), 28 middle elderly (70–79 years old), and 17 elderly elderly (80 years old and above). The home's operational activities are supported by 30 workers, including 20 civil servants (PNS), 2 doctors, 2 paramedics, 2 security officers (satpam), and 4 cleaning staff. In addition, PSTW Bengkulu also collaborates with various institutions, such as the Health Office, the Ministry of Religious Affairs, hospitals, and educational institutions, to support the services and welfare of the elderly in the home. Its presence is expected to be a solution in improving the welfare of the elderly in Bengkulu as well as becoming a model for the development of similar social services in other regions.

According to (Hurlock, 2006), there are a number of factors that influence the extent to which a person is able to accept himself, including; First, self-understanding, namely the individual's ability to recognize his strengths and weaknesses. Second, realistic expectations, namely having expectations that are in accordance with personal conditions and abilities. Third, there are no environmental obstacles, namely the existence of support, both emotional and practical, from the people around him. Fourth, positive attitudes from others, namely getting good treatment and being accepted positively by others.

Fifth, not experiencing severe emotional disturbances, namely being free from serious emotional problems that can hinder the process of self-acceptance. Sixth, experienced success, namely having achievements or success in facing challenges and achieving life goals. Seventh, identifying oneself with people who have good self-adjustment, namely learning from others who are able to adapt well to various situations.

Eighth, a broad self-view, namely having a broad perception of oneself and encompassing various roles and identities, not just limited to one aspect. Ninth, a stable self-concept, namely having a stable and positive self-image over time. Tenth, Parenting patterns, namely receiving care that supports positive growth and development since childhood.

The results of research conducted by(Malahati, 2023)in 2023 from Aisyiyah University with the title "A Description of Self-Acceptance in the Elderly in Indonesia." Overall, this study provides a comprehensive understanding of the factors related to self-acceptance in the elderly, interventions that can be implemented to improve it, and the factors that influence it. These findings are expected to provide useful insights for professionals working with the elderly, while also helping to improve the quality of life for the elderly in Indonesia.

The results of the article from the research written by(maulidhea putteri qa & syafiq muhammad, 2022)with the title "Description of Self-Acceptance of Elderly People Entrusted by Families to Social Institutions". This study aims to determine the description of self-acceptance in elderly people entrusted by families to social institutions, with the results showing that three elderly people have quite good self-acceptance although two of them still experience difficulties in controlling emotions when facing negative events. Self-acceptance of elderly people is influenced by factors such as self-understanding, realistic expectations, social support, and religiosity, which help them live their old age despite challenges in family relationships and adaptation in the nursing home environment.

Article entitled "Self-Acceptance of the Elderly" by(Maulia et al, 2024)in the journal Seminar in the Indonesian Wisdom Counseling Network. This study examined self-acceptance in older adults aged 61–74 years and found that they accepted themselves in health, social, economic, spiritual, and personality aspects. Although some older adults had unfulfilled dreams, they remained grateful and enjoyed life with their families, demonstrating the ability to adapt to change and find happiness in their current circumstances. This study emphasizes the importance of family support, good health, and spiritual investment in shaping older adults' self-acceptance.

Research by(Malahati, 2023),And(maulidhea putteri qa & syafiq muhammad, 2022)(emphasizes that elderly self-acceptance is influenced by internal and external factors, including social support and religiosity. However, studies that specifically examine elderly people in social institutions are still limited, even though the condition of being separated from family and being in a new environment in the institution can affect their overall well-being.

Based on this research, it can be concluded that self-acceptance in older adults is influenced by various factors, both internal and external. Internal factors include self-understanding, religiosity, and personality, while external factors include family support, social relationships, and the residential environment. This study aims to provide a more specific picture of self-acceptance in older adults living in social institutions, while also complementing previous research findings that were generally focused on specific cases.

Overall, self-acceptance in older adults is the result of an interaction between personal and environmental factors. Therefore, this research is important to further explore the factors influencing self-acceptance in older adults living in social care institutions, thereby providing appropriate recommendations for improving their well-being and quality of life. The description above demonstrates that self-acceptance is a crucial aspect for older adults because the aging process causes physical, mental, and social decline, which can impact how they navigate their daily lives. The inability to accept changes in self often leads to feelings of worthlessness, loneliness, and difficulty adapting to their environment. This situation is further complicated when older adults live in social care, especially those separated from their families and lacking adequate support.

The increasing number of elderly people nationally, including 12.00 percent of Indonesia's population being categorized as elderly by 2024, and the high number of elderly people living alone, emphasize the importance of social support and self-acceptance for this group. Elderly women are even more vulnerable due to their higher percentage living alone. This situation indicates that the psychological problems of the elderly require serious attention.

Although research on self-acceptance has been conducted, studies specifically examining older adults in social care institutions are limited. This is despite the fact that the nursing home environment presents different social, emotional, and psychological dynamics than those of older adults living with their families. Therefore, this research is crucial to understand the factors influencing self-acceptance in older adults living in care institutions, thus providing a basis for developing more appropriate support and intervention programs to improve their quality of life.

## METHODOLOGY

This research used qualitative methods. Qualitative methods are useful for exploring social problems or issues that occur in individuals or groups in depth. This research was conducted at the Tresna Werdha Social Home in Bengkulu. The research approach used was descriptive.

The sample selection was conducted using purposive sampling, a method of determining and selecting samples based on specific criteria or considerations established by the researcher (Sugiyono, Razali et al., 2023). In this study, five informants were recruited, each with the criteria of being able to communicate well and providing information based on their experiences while living at the Bengkulu Werdha Social Home. Considerations in applying purposive sampling can vary and are tailored to the research needs.

Data was collected through direct observation and in-depth interviews. Observation was used to closely observe the subjects' conditions and behavior, while interviews aimed to explore their perspectives and understanding in greater depth. The results of both data collection techniques were then combined to obtain a complete and comprehensive picture. Data analysis in this study was conducted in three stages: data reduction, data presentation, and conclusion drawing.

## RESULTS AND DISCUSSION

The results of this research revealed 10 factors of self-acceptance according to (Hurlock, 2006) namely about Self-understanding, Realistic expectations, No environmental obstacles, Pleasant societal attitudes, No severe emotional disturbances,

Experienced success, Identifying oneself with people who have good adjustment, Positive self-perspective, Stable self-concept. Parenting patterns. Data obtained from nine elderly people as informants who live in the shelter using the 10 factors of self-acceptance are:

### 1. Self-Understanding

The nine elderly respondents in the study demonstrated a positive level of self-awareness, particularly in their understanding of changes in themselves as they age. Nine elderly individuals were able to describe their physical decline as a natural part of life's journey, not something to be overly concerned about. Expressions such as, "If I had more, I could still do my normal activities," or "My back often hurts," demonstrate an honest and realistic self-assessment. Nine elderly individuals also mentioned that their physical condition may not be as strong as it once was, but they still live each day with enthusiasm. This is illustrated by the statement, "I'm not physically strong anymore, but I just have to live life," which demonstrates the ability to continue living despite physical limitations. In addition to recognizing their weaknesses, nine elderly individuals were able to identify strengths, such as remaining friendly, able to smile, diligently praying, or still being able to engage in light activities. Expressions such as, "I can still smile," or "I can socialize, that's my strength," demonstrate a self-awareness that goes beyond just focusing on shortcomings. Reflecting on the past also strengthens self-acceptance. Many elderly individuals value previous experiences as valuable resources. For example, "I think the past is a lesson," or "Now I just have to live with what's there," demonstrate maturity in self-understanding. Thus, the self-understanding aspect of the nine elderly people is at a fairly good level, with a balance between acknowledging their shortcomings and appreciating their strengths.

This research is in line with research conducted by Puteri Qurrota Ayyunin Maulidhea(maulidhea puteri qa & syafiq muhammad, 2022), which states that self-understanding includes an individual's awareness of their strengths, weaknesses, and living conditions. Elderly people in nursing homes are aware of changes in their lives, but still see positive aspects such as facilities and a supportive social environment. Similarly, research(Ningsih & Afrinaldi, 2023) shows that

even though the elderly experience physical and psychological changes, they still adapt and try to live an active life.

## 2. Realistic Expectations

Nine informants had realistic expectations for their lives. Nine elderly people placed greater emphasis on simple things, such as health, tranquility, and the ability to live a peaceful life. Statements such as, "The hope I always want is to always be healthy," demonstrate a hope orientation consistent with aging. Six elderly people had hopes related to family, such as wanting to see each other, wanting to return home, or wanting to feel at home. However, these hopes remained within realistic limits, as evidenced by the statement, "I want to return home, but I don't know what will happen," which demonstrates an ability to accept that not all wishes can be fulfilled. Some elderly people also expressed spiritual hopes, such as, "I want to continue worshipping," or "I want to be close to God," indicating that their current life goals are dominated by aspects of inner peace. Realistic hopes help them feel more stable because they do not place excessive pressure or demands on themselves. Thus, this aspect strengthens their ability to accept life's circumstances more sincerely.

This is in line with the Research on Self-Esteem of the Elderly at the Budi Sejahtera Social Home for the Elderly(Maulida et al., 2022)which shows that self-acceptance in older adults is related to realistic expectations. Elderly individuals who are able to accept their strengths and weaknesses tend to adjust their expectations according to the situation, focusing on basic needs and social relationships, thereby maintaining self-esteem and reducing psychological stress. In line with this, research by Ariska and Pratisti(Ariska & Pratisti, 12 CE)found that elderly happiness is determined by the fulfillment of basic needs and good social relationships. Simple expectations, such as wanting to be healthy and having someone to talk to, are key to their happiness and satisfaction in life in nursing homes.

## 3. No Environmental Barriers

Nine informants felt that the nursing home environment was very supportive of their lives. The safe, clean, and orderly environment made the nine elderly feel more comfortable and supported. This was evident

in statements such as, "I'm always supported, sometimes I'm approached if I want to join an activity," or "I'm always supported in whatever I do here." Six elderly actively participated in activities such as gymnastics, gardening, religious studies, or other social activities. Several said, "I like gymnastics, and sometimes I do gardening too," indicating that the nursing home environment provided a space for them to stay active. The nine elderly also emphasized that the peaceful atmosphere of the nursing home had a significant impact on their self-acceptance. Statements such as, "It's nice here, the nursing home staff are attentive," or "the place is quiet and clean," indicate that they felt safe and cared for. A supportive environment is one of the most important factors in self-acceptance in old age, as it helps older adults reduce stress and distract them from loneliness or other emotional burdens.

In line with research conducted by(Fa' & Hensides, nd)in a nursing home, which found that self-acceptance among the elderly was high due to the supportive environment of the nursing home, such as orderliness, attention from the management, and positive interactions between residents. This is similar to other research by(maulidhea putteri qa & syafiq muhammad, 2022)also emphasized the role of the nursing home environment in shaping self-acceptance. They found that social interactions between residents and relationships with the nursing home administrators influenced how older adults perceived themselves. The presence of a positive social environment helped older adults feel valued and less isolated, enabling them to live their lives in the nursing home with greater sincerity.

## 4. Positive Attitudes from Others

Six informants felt supported by the orphanage and fellow residents. The social relationships they developed made them feel valued. Expressions such as, "Friends are good, sometimes they joke around," or "The management is always attentive," indicate a positive social climate. However, three elderly residents experienced less-than-ideal social dynamics. For example, one said, "Someone is a chatterbox," "Sometimes someone talks behind my back," or even, "No one dares to talk to me, everyone is shy," indicating that each elderly resident brings their own unique character that influences relationships within the orphanage.

However, six elderly residents still emphasized the importance of being kind, for example: "The important thing is that I'm kind to people, and they'll definitely be kind in return." This demonstrates that they strive to maintain harmony, even though social conditions are not always smooth.

This research is in line with research(Nur Cahyati et al., 2023)which shows that some elderly people feel lonely due to a lack of social interaction and emotional support among the residents of the nursing home. Despite the attention of the management, relationships between the elderly are still lacking warmth, which exacerbates feelings of loneliness. Similarly, research(Lestari, 2021)found that social interactions at the Natar Werdha Home were not always harmonious due to differences in personality and economic conditions, but conflicts could be reduced through psychological approaches and good communication.

##### **5. Not Having Severe Emotional Disturbances**

Nine informants did not experience severe emotional disturbance, although they occasionally felt sad. Six elderly people reported feeling lonely or missing their family at times, for example: "Sometimes I miss home," "Sometimes I feel lonely at night."

However, nine seniors attempted to overcome these feelings. Some said, "If I'm sad, it goes away after a while," or "I don't think about serious things." This demonstrates good emotional regulation skills. Most seniors stated that group activities help them stay happy: "I'm usually happy, especially when we get together." Thus, this aspect demonstrates that despite emotional dynamics, seniors are still able to manage them effectively.

This research is in line with research(Bahkruddinsyah, 2016)which shows that most elderly people in nursing homes have a positive meaning in life, feel calm, grateful, and able to manage negative emotions, so that life in nursing homes is not always synonymous with emotional stress. Similarly, research(Pali, 2016)They also emphasized that the elderly felt happy and satisfied because their needs were met and they were comfortable with the routines at the nursing home. Although they sometimes felt sad or lonely, they generally maintained emotional stability.

##### **6. Success Experienced**

Nine seniors felt they had experienced success, both in the form of past successes and their ability to survive until now. Expressions such as, "I achieved what I set out to do," indicated that they viewed their past lives with satisfaction. Family successes were also evident in statements such as, "My husband was always caring," or "I have good children." Five seniors also considered simple current abilities as successes, such as: "I can still participate in activities," "I can still walk alone," "I can live independently." These successes provided a source of strength for accepting the current situation.

This research is in line with research(Komang Ayu Dana Suarti & Debora Valentina, 2024)which emphasizes that past experiences and life achievements play a significant role in shaping the meaning of life for older adults. Past successes help shape a positive self-concept and allow them to maintain a sense of purpose even in old age. Similarly, research(Susilawati et al., 2018)shows that appreciation for the success of the elderly strengthens their sense of pride and worth, so that they are more confident and able to accept conditions in old age.

##### **7. Identifying with Well-Adjusted People**

Three informants demonstrated a tendency to imitate others, especially those they perceived as patient or diligent in their worship. For example, "I like seeing people who are patient and diligent in their worship, so I try to imitate them a little." However, six elderly people still chose to be themselves, as seen from the statements, "Nothing, I just want to be myself," or "just be myself." Whether these two choices are examples or not, they still describe a healthy self-adjustment process, because elderly people know the way that is most comfortable for them.

This research is in line with research(wardani, 2018)This study found that most older adults have a positive self-identity, shaped by their individual experiences. Although older adults experience various physical, mental, and social challenges, they have a positive self-image based on their own life experiences, rather than simply comparing themselves to or imitating others. Some informants accepted changes in their physical condition as part of themselves. Similarly, research(Yentika, 2018)This study discusses

how elderly people in nursing homes have self-concepts influenced by their social interactions and life experiences. They tend to maintain their personal identities and do not feel the need to imitate others to adapt.

### 8. Expansive Self-View

Three informants stated that they didn't care about other people's opinions, for example: "Whatever people want to say, whatever." Six older adults said they were considered good or respected people: "No one dares to talk to me, everyone is shy." However, they weren't overly affected by these judgments. Statements like, "The important thing is that I don't bother people," indicate their focus on personal well-being, rather than external judgment.

This research is in line with research(Nurmayunita & Zakaria, 2021)discusses the importance of self-esteem for older adults, which includes feeling respected, recognized, accepted, and valued. Positive self-esteem allows older adults to evaluate themselves without relying too heavily on the judgments of others. Similarly, research(Yentika, 2018)discussed that elderly people in nursing homes have self-concepts influenced by their social interactions and life experiences. They tend to maintain their personal identities and do not feel the need to imitate others to adapt.

### 9. Stable Self-Concept

Nine informants demonstrated a stable self-concept, characterized by the ability to accept all circumstances. Expressions such as, "Just accept it," "Everything happens because of God's destiny," "I just go with the flow," demonstrate strong identity stability. A stable self-concept gives them peace of mind in navigating life without excessive self-rejection.

This research is in line with research(Malahati, 2023)which shows that self-acceptance in the elderly is closely related to social support, emotional family support, positive thinking, adjustment, and self-concept. Good self-acceptance helps the elderly adjust to physical and psychological changes and find meaning in life. Similarly, research(Azizah, 2025)shows that the elderly in social institutions are able to develop the meaning of life, have a positive self-concept, and adapt to new environments so that they still feel happy despite facing limitations.

### 10. Good Parenting from Childhood

Nine informants stated that their childhood upbringing shaped their character to this day. Many were raised with discipline and religious values. For example: "Things were different back then, but I was taught to be patient," "my parents were strict but kind," "they always taught me good things." These childhood values are what made them stronger in facing life in the orphanage and accepting the situation with a more sincere heart.

This research is in line with research(Hasanah, 2016)This confirms that an open parenting style that combines affection, discipline, and good communication is effective in shaping children into resilient individuals with strong character. Positive parenting from childhood equips seniors with mental resilience and the ability to face life's challenges in old age. Similarly, research(Elan & Handayani, 2023)shows that appropriate parenting fosters self-confidence and the ability to face difficulties from an early age.

Table 1. Table of conditions of self-acceptance of the elderly at the Bengkulu Werdha Home

Self-acceptance factors	Research result	Information
Self-understanding	The nine seniors demonstrated a relatively positive level of self-awareness. They were able to recognize their strengths and weaknesses and accept the physical changes that come with aging.	Positive
Realistic expectations	All informants had realistic expectations, focusing on basic things such as health, family togetherness, and inner peace.	Positive
No environmental barriers	All informants felt the orphanage environment was conducive and supportive, both materially and emotionally.	Positive
Positive attitudes from others	The informants felt they received support from the orphanage management, but not all interactions with fellow elderly residents were harmonious.	Not positive
Not experiencing severe emotional disturbance	Informants generally did not experience severe emotional stress and were able to maintain emotional stability.	Positive
The success	Seniors feel they have	Positive

experience d	had positive and proud experiences of success, both from big things and simple experiences.	
Identifying oneself with people who have good adjustment	The informants tended to choose to be themselves without needing to imitate or copy others.	Not positive
Broad self-view	Most informants did not care much about other people's views of them and preferred to judge themselves according to personal standards.	Not positive
Stable self-concept	Most seniors believe that the parenting style they received as children has had a major impact on their lives today.	Positive
Parenting	Informants generally showed a stable self-concept, were able to accept themselves as they were, and lived their lives with a sense of calm and comfort.	Positive

Source: 2025 research results

The results of this study found 7 positive factors, namely self-understanding, realistic expectations, no environmental obstacles, no severe emotional disturbances, parenting patterns, stable self-concept. It can be said to be positive because it has a good impact on the process of self-acceptance for the elderly living in the Bengkulu Tresna Werdha social home. There are also 3 factors that are not positive, namely a pleasant attitude of the community, identifying oneself with people who have good adjustments, a positive self. These 3 factors are said to be not positive because these factors have a less impact on self-acceptance for the elderly living in the home because most of the elderly prefer to think about themselves and do not care too much about others and do not want to know much about others and choose to be themselves.

## CONCLUSION

Self-acceptance of the elderly in the Bengkulu nursing home has seven factors that appear to influence self-acceptance such as positive self-understanding, realistic expectations, no environmental obstacles, no severe emotional disturbances, experienced success, stable self-concept, parenting patterns. These seven factors can support better self-acceptance of the elderly, this is

influenced by good ways of thinking, good physical abilities, and their feelings in facing current circumstances and supported by good or conducive environmental factors and these factors help the elderly to accept themselves as they are, with all the strengths and limitations they have.

On the other hand, there are obstacles that older adults experience in the process of self-acceptance. Three factors contribute to this: positive attitudes from others, emulating people who are well-adjusted, and a broad perspective on themselves. This occurs because older adults lack judgment or understanding of situations. Less harmonious relationships with other older adults, a reluctance to learn from others' experiences, and a tendency to rely too heavily on one's own judgment can all hinder the process of more optimal self-acceptance.

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