THE RELATIONSHIP BETWEEN SELF-ACCEPTANCE AND PEOPLE PLEASER IN LATE ADOLESCENTS WHO EXPERIENCED PARENTAL DIVORCE

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ABSTRACT

The aim of this research was to determine the relationship between self-acceptance and people pleaser in late adolescents who experienced their parents' divorce. Sampling was carried out using the snowball sampling technique, totaling 134 adolescents aged 17-22 years who had divorced parents. People pleaser was measured using the Disease to Pleaser Triangle scale from Braiker (2001) and self-acceptance was measured using the Self-Acceptance scale based on aspects of self-acceptance from Sheerer (1949). The results of hypothesis testing using Spearman rho correlation analysis show a correlation coefficient value of r = -0.574 and a significant value of p < 0.01. This means that there is a negative relationship between self-acceptance and people pleaser in late adolescents who experienced their parents' divorce. Thus, the lower the self-acceptance, the higher the people pleaser of adolescents and vice versa. It is hoped that the results of this research will allow teenagers with divorced parents to increase self-acceptance as an effort to reduce the level of people pleaser.

Keywords: Adolescents, Divorce of parents, People Pleaser, Self-Acceptance.

INTRODUCTION

Adolescence is a transitional stage of development from childhood to adulthood that involves biological, cognitive and socio-emotional changes.(Santrock, 2007).Mappiare (1982)states that adolescence lasts between the ages of 12 years and 21 years for women and 13 years to 22 years for men. In facing this transition period, family factors play an important role in supporting adolescent development and education.

The family is the smallest environment that can potentially indirectly influence a child's development(Ulfa & Na'imah, 2020). Children's development and education will be greatly influenced by a peaceful family atmosphere between parents and children(Azizah, 2017). To create a family environment full of closeness, mutual understanding, friendship, tolerance and mutual respect, husband and wife must function as one unit and always be protectors of each other. But on the other hand, a family does not always have a good relationship, there are families that have many problems that they are unable to resolve, which leads to divorce.(Princess, 2022). Divorce is a big transition in adapting to circumstances, children will only live with one parent which means they will lose one of their identifying figures.(Estuti, 2013).

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Indonesia always experiences an increase in divorce cases during the period 2017 to 2022Databox (2023). According to data fromDatabox (2023)The highest number of divorce cases in the last six years occurred in 2022, namely 516,334 divorce cases, an increase of 15.31% from the previous year. South Sulawesi is ranked seventh in provinces that have a high divorce rate, namely 17,358 cases. The high number of divorces indirectly results in a high number of children who are victims of divorce. Children experience various kinds of pain due to their parents' divorce, such as being hurt, confused, angry, feeling insecure and not infrequently some still hope that their parents will reconcile.(Estuti, 2013).

Lancer (2016) some children decide that accommodating their parents' wishes is the safest way to survive in a world of powerful adults and the best way to win their parents' acceptance and love. They try to be nice and not make waves that could result in conflict(Lancer, 2016). This phenomenon is known as people pleaser or the attitude of always pleasing other people. The impact of an attitude of wanting to please everyone has an effect on oneself both psychologically and physically. The need to always be there for other people, if excessive, can give rise to anxiety or restlessness, which is characterized by feelings of panic, nervousness, depression and excessive anxiety as if in an emergency.(Angita, 2022). Even though they may not deserve it, in social settings good people are sometimes rejected, abandoned, belittled, disliked, or hurt by others(Braiker, 2001).

Braiker (2001)states that people pleaser is a behavior that encourages the habit of sacrificing oneself to please other people. According to the Cambridge dictionary a people pleaser is someone who really cares about whether other people like them and often needs other people's approval for everything they want. Meanwhile, according toSeltzer (2008)describes people pleasers as chameleons because they always try to blend in and change themselves to suit the people around them. According to several opinions above, researchers describe a people pleaser as someone who has the habit of pleasing other people even though it means sacrificing themselves and really cares about other people's opinions of themselves.

Braiker (2001) people pleaser can be seen from 3 aspects, namely: 1) People-pleaser mindset, which is the result of a distorted mindset or thinking where individuals measure their self-worth and identity based on how much they do for other people; 2) People-pleaser habits, namely the individual's tendency to always put other people's desires above their own desires; 3) People-pleaser feeling, namely individuals become people pleasers because they avoid feelings of anxiety and discomfort, they please people to avoid conflict, anger and confrontation.

Lancers (2016)states that people pleasers can be caused by factors in the family and start from childhood. Some children are raised to always approve of their parents' actions or meet parents' expectations that are too high, critical, often punishing so that children learn to be careful and cooperative to avoid problems.Cohen (2018)stated that

people pleasers cannot accept themselves, they do not find value in the individual so they are unable to develop and only focus on what other people expect.

Berger (1952)states that self-acceptance is an individual's assessment of himself that is not influenced by the external environment, believes in living life, is responsible, is able to accept criticism and suggestions objectively, does not blame himself for his feelings towards others, considers himself the same as other people, does not feel rejected, do not consider themselves different from other people and are not ashamed or inferior.Supratiknya (1995)Self-acceptance is someone giving themselves high regard and not being critical of themselves. Self-acceptance means accepting all of an individual's life experiences, history, background, social context and time that has passed(Nender, Widyawati, & Savitri, 2013). WhereasOctaviani (2019)Self-acceptance is a state of an individual who has a positive attitude towards himself, accepts his strengths and weaknesses and feels satisfied with himself. Based on the opinions above, the researcher concludes that self-acceptance means an individual is able to assess and accept themselves positively, both their abilities and limitations, their background, the experiences they have had, and tries to develop their potential.

Sheerer (1949)stated aspects of self-acceptance, including: 1) Individuals have confidence in their ability to live life; 2) Individuals consider themselves valuable as human beings and equal to other individuals; 3) Do not feel embarrassed or inferior; 4) Responsible and able to accept the consequences of his actions; 5) Receive other people's criticism and praise objectively; 6) Relying on internal rather than external values and standards or not being influenced by the external environment as a guide to behavior; 7) Don't try to reject your feelings, limitations or abilities, but accept them without blaming yourself.

Based on the phenomenon and preliminary data that researchers have conducted, it shows that quite a few teenagers with divorced parents experience being people pleasers. However, from several studies and studies, research related to people pleasers in teenagers with divorced parents is still very limited and/or does not exist in Indonesia. Therefore, researchers are interested in conducting research related to "The relationship between self-acceptance and people pleaser in adolescents who experience parental divorce".

METHOD

The type of research used in this research is descriptive and correlation with quantitative methods. The sampling technique used is snowball sampling, namely taking samples that are initially small in number and gradually increase in large numbers. The total sample in this study was 134 subjects who were late adolescents aged 17 to 22 years who experienced their parents' divorce.

The people pleaser variable instrument uses an adapted scale from Braiker (2001) which refers to three aspects of people pleaser from Braiker (2001). Meanwhile, self-acceptance was measured using a modified self-acceptance scale fromRusliana

(2013)which refers to the aspect of self-acceptance from Sheerer (1949). Data analysis was carried out using descriptive analysis and hypothesis testing using the Spearman Rho correlation technique.

RESULTS AND DISCUSSION
Results
Description of Research Subjects

There were 134 research subjects consisting of 92 respondents or 68.7%, and 42 men or 31.3%. The majority of research subjects were aged 22 years, amounting to 48 or 35.8% and the majority of subjects' parents' divorce age was over 10 years.

Description of Research Data
People pleaser

Table 1.Percentage of People Pleaser Categorization Score

Intervals	n	%	Criteria
X > 16	74	55.22	Tall
8 < X ≤ 16	47	35.07	Currently
X ≤ 8	13	9.70	Low
Total	**134**	**100**	

Based on table 1, it shows that there are 74 or 55.22% of teenagers in the high people pleaser category, 47 or 35.07% of teenagers in the medium category, and 13 or 9.70% of teenagers in the low category. Thus, it can be seen that the majority of subjects in this study were in the high people pleaser category.

Accepting yourself

Table 2.Percentage of Self-Acceptance Categorization Score

Intervals	n	%	Criteria
X > 75	28	20.9	Tall
50 < X ≤ 75	67	50	Currently
X ≤ 50	39	29.1	Low
Total	**134**	**100**	

Based on table 2, it can be seen that there are 28 or 20.9% of teenagers in the high self-acceptance category, 67 or 50% of teenagers in the medium category, and 39 or 29.1% of teenagers in the low category. Thus, it can be said that the majority of respondents in this study had medium and low self-acceptance categories.

Hypothesis Test Results

Table 3.Hypothesis Test Results with Spearman rho

Variable	r	p	Information
Self-Acceptance and People Pleaser	-0.574	0,000 (p < 0.001)	Very Significant

Based on table 3 above, it shows that the correlation value between self-acceptance and people pleaser in teenagers who experienced their parents' divorce was r = -0.574 with a significance value of $p = 0.000 < 0.05$. The "-" sign at r = -0.574 indicates a negative direction of relationship and the coefficient value indicates a strong relationship between the two variables. This shows that there is a significant negative correlation between the self-acceptance variable and the people pleaser variable. Thus, it can be concluded that there is a very significant negative relationship between self-acceptance and people pleaser in late adolescents who experienced their parents' divorce. The lower the self-acceptance of adolescents who experience parental divorce, the higher the adolescent people pleaser syndrome. On the other hand, the higher the self-acceptance of teenagers who experienced their parents' divorce, the lower the people pleaser of teenagers. So it can be concluded that Ho is rejected and Ha is accepted.

Discussion

The results of descriptive analysis on the people pleaser variable for 134 respondents who were late teenagers with divorced parents showed that the majority of teenagers, namely 74 (55.22%) were high people pleasers. Braiker (2001) said that individuals who are high people pleasers have a very serious people-pleasing syndrome, this will have a negative impact on their emotional and physical health, as well as the quality of the individual's relationships with other people, so they need to be treated immediately. Apart from that, there were 70 (41.67%) teenagers who were moderate people pleasers. This means that the individual's people pleaser symptoms are quite severe and require attention and effort to change them before they get worse (Braiker, 2001).

This is in line withWangge & Hartini (2013) states that parents' divorce in teenagers causes a loss of support and assistance in making decisions, so that only friends can they hope to help in making decisions in their lives. People pleasers lack their own convictions or opinions, they tend to only follow instructions from other people, in this case teenagers and their friends(Guttman, 2019). Thus, based on the results and opinions above, it can be concluded that teenagers who experience parental divorce tend to be high people pleasers because they lose the role and function of their parents.

The results of descriptive analysis of data on the self-acceptance scale show that the hypothetical mean value is 62 and the standard deviation value is 12. Categorization of data on the self-acceptance scale shows that the majority of teenagers who experienced their parents' divorce had moderate self-acceptance, namely 83 (49.4 %).Prasetia (2013) Moderate self-acceptance is where an individual is able to accept himself with what he has, but on the other hand he is still unable to accept himself completely or fully. Apart from that, there were 44 (26.19%) teenagers with low self-acceptance. Individuals with low self-acceptance will usually not be able to recognize their own abilities, they will tend to choose to close themselves off, live in pretense and worry that other people will judge them negatively.(Carson & Langer, 2006).

This research is in line with researchJalal, Idris, Siswanti, & Daud (2022) that the self-acceptance of teenagers with divorced parents is different for each individual, there are teenagers who accept the fact that their parents are divorced, but there are still teenagers who have not fully accepted the divorce that happened to their parents. Furthermore,(Jalal et al., 2022)suggests that several factors influence how quickly or slowly self-acceptance occurs in adolescents, including internal factors in the form of coping or adjustment strategies to their parents' divorce. The external factor that can also influence the self-acceptance of teenagers with divorced parents is support(Nugraha & Budiman, 2020).

The results of hypothesis testing using Spearman rho show that the coefficient value between self-acceptance and people pleaser in adolescents with divorced parents is r = -0.574 with a significance value of p < 0.001. The correlation coefficient and significance values show that there is a very significant negative relationship between self-acceptance and people pleaser. The negative value obtained from the correlation coefficient value indicates the direction of the negative relationship between the two variables. The lower the self-acceptance, the higher the people pleaser among teenagers who experienced their parents' divorce. Vice versa, the higher the self-acceptance, the lower the people pleaser among teenagers.

Parental divorce is one of the factors that makes it difficult for teenagers to accept the reality of their lives, so it can have an impact on their social life. Lack of attention, affection and love during childhood will greatly influence adolescence, such as lack of self-acceptance, lack of self-respect or blaming oneself for something that happened. Teenagers with divorced parents cannot find their own values and only focus on what other people expect, so they tend to have a high people pleaser attitude.

The results of this research are supported by previous research byCarter (2003)in his counseling practice, he explains the importance of self-acceptance to get rid of people pleaser disease. Results of the counseling carried outCarter (2003)shows that by instilling high levels of self-acceptance, namely by accepting themselves as they are, and deciding to accept the fact that they do not have to serve all the demands of other people, they can reduce people pleaser habits experienced by their clients. This is because individuals who have good self-acceptance tend not to feel anxious when receiving criticism from other people(Kusumawardhani & Mamesah, 2020). Thus, it can be concluded that high self-acceptance will result in low people pleaser habits.

The results of additional analysis by testing the relationship between aspects of the two variables show that the self-acceptance aspect and the people pleaser aspect have a correlation coefficient of r = -0.304 to -0.515 with a probability value of p = 0.000. This means that there is a significant negative relationship between the self-acceptance aspect and the people pleaser aspect. The highest mean rank in this aspect test is in the aspect of self-acceptance (having confidence in one's abilities in living life) with people pleaser habits. People pleaser habits are individuals who always put other people's desires above their own desires. Thus, teenagers who always put other people's desires

above their own desires tend not to have confidence in their own abilities in living their lives and vice versa.

Susman (2023)says that sometimes individuals engage in behavior that pleases others or is a people pleaser because they lack self-confidence so they need external validation and feel that doing something for others will result in approval and acceptance.Taylor (2018)When individuals do not understand and realize their abilities, they will place an unfair burden on themselves to be perfect or even become a fake person. Accepting and realizing who they really are can free individuals to make improvements and change the things they want to do and not worry about what other people think about them.

Apart from that, researchers carried out other additional analyzes by testing differences according to research subject criteria. Based on the results of the Mann Whitney test to see the difference in people pleaser levels between teenagers and their parents when viewed from the subject's gender, it shows a significance value of 0.345 (p> 0.05), meaning there is no significant difference in the people pleaser variable in terms of gender. Likewise with the self-acceptance variable, the results of the Mann Whitney test show a significance value of 0.636 (p>0.05) so it can be concluded that there is no significant difference in self-acceptance between teenage boys and teenage girls who experienced their parents' divorce.

In line withStephanie (2020) in his research showed that there was no difference in people pleasers between male and female students, because the majority of students identified themselves as people pleasers. In addition, the results of the test for differences in self-acceptance based on gender are in line withPermatasari (2017) in his research showed that there was no difference in self-acceptance between men and women who separated from their parents.

Based on the results of the Kruskall Wallis test which aims to see differences in people pleaser based on the age of the subject, it shows a significance value of 0.076 (p>0.05) so that there is no significant difference in people pleaser in terms of the age of teenagers who experienced their parents' divorce. Likewise, self-acceptance shows a significance value of 0.472 (p>0.05), which means that there is no significant difference in adolescent self-acceptance when viewed from the adolescent's age.

The results of this analysis are in line with researchStephanie (2020)that the results of research and interviews show that the majority of respondents aged 19-21 years identify themselves as people pleasers. People pleaser cases are cases that are often experienced by some people, especially young people or teenagers who like to socialize and interact with other people, in order to please other people, people pleasers are willing to give anything for them.(Stefani, 2020).Teenagers' experiences of parental discord can give rise to psychological problems and cause problems in children's adjustment(Nugraha & Budiman, 2020).

In the process, this research has weaknesses and limitations, including very limited references and research related to the variables studied. Another limitation is the uneven

distribution of the scale so that the number of research respondents between men and women is very different.

CONCLUSION

Based on the research results, there is a very significant negative relationship between self-acceptance and people pleaser in adolescents aged 17-22 years who experienced their parents' divorce in South Sulawesi. Thus, it can be stated that the hypothesis proposed in this research is accepted. The lower the self-acceptance of teenagers, the higher the people pleaser of teenagers. Conversely, the higher the self-acceptance of teenagers, the lower the people pleaser of teenagers. The correlation coefficient value shows that there is a strong relationship between the two variables.

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