

Abstrak

Penelitian ini bertujuan untuk mendeskripsikan gambaran *self-acceptance* pada perempuan dewasa awal yang memiliki ibu dengan gangguan bipolar tipe II. Gangguan bipolar tipe II ditandai dengan episode depresi mayor dan hipomania, yang dapat memengaruhi dinamika keluarga. Penelitian kualitatif dengan pendekatan studi kasus ini melibatkan satu subjek perempuan dewasa awal berusia 23 tahun yang dibesarkan oleh ibu dengan diagnosis bipolar tipe II. Data dikumpulkan melalui wawancara mendalam dan observasi, serta triangulasi data dengan wawancara significant others. Hasil penelitian menunjukkan bahwa *self-acceptance* subjek berkembang melalui proses kompleks yang melibatkan tahap penolakan, kemarahan, tawar-menawar, depresi, dan penerimaan. Subjek mampu mengenali dan menerima kelebihan serta kekurangannya, menunjukkan kejujuran emosional, dan mengelola perasaan negatif secara adaptif. Dukungan sosial dan mekanisme koping yang sehat, berperan penting dalam proses penerimaan diri subjek. Kesimpulannya menunjukkan bahwa *self-acceptance* subjek selaras dengan aspek-aspek *self-acceptance* menurut Jersild dan tahapan *self-acceptance* Kubler-Ross, mencerminkan ketahanan psikologis dalam menghadapi tantangan keluarga.

Kata Kunci : *Self-acceptance, perempuan dewasa awal, bipolar tipe II*

Abstract

This study aims to describe the self-acceptance profile of young adult women who have mothers with bipolar II disorder. Bipolar II disorder is characterized by episodes of major depression and hypomania, which can affect family dynamics. This qualitative study with a case study approach involved one subject, a 23-year-old young adult woman who was raised by a mother diagnosed with bipolar II disorder. Data were collected through in-depth interviews and observations, as well as data triangulation with interviews of significant others. The results of the study indicate that the subject's self-acceptance developed through a complex process involving stages of denial, anger, bargaining, depression, and acceptance. The subject was able to recognize and accept her strengths and weaknesses, demonstrate emotional honesty, and manage negative feelings adaptively. Social support and healthy coping mechanisms play a crucial role in the subject's self-acceptance process. The conclusions indicate that the subject's self-acceptance aligns with aspects of self-acceptance according to Jersild and the stages of self-acceptance proposed by Kubler-Ross, reflecting psychological resilience in facing family challenges.

Key Words : *Self-acceptance, young adult woman, bipolar II*

