

Research article

Self Acceptance in Parents of Children with Autism

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Abstract.

This paper focuses on the self acceptance of parents who have children with autism. The number of people with autism continues to experience an upward trend, which means that the number of parents of children with autism also continues to grow. In the early phase after the child is diagnosed as autistic, the family may find it hard to accept the reality, including both parents, even though the child needs assistance from their parents. In the early stages of diagnosis, parents may feel shock and assign blame, but gradually they are able to build self acceptance and a positive attitude. Some of these parents come to Kendis City Service Center in Kendari. The results of this study showed that the steps taken by parents in achieving long-term self acceptance include working through the stages of rejection, anger, bargaining and acceptance. Patience and tolerance in the acceptance process contribute greatly so that parents of children with autism can accept the reality that befell their child. From patience and tawakkal, parents of children with autism can control their anger and rejection and transform these into acceptance.

Keywords: self acceptance, parents, autism, patience, tawakkal

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1. Introduction

The child is a priceless gift of God. When two insects of a different kind are bound in a marriage rope then a family is formed, the goal to be achieved is to get offspring. The main hope of parents to children is for children to be noble and useful for the nusa and nation later and born perfectly, healthy physically and spiritually. The child is the heir and successor of the offspring. So blessed are parents who have children. With gratitude, parents expect their children to continue family lineage so as not to break without a trace, the continuity of this lineage is very valuable in the view of Islam. Because every human being dies will be cut off means to reap a reward except of three things and one of them is the prayer of the pious and sholehah children. For this reason the family desperately wants the presence of a perfectly born child both physically and mentally.


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But that hope becomes instantaneous, when the family knows the child does not match what is their hope in this case is not as perfect as the incident, like all the organs of the body can function properly, and have behavior not in accordance with the expectations of their parents. However, sometimes there are occasions where children show problems in early development. One example is children with autism.

Autism is defined as a developmental disorder involving communication, social interaction and imaginary activity. Symptoms begin to appear before the child is 3 years old. Even sometimes the symptoms have been there since birth. Children with autism have disruption problems in the areas of communication, social interaction, sensory disorders, play patterns, behavior and emotions. This disorder has three common criteria: interference in interpersonal relationships, disorders of language development and habit of repetition or repetition of the same behavior over and over again.

Family reactions when knowing their children have problems or autism such as disbelief, shock, sadness, disappointment, guilt, anger and refusal. Indeed, it is not easy for parents to accept their children who have autism. To accept this situation, many ahan passed by the parents before finally reached the stage of self acceptance (self acceptance). Not a few parents who choose open acts about the state of his son to friends, neighbors even to close family.

2. Research Method

This research is descriptive qualitative research. This 3. Research Methods This research is descriptive qualitative research. This research was conducted in 2017 at Kendis City Service Center. The data of this study were collected through observation and interview.

3. Result and Discussion

According Jersild, self-acceptance is a willingness to accept himself that includes the physical, social psychology and achievement himself, both advantages and disadvantages possessed, [1]. Added by Kubler Ross that acceptance is the foundation for everyone to be able to accept the fact of life, all good or bad experiences. Acceptance is characterized by a positive attitude, recognition or respect for individual values and includes recognition of his behavior. Kubler Ross defines acceptance when someone is able to face reality rather than simply giving in to hopelessness. According to safaria, acceptance is the attitude of one who accepts others as they are as a whole, without requirement and judgment, [2].

1. Characteristics of Self-Acceptance

There are characteristics of people who accept others, have confidence in the ability to face life, consider others worthy, dare to take responsibility for their behavior, accept praise or objection objectively, and not to blame for the limitations and not to deny the advantages of others.

The acceptance expressed by Suhriana is an easy feature for the individual to know. Individuals can be said to accept others if the individual has faced life with all his abilities, assume that other people are very valuable and characterized by positive actions done by individuals. Thus there is an opportunity to build acceptance.

2. Stages of self-acceptance

According to Kubler Ross before reaching at the stage of acceptance the individual will go through several stages namely, denial stage, anger, bargaining, depression, and acceptance.

1) Denial stage (rejection)

Rejection is usually only a temporary defense for the individual. This feeling is generally replaced by a heightened awareness of when a person is confronted with such things as financial considerations, unfinished business and concerns about the lives of other members of the family.

2) Stage anger (angry)

Why me? This is not fair. How can this happen to me. After being in the second stage, the individual acknowledges that the refusal can not proceed. Because of anger, makes people very difficult to care. Many invidives symbolize anger in life subject to hatred and jealousy.

3) Stage of bargaining (bargaining)

This third stage involves the hope that somehow individuals can delay something. At this stage individuals negotiate for a longer life by considering the information obtained. Typically, these negotiations are extended with greater force in lifestyle exchanges.

4) Depression stage (depression)

During this fourth stage, individuals begin to understand certainty, because this is where the individual may become more silent, reject others and spend time crying and grieving. This process allows people to break away from love and affection. It is not advisable to try to entertain the individuals who are at this stage. This is an important time in grief that requires a process.

5) Acceptance stage (acceptance)

At this stage, individuals begin to come with peace and love. Individuals begin to receive. [3]. These stages are not always sequential, or passed by all by an individual, but at least two stages are sure to be passed. Often, the individual will experience several stages - stages over and over again.

In this connection, According to Berns, the family has five basic functions:

Reproduction or biological. The family is the birthplace of children, the biological function of parents is childbirth, this function is the basis of the survival of the community and the family also has a duty to maintain the existing population in the community.

Socialization or education. The family becomes a means for transmitting the values, beliefs, attitudes, knowledge, skills, and techniques from the previous generation to the younger generation.

Assignment of social roles. Families provide identities to their members such as race, ethnicity, religion, socio-economic and gender roles.

Economic support. Families provide food shelter, and life insurance.

Emotional or maintenance support. Family provides the first social interaction experience for the child. The interactions that occur are deep, nurturing, and resistant to provide a sense of security in children.

In the perspective of the development of the most important function of the family is to care and socialize the child. Socialization is a process by which children obtain confidence, values and beliefs that are deemed necessary and appropriate by adult family members, especially parents. Families are not the only institution that performs the role of socialization, but the family is the first place for children to live their lives. At the beginning of a child's year of life is very influential on the social, emotional and intellectual development of children, then that family should be regarded as the main socialist instrument.

According to Kauffman and Hallahan, children with special needs who get the most attention of teachers or therapists are grouped into several sections, among them [4]

- a. Blind, children with visual impairment, in the form of complete or partial blindness.
- b. Deaf Speech, is a child who has a hearing loss so that no or less able to communicate verbally.
- c. Tunagrahita or commonly also referred to as a child with developmental disorders.
- d. Tunadaksa, a child with an abnormality or defect that settles on the motion device (bone, joints and muscles).
- e. Tunalaras are children who have difficulty in adjustment and behave not in accordance with the norms prevailing in society at large.

f. Gifted children are children who have the potential of intelligence, creativity, and responsibility for tasks over children his age.

g. Dual tuna are those with developmental abnormalities including those with neurological barriers caused by one or two combinations of abnormalities.

h. Learning Difficulties or low achieving children are children who are actually experiencing difficulties in certain academic tasks that are caused not because of the intelligence factor.

i. Hyperactive is a symptom caused by factors of brain injury, emotional disturbance, lack of hearing, or mental retardation.

j. Autism Children, is a disorder caused by obstacles to language disability caused by damage to the brain.

Seeing from the many kinds of children with special needs above, the authors are more focused on children with autism, the children are impaired because of barriers to language disabilities, behaviors, and emotions that result in damage to the brain. However, children with autism can go to school in public schools with the help of therapy so it is expected to reduce autism. The autistic children are authors who are autistic children at the Autis Service Center Southeast Sulawesi Therapy.

1. Understanding autism

The term autism is derived from the Greek, autos which means self, isme meaning a flow when combined means a notion that is only interested in his own world[5] The term autism was introduced since 1943 by Leo Kanner. Autism is a term used to describe one type of developmental disorder in a child, in other words autism is solitude, tendency to be alone, or a way of thinking controlled by personal or self-need, responding to the world on the basis of vision and self-expectations, rejecting the reality of extreme beliefs With his own thoughts and fantasies, [6].

Autism is a term used to describe a kind of neurological problem that affects the mind, perception and attention. This disorder can inhibit, slow or disturb signals from the eyes, ears and other sensory organs. This generally weakens a person's ability to interact with others, perhaps on social activities or the use of communication skills such as speech, imagination and conclusions. So this disorder resulted in disturbances or delays in the fields of cognitive, language, behavior, communication and social interaction, [7].

Autism arises regardless of age, level of intelligence, and prowess. Autism is not a contagious disease, but it can happen to anyone, there is no difference in socioeconomic status, education or ethnic groups and nations. The proportion of people with autism between men and women is about four to one.

Everything that happens on the surface of this earth does not just happen but there are factors causing the occurrence of something, as well as with children with autism is the cause of the occurrence of autism. As one of the conditions that are often encountered as the cause of the emergence of autism is partly due to heavy metal poisoning when the child in the womb. In addition, children with autism have neurological problems with the midbrain, cerebellum, brain stem, neurological nerves of vision or nerve hearing and common symptoms that can be observed in children with autism is a disturbance of sleep patterns, indigestion, impaired cognitive function, not The presence of eye contact, one-way communication, aphasia, self-stimulation, temper tantrums, aggressive or hyperactive actions, self-harm, and indifference [2].

Based on the aforementioned opinion, Autistic child is not a child prodigy like parents beliefs first, but they are also not a disgrace or disaster for the family. Autism is a developmental disability that can affect a person in communicating and socializing and interacting with others. The diagnosis can be known from visible symptoms or behavioral disorders that make the person prefer to be alone, [5]. The cause is very complex, which is known now the symptoms of autism arise due to interference with central nervous system function, which is caused due to brain structural abnormalities that may occur when the fetus is 3 months old. At the time of pregnancy young mother of herpes virus (candida mushrooms), consuming foods and beverages containing chemicals, breathe in toxic air, suffered heavy bleeding. Genetic factors also play a role, suggesting that human life is now too much use of toxic chemicals and cause mutations of genetic disorders.

2. Symptoms of autism

Children with autism have more specific problems or disorders in the field such as:

1. Interference in the field of verbal and non verbal communication

Symptoms: slow or completely non-existent language development, not using body language or gestures, rarely initiating communication, not understanding the meaning of a word or spoken word sometimes is not as meaningful, rambling without meaning repetitively in a language incomprehensible to Other people, likes to imitate and talk, some of these children do not talk (non verbal) or less verbal (less verbal) until adulthood.

2. Disturbance in the field of social interaction

Symptoms: aloofness, no eye contact or avoidance to look at, no interest in playing with friends, no empathy, when called not turning, less responsive to social cues peer and aloof, unable to feel what others feel, lack of Reciprocal emotional and social relationships.

3. Disturbance in the field of behavior

Symptoms: excessive behavior (hyperactivity) or deficiency (hypoactive), running or back and forth, repetitive movements, dislike of changes in the environment, fun with the fantasy world itself, selfish, aggressive or self-harmful or Other people, raging uncertain, attachment to things, Often fascinated at certain parts of things Disturbance in the field of feelings or emotions: often angry without cause (laughing, crying for no reason, temper tantrum) if prohibited Or not given the desire, sometimes like to damage, attack, do not understand the feelings of others.

4. Disturbance in the field of sensory perception

Symptoms: very touch-sensitive (do not like to be hugged), when heard a loud voice immediately close the ears, happy to kiss (licking toys or other objects), not sensitive to pain and fear.

A child's astonishment can also be seen from an early age with attention to symptoms of autism according to the following ages:

1. Age 0-6 months:

- a) The baby appears too calm (rarely crying).
- b) Too sensitive, quickly disturbed or disturbed.
- c) Excessive hand and foot movement especially when bathing.
- d) No babbling (babbling)
- e) No social smile found over 10 weeks.
- f) No eye contact over 3 months of age.
- g) Gross or fine motor development often appears normal.

2. Age 6-12 months:

- a) Difficult when picked up.
- b) To bite the hands of other people's bodies in excess.

3. Age 2 years:

- a) Kaku when held.
- b) Do not want to play a simple game (cilukba)
- c) Does not remove words.
- d) There is delays and gross motor development and smoothness
- e) May not accept liquid food.

4. Age of 2-3 years:

- a) Not interesting to socialize with other children.
- b) Seeing people as things.

- c) Limited eye contact.
- d) Interested in certain objects.

Factors that cause autism is the occurrence of brain cell growth disorders during pregnancy, among others caused by herpes virus, fungi, oxygen (bleeding), food poisoning. In addition to these factors genetic factors can also cause autism, there are certain genes that cause damage typical of the limbic system (emotional center). Another cause is the existence of a chaotic process in the brain of a child who comes from the mother when in the womb causing a perception of chaotic, chaotic or excessive. These things cause confusion and fear in children, consequently the child withdraws from the environment that is considered scary. Based on the above description it can be concluded that the factor of the occurrence of children with autism does not occur naturally but caused by various factors including the parents factor itself since the child is still in the womb.

4. Conclusions

This research concludes that the steps taken by parents in achieving self-acceptance are very long and winding, namely through the stages of rejection, anger, bargaining, and acceptance. Patience and tolerance in the process of acceptance give a big and real contribution so that parents of children with autism can accept the reality that befell their children. From patience and tawakkal from parents of autistic children so that they can control anger and rejection into acceptance.

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