



ISSN: 0975-833X

Available online at <http://www.journalcra.com>

International Journal of Current Research
Vol. 10, Issue, 03, pp.66174-66177, March, 2018

**INTERNATIONAL JOURNAL
OF CURRENT RESEARCH**

RESEARCH ARTICLE

SELF-ACCEPTANCE ON BATAK TOBA ETNICS PARENTS WHO HAVE AUTISM CHILD

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ARTICLE INFO

Article History:

Received 25th December, 2017

Received in revised form

18th January, 2018

Accepted 10th February, 2018

Published online 28th March, 2018

Key words:

Self-Acceptance,
Batak Toba EthnicsParants,
Autism Child.

ABSTRACT

This study aims to find out how the image of self-acceptance on BatakToba parents who have children with severe autism in Medan. This study was conducted on two families of Batak Toba tribe who have the first son of men and crave heavy autism. The sampling technique used purposive and snowballing sampling. The number of informants consists of 2 (two) families who have the first son of men, autistic people and Batak Toba tribe. The research method used is qualitative research method descriptive approach. Techniques of collecting data using interviews, observation and documentation. Analysis of data used is the analysis at the initial level, at the time of data collection and after completion of data collection. The result of this research is in the first family, when knowing that the first child is autistic, the father of the child does not accept the reality so that the feeling of anger, disappointment, embarrassment with the social community (family name community) and feel unsuccessful in building a household ideal. In this family also often occur quarrel between husband and wife. Husband assumes that the wife cannot keep her pregnancy during childbearing process, so feelings of guilt also arise on the wife. This happened for 5 years. In the next development the father begins to accept that his son is an autistic person, caused by the social support of the family and those skilled in the child with special needs. What strengthens families is that autistic children can also be self-sufficient, successful and equal to children in general. It's the same with the second family that this family feels a huge disappointment. This disappointment arises because for this second family, the first son of a boy is the child who will take their clan and give offspring to them. The family is more concerned that the kinship world (patriarchal system) becomes a force for them. Shyness often keeps them from attending family events and even hiding children into rooms when other families come to visit. This happens for 7 years when doctors declare their child is a severe autistic person. The next stage is the stage where the family has received their status as an autistic family. This stage occurs when the family opens up to see that many children are equal to their children but have achievements in the art. The family also often attends seminars from parents with autism, which ultimately leads to the stage of self-acceptance has deficiencies and advantages in the family. Religious support from relatives also contributes to this second family.

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Citation: Cipto Winner Simanjutak, Marhisar Simatupang and Djoko Indra Julius, 2018. "Self-acceptance on batak toba ethnics parents who have autism child", *International Journal of Current Research*, 10, (03), 66174-66177.

INTRODUCTION

The birth of a child is a very long-awaited time in the family. The expected child is expected to be perfectly born in both the child's physical, behavior and independence. Children born with perfection will give happiness to the family especially parent and vice versa. This is experienced by a family of Batak Toba tribe in Medan, where their eldest son is a severe autistic person. For the Batak Toba, regard children as the most precious treasure of their lives (HarahapandSiahaan, 1987). Not only that, the Batak Toba community also assume that with the existence of the child's ideal life in the family is considered perfect by the Batak Tobaculture.

Existing philosophy makes a dilemma in the Batak family who have children with autism and the child is the first son of men who will bring their clan someday. According to Sunu (in Boham, 2013), autism comes from the word "auto" which means itself. This term is used because those who suffer from symptoms of autism often do look like a person who lives alone. They seem to live in a world of their own and apart from the social contacts that surround it. Priyatna's view (in Boham, 2013) suggests that autism refers to problems with social interaction, communication and imaginative play that begin to emerge since children younger than three years and they have limitations. Many things parents do when they see signs of strangeness in themselves, that is asking families, relatives and experts who understand the development of children.

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Psychological problems are also experienced by parents when they know that their child is having different behaviors with other children. Feelings of shock, worry, shock, feelings of anger, disappointment and even question the existence of God who enveloped family life. This is what Gultom and Manurung's family experienced when they knew that their first child was a severely autistic person. The existence of children with special needs who are commonly referred to as disabled children or abnormal children receive varying treatment from the environment, ranging from avoidance, overt refusal to some other inhumane treatment (Mahabatti, 2009). The mention or symbol of the child with special needs (autism) to make the parents do not accept the state of their children so that not a few parents also treat harshly on their children.

This negative attitude arises because there is no self-acceptance. Self-acceptance is a positive attitude towards himself, he/she can accept his condition calmly, with all the advantages and disadvantages. They are free from guilt, shame and low self-esteem due to self-limitation and freedom from anxiety about other people's judgments about Maslow's circumstances (in Melati and Levianti 2013). Hurlock (Utami, 2013) states that self-acceptance is an individual's self-awareness of the characteristics of self and the willingness to live with the state of himself. When an individual can accept a positive attitude toward an unpleasant state, the individual is able to see the state experienced rationally, not easily discouraged or avoid unpleasant circumstances but will find a way out of the problem faced. Thus the individual will have a strong mental. According to Harlock (in Permatasari and Gamayanti, 2016), mentioning the characteristics of self-acceptance are: a. the person who accepts himself has a realistic expectation of his condition and respect for himself. This means that the person has expectations in accordance with his abilities. b. Convinced of the standards and ignorance of him without being fixed on the opinions of others. c. Has calculations of his limitations and does not look to himself irrationally. This means that the person understands about his limitations but does not generalize that he is useless. d. Realize the self-asset that he has and feel free to attract or do his wishes. e. Be aware of the deficiencies without blaming yourself. The one who accepts himself knows what the weaknesses are in him. According to Seligman (Mangunsong, 2011), there are five stages in self-acceptance, namely rejection, offer, anger, depression, and acceptance. Hurlock (2005) states that there are a number of factors that can affect one's self-acceptance, including realistic expectations, success, self-knowledge, social insight and stable self-concept.

Research Focus

From the background of the problem then this research focused on certain problem with consideration of methodology aspect, eligibility in field and limitations exist in researcher. The focus of this study is self-acceptance on Batak Toba parents who have children with autism in Medan.

RESEARCH METHODS

This research uses qualitative research method, which is a contextual research that makes man as an instrument, and adapted to a reasonable situation in relation to collecting data which is generally qualitative. According to Bogdan and Tylor (in Moleong, 2000) is a research procedure that produces descriptive data in the form of written or oral words of people and behavior that can be observed.

The qualitative approach is characterized by a research objective that seeks to understand such symptoms that do not require quantification, since the symptoms are not possible to measure accurately.

Subject and Research Information

Informants in this study consisted of the informant base and key informant (key informant) (Koentjaraningrat, 1991). According Koentjaraningrat informant base is a person who is considered capable of providing information in general and able to designate others as the principal informant that can provide more in-depth information. Informant in this research is 2 (two) family that consist of 2 (two) father, 2 (two) mother. Families with first-born children and children with special needs (autism). Then as a comparison informant in this study is taken from elements of relatives such as parents and child therapists. The overall informant in this research is 8 (eight) informants.

Data Collection Technique

Lofland (Moleong, 2003) states that the primary data source in qualitative research is the words and actions of primary data, the rest is additional data. That is, the words and actions of the subject are just a cache of information that does not give any meaning before being categorized and reduced, so the ability of the researcher is to capture the data, not just to digest the verbal information but to reveal behind the nonverbal action of the informant. Data can be oral, written, action or other data obtained from information sources. Data collection was conducted using the methods commonly used in qualitative approaches, namely in depth interview, observation and documentation. This is done with the aim to get deep data so that it can understand the self-acceptance of Batak Toba parents who have child with autism, then the data collection is done by mingling and interacting with the research subjects of family and relatives of parents who have children with autism.

Data Analysis Technique

In qualitative research, analysis is carried out throughout the study. Since data collection started, data analysis was conducted continuously until the research report was made. The report should be an analytical and descriptive presentation of data that has been collected and interpreted systematically (Furchan, 1992).

RESEARCH RESULT

Family and children are generally the topic of conversation when two old friends meet. It is rare in the encounter between two friends to talk about wealth. This illustrates how important the value of the child in the life of a person or family that exceeds the value of property owned (Ihromi, 1999), especially for the Batak Toba family. Batak Tobahas a patrilineal system that forms the backbone of the Batak Toba community consisting of derivatives, family name, and groups that are interconnected according to male kinship line (Vergouwen 1986). This is what happened to Mr. Gultom's family (first family) and Mr. Manurung (second family). Both families had the first boys with special needs in the heavy autism category. Both families have the same feelings when knowing their first boy is autism. The first family feels the strangeness of their first child's behavior at the age of 6 months.

Mr. Gultom was doing a job out of town. Since the wife gave birth to the age of 6 (six) months, Mr. Gultom did not live together with the family. But the feeling of happiness to hear that their first child is a male sex makes him want to quickly go home. At the age of six months, Mr. Gultom cuddled and embraced his son in the hope that the child responded well. But the results obtained is that not a bit of children staring and watching the face of the father. This oddity is not a problem for this family because they assume that the age of six months the level of focus of a child on an object is still reduced. At the age of one year, Mr. Gultom begins to feel a great deal of strangeness, because his son has not been able to move his body, negative behavior (weeping excessively), focusing only on one thing, unable to respond well, and not signaling physical development in accordance with age of the child.

Gultom's son's development made his family not accept the circumstances of the child. Mr. Gultom's incompetency blamed the wife who could not keep up the pregnancy when Mr. Gultom, who was working out of town at the time. Gultom's regrets are his duty as the husband he has run to earn a living for his wife and children, but the results he gets from his wife are imperfect children according to Mr. Gultom. Fights and even domestic violence often occur in Gultom's family. As time passes, Gultom and family finally accept their son as a perfect child and God's gift to them. Acceptance of self as a parent of children with special needs (autism) is due to several things, namely: First, parents get social support from the family wives and husbands as well from the surrounding environment. Second, the family gets a great deal of understanding from the children with special needs that their child is the perfect child that they should strive for just like any other child. Third, social support from parents of children similar to them. All families of children with special needs strengthen and support each other for the success of their children. This support ultimately gives a positive effect on the acceptance of Mr. Gultom's self and wife that they are the parents of an autistic child.

Likewise to the second family feel rejection when knowing the child born in the middle of them is a child with special needs. This second family is Mr. Manurung's family. At first this family was embarrassed to see the behavior and development of his son is very different from his age. The shame of having children with special needs to make this family do not want to follow family events, because for this family, especially for Mr. Manurung assume that their children make the family into talks to other families who do not have children with special needs. Living and being born in an area with patriarchal system adds a high sense of shame to Mr. Manurung's family to acknowledge the presence of children with special needs in their families. So when the family came to visit Mr. Manurung's house, they always locked his son in the room. This went on for 7 years. For Mr. Manurung's family the perfect child is a well-behaved child, expressing desire and communicating with others.

For seven years the existence of children is always hidden in the house, although all families and neighbors already know that Mr. Manurung's family has children with special needs. Very often the neighbors to suggest Mr. Manurung consult the child psychologist or pediatrician, but Mr. Manurung always ignore all that. Until one day, when the child rages (often known as tantrums). Mr. Manurung finally find a way to find out the cause of children often rampage at home

suddenly. In the end Mr. Manurung should open up and bring children to special needs children's school to be treated both behavior, independence and academic children. This special needs school makes Mr. Manurung able to accept his special child's condition. The existence of children is accepted and Mr. Manurung is not embarrassed to admit that the children present in their families are autistic persons. More Mr. Manurung sees other children who have similar cases even heavier than their children, finally opening Mr. Manurung's thinking that the child who is in him is the child who can boast of him someday. Because Mr. Manurung has seen other autistic children who can communicate well and perform other activities similar to children in general. The strengthening of fellow parents and teachers made the family Mr. Manurung accept themselves as parents of children with special needs. The development of children after following the therapy (school) gave a new spirit to Mr. Manurung's family. Activity to follow seminars and activities of children with special needs to increase knowledge and self-acceptance of children with special needs. For Mr. Manurung's family, self-acceptance as a parent with special needs children begins when parents recognize the world's environment of children with special needs, the strengthening of the children's teachers with special needs and from seminar events followed by Mr. Manurung's family. Social support, extensive knowledge of children with special needs make this family can accept themselves as family or parents of children with special needs.

Until now, Mr. Manurung's family is very enthusiastic to follow and know the life and environment of children with special needs. High spirit to make his son as a child who boast of family, environment and even the Indonesian people seen from the great desire of Mr. Manurung attend children with special needs events. Manurung's desire not only to fight for his son but to support other parents to accept themselves as parents who have children with special needs. According to Mr. Manurung, 7 years he wasted a lot of time because he felt embarrassed, disappointed and did not accept the presence of his son as a child with special needs. Mr. Manurung hopes that everything he has felt does not happen to other parents, so the time to educate children begins since the detection of children as children with special needs.

Conclusion

Based on the results of research and discussion of the authors describe the acceptance of self in Batak Toba parents who have children with special needs (autism). In the early stages of knowing that children born into their families are children with special needs (severe autism), these two families feel the same way that they feel shame, disappointment, feel of failure, low self-esteem that result in not accepting themselves as parents who have the child with special need. Not accepting yourself as the parent of a child with special needs ultimately affects the development of the child, where the child does not get education, love and protection from the parents. Both families experienced a process of rejection to self-acceptance as parents of children with special needs. The process of self-acceptance as a parent of children with special needs due to:

Social Support

Social support becomes the most important point in the self-acceptance of parents who have children with special needs (autism).

Social support includes family support, environmental support (such as the environment, clan environment) and support from friends. Support given to parents who have children with special needs have a huge impact on the self-acceptance as parents of children with special needs. Support is not limited to receiving their children as children with special needs but also provide understanding and advice to educate children with special needs. Suggestion given as solution of social support that exist in environment around. Especially for families who have a patrial system, support from the family name community is very supportive in the acceptance of self as a parent who has children with special needs. This support aims to remove feelings of failure, worthlessness, ashamed from the parents of children with special needs.

Extensive Knowledge

Acceptance as a parent who has children with special needs is inseparable from the wide knowledge of the world and the scope of children with special needs. Extensive knowledge of children with special needs (autism) has an impact on self-acceptance as parents of children with special needs. With extensive knowledge, parents are able to know that children with special needs can also work if children are guided by including children to special needs schools. Knowledge and understanding can be obtained from people who are experts in their fields such as children with special needs teachers, pediatricians, child psychologists and parents who have long had children with special needs.

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