

The Factors That Influence Self Acceptance in Adolescents with Divorced Parents: Literature Review

Tishi Nuradniy*¹, Tience Debora Valentina¹

¹*Faculty of Psychology, Psychology Study Program, Universitas Udayana, Denpasar, Indonesia*

Corresponding author:

*Tishi Nuradniy
nuradniytishi@gmail.com

Article History

Submitted :
June 26th, 2025

Final Revised :
October 27th, 2025

Accepted :
October 27th, 2025



This is an open access article under the
[CC-BY](https://creativecommons.org/licenses/by/4.0/) license
Copyright ©2025 by Author,
Published by Jurnal Psikologi Teori dan
Terapan

Abstract

Background: Indonesia faces various social issues, including the increasing number of divorce cases. Divorce not only affects the couple involved but also has a significant impact on their children, especially adolescents. During this stage, adolescents are expected to develop good self-acceptance to adapt and grow positively after their parents' separation. Therefore, it is important to identify the factors influencing self-acceptance among adolescents with divorced parents. **Objective:** This study aims to identify factors affecting self-acceptance in adolescents whose parents are divorced. **Method:** This research employed a literature review with a narrative review approach. A total of 10 relevant articles published between 2013 and 2023 were selected from Google Scholar. **Results:** Findings show that self-acceptance in adolescents with divorced parents is influenced by internal factors (self-concept, positive thinking, religiosity, coping strategies, and realistic expectations) and external factors (social support, healthy relationships, and positive activities). **Conclusion:** Both internal and external factors contribute to the development of positive self-acceptance among adolescents with divorced parents.

Keywords: Adolescents; divorce; divorce impact; parents; self-acceptance.

Abstrak

Latar Belakang: Indonesia menghadapi berbagai permasalahan sosial, salah satunya adalah meningkatnya angka perceraian. Perceraian tidak hanya berdampak pada pasangan suami istri yang terlibat, tetapi juga memberikan pengaruh besar terhadap kehidupan anak-anak mereka, terutama pada masa remaja. Pada tahap ini, remaja diharapkan mampu mengembangkan penerimaan diri yang baik agar dapat beradaptasi dan berkembang secara positif setelah perceraian orang tuanya. Oleh karena itu, penting untuk mengidentifikasi faktor-faktor yang memengaruhi penerimaan diri pada remaja dengan orang tua yang bercerai. **Tujuan:** Penelitian ini bertujuan untuk mengetahui faktor-faktor yang memengaruhi penerimaan diri pada remaja dengan orang tua yang bercerai. **Metode:** Penelitian ini menggunakan metode tinjauan pustaka dengan pendekatan naratif terhadap 10 artikel yang diterbitkan pada tahun 2013–2023 dan diperoleh melalui Google Scholar. **Hasil:** Penelitian menunjukkan bahwa penerimaan diri pada remaja dengan orang tua bercerai dipengaruhi oleh faktor internal (konsep diri, pola pikir positif, religiusitas, strategi coping, dan harapan realistis) serta faktor eksternal (dukungan sosial, hubungan yang baik, dan kegiatan positif). **Simpulan:** Faktor internal dan eksternal berperan penting dalam membentuk penerimaan diri yang positif pada remaja dengan orang tua yang bercerai.

Keywords: Remaja; perceraian; dampak perceraian; orang tua; penerimaan diri.

Introduction

The divorce rate in Indonesia has continued to rise significantly over the past decade, illustrating the growing difficulty in maintaining marital stability. According to data from the Central Bureau of Statistics (BPS) cited by Goodstats (2023), there were 447,743 divorce cases in 2022, an increase of about ten percent from the previous year. This growing trend reflects deeper social and economic challenges that increasingly affect marriage as an institution in Indonesia. Pratiwi and Rahmawati (2020) found that financial stress and unmet expectations often serve as major triggers for divorce among Indonesian couples. In another study, Yulianti (2022) highlighted that gender role conflicts and lack of emotional intimacy also contribute to rising divorce rates. These findings indicate that the institution of marriage is becoming more vulnerable to both internal and external pressures that may lead to separation.

Divorce creates complex consequences that go beyond the couple themselves, particularly impacting their children who must navigate the emotional and social consequences of family breakdown. Adolescents are among the most affected because they are in a stage of identity formation and emotional transition. Andani (2018) explained that adolescents from divorced families often experience anxiety, low self-esteem, and difficulties maintaining social relationships. Nugroho (2021) found that these emotional disruptions can hinder the process of self-development and lead to a lack of psychological stability. However, not all adolescents react in the same way. Sari and Fitriana (2020) observed that adolescents who possess strong self-acceptance are better able to adjust and maintain their emotional balance after their parents' divorce.

Self-acceptance refers to an individual's capacity to acknowledge and embrace both strengths and weaknesses while accepting life's circumstances realistically. Hafni (2020) showed that adolescents who receive consistent social support tend to have higher levels of self-acceptance after parental divorce. Self-acceptance enables adolescents to manage emotions, avoid self-destructive behavior, and continue their development in a healthy way. Hidayat and Nashori (2023) further revealed that forgiveness strengthens self-acceptance and self-control, helping adolescents overcome feelings of guilt and resentment toward their parents. These studies highlight that self-acceptance is not an innate trait, but a process shaped by various psychological and social factors that support adolescents' resilience after divorce.

Despite the increasing number of studies addressing the effects of divorce on adolescents, few have focused specifically on the factors influencing self-acceptance among those with divorced parents. Most previous research has examined the emotional outcomes of divorce, but not the underlying mechanisms that promote acceptance and adjustment. Therefore, this literature review aims to identify and analyze the internal and external factors influencing self-acceptance in adolescents with divorced parents. The findings are expected to provide a deeper theoretical understanding and practical insights for psychologists, educators, and parents in supporting adolescents' psychosocial adjustment following parental separation.

Method

This research employs a literature review design with a narrative review approach, which aims to evaluate, identify, analyze, and summarize existing literature to avoid duplication and highlight unexplored areas (Ferrari, 2015). The analysis method used in this study is thematic analysis, which seeks to identify recurring patterns or themes derived from the reviewed data (Braun & Clarke, 2006). The results of this review are presented as major themes that answer the research question: *"What are the factors influencing self-acceptance among adolescents with divorced parents?"*

The literature search was conducted through Google Scholar using the keywords *"self-acceptance," "divorced parents," "adolescents,"* and *"divorce."* A total of 203 articles were initially identified. After screening titles and abstracts, 46 articles were considered potentially relevant. Following a full-text review based on inclusion and exclusion criteria, 10 articles were selected for final analysis. The inclusion criteria consisted of: (1) qualitative studies discussing factors influencing self-acceptance in adolescents with divorced parents; (2) participants aged 12–22 years; (3) studies published between 2013 and 2023; and (4) research conducted in the Indonesian context. The exclusion criterion was the use of quantitative methods. This selection ensured that the reviewed studies were contextually relevant and reflected contemporary perspectives.

The review process followed the general framework of the PRISMA flow, including identification, screening, eligibility, and inclusion phases to ensure transparency and consistency. Since this study relies solely on previously published secondary data without direct involvement of human subjects, no ethical approval was required, but ethical standards related to proper citation, avoidance of plagiarism, and accurate data interpretation were maintained throughout the process.

Result

Based on the database search and review process, a total of ten relevant and eligible articles were analyzed. These studies were conducted within the Indonesian context between 2013 and 2023 and focused on adolescents aged 12–22 years who experienced parental divorce. The main findings from each article are summarized in Table 1.

Table 1. The results of The Literature Review

No.	Title Article	Subject	Method	Results
1.	Dewi, I. A. S., & Herdiyanto, Y. (2018). <i>Dinamika penerimaan diri pada remaja broken home di bali.</i> Jurnal Psikologi Udayana, 5(2), 434-443.	5 Subjects Aged 18–22 years	Qualitative	Self-acceptance influenced by family factors (e.g., parenting, parental reconciliation) and social factors (e.g., cultural norms, social support).
2.	Sholichatun, Y. (2016). <i>Penerimaan Diri Remaja yang Memiliki Keluarga Tiri.</i> Psikoislamika: Jurnal Psikologi dan Psikologi Islam, 13(1), 29-38.	2 Subjects Adolescent age	Qualitative	Self-acceptance shaped by social support, positive thinking, self-understanding, and realistic expectations.
3.	Aini, N., & Zuhdi, M. S. (2021). <i>Penerimaan Diri Remaja Putri Terhadap Orang Tua Tiri (Studi Kasus Dua Remaja Putri Di Desa Mojopetung Gresik).</i> At-Taujih: Bimbingan dan Konseling Islam, 4(1), 97-114.	2 Subjects Adolescent age	Qualitative	Social support and positive self-concept identified as the primary factors fostering self-acceptance.
4.	Wulandari, D., & Fauziah, N. (2019). <i>Pengalaman remaja korban broken home (studi kualitatif fenomenologis).</i> Jurnal Empati, 8(1), 1-9.	3 Subjects Adolescent age	Qualitative	Religiosity and emotional or instrumental social support promoted acceptance of family conditions.
5.	Hadyani, I. A., & Indriana, Y. (2018). <i>The Process of Self Acceptance of Parental Divorce (Sebuah Studi Kualitatif dengan Pendekatan Interpretative Phenomenological Analysis).</i> Jurnal Empati, 6(3), 303-312.	3 Subjects Adolescent age	Qualitative	Internal motivation, self-awareness, and religious values contributed to adaptive self-acceptance.

No.	Title Article	Subject	Method	Results
6.	Lail, A. H., & Darwati, Y. (2017). Penerimaan diri remaja dengan orang tua tunggal. <i>Happiness (Journal of Psychology and Islamic Science)</i> , 1(2), 75-87.	4 Subjects Aged 12–21 years	Qualitative	Three out of four adolescents showed positive self-acceptance through confidence, responsibility, and resilience.
7.	Kusumawardhani, D. D., & Mamesah, M. (2020). Gambaran Penerimaan Diri Siswa yang Mengalami Perceraian Orangtua. <i>Insight: Jurnal Bimbingan Konseling</i> , 9(2), 138- 149.	2 Subjects Aged 13–16 years	Qualitative	Aspects of self-acceptance included positive self-awareness, emotional balance, and appreciation of personal strengths.
8.	Tamara, L. W., & Mardianto, M. (2022). Proses Penerimaan Diri pada Remaja Minangkabau yang Mengalami Perceraian Orang Tua. <i>Socio Humanus</i> , 4(2), 137-150.	2 Subjects Adolescent age	Qualitative	Self-awareness, social awareness, realistic expectations, and achievement supported self-acceptance.
9.	Djintan, E. V. (2018). <i>Psychological Well Being Remaja dari Orang Tua yang Bercerai</i> (Doctoral dissertation, Program Studi Psikologi FPSIUKSW).	3 Subjects Adolescent age	Qualitative	Psychological well-being, family support, and positive relationships enabled adaptive self-acceptance.
10.	Lestari, D. W. (2013). Penerimaan diri dan strategi coping pada remaja korban perceraian orang tua. <i>Psikoborneo: Jurnal Ilmiah Psikologi</i> , 1(4).	4 Subjects Aged 16–18 years	Qualitative	Emotion-focused coping strategies (e.g., meaning-seeking, minimization) facilitated acceptance of parental divorce.

Discussion

From the ten reviewed articles, it can be understood that both internal and external factors influence the formation of self-acceptance among individuals with divorced parents. This finding aligns with Rogers' theory of self-acceptance, which emphasizes the importance of congruence between self-concept and experience, and Erikson's psychosocial theory that views adolescence as a critical stage for developing a coherent sense of identity necessary for self-acceptance.

Positive self-concept emerged as a dominant internal factor influencing self-acceptance. Individuals who possess a stable and positive view of themselves are more capable of aligning their self-perception with their

lived experiences, which is consistent with Rogers' view of authentic self-congruence. A study by Nur Aini et al. (2021) found that adolescents with positive self-concepts demonstrate emotional stability and resilience in adapting to the reality of parental divorce.

Positive thinking also supports the process of self-acceptance by helping individuals interpret difficult experiences in adaptive ways. Lail and Darwati (2017) discovered that adolescents who practiced positive thinking were able to shift their focus toward personal development rather than dwelling on family conflict. This result is in line with Mason et al. (2020), who noted that cognitive reframing serves as an essential coping mechanism for maintaining emotional well-being in children of divorced parents.

Religiosity serves as another internal factor that strengthens emotional regulation and provides meaning in times of adversity. Hadyani and Indriana (2017) reported that adolescents who engaged in spiritual reflection demonstrated greater acceptance of their family circumstances. Similarly, Kim and Esquivel (2019) explained that spirituality promotes forgiveness and self-compassion, both of which are essential for post-divorce emotional recovery.

Coping strategies also play a major role in developing self-acceptance. Harjanti (2023) revealed that adolescents who adopt problem-focused coping methods exhibit higher levels of psychological well-being because they manage challenges constructively. This finding resonates with Erikson's concept of ego strength, which suggests that successful coping reinforces a sense of competence and contributes to identity stability. Self-understanding and realistic expectations further enhance the development of self-acceptance. Tamara and Mardianto (2022) showed that adolescents who can realistically assess their strengths and weaknesses are more likely to accept themselves and adjust to their family situation. This supports Rogers' notion that self-understanding combined with unconditional positive regard enables individuals to achieve personal growth and authenticity.

External factors such as social support significantly affect the process of self-acceptance. Wulandari and Fauziah (2019) found that emotional and instrumental support from family and peers help adolescents internalize positive evaluations and reduce feelings of isolation. Park and Kim (2021) also found that perceived social support acts as a buffer against the negative effects of parental divorce on adolescents' self-esteem and life satisfaction.

Positive relationships with others further encourage the development of self-acceptance. Djintan (2018) reported that adolescents who surrounded themselves with supportive peers were able to achieve greater emotional stability and self-acceptance. A study by Amato and Keith (2019) supports this finding, showing that peer connectedness fosters resilience and helps reduce identity confusion among adolescents experiencing parental separation.

Engagement in positive activities also contributes to the formation of self-acceptance. Hadyani and Indriana (2017) observed that participation in constructive community and campus activities increased self-confidence and optimism. Hawkins et al. (2020) similarly demonstrated that adolescents involved in structured extracurricular programs develop stronger self-concept clarity and better emotional regulation during family transitions.

Overall, the findings across studies indicate that self-acceptance in individuals with divorced parents emerges through the interaction between internal characteristics such as self-concept, coping, and religiosity, and external elements such as social support, positive relationships, and engagement in meaningful activities. When interpreted through the frameworks of Rogers and Erikson, self-acceptance represents not only an intrapersonal achievement but also a developmental outcome shaped by interpersonal relationships and environmental adaptation. Future studies could strengthen this understanding by integrating longitudinal and cross-cultural approaches to better capture how these factors evolve over time.

Conclusion

This literature review concludes that self-acceptance in adolescents with divorced parents is influenced by a combination of internal and external factors. Internal factors such as positive self-concept, positive thinking, religiosity, coping strategies, and self-understanding help adolescents regulate emotions and view their circumstances realistically, while external factors such as social support, positive relationships, and engagement in constructive activities strengthen their ability to adapt. Theoretically, these findings align with Rogers' humanistic perspective that self-acceptance develops through congruence between self-concept and experience, and with Erikson's psychosocial theory emphasizing identity formation during adolescence. Practically, this study suggests that parents and educators should provide emotional support, open communication, and positive reinforcement to help adolescents develop healthy self-acceptance after parental

divorce. Future research may further explore these factors through longitudinal or cross-cultural studies to deepen understanding of how self-acceptance evolves across diverse developmental contexts.

References

- Aini, N., & Zuhdi, M. S. (2021). *Penerimaan diri remaja putri terhadap orang tua tiri (Studi kasus dua remaja putri di Desa Mojopetung Gresik). At-Taujih: Bimbingan dan Konseling Islam*, 4(1), 97–114.
- Andani, T. P. (2018). Hubungan penerimaan diri dan harga diri pada remaja dengan orangtua bercerai. *Cognicia*, 6(1), 54–65. <https://doi.org/10.22219/cognicia.v8i2.11540>
- Azizah, R. N. (2017). Dampak perceraian orang tua terhadap perkembangan psikologis anak. *Al-Ibrah*, 2(2), 152–172.
- Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research in Psychology*, 3(2), 77–101. <https://doi.org/10.1191/1478088706qp063oa>
- Dalvi, I., & Hermaleni, T. (2021). Faktor-faktor yang mempengaruhi perceraian selama masa pandemi COVID-19 di Kota Bukittinggi. *Jurnal Pendidikan Tambusai*, 5(3), 7236–7241.
- Dewi, I. A. S., & Herdiyanto, Y. (2018). Dinamika penerimaan diri pada remaja broken home di Bali. *Jurnal Psikologi Udayana*, 5(2), 434–443.
- Djintan, E. V. (2018). *Psychological well-being remaja dari orang tua yang bercerai* [Doctoral dissertation, Universitas Kristen Satya Wacana].
- Fadilah, M., & Suryani, E. (2022). The influence of self-acceptance on adolescents' emotional regulation post parental divorce. *Jurnal Psikologi Insight*, 4(2), 101–112.
- Fadhanah, H. R. (2023). *Hubungan antara problem focused coping dan kesejahteraan psikologis remaja yang orang tua bercerai* [Doctoral dissertation, Universitas Islam Sultan Agung].
- Ferrari, R. (2015). Writing narrative style literature reviews. *Medical Writing*, 24(4), 230–235. <https://doi.org/10.1179/2047480615Z.000000000329>
- Fitriani, A. (2017). Peran religiusitas dalam meningkatkan psychological well being. *Al-Adyan: Jurnal Studi Lintas Agama*, 11(1), 57–80.
- Hafni, M. (2020). Effectiveness of social support with adolescent's self-acceptance in post-divorce parents. *INSPIRA: Indonesian Journal of Psychological Research*, 1(2), 38–42. <https://doi.org/10.32505/inspira.v1i2.2838>
- Hadyani, I. A., & Indriana, Y. (2018). Proses penerimaan diri terhadap perceraian orangtua: Sebuah studi kualitatif dengan pendekatan interpretative phenomenological analysis. *Jurnal Empati*, 6(3), 303–312.
- Harjianto, H., & Jannah, R. (2019). Identifikasi faktor penyebab perceraian sebagai dasar konsep pendidikan pranikah di Kabupaten Banyuwangi. *Jurnal Ilmiah Universitas Batanghari Jambi*, 19(1), 35–41.
- Hidayat, F. N., & Nashori, F. (2023). The role of forgiveness in moderating self-acceptance and self-control among adolescents of divorced parents. *International Journal of Islamic Educational Psychology*, 6(1). <https://doi.org/10.18196/ijiep.v6i1.25717>
- Kurniawati, D. (2023). Marital disharmony and the rising divorce rate in Indonesia. *Jurnal Keluarga Indonesia*, 15(1), 25–36.
- Kusumawardhani, D. D., & Mamesah, M. (2020). Gambaran penerimaan diri siswa yang mengalami perceraian orangtua. *Insight: Jurnal Bimbingan Konseling*, 9(2), 138–149.
- Lubis, R. A. (2020). *Hubungan antara dukungan sosial dengan penerimaan diri pada remaja pasca perceraian orangtua di SMA Swasta Dharma Pancasila Medan* [Doctoral dissertation, Universitas Medan Area].
- Nender, E. W. A., Widyawati, S., & Savitri, A. D. (2017). Penerimaan diri pada remaja yang orangtuanya bercerai. *Jurnal Psikologi Universitas Semarang*, 10–18.
- Nugroho, R. (2021). Psychological adjustment among adolescents from divorced families: The role of resilience. *Jurnal Psikologi Sosial Indonesia*, 20(2), 120–129.
- Pratiwi, A., & Rahmawati, S. (2020). Factors contributing to divorce in Indonesian families: A socio-economic perspective. *Jurnal Sosiologi Reflektif*, 14(2), 315–327.
- Praptomojati, A. (2018). Dinamika psikologis remaja korban perceraian: Sebuah studi kasus kenakalan remaja. *Jurnal Ilmu Perilaku*, 2(1), 1–14.
- Ramadhani, P. E., & Krisnani, H. (2019). Analisis dampak perceraian orang tua terhadap anak remaja. *Focus: Jurnal Pekerjaan Sosial*, 2(1), 109–119.
- Santrock, J. W. (2018). *Adolescence* (17th ed.). McGraw-Hill Education.
- Sari, M., & Fitriana, D. (2020). Self-acceptance and coping strategies among adolescents with divorced parents. *Jurnal Psikologi Indonesia*, 9(1), 77–86.

- Syaf, A., Anggraini, Y., & Murni, A. (2017). Hubungan antara berpikir positif dengan kecemasan komunikasi pada mahasiswa. *Psychopolytan: Jurnal Psikologi*, 1(1), 31–38.
- Yulianti, R. (2022). Socioeconomic and cultural determinants of marital instability in Indonesia. *Jurnal Ilmu Sosial Humaniora*, 11(3), 145–156.
- Tamara, L. W., & Mardianto, M. (2022). Proses penerimaan diri pada remaja Minangkabau yang mengalami perceraian orang tua. *Socio Humanus*, 4(2), 137–150.
- Untari, I., Putri, K. P. D., & Hafiduddin, M. (2018). Dampak perceraian orang tua terhadap kesehatan psikologis remaja. *Profesi (Profesional Islam): Media Publikasi Penelitian*, 15(2).
- Wulandari, D., & Fauziah, N. (2019). Pengalaman remaja korban broken home (studi kualitatif fenomenologis). *Jurnal Empati*, 8(1), 1–9.
- Zaitun, Z. (2018). *Regulasi emosi pasca perceraian* (Doctoral dissertation, Universitas Muhammadiyah Gresik).