

GAMBARAN *SELF-ACCEPTANCE* WANITA DEWASA AKHIR YANG DITINGGAL MATI PASANGAN

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Abstract

The death of a spouse is the most painful experience and the biggest cause of stress experienced by the late adult woman. The research aims to provide an overview of Self-acceptance in late adult woman whose husband died. Self-acceptance is a situation where someone has a tolerance of events which is frustrating or painful is in accordance with realizing his personal powers (Allport dalam Hjelle & Ziegler, 1992). Self-acceptance need to be owned by a woman who is left by her husband dead so they can still continue their lives even in the different circumstances. In-depth interviews committed to three women (aged over 65 years) who had been widowed for 1-2 years. The research took place in a span of five months, beginning in August 2012 until December 2012. The result of this study indicates that the three subjects have a good self-acceptance after the death of her husband. Factors affecting the three subjects in having a good self-acceptance is the social support of their children and their families.

Keywords: Self-Acceptance, Death Of Spouse, Late Adult Woman.