

Abstrak

Keluarga berperan penting dalam mendukung tumbuh kembang anak, termasuk anak stunting. Kondisi stunting tidak hanya berdampak pada perkembangan anak, tetapi juga memengaruhi kondisi psikologis orang tua. Penelitian mengenai stunting umumnya berfokus pada aspek gizi dan pola asuh, sedangkan penelitian mengenai penerimaan diri orang tua masih terbatas. Penelitian ini bertujuan menggambarkan penerimaan diri orang tua yang memiliki anak stunting. Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologis. Subjek penelitian dipilih menggunakan teknik purposive sampling yang terdiri atas dua orang tua yang memiliki anak stunting dan dua significant others. Data dikumpulkan melalui wawancara semi terstruktur, observasi, dan dokumentasi, kemudian dianalisis melalui reduksi data, penyajian data, dan penarikan kesimpulan. Hasil penelitian menunjukkan bahwa penerimaan diri orang tua tergambar dalam dua tema utama, yaitu kesadaran diri dalam menghargai karakter positif dan respons terhadap pengalaman negatif. Kedua partisipan mampu menerima kondisi anak secara realistis, mengelola emosi, terbuka terhadap dukungan sosial, serta tetap berupaya memberikan pengasuhan dan pemenuhan gizi yang optimal. Secara keseluruhan, orang tua menunjukkan penerimaan diri yang positif sehingga mendukung pengasuhan yang lebih adaptif bagi anak.

Kata kunci: anak stunting; fenomenologi; orang tua; penerimaan diri.

Abstract

The family plays an important role in supporting children's growth and development, including children with stunting. Stunting not only affects children's growth and development but also influences the psychological condition of parents. Previous studies on stunting have primarily focused on nutrition and parenting practices, while research on parental self-acceptance remains limited. This study aimed to describe the self-acceptance of parents with children with stunting. This study employed a qualitative method with a phenomenological approach. Participants were selected using purposive sampling and consisted of two parents of children with stunting and two significant others. Data were collected through semi-structured interviews, observations, and documentation, and were analyzed using data reduction, data display, and conclusion drawing. The findings revealed that parental self-acceptance was reflected in two main themes: self-awareness in appreciating positive personal characteristics and responses to negative experiences. Both participants were able to accept their children's condition realistically, regulate their emotions, remain open to social support, and continue providing optimal care and nutritional support. Overall, the parents demonstrated positive self-acceptance, which contributed to more adaptive parenting for their children.

Keywords: children with stunting; parents; phenomenology; self-acceptance.