

## ABSTRAK

Skripsi dengan judul “Makna *Self-Acceptance* Pada Mahasiswa yang Menjalani Perkuliahan Atas Dasar Keterpaksaan: Studi Fenomenologi di UIN Sayyid Ali Rahmatullah Tulungagung” ini ditulis oleh Natasya, NIM. 1860308222186, dengan pembimbing Ratih Dian Nur Faizah, M.Psi., Psikolog.

**Kata Kunci:** *self-acceptance*, kuliah terpaksa, Carl Rogers, *Interpretative Phenomenological Analysis*, mahasiswa

Penelitian ini dilatarbelakangi oleh fenomena mahasiswa yang menjalani perkuliahan bukan atas dasar keinginan penuh, melainkan karena faktor keterpaksaan baik internal maupun eksternal, sehingga memunculkan inkongruensi antara *ideal-self* dan *real-self* yang berpotensi menghambat proses penerimaan diri. Penelitian ini bertujuan untuk mendeskripsikan proses dan memahami makna *self-acceptance* pada mahasiswa yang menjalani pendidikan tinggi atas dasar keterpaksaan. Penelitian menggunakan pendekatan kualitatif fenomenologis dengan metode *Interpretative Phenomenological Analysis* (IPA), melibatkan empat informan mahasiswa akhir dari empat fakultas berbeda di UIN Sayyid Ali Rahmatullah Tulungagung yang dipilih melalui *purposive sampling*. Data dikumpulkan melalui wawancara semi-terstruktur mendalam dan dianalisis menggunakan teori Carl Rogers.

Hasil penelitian menunjukkan bahwa proses *self-acceptance* pada keempat informan berlangsung secara dinamis, personal, dan tidak linear, diawali dengan inkongruensi yang signifikan pada fase awal perkuliahan berupa *denial*, perasaan minder, perbandingan sosial, *culture shock*, dan demotivasi akademik. Melalui *actualizing tendency*, informan menempuh berbagai strategi adaptif seperti membangun relasi sosial suportif, keterlibatan organisasi, *reframing* kognitif, dan spiritualitas, yang ditopang oleh *positive regard* dari orang tua dan teman sebaya. Ditemukan pula paradoks peran orang tua sebagai sumber *conditions of worth* sekaligus *support system* utama. Secara keseluruhan, meskipun proses penerimaan diri belum sepenuhnya tuntas pada sebagian informan, keempat informan

menunjukkan pergeseran menuju *congruence* dan *positive self-regard*, sejalan dengan konsep *fully functioning person* dari Carl Rogers.

## **ABSTRACT**

*This thesis entitled "The Meaning of Self-Acceptance among Students Pursuing Higher Education under Compulsion: A Phenomenological Study at UIN Sayyid Ali Rahmatullah Tulungagung" was written by Natasya, Student ID 1860308222186, supervised by Ratih Dian Nur Faizah, M.Psi., Psikolog.*

**Keywords:** *self-acceptance, forced college enrollment, Carl Rogers, Interpretative Phenomenological Analysis, students*

*This study is grounded in the phenomenon of students who pursue higher education not entirely by choice, but due to internal and external compulsion, which generates incongruence between the ideal-self and real-self and potentially hinders the process of self-acceptance. This study aims to describe the process and understand the meaning of self-acceptance among students undertaking higher education under compulsion. A qualitative phenomenological approach was employed using Interpretative Phenomenological Analysis (IPA), involving four final-year student informants from four different faculties at UIN Sayyid Ali Rahmatullah Tulungagung, selected through purposive sampling. Data were collected through in-depth semi-structured interviews and analyzed using Carl Rogers' theory.*

*The findings indicate that the process of self-acceptance among the four informants unfolded dynamically, personally, and non-linearly, beginning with significant incongruence during the early period of study, manifested as denial, feelings of inferiority, social comparison, culture shock, and academic demotivation. Through the actualizing tendency, informants engaged in various adaptive strategies, including building supportive social relationships, organizational involvement, cognitive reframing, and spirituality, sustained by positive regard from parents and peers. The study also identified a paradox in parental roles, functioning simultaneously as a source of conditions of worth and as the primary support system. Overall, although the self-acceptance process*

*remains incomplete for some informants, all four demonstrated a shift toward congruence and positive self-regard, consistent with Carl Rogers' concept of the fully functioning person.*