

## ADOLESCENTS' SELF-ACCEPTANCE AS PERSONS WITH BIPOLAR DISORDER

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### **Abstract**

*Currently, the discussion of mental health issues is increasingly widespread in the community. Discussion about mental health feels to occur because of an increase in the number of cases of mental disorders. Bipolar disorder is one of the mental illnesses that has increased the number of cases. Moreover, bipolar disorder sufferers are dominated by the group of adolescents because of the demands and pressures when carrying out the development phase. Social workers as a relief profession can help adolescents as bipolar disorder to increase self-acceptance through social work interventions. The preparation of this research uses research methods of literature studies to search for and collect data from various written sources related to research topics. This study aims to find out the self-acceptance of a teenager who has bipolar disorder. Based on a study conducted on a literature review in this study, the results showed that not all adolescents have good cognitive development and emotional development due to the influence of the environment they grow in and develop, hormonal conditions, and ego control abilities; the level of self-acceptance that each adolescent will have is different because it depends on the various conditions behind an adolescent in dealing with a situation and situation; professional services provided to adolescents with bipolar disorder on a scheduled basis can lower symptoms, improve coping, as well as cope with emerging stress; and there are various types of services to increase the self-acceptance of adolescents with bipolar, namely cognitive behavioral therapy and family-focused therapy.*

### **Keywords:**

*Self-acceptance; Adolescent; Bipolar disorder; Social work interventions.*

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## INTRODUCTION

Currently, the discussion about mental health issues is increasingly widespread in the community. Discussions about mental health seem to occur because of an increase in the number of cases of mental disorders. Based on the calculation of the burden of disease in 2017 shows that there has been a change in the pattern of mental disorders marked by an increase in Disability Adjusted Life Years (DALYs) in several categories of mental disorders such as schizophrenia, bipolar, autism, and eating behavior disorders (Kementerian Kesehatan RI, 2019). Bipolar is one of the disorders that fall into the category of severe mental disorders and ranks 6th as a cause of disability in the world (Renaldo, 2018). The World Health Organization says that there are as many as 5.7 million people or 1% of the total world population who have bipolar disorder (Prabandani, 2020).

Bipolar disorder is a lifelong episodic disease that often causes dysfunction, cognitive impairment, and decreased quality of life (Grande, Birmaher, & Vieta, 2016). Then, the World Health Organization (WHO) defines bipolar disorder as a disease that interferes with mood or feelings to the extreme, and there are two poles of feeling, namely the pole of depression in the form of excessive feelings of sadness and the pole of manic in the form of excessive feelings of pleasure. (Banfantin, 2013).

According to Smith (2011), someone who has bipolar disorder will experience three symptoms including, (1) Increased self-esteem and grandeur that are part of a manic episode or feelings of excessive happiness; (2) Speech and thought processes become faster, but talk in a depressed state and thoughts have jumping topics; and (3) Become more easily distracted or

feel restless, which results in an increase in various activities and can trigger inadvertent behavior with negative consequences and sufferers will have feelings of regret afterwards (Santoso & al., 2018).

Factors that have a major influence on someone who has bipolar disorder are genetics, so that children born to one or both parents as bipolar sufferers, the child is at great risk of having bipolar disorder. Then, there are also environmental factors (family or the surrounding environment), namely causes related to interactions between individuals and their environment such as how family members convey emotions to other family members who have bipolar disorder (Widianti & al., 2021). So it can be said if the cause of a person experiencing bipolar disorder can come from internal factors, namely genetics or heredity and external factors, namely the environment.

Bipolar disorder can happen to anyone, be it parents, adults, or teenagers. However, the group of adolescents is more likely to develop bipolar disorder. This is in line with data from the National Comorbidity Survey Adolescent Supplement (NCS-A) which shows that the prevalence of adolescents aged 13-18 years is 2.9% with bipolar disorder, and 2.6% has severe impairment of function. Then, in Indonesia also experienced a similar thing, based on data from the research results of the Indonesian Mental Medicine Specialist Association (PDSKJI), 13% of people with bipolar disorder in the East Java region are sufferers in the adolescent age category (Sholikah, Sardjuningsih, & Sa'adati, 2017).

Adolescence is a transition period when individuals move from children to adults (Batubara, 2010). The ages of individuals who fall into the category of teenagers have different ranges. Based on the Regulation of the Minister

of Health of the Republic of Indonesia Number 25 of 2014 stipulates adolescents with the age of 10-18 years. While in the life cycle based on the psychosocial crisis proposed by Erikson, adolescence is experienced by individuals aged 12-18 years (Hutchison, 2015).

According to Erikson, development in adolescence is an important and potential part because it includes various aspects of oneself such as cognitive, emotional, and physical (Andriyani, 2016). Developments in these various aspects require adolescents to be able to socialize properly, accept their own conditions, obey the values and norms that apply in society, and participate actively in community activities. However, teenagers will become the public's attention if their behavior is not in accordance with the values or norms in society (Hasmayni, 2014). The same thing was also expressed by Crawford & Walker, that teenagers often get stereotypes from society, for example as rebels (Crawford & Walker, 2007). From these statements, it can be seen that teenagers have challenges that are not easy because of the demands from the environment in living their lives.

According to Grande, Birmaher, & Vieta (2016), adolescents have cognitive and emotional immaturity that can limit their verbal expression of mood symptoms, thereby inhibiting certainty of mood related to manic or depression. Immaturity in cognitive and emotional aspects can be a gap for a teenager to develop bipolar disorder. As stated by dr. I.G.N Sastradhi who is a Psychiatrist Specialist, that at the age of a teenager, a person will often experience instability in feelings, behavior, and thoughts, so they are vulnerable to experiencing bipolar disorder (Putri, 2015).

Adolescence is a period that is vulnerable to experiencing bipolar disorder, then not a few teenagers are reluctant to admit that they have been diagnosed with bipolar disorder. This is in line with the results of research by Khoiryasdien & Warastri (2020) showing that some people with bipolar disorder have not accepted themselves as individuals with bipolar disorder. Then, Follingstad said that low self-acceptance can have a negative impact on a person which triggers self-confidence, negative thoughts, dislikes himself, blames himself, experiences feelings of helplessness, and avoids interaction with his environment. (Khoiryasdien & Warastri, 2020).

According to Hurlock (2006, in Nofiyana & Supradewi, 2019), self-acceptance is the ability to accept various things, both things as advantages or things as shortcomings, which are in themselves, so that when they experience unpleasant events, they can think logically without triggering feelings of hostility, inferiority, shame, or insecurity. Then, Hurlock (2009) said that self-acceptance is influenced by several factors, one of which is realistic expectations, namely the individual determines the expectations he wants according to his abilities. (Purba & Kahija, 2017).

This study refers to the characteristics of self-acceptance presented by Johnson to determine whether a person has good or bad self-acceptance. According to Johnson (in Khoiryasdien & Warastri, 2020), there are several characteristics of a person so that he can be said to have good self-acceptance, namely (1) He accepts himself as he is, so he can have a positive perspective on his future, he can also know himself, and realize the reality that is in him; (2) He does not reject what are his strengths and weaknesses; (3) He believes that someone

who loves himself does not need to be loved and appreciated by others; (4) He has a sense of worth, so he does not demand himself to be perfect; and (5) He also believes that he can produce useful work.

The characteristics of self-acceptance proposed by Johnson are in line with the results of research conducted by Nofiyana & Supradewi. The results showed that DW, a 19-year-old teenager with bipolar disorder, had good self-acceptance. Good self-acceptance is illustrated by DW who begins to accept his condition with bipolar disorder, he also loves himself, is able to accept criticism from others, and overcomes depression when he receives rejection. Meanwhile, in another subject, namely A, he has a bad self-acceptance towards himself who is a person with bipolar disorder. Subject A is said to have poor self-acceptance because he has not been able to accept the fact that he has bipolar disorder, rejects the shortcomings he has regarding his religiosity, cannot accept criticism and rejection from others, feels useless, and feels unable to do his job optimally. (Nofiyana & Supradewi, 2019).

Previous studies have shown that the behavior of people with bipolar disorder is related to their self-acceptance. So it is necessary to consider an intervention that is useful for reducing the negative effects that lead to low self-acceptance (Khoiryasdien & Warastri, 2020).

Teenagers as people with bipolar disorder can get help from social workers in an intervention effort to increase self-acceptance. Social work as a profession that provides services can provide assistance to various clients, be it individuals, families, or groups. As stated by Crawford & Walker (2007, p. 76), that a social worker must be prepared to deal with various problems and concerns, as well as the

problems experienced by young people by listening, respecting their problems, and not judging them.

Social work in the field of micro studies has a social casework model, which is a method used to provide assistance to individuals and is psychosocial. In the social case work method, there are two parts that are distinguished in helping individuals, namely helping individuals who have problems and helping individuals for self-development (Wibhawa, Raharjo, & Santoso, 2019). When social workers will help individuals who want to overcome and/or prevent a problem, social workers can provide several services in the form of counseling, therapy, and learning experiences (Raharjo, 2019).

Researchers are interested in raising the issue of this research because adolescents diagnosed with bipolar disorder will have difficulty accepting themselves. As stated by Purba & Kahija, that someone diagnosed with bipolar disorder will experience mood changes during the depression phase which affects the sufferer's self-acceptance (Purba & Kahija, 2017). Then, there is also a statement by Citra & Eriany, that a person can have good self-acceptance if there is no heavy emotional pressure (Citra & Eriany, 2015). Thus, adolescents have difficulty accepting themselves because of emotional or feeling changes as a result of the phase in bipolar disorder. Then, the difference between previous research and this research lies in the author's point of view who uses a social work perspective in providing help services for adolescents as people with bipolar disorder. The purpose of the preparation of this research is to find out how a teenager as a person with bipolar disorder in self-acceptance and knowing help services from the point of view of social work.

## METHODE

This research was structured using a literature study approach. Literature studies are useful for deepening understanding of an issue by collecting various information related to related concepts or theories and reviewing this information to become the basis for research in compiling research. In this study, the authors conducted a study of adolescent self-acceptance as people with bipolar disorder.

Researchers collect various reference sources that are relevant to the research topic, then conduct a study of research problems through reference sources in the form of books, journal articles, and other sources written and published in electronic media. Researchers conducted a search on Google Scholar for references in the form of journal articles using the keywords “self-acceptance of bipolar adolescents”, the results that appeared were 621; references in the form of journal articles and books using the keyword “adolescent development”, the results that appear are 187,000 pieces; and a search on Google for references in the form of news articles using the keywords “bipolar disorder”; and make use of scientific books that researchers have, both physical books and electronic books, which are relevant to the research and can support the social work perspective on the research topic. Then, the researcher filtered the references that were traced to fit the topics discussed in the study. Then, the researcher determined that the references used were references published in the last 10 years (2012-2022) for references in the form of journal articles and news articles on electronic portals, and for the last 13 years (2009-2022) for references in the form of books. scientific. After filtering, the researchers got the appropriate references in the form of 13 journal

articles, 3 scientific books, 1 thesis, and 3 electronic news articles. So, the total number of references used is 20 which will be studied more deeply by the researchers in order to get the theoretical basis, concepts, and results or findings from previous research to answer research problems..

This research was compiled using the literature study method, so that the researchers collected various scientific papers in the form of journal articles, books, and news articles that discussed issues related to self-acceptance of people with bipolar disorder. Then, the researcher took a sample that was in accordance with the research needs by using a purposive sampling technique, namely the researcher chose a sample among the population based on his will and then determined a research sample that represented the characteristics of the population. Researchers determine the characteristics of the population based on the inclusion and exclusion criteria of them:

### a. Inclusion Criteria

Inclusion criteria are used to take samples by determining the characteristics that must be achieved by all members of the population. The inclusion criteria for this research sample are (1) journal articles, books, and news articles related to self-acceptance of people with bipolar disorder; (2) Journal articles and news articles published in the last 10 years or from 2012-2022; and (3) Scientific books published in the last 13 years or from 2009-2022.

### b. Exclusion Criteria

Exclusion criteria were used by researchers to select subjects who did not meet the inclusion criteria. The exclusion criteria in this study, namely (1) journal articles, books, and news articles are not in

accordance with the research problem; (2) Journal articles and news articles published under 2012; and (3) Scientific books published under 2009.

After setting the inclusion and exclusion criteria, the researcher can take samples for research. The sample in this study amounted to 20 references in answering the problems in the Results and Discussion section, then there were 13 other references that were used as the basis for compiling the background. The references obtained come from journal articles, scientific books, and electronic news articles, which are related to research problems.

**RESULT**

Researchers found several previous studies that were relevant and supported researchers in finding results related to the issues discussed. The previous studies used by researchers to support the main findings in examining research issues include the following:

**Table 1.** Main Findings Supporting Literature Review

Author	Publication Year	Literature Review Title
Fakhrurrazi	2019	Characteristics of Cheap Children (Cognitive, Affective, and Psychomotor Development)
Citra & Eriany	2015	Self-Acceptance in Adolescent Girls with Lupus
Santoso & al.	2018	Social Work: Working With People With Bipolar Disorder

Widianti & al.	2021	Interventions in Adolescents with Bipolar Disorder: Literature Review
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Based on the four literature reviews above, researchers can find results that support the preparation of this research. The results found are as follows:

**Table 2.** Main Findings in the Literature Review

Literature review	Main Findings in the Literature Review
Fakhrurraz. (2019). Characteristics of Cheap Children (Cognitive, Affective, and Psychomotor Development).	The mindset of a teenager will be formed from how the surrounding environment views a thing or problem. So that the environment in which a teenager grows and develops has an influence on his cognitive development. Meanwhile, the emotional development of a teenager will be influenced by hormones and emotional and ego control. Therefore, not all adolescents have good cognitive and emotional development.

Citra & Eriany.  
(2015). Self-  
Acceptance in  
Adolescent Girls  
with Lupus.

The conditions that underlie every teenager, such as self-understanding, expectations, obstacles, emotional stress, self-concept, and achievement, will affect the level of self-acceptance in dealing with situations and circumstances as a person with bipolar disorder. Then, a teenager will go through the stages of self-acceptance, including the Denial Stage, Anger Stage, Depression Stage, Bargaining Stage, and Acceptance Stage, which will also affect his level of acceptance.

Santoso & al.  
(2018). Social Work:  
Working With  
People With Bipolar  
Disorder.

Social workers as a profession that provides professional services can provide services to clients who have bipolar disorder. Services provided with a regular schedule of meetings can have a positive impact on clients such as reducing symptoms, improving coping, and overcoming stress.

Widianti & al.  
(2021). Self-  
acceptance in  
women with bipolar  
disorder.

A person with bipolar disorder will get help through the provision of pharmacotherapy services or treatment of the disease using drugs. In addition, there are also professional services through psychosocial interventions that are provided to people with bipolar disorder by conducting Cognitive Behavioral Therapy and Family-Focused Therapy.

But unfortunately, not all teenagers have good cognitive development because of the influence of their environment to grow and develop. Some teenagers who are in developing countries still have the same thoughts as in the previous development period, namely their thoughts are still so simple and still see problems not from various dimensions. (Fakhrurrazi, 2019).

Then, the emotional development of adolescents who have characteristics including their unstable emotional conditions related to hormones, emotional control is not good, take actions based on ego, and they are controlled by emotions more than logical thoughts (Fakhrurrazi, 2019). . These various characteristics illustrate that adolescents have not been able to hold the lever of control over themselves strongly. Unstable emotional conditions and immature cognitive structures in considering something can affect adolescents in fulfilling their developmental tasks.

In adolescence, individuals will have developmental tasks that they need to do. According to Jannah (2016), adolescents prepare themselves before entering a new age in adulthood by getting demands to carry out developmental tasks which include changes in attitudes and behaviors they experience. Various demands on developmental tasks for adolescents as a transition process from childhood to adulthood are certainly not something that is easy to go through. In fact, G. Stanley Hall who is a psychologist said adolescence is a period of "storm and stress" because there are significant changes ranging from physical, intellectual, to emotional, then these changes can trigger feelings of sadness and conflict with the environment. surroundings (Jannah, 2016).

Adolescents need an environment that supports themselves in carrying out developmental tasks during adolescence in order

## DISCUSSION

### 1. Teenagers and Bipolar Disorder

Individuals when entering adolescence not only experience increasingly mature physical growth like adults, but also experience cognitive and emotional development. In cognitive development, adolescents can reflect on the thoughts they have, equip their cognitive structures with the ability to think in an organized, logical, abstract, and flexible way, have thoughts about plans and actions needed in problem solving and consider the results (Miller, 2009). and can think about things from various dimensions (Jean Piaget in Fakhrurrazi, 2019).

to minimize the tendency for feelings of sadness or conflict to arise. According to Lahargo Kembaren, teenagers will be very easily influenced by various external impulses because their inner maturity process has not yet developed, then external encouragement can cause them to experience bipolar disorder (Adiwijaya, Wicandra, & Astharianty, 2020).

Adolescents who experience bipolar disorder are motivated by causes that trigger the onset of the disorder, such as genetic factors inherited by parents and environmental factors. Genetic factors are the biggest factors that can affect adolescents experiencing bipolar disorder which can be inherited by their parents (Ciawi Hospital, 2016). This statement is in line with the results of research conducted by Ramadhan & Syahrudin, namely a subject with the initials KF has bipolar disorder due to genetic factors inherited by his mother who has a mental disorder, namely obsessive compulsive (Ramadhan & Syahrudin, 2019). In addition, environmental factors can also cause adolescents to experience bipolar disorder. As the results of research conducted by Ramadhan & Syahrudin showed that another research subject, namely AP, had bipolar disorder because of the authoritarian parenting applied by his parents. AP's father often berated and yelled at him when he was a child, then the psychological violence made AP lose his father figure. This has an impact on AP's emotional closeness to his father who is not close (Ramadhan & Syahrudin, 2019).

As Havighurst said, a person will feel failed, disappointed, and criticized by parents or society if they cannot achieve tasks at a certain stage or period in life, so that they will encounter difficulties at a later stage of development (Muri'ah). & Wardan, 2020). Ramadhan and

Syahrudin's research shows that AP subjects experience bipolar disorder because of the obstacles encountered in the later stages of development as a result of low emotional closeness with their fathers at the child's developmental stage. The results of this study are in line with the statement in Adiwijaya, Wicandra, & Astharianty (2020) research that someone who experiences symptoms of bipolar disorder in adolescence has a traumatic life experience as a child..

A teenager who has bipolar disorder will experience a depressive phase with a duration of about 6 (six) months and the duration is longer than the duration of the manic phase. The symptoms experienced by adolescents when they are in the depression phase, namely having feelings of low self-esteem and self-confidence. Whereas in the manic phase, it is indicated by a significant increase in feelings, whether it is increased physical activity or mental activity (Hermina Podomoro, 2020).

Purba and Kahija conducted a study on the experience of being diagnosed with bipolar disorder since adolescence in 2017. Purba and Kahija in their research found that adolescents with bipolar disorder experienced various obstacles, both during the manic phase or the depressive phase. In the manic phase, the obstacles experienced include difficulty in controlling feelings of pleasure or joy, irritability, and experiencing audio or visual hallucinations. Then, in the depression phase, the obstacles experienced include the field of education, obstacles in social relationships, feelings of anxiety when interacting with others, and the tendency to have thoughts or actions that harm themselves. such as thinking or attempting suicide (Purba & Kahija, 2017).

Based on the findings of the study, it can be seen that it is not easy to live the days for teenagers as people with bipolar disorder. Especially when someone has bipolar disorder and is in a phase of depression and heavy emotional conditions, then this can affect the self-acceptance of the sufferer himself. (Khoiryasdien & Warastri, 2020).

## **2. Self-acceptance of Adolescents Diagnosed with Bipolar Disorder**

Every teenager will have a different level of self-acceptance. This will depend on the various conditions that underlie a teenager in dealing with a condition. As stated by Hurlock (1994) that a person's self-acceptance will be influenced by various factors such as self-understanding, realistic expectations, obstacles from the environment do not appear, do not have heavy emotional pressure, have a stable self-concept, and the occurrence of success (Citra & Eriany). , 2015).

Teenagers who are diagnosed with bipolar disorder, of course, will not be able to immediately accept that they are a person with bipolar disorder. There are various things that teenagers will go through in order to have self-acceptance. According to Kubler and Ross (in Citra & Eriany, 2015), there are five stages related to one's emotions in the process of self-acceptance. Although initially, Kubler and Ross' theory was investigated in research with the context of death or near-death reactions, but now Kubler and Ross' theory has developed and has been expanded to use in research with other contexts (Pratitis, 2012). So that the theory of self-acceptance can also describe how the process of a teenager in accepting his condition with bipolar disorder. Kubler and Ross state that there are five stages in the process of self-acceptance (Citra & Eriany, 2015), including the following:

### **1. Denial Stage**

At this stage, a person will avoid the reality of a thing or problem that occurs in his life where there is no sense of trust, experiencing anxiety, denial, and feeling nervous (Nazar, 2020). Increasing or denying something is a form of primitive self-defense, will not work, and its function is only momentary (Citra & Eriany, 2015). A teenager diagnosed with bipolar disorder will not believe what is happening to him and always deny that he has the disorder.

### **2. Anger Stage**

Furthermore, a person will begin to wonder about the circumstances that occur in his life, then the question of fear of his inability to get through this situation will cause feelings of anger (Nazar, 2020). At this stage, adolescents with bipolar disorder will begin to feel angry with themselves because of the situation they are experiencing, because they are afraid that they will get into trouble because of their bipolar disorder..

### **3. Depression Stage**

A person can become depressed because the stress experienced does not improve, and is also related to experiences that have just happened to the person and tend to be dramatic experiences (Nazar, 2020). A new situation that has never been experienced before, makes the environment possible to trigger severe pressure on adolescents with bipolar disorder, so that they can experience depression..

### **4. Bargaining Stage**

Entering the fourth stage, a person will agree and agree that he has ties to religious activities or let go of his selfishness to be able to return to being a person with good conditions (Nazar, 2020). Individuals at this stage will get closer to God and improve their relationship with God (Citra & Eriany, 2015). Entering the

fourth stage, a teenager has begun to be able to reduce his selfishness in accepting the situation that he is a bipolar person, by getting closer to God to make his personality better..

#### 5. Acceptance Stage

Someone who has reached the acceptance stage will have a good understanding of his own situation, have hope, and have a purpose in life (Nazar, 2020). After going through various stages for a long time, finally a teenager can accept himself by understanding the situation he is experiencing, the expectations he wants with his condition as a person with bipolar disorder, and the life goals he will achieve in the future..

According to Walecka-Matyja, self-acceptance plays an important role for adolescents because by accepting themselves, adolescents will be able to know themselves, control behavior, and realize what things will be done in their lives (Nisa & Sari, 2019). With self-acceptance, a person can carry out their daily activities well. This is in line with the results of research conducted by Nofiyana & Supradewi (2019) in which the two research subjects already have good self-acceptance and demonstrate good ability in carrying out their daily activities. In the first subject, when he accepts himself as a person with bipolar disorder, good things appear, such as being able to think positively, being able to control emotions when his condition is unstable, and being able to control himself in taking actions. Then on the second subject, there are also various good things that are felt such as living a life that goes on, being able to control the depression that is being experienced, loving oneself, building wider interactions with others, having logical thinking, not giving up on conditions. experienced, and accept the advantages and disadvantages that exist without

feeling inferior or ashamed (Nofiyana & Supradewi, 2019).

The results of this study are in accordance with what was described by Lestari in her research regarding good self-acceptance for a person. The benefits that can be felt when having good self-acceptance include being optimistic in welcoming the future, never giving up, being able to overcome existing obstacles, thinking positively, being confident, realizing the uniqueness of each individual, being able to interact well, having self-confidence. Good people, able to control their thoughts, words, and actions, are responsible, can control their emotions, and are aware of existing limitations without feeling inferior (Lestari, 2013). Meanwhile, Hurlock divides the impact of self-acceptance into two, namely (a) Self-adjustment, in which individuals can recognize their strengths and weaknesses, have self-confidence and self-esteem, are more able to accept criticism, and can utilize their potential effectively. ; and (b) Social Adjustment, in which individuals will have positive feelings and show feelings of sympathy and empathy for others (Nazar, 2020).

As Hurlock stated above, it can be seen that good self-acceptance has an impact on a person, one of which is on the aspect of adjustment. So, if someone experiences obstacles in the process of self-acceptance, it is better for him to seek professional help so that adjustment can be achieved. Adolescents with bipolar disorder can ask for help from social workers in the process of self-acceptance and can get adjusted as a result. As stated by Wibhawa, Raharjo, & Santoso (2019), in the practice of social work there is a strength-based perspective as the basis for practice that focuses

on the strengths possessed by clients in an effort to develop the potential of clients.

### **3. Increase Self-Acceptance of Adolescents with Bipolar Disorder**

Wibhawa, Raharjo, & Santoso (2019), said that social work has a strength-based perspective as a good basis for carrying out practice. According to NASW (2005), the strength-based perspective recognizes that a person's strength and ability to deal with problems and the awareness to utilize the client's strengths are a basic part of social work practice (Wibhawa, Raharjo, & Santoso, 2019). According to Saleebey, through a strength-based perspective, social workers are required to understand or believe in various potentials in the form of internal and external assets, competencies, and resources owned by everyone without exception. (Wibhawa, Raharjo, & Santoso, 2019).

Social workers need to consider that every human being has strengths and other resources that can be controlled, both inside and outside of himself, which can be utilized in solving a problem. As Shallowhorn stated, that when a person is at the lowest point, he will be able to be better than before if he looks for the strengths he has and looks for ways to use the existing strengths (Shallowhorn, 2021).

Interventions given to adolescents with bipolar disorder can be carried out optimally if social workers use a power perspective to increase the self-acceptance of the teenager. Social workers can provide services to people with bipolar disorder by holding meetings with a regular schedule, so that clients will be helped in reducing symptoms, improving coping, and overcoming stress that occurs (Santoso & al., 2018). There are various types of services provided by social workers to adolescents with bipolar disorder as an effort to increase self-

acceptance. Research results Widiанти, et al. in 2021 showed that people with bipolar disorder can get pharmacotherapy services or treatment of illness using drugs, and can be supported by psychosocial interventions. Then it was stated that psychosocial intervention was the right service to be given to adolescents with bipolar disorder, including cognitive behavioral therapy or CBT and family-focused therapy or FFT (Widiанти & al., 2021).

Through a strength based perspective, social workers can take advantage of the internal and external strengths that exist in adolescents with bipolar disorder. Internal strengths that exist in a person include interpersonal and motivational abilities, emotional intelligence, affirmative introspection, and self-leadership and self-regulation of feelings; and on external forces including family, closest people, and lovers (Wibhawa, Raharjo, & Santoso, 2019). These internal and external forces can be related to factors that influence self-acceptance stated by Hurlock (1994) and have been described in the previous section. Social workers who take advantage of the internal strengths of adolescents will be able to help them to accept themselves as people with bipolar disorder, such as accepting their condition that requires stabilizing drugs without coercion (Santoso & al., 2018).

Then, on external strength, one of them is social support from family. Widiанти, et al. (2021), found that family-focused interventions were more effective interventions to do, and had a greater impact on adolescents with bipolar disorder in dealing with their mood problems. At the time of intervention, social workers not only work with clients, but also involve other sources, such as family and friends. This is in line with the results of Nisa & Sari's research (2019), which shows that the family plays a role in

adolescent self-acceptance, especially to the functioning of the family, because the role of effective family functioning will also increase adolescent self-acceptance. This external strength can be utilized in an effort to increase self-acceptance. This is the same as the AAL subject in Nofiyana & Supradewi's research (2019), where AAL has support from his family in carrying out daily activities, so the subject feels the need to be able to accept the situation in order to contribute in daily life. Meanwhile, Purba and Kahija (2017) found that the three subjects received social support, such as subject R who received it from the family; subject V got it from family, friends, and lovers; and subject D got it from his lover and parents. Then, the social support helped the three subjects in their self-acceptance process.

## CONCLUSION

Adolescents who become bipolar sufferers cannot directly accept the situation that actually happened to them. He will go through several stages in the process to be able to achieve good self-acceptance, starting with the anger stage, depression stage, bargaining stage, and finally the acceptance stage. If a teenager with bipolar disorder has reached the acceptance stage, he will have a positive mind, be confident, be able to control his emotions, thoughts, and actions, do not feel inferior or ashamed of his strengths and weaknesses, think logically, can build interactions with others, love yourself, and do not surrender to the conditions that he lives. Meanwhile, when adolescents with bipolar disorder do not yet have good self-acceptance, it has an impact on them who have not accepted the reality of themselves as people with bipolar disorder, become insecure, have negative thoughts, do not like themselves, blame

themselves, feel helpless. , avoid interaction with the environment, can not accept criticism from others.

The process of self-acceptance in each individual will also be different because there are various things that affect it. The things that can affect a person's self-acceptance include one's understanding of himself, having realistic expectations according to his abilities, in the process there are no obstacles that come from his environment, do not have heavy emotional pressure, and have a stable self-concept. Good self-acceptance can be pursued by using a strengths perspective, which focuses on the potentials within adolescents that can be used as sources of strength to increase their self-acceptance as people with bipolar disorder.

This research becomes literacy material that can remind social workers about the importance of self-acceptance in adolescents with bipolar disorder. In addition, discussions about cognitive development and the different levels of self-acceptance in each adolescent also help social workers in interacting with clients, behaving towards clients, and seeking clients' sources of strength. That way, social workers can provide appropriate professional services to the clients being treated. Then, in the realm of social work education, this research can be used as material to study a teenager who has bipolar disorder in self-acceptance. With regard to the concept of strength-based perspective, educators or social work education can see self-acceptance as a client's strength in overcoming existing problems. A good self-acceptance in a teenager, can help him become better at dealing with the fact that he has bipolar disorder and accepting the condition to move on with life.

Based on the research findings with literature studies, the authors have several

suggestions, including adolescents who are people with bipolar disorder need to remember that each individual is unique and has its own advantages and disadvantages; focusing on the strengths possessed by adolescents with bipolar disorder in order to increase self-acceptance; and for researchers with similar topics, it is recommended to use measuring tools to determine self-acceptance in adolescents with bipolar disorder, so that the results obtained are more accurate.

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