

Instagram as A Digital Media to Build Self-Acceptance

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Abstract

One of the effects of Broken Home children is the difficulty in accepting their condition, which causes their Self-Acceptance. Children who find it challenging to build Self-Acceptance will affect their self-concept, so they continue to think negatively. This research focuses on analyzing the content of digital media Instagram that is present as a communication tool to provide educational information for generation Z related to specific problems, especially about Self-Acceptance. The presence of social media in the digital era can now be used as a means of long-distance communication and help educate its users. The social media that is popular among Generation Z is Instagram. The object of this research is the Instagram account @Behome.id. The data is obtained from content from the @Behome.id account, which has information about Self-Acceptance. This research uses a qualitative content analysis method with the theory of self-acceptance and new media. This research concludes that Behome.id provides tips such as a friend who embraces another friend by using a casual style of language, mapping broken home children tend to have low self-acceptance due to lack of self-disclosure to others, giving many tips to broken home children to be more can get their emotions out in order to express themselves.

Keywords: Self-acceptance; broken home; media social; Instagram; behome.id.

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1. INTRODUCTION

A family is a group of people who live together with ties of blood, which generally forms a small society. Family welfare must be maintained to build positive reciprocal relationships for each member because each member constantly interacts, including children. The intensity of communication in the family will affect the harmony in it. A complete and prosperous family is the dream of all humans, but sometimes couples in the family have significant conflicts, so they choose the worst ending with separation. The division in the family is not only about separating but can be with the house's condition that is no longer harmonious. Worse, this has an impact on families who already have children. Children who should receive love, support, and attention from their families have terrible experiences.

Indonesia's statistical report from the Central Statistics Agency (BPS) records that the number of divorce cases in Indonesia in 2021 reached 447,743. This number has increased by 53.50% since 2020, where the most common cause is continuous disputes and quarrels (Annur, 2022). Therefore, the number of divorce cases that makes victims of broken homes is increasing in Indonesia.

In general, children become the family's successor and should receive primary support from their immediate environment, namely the family. Good parents will teach a good lifestyle also to their children so that children get a healthy mentality and a good personality. Therefore the role of a harmonious family is critical. On the other hand, children with bad conditions, not harmonious and resulting in separation, are often called Broken Home families. Wills said that a broken home is a lack of love and attention that parents give, which causes children to become unruly, frustrated, and mentally unstable (Rizki Amalia, 2019).

The impact of the situation given by broken home families makes it difficult for children to accept their family conditions which cause children to fall into negative behaviour, such as drugs, drinking, committing

theft, to free sex (Dida Rahayu, 2016). For children who begin to move into adolescence, where that period is a period of searching for identity, the family should be able to help the child's development process (Kartini Kartono, 2003, p. 8). Meanwhile, research on Negative Thinking in broken home children before individual counseling was conducted which was studied by Fatimah Setiani, Agus Heriyanto, and Nurfitriyani in 2019 showed that broken home children lacked adjustment, felt themselves helpless, gave up quickly, and felt belonging. Low self- concept (Fatimah Setiani, 2019). Attention to self-communication in children describes how children respond to the behaviour of others and conclude it, and a person behaves according to himself (Rachmat, 2018). One of the effects of broken home children is the difficulty in accepting their condition. Self-Acceptance can recognize and realize personal characteristics and accept them daily. Every child has positive and negative self-acceptance. Children who judge themselves positively will behave positively, and those who judge themselves negatively will act negatively (Agustin, 2018). Children who find it challenging to build Self-Acceptance will affect their self-concept, so they continue to think negatively.

In this digital era, self-acceptance is one of the trends affecting individuals' communication process with the surrounding environment. Communication does not always run effectively, and the communication process can run if there is a sense of positivity, empathy, openness, mutual support, and equality between parties. Harry Stack Sulvian (1953) says if others accept someone, then someone will accept themselves and respect themselves. Otherwise, someone will hate themselves if others underestimate, reject, and blame them. In the communication process, there is an aspect of self-acceptance that often affects the direction of communication, as is the case with someone who conducts intrapersonal communication, where this type of communication is when the individual interacts with himself, which includes sensations, memories, and people's perceptions of storing, processing, receiving, to provide information back before interacting. Low self-acceptance impacts intrapersonal communication. Even the child's interpersonal is disturbed by the surrounding environment, which hinders communication.

The phenomenon of low self-acceptance that is often experienced by a broken home is campaigned by one of the accounts on Instagram social media, namely @Behome.id, by providing education through Instagram content which contains aspects, tips, motivation, and ways to make peace with the situation in order to increase self-acceptance for a broken home. The presence of social media in the digital era can now be used as a means of long-distance communication and help educate its users. There are two main functions in communicating on social media often used for a sector to expand information and promote their sector (Gumilar et al., 2014).

The existence of new media can calculate effectiveness benchmarks to its users to make it easier to communicate the information that is disseminated. The communication provided by the new media can also be used to see how far an industry's target is to be achieved. The social media that is loved by many children today is Instagram. This platform can allow users to share the latest information through sharing posts, videos, and photos. Easy access to this media for children in the digital era makes Instagram can be used as an educational tool to build children's Self-Acceptance. One of the educational accounts is Behome.id.

Previous research conducted by Nuke Firza Hapsari (2020) with the title "Self Disclosure in the Digital Era (Qualitative Descriptive Analysis of Self-Disclosure Aspects on Behome.id Instagram Accounts)". This research uses self-disclosure theory with a qualitative descriptive method. Furthermore, this research focuses on finding different content related to Self-Disclosure on #beranibercerita content on the Behome.id Instagram account. The results of this research indicate that related content aims to support Behome.id followers who read their stories and Behome.id also strive to meet the mental needs of broken home children so they can also understand the feelings of a broken home.

The research conducted by Laela Anggraeni (2020) with the title "The Power of Children's Intrapersonal Communication in Shaping Muslim Personality in Behome.id Followers Individuals". This research uses the theory of Intrapersonal Communication with qualitative descriptive research methods. The focus of this research is to find out how children's intrapersonal communication is before and after their parent's divorce and also to know the supporting factors to shape the strength of children's intrapersonal communication., and the results of this study indicate that before divorce, children are more cheerful and open, but after divorce children tend to close and decreased mental health. The factors supporting children to rise from adversity are themselves—other factors such as environment, family, and friends.

Third, research conducted by Rodhatul Afida (2021) with the title "Microblog on Instagram as a medium for self-development information (content analysis on the @satupersenofficial Instagram account)". The theory used is Early Adult Self-acceptance, with a Qualitative Descriptive method. The focus of this research is knowing the appearance of the @satupersenofficial microblog and the information content in the field of self- development in the @satupersenofficial microblog based on content analysis theory. The research results show that the Microblogging contained in the @satupersenofficial account uses typography, symbolism, illustrations, and colors. Also, based on the analytical theory used, the results show that the account provides educational information regarding self-development, promotion of services from the team such as invitations to take part in webinars.

Based on the three previous similar studies, it can be concluded that this research is new by analyzing the Self- Disclosure content on #daretotell on the account through the words and visualizations displayed by Instagram Behome.id. This research focuses on Behome.id Instagram content about broken homes which has aspects of self-acceptance in it. The researcher wants to examine how Behome.id be the media who describes the self- acceptance of broken home children and how they convey it to Behome.id followers to become educational information through the Self-Acceptance content contained in the content from @Behome.id towards those who as well as being the object of research with the title "@Behome.Id Instagram Account As Educational Media For Generation Z".

2. LITERATURE REVIEW

2.1 Behome.id

Behome.id is an Instagram account that shares information about mental health, especially for Broken Homes. Initially, this account is established to meet the information needs as a home for someone who feels themselves to be part of someone with a broken home. Behome.id is here with the aim that a broken home does not feel alone and can make peace with the situation who is experiencing.

Behome.id has the vision to build broken home fighters into individuals who inspire, believe, be independent, and rise. As for the mission, Behome.id helps broken home fighters to accept the situation they are in, tries to get the broken home to think that children from a broken home are like other children in general, and give a statement to the broken home that they are not the one who is broken, but it is their family.

One of Behome.id platforms with the most followers is Instagram, with many followers of One Hundred Ninety-Seven Thousand (194K) as of 13th Of October 2022. Information and services presented on Instagram also vary in addition to posting Instagram feeds, some of which are as follows:

- a) MANCUR (Friends Talk): MANCUR or Teman Curhat is a vent service by Team Behome.id. Someone who will hear your story is a student from, a psychology major, or with a psychology degree, and they will hear your story professionally without judgment. They serve using Text, Video Calls, or Audio calls.
- b) #Beranicerita: This segment provides an opportunity for Behome.id followers to tell stories, which stories will be reposted by Behome.id so that they can inspire others. There is also a tutorial on how to participate directly on Behome.id Instagram.
- c) Behome.Merch: Behome.id is also a community, so they sell some merchandise for those interested. It has a purpose for buying merchandise. The person has contributed to caring for the smile of the Behome.id warrior.
- d) Events (Instagram Live & Webinars): This activity is carried out regularly every few months by inviting general people with broken home backgrounds to experts (psychologists) who can provide knowledge for Behome.id followers.

2.2 Self-Acceptance

According to Ryff (1988), self-acceptance is a condition in which a person has a positive attitude towards himself, acknowledges and accepts his situation in both good and bad situations, and remains optimistic about the ongoing life. The existence of Self-Acceptance allows a person to actualize all the potential within

himself so that he can more optimally recognize himself because self-acceptance is an important aspect that exists in a person (Hairul Anwar Dalimunte, 2020).

Hurlock (Maureen Kartika, Jakarta) also describes the factors of self-acceptance experienced by a person in several groups, such as not having a high emotional disturbance, Understanding yourself, The existence of success that has been obtained, Broad self-perspective, Identification of individuals who can adapt, The existence of a positive social attitude, the surrounding environment that does not hinder, Have a stable self-concept, Good parenting at an early age, and there is a realistic nature.

While Supratiknya (1995) conveys the aspects contained in self-acceptance which are divided into 3, including the following:

- 1) Willingness to open up (Self-Disclosure): In this aspect, it is explained that individuals have the will to open themselves to others and express thoughts, reactions, and feelings to others. Individuals must accept whatever is accepted or not accepted by others because individuals who can open themselves to others will expand their understanding
- 2) Psychological Health: This aspect explains that individuals who have positive thoughts, such as feeling appreciated and accepted by others, are an achievement achieved because they can accept themselves so that ways to improve their quality of life are getting easier. In contrast, individuals with a wrong perception of themselves will be challenging to develop positive thoughts about their qualities.
- 3) Acceptance to Others: Individuals with positive thoughts about themselves will more readily give positive thoughts to others. How the individual regulates, his emotions will lead to perceptions.

2.3 Social Media

Social media is an effective medium for conveying information from one person to another. The definition of social media, according to Kotler and Keller (2009), is a medium used to share images, sound, text, video, and information with others. Social media is divided into several classifications because technology includes many forums such as weblogs, wikis, the internet, microblogging, or social bookmarking. Kaplan and Haenlein (A.Rafiq, 2020) found six social media types: Social Networking Media, Shared Content Media, Micro- Blogging, Virtual Social World, Content, and Virtual Game World.

According to Kietzmann and colleagues (2011), the function of social media is to identify, present, and share relationships, conversations, and reputation and to form communication.

2.4 Instagram as Educational Information Media

Bambang (Irfan Ardiansah, 2021) said that Instagram is one part of social media with almost the same uses as the Twitter application. Only the difference is in taking photos, videos, or places to share information with fellow users.

Easy access to social media just by opening the gadget, we can get much information from all over the world in social media, making it easier for users to get information that is the topic of conversation they want. Because no matter how busy they are, they still need the information to make their work easier or for other purposes such as to be up to date, entertainment, education, and so on.

The easy way to use the Instagram application makes users make Instagram a medium of information to meet their needs. Several Instagram accounts provide much information to users, such as make-up tutorial accounts and online shop accounts. One of the interesting ones is an account that provides information about culinary tourism.

3. RESEARCH METHODS

This research uses a qualitative research type that describes the results in words. Strauss said that qualitative research refers to non-mathematical data analysis, so the results are collected through various means such as interviews, observations, documents or archives (Abdussamad, 2021). This study uses a qualitative content

analysis research approach. Content analysis leads to socio and linguistic relations, so this method is possible for several things, such as determining an individual's psychological and emotional state (Bayu Indra Pratama, 2021). The object of this research is the Instagram @Behome.id social media account. The primary data of this research was obtained from self-acceptance content contained in the @Behome.id Instagram account. Secondary data from library analysis, and information sources, are obtained from books, journals, and releases from parties related to self-acceptance and social media information. The data analysis process was carried out by classifying and organizing the data found for later data analysis and determining research conclusions.

4. RESULTS AND DISCUSSION

Based on the results of observing self-acceptance content on Instagram @Behome.id, the authors categorize each of the two posts for the first aspect (Self-Disclosure), the second aspect (Psychological Health), and the third aspect (Acceptance of Others):

4.1 Aspect One: Self-Disclosure

a) Post, February 11, 2022: Who Says Divorce Always Has a Bad Impact on Children?



Gambar 1. Konten Instagram "Who Says Divorce Always Has a Bad Impact on Children?"

This post has the title "Who Says Divorce Always Has a Bad Impact on Children?" with a total of 6 parts for this one post. The illustrations and style of message delivery compiled by the Behome.id team are like a friend advising another friend in the sense that they use simple words so that readers feel closer to this content.

This post goes into the first point, namely self-disclosure, where this post provides information against the stigma that divorce is always bad for children. When children can accept the situation and open up better, then the impact of divorce can also turn into something positive for children.

In the second part, Behome.id, as usual, provides an introduction to enter the core information, especially in the sentence, "it is normal for him to have bad behaviour, right? He is a child of a broken home".

One of the three communication patterns of parent-child relationships with self-acceptance is Permissive (tends to behave freely), where in this relationship pattern, parental acceptance is high. However, the range of control is low, thus making the acceptance of children impulsive and aggressive and making children have low self-confidence. It is also unclear where his life is going (Rini Fitria, 2019). This kind of communication relationship will make it difficult for children to open up and fixate on the existing societal stigma.

Behome.id provides several points that destroy the stigma. These points are explained in the third section.

The first point shared in the third part is Giving Many Life Lessons, with a brief explanation that parental divorce provides many life lessons, especially regarding love. Children will try not to repeat the mistakes of their parents in the future. Children with divorced families better understand the responsibilities that must be carried out in family life and society (Elizabeth Widya Ariany Nender, 2018).

The self-acceptance of broken home children can make children have a higher sense of empathy, as explained by the Behome.id team in the fourth part that broken home children tend to have often seen the bitterness of living in a family so that when they grow up, they will more easily feel feelings others. This condition allows children to express negative judgments from society because broken home children/adolescents believe they can overcome the problems that come their way (Elizabeth Widya Ariany Nender, 2018).

In the fifth section, the last point is that a broken home child can also become a stronger person because problems in the family make a child only have the choice to survive strongly. Self-acceptance possessed by adolescents with divorced parents makes children even more independent in overcoming a problem. (Elizabeth Widya Ariany Nender, 2018).

The last part is the sixth part @Behome.id giving words of encouragement such as "you can get through this". It can be seen that the interpersonal relationship between parents and children also affects the impact of divorce on children. Interpersonal relationships between the two are essential for maintaining good communication (Ghaisa, 2020). Regardless of the situation, parents should still provide love, education, and protection for their children so that they can increase their self-confidence.

b) Post March 6, 2022: Become a Broken Home Child, Why Should Be Insecure?



Gambar 2. Konten Instagram "Being a Broken Home Child, Why Should You Be Insecure?"

Content with the title "Being a Broken Home Child, Why Should You Be Insecure?" provides information about why broken home children can also increase their self-confidence. This post has a total of 6 Slides, each with different information. This content display is in the form of text and is equipped with illustrations that make Behome.id followers not bored reading the information submitted.

Information is provided through several sections (slides) so that the information conveyed is clearer and awakens the curiosity of those who see this post. The content this time is included in the first aspect category, namely self-disclosure. It is because prostitution provides information about how children from broken homes can open up to others through increasing self-confidence.

As seen in the title of the post, a sense of inferiority within oneself arises due to a person's lack of self-acceptance, thus causing the individual always to feel inadequate and not comparable to others. Minder is low self-esteem. In the first part, Behome.id displays the post's title so that readers understand the overall meaning of the information that will be conveyed.

The second part shows why this information is given because many children from broken homes experience feelings of inferiority, which is part of self-acceptance.

The third section begins to show what a person needs to do to increase self-confidence: identify weaknesses and strengths. In this section, it is informed that children from broken homes must recognize their weaknesses to improve them instead of covering them up, and they must also focus more on their strengths that can be developed for self-confidence. The existence of Self-Acceptance allows a person to actualize all

the potential within himself so that he can more optimally recognize himself because self-acceptance is an important aspect that exists in a person (Hairul Anwar Dalimunte, 2020).

The fourth section suggests another solution: to stop comparing yourself to others. This content provides information that each individual has their own uniqueness so that individuals can appreciate themselves. This information is included in one of the aspects that affect one's self-acceptance conveyed by Hurlock (1994) on the point 'There is a sense of comfort with oneself. This point explains that loving oneself and not comparing oneself to others makes one's self-acceptance higher.

The fifth section is the last section of information related to solutions to increase self-confidence. This section explains that children from broken homes can increase their self-confidence by expressing themselves as comfortably as possible. Change yourself to be whom you like and do things that make you feel comfortable. This is related to self-acceptance as a supporter of individual comfort.

In the last part, readers are directed to be able to tell stories freely through the comments column on one of the features on Instagram social media. Therefore Team Behome.id also gives freedom for its followers to express themselves as comfortably as possible on their platform.

4.2 Aspect 2: Psychological Health

a) Post March 6, 2022: Know what the Sleeper Effect is



Gambar 3. Konten Instagram "Knowing what the Sleeper Effect is for Broken Home Children"

The content with the title "Knowing what the Sleeper Effect is for Broken Home Children" provides information about the Sleeper Effect that Broken Home children often experience. This posting method utilizes one of the features of the Instagram platform, namely multiple posts. This content is presented through a microblog display with 6 (six) slides connecting information, accompanied by illustrations supporting the information in each posting slide.

The Behome.id team always makes the first part of the post, which has more than one slide to cover the post or the main title of the information conveyed in the upload. This post's main topic discusses the Sleeper Effect experienced by Broken Home children.

This post is included in the second aspect category, namely Psychological Health, which is related to the quality of how we feel about ourselves. Having good psychological health will encourage self-acceptance (Endriyani, 2018).

As a prelude to the Sleeper Effect information, Behome.id provides a glimpse of the background of the Sleeper Effect that arose as a result of the divorce in the second part. Then part three contains information about understanding the Sleeper Effect, an effect of feelings that a child has always harboured since childhood. However, when he grows up, all the feelings that have been hidden for so long will come to the surface.

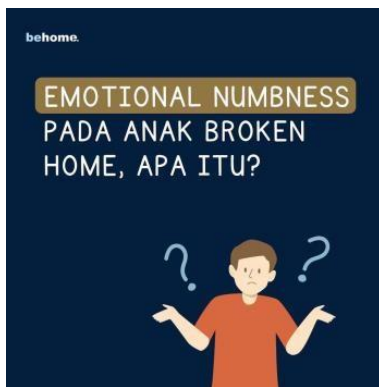
In the fourth part, it is explained in more detail about girls who tend to experience the Sleeper Effect more often. It is all because girls are considered more sensitive and have strong memories. As a result, girls will

tend to remember their positive and negative past, including memories of their parent's divorce.

The Sleeper Effect phenomenon will impact children's communication with their parents. As explained in the fifth part of this post, children will become more closed when they grow up. The sleeper effect of parental divorce arises when young adults face new developmental challenges, such as developing severe intimate relationships, establishing autonomy from parents, and pursuing careers. (Supriyanto, 2018).

In the last part, Behome.id does not provide specific tips on preventing broken home children from the symptoms of the Sleeper Effect. However, Behome.id utilizes the CTA (Call to Action) marketing strategy, bridging the content provided and something more in the post. To tell readers what you want them to do next. Readers are directed to use the Teman Confession facility provided by Team Behome.id to accommodate stories from broken home friends.

b) Post March 21, 2022: Emotional Numbness in Broken Home Children, What is it?



Gambar 4. Konten Instagram "Emotional Numbness in Broken Home Children, What Is It?"

The post dated March 21, 2022, has the title "Emotional Numbness in Broken Home Children, What Is It?". This content provides education related to the symptoms of Emotional Numbness, which is related to one's self-acceptance. The content is divided into seven sections, and each section has different information, including an explanation of Emotional Numbness and tips from the Behome.id team to avoid these conditions. As before, the post is accompanied by illustrations supporting the information in this content.

The first part contains the title/highlight of information conveyed in this content, followed by the second part, where Behome.id begins an explanation of the questions that represent the state of Emotional Numbness", such as "Have you ever felt empty and empty? Do you prefer to be alone? Lost interest in activities you used to enjoy? tend to find it difficult to feel happy?" The question is a bridge before providing the meaning of Emotional Numbness described in the third section.

Behome.id mentions that Emotional Numbness occurs when you inappropriately protect yourself. When the problem is very severe, broken home children tend to hide these emotions so that they are numb to their emotions. On the other hand, a psychotherapist named Mayra Mendez (Lindberg, 2020) said that emotional numbness is a process of overriding and blocking feelings accompanied by a decrease in emotional response.

There is an emotional component too. High-stress situations can overload our emotions and exhaust the physical body. The combination of the two can lead to feelings of exhaustion and, as a result, numbness (Lebow, 2021). Emotional numbness can also occur in dissociative disorders, which are associated with personal trauma history. Depersonalization is feeling disconnected from yourself, as if you are having an out-of-body experience (Lebow, 2021).

A decreased emotional response will make a person have low self-acceptance, so Behome.id provides some tips that broken home children can do, among others, described in sections four to six. The first tip by Behome.id is "Reduce Stress" by doing something you like, such as healing to a place that makes you comfortable, meditation, or even journaling. Emotional numbness is related to someone who has difficulty

expressing emotions. The following tips in part five are that children from broken homes are expected to recognize emotions and learn to express them, especially from children from broken homes due to divorce.

Based on research conducted by Nada and Rita (2021), three things are very important for the communication relationship between parents and children from a broken home due to divorce, one of which is empathy. Empathy is used so that someone can feel what other people are feeling under certain conditions. Empathy involves feelings, emotions, and points of view to our ability to feel the difficulties of others.

The last tip is to contact a professional because doing so will bring extra care so that the lost feelings experienced by broken home children can return. Telling stories to professionals is undoubtedly related to children's self-disclosure. In broken home children, parents have an essential role in communicating, so if parents can open up to their children, then the child will be open to their parents, so there is no need to tell professionals.

Research conducted by Nada and Rita (2021), when interviewing one of the children of broken-home victims of divorce, said that some broken-home children will be more open to parents who have custody of them because of the intensity of communication they have with parents with custody is greater than the intensity of their communication with their parents. Who does not have custody (Nada Luthfi Ryandini, 2021)?

In the end, as before, Behome.id directs readers to be able to try one of the facilities it has, namely Teman Curhat, where those who feel they need a place to tell stories, Mancur is the right choice for them.

4.3 Aspect 3: Acceptance of Others

a) Post March 5, 2022: Tips for Forgiving Parents Divorce



Gambar 5. Konten Instagram "Tips for Forgiving Parents' Divorce"

The content with the title "Tips for Forgiving Parents' Divorce" provides information about tips for forgiving parents' divorce, with a total of 7 sections of slides, and each section contains different detailed information.

This post is included in aspect number three: acceptance of others. In this aspect, individuals who can accept themselves will find it easier to accept others. Positive and negative thoughts also affect how much we accept or reject others (Endriyani, 2018).

The first part, like the previous post, is filled with a title with a clear font so that those who read it understand the meaning of this post. The second part begins with the beginning of Behome.id giving an invitation to forgive their parents' divorce. However, from the writing method of the Behome.id team, there is still an understanding of broken home children, precisely in the sentence "Forgiving divorce is not an easy thing". Through this sentence, Behome.id assures that there must be a way to forgive parents' divorce.

The third to sixth sections explain tips that broken home children can do to forgive their parents' divorce. The first tip that the Behome.id team gave was "Give yourself time to accept", accompanied by a brief description that broken home children need time to recognize the situation slowly, to understand what happened, so that they can finally accept it. When the individual experiences a condition that triggers feelings of shock, his

mind will automatically reject that reality. However, over time the individual will be able to accept the reality if he can control his emotions well. (Ahmad, 2021).

then "Honestly express feelings", with a brief description that broken home children can also feel various negative emotions such as anger, sadness, and disappointment. However, this must also be expressed in a place that can make the child comfortable by telling stories to other people.

Then on the fifth slide, Behome.id gives tips to "limit yourself, so you do not get trapped in emotions". Broken homes can still express feelings. However, do not let yourself drift away emotionally for too long, as doing so can make you less objective in viewing the situation.

Each individual needs to have emotional control. Damon said that emotion is an individual's ability to maintain, change, or determine his relationship with others to suit the individual's wishes. Therefore individuals need to have emotional control to overcome problems and express them well (Kurniasih, 2019).

The last tip is given in the seventh part, which is "focus on the future". A brief description explaining these tips is that life will go on, humans cannot change the past, and broken home children also have a future, so Behome.id encourages them to make their future better by accepting this situation. In the other side, parents pay attention to their children as a way to raise them, and parents approach privately to get information about their children's activities, and children disclose themselves to their parents.

Self-acceptance can also be increased through training with positive thinking. Every individual with positive thinking tends to focus on the positive things from all his problems. It makes individuals begin to gain insight into positive activities that can be used as a distraction so as not to focus on negative things (Natalia Christy Waney, 2020).

The seventh part contains a Call to Action for one of Behome.id's facilities, a friend to confide.

b) Post March 23, 2022: Can Forgive Parents Who Make Us Disappointed



Gambar 6. Konten Instagram "Can I Forgive Parents Who Make Us Disappointed"

This post talks about whether a broken home can forgive parents who make them disappointed. This time, the content is still the same as before, using a microblog model accompanied by illustrations supporting information in each part.

The first part has the title "Can I Forgive Parents Who Make Us Disappointed" where this title emphasizes the information content of this post related to broken home children who usually blame their parents for the divorce.

Forgiving someone is also an achievement, as stated by Nurfajar Alamsyah in the book he wrote entitled "When the Conscience Speaks," that the ability to forgive sincerely is a sign that we have stopped extraordinary inner turmoil. We finally won against the hatred and vengeance that had been in our hearts all along, so be proud of your accomplishments. Not out of pride but to appreciate the outstanding achievements

in our lives. Be proud because we have succeeded in defeating the biggest enemy in our lives, namely our lust (Alamsyah, 2010).

The second part is an opening for broken home children. Behome.id started the content by stating that forgiving parents' mistakes is not easy, and children may feel uncomfortable with this.

The third part adds information that is continued from the previous slide. On this slide, Behome.id provides an answer from the previous slide that keeping pain will also not make you better, which bridges the information given on slide 4.

The fourth part is the core part of this post, which contains information about tips so that children from broken homes can begin to forgive their parents. The first tips are no need to rush to forgive parents. Instead, read books about forgiving parents, and find a support system that can support you in forgiving parents. The last fund is to see other people's stories of how they can forgive their parents so that you can take lessons from them.

As is the case with the results of research on the relationship between positive thinking and forgiveness in adolescents with divorced parents conducted by Muhammad Arif Putra Febri (2020), the level of forgiveness of adolescents with divorced parents with positive thinking is the same, very high.

A similar study was conducted by Fahmi (2020), who said there is a positive relationship between positive thinking and forgiveness. The relationship between the two can be proven because individuals with good positive thinking can develop forgiving behaviour. One of the most considerable contributions to an individual's life is positive thinking because positive thinking can start with having good qualities.

The development of technology and the availability of digital media increases the need to obtain information about parents, expressed in the quality of information and subjective experiences. Some parents find searching for information on the Internet useful for uplifting parenting and entertainment. Digital media becomes a tool to meet information needs when parents have difficulty dealing with children's problems (Mutia Rahmi Pratiwi, 2020)

The last part contains a call to action on one of the behome.id facilities, namely friends to confide in.

5. CONCLUSION

The social media Instagram, which was created to support the provision of information for its users, has become a vehicle for Behome.id to channel motivation and enthusiasm to children from broken homes. Content with the microblog type accompanied by a casual style of language and illustrations that support the content of information content is the hallmark of self-acceptance content available at @Behome.id. There are three aspects of self-acceptance that include self-acceptance content on the Behome.id account, namely Aspects of Self- Disclosure, Aspects of Psychological Health, and Aspects of Acceptance to Others. Based on these three aspects, Behome.id maps out that broken home children tend to have often seen the bitterness of living in a family, so that when they grow up, they will more easily feel the feelings of others, and tend to have low self- acceptance, it is difficult to open themselves, honestly express feelings, limit yourself so you don't get caught up in your emotions, and focus on the future. Low self-acceptance also causes their psychological health to be disturbed. Therefore, Behome.id's strategy to increase self-acceptance of broken home children is to provide many tips so that broken home children can increase their confidence by expressing themselves as comfortably as possible, providing education related to psychological health as a warning such as Emotional Numbness and Sleeper Effect, and how to accept others by trying to forgive parents' divorce. Behome.id always ends the slide by utilizing a CTA (Call to Action) which is a bridge between the content that has been provided with something more in the post to tell readers what you want them to do next. Readers are directed to use the Teman Curhat facility provided by Team Behome.id to accommodate stories from broken home friends.

The novelty obtained from this research with previous research is that Behome.id mapped that children from broken homes tend to have often seen the bitterness of life in the family, so that when they grow up, they will

more easily feel other people's feelings, and tend to have low self-acceptance and find it difficult to open up to themselves. Honestly express your feelings, limit yourself so you don't get caught up in your emotions, and focus on the future. Low self-acceptance also causes their psychological health to suffer. Therefore, Behome.id's strategy to increase self-acceptance for broken home children is by providing lots of tips so that broken home children can increase their self-confidence by expressing themselves as comfortably as possible, providing education related to psychological health as warnings such as Emotional Numbness and Sleeper Effect, as well as how to accept others by trying to excuse their parents' divorce. Behome.id tends to provide education regarding trust issues that are often experienced by broken homes.

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