

ABSTRAK

Aulia Urrachman. 210541100128. Program Studi Psikologi. Penerimaan Diri Pada Pensiunan Pegawai Negeri Sipil(PNS)

Penelitian ini bertujuan untuk memahami bagaimana proses penerimaan diri pada Pensiunan Pegawai Negeri Sipil (PNS). Fenomena ini sering terjadi pada individu yang mampu menerima diri setelah pensiun, sehingga menimbulkan penerimaan diri yang baik. Penelitian ini menggunakan pendekatan kualitatif dengan metode fenomenologi interpretatif (*Interpretative Phenomenological Analysis/IPA*). Tiga partisipan dipilih secara purposive, yaitu Pensiunan PNS yang telah pensiun. Hasil penelitian menunjukkan bahwa penerimaan diri terbentuk melalui proses refleksi diri, spiritualitas, keterlibatan sosial, dan dukungan dari lingkungan sekitar. Meskipun mengalami perubahan peran dan identitas, partisipan mampu mengembangkan sikap menerima diri, menyusun kembali makna hidup, serta beradaptasi secara positif dengan kehidupan pasca-pensiun.

Kata kunci: penerimaan diri, pensiunan pegawai negeri PNS, fenomenologi

ABSTRACT

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This study aims to understand the process of self-acceptance in retired civil servants (PNS). This phenomenon often occurs in individuals who are able to accept themselves after retirement, resulting in good self-acceptance. This study uses a qualitative approach with the interpretative phenomenological method (Interpretative Phenomenological Analysis/IPA). Three participants were selected purposively, namely retired civil servants who had retired. The results of the study showed that self-acceptance was formed through a process of self-reflection, spirituality, social involvement, and support from the surrounding environment. Despite experiencing changes in role and identity, participants were able to develop an attitude of self-acceptance, reorganize the meaning of life, and adapt positively to post-retirement life.

Keywords: *self-acceptance, retired civil servant PNS, phenomenology.*