

## THE EFFECTIVENESS OF INDIVIDUAL COUNSELING SERVICES WITH A REALITY COUNSELING APPROACH TO INCREASE SELF-ACCEPTANCE IN ORPHANAGE CHILDREN

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### Abstract

This study aims to test the effectiveness of individual counseling services with a reality counseling approach in increasing self-acceptance in children in orphanages. The study used an experimental method with a Pre-Experiment model and The One Group Pretest and post-test design. The population in this study was all 378 orphanage children, and the subjects used in the study were five orphanage children using a purposive random sampling technique. Self-acceptance was measured using a Likert scale before and after the counseling intervention. The primary data source used in the study was the test results from 5 informants (children in orphanages), and secondary data using sources relevant to the study. Data collection techniques used observation, tests, and documentation. Data analysis was carried out using the Wilcoxon Signed Rank Test to test for significant differences between the pretest and posttest. The results showed that individual counseling services with a reality counseling approach significantly increased children's self-acceptance. Through a series of counseling sessions, children learn to face the realities of their lives more positively and adaptively, develop higher self-awareness, and build effective coping skills. These findings provide important contributions to the fields of psychology and counseling, especially in helping children in orphanages develop self-acceptance and face life challenges more optimistically. Although this study has limitations, such as a small sample size, the results provide a strong basis for similar interventions in the future.

### Keywords

Individual Counseling; Reality; Self Acceptance.



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## INTRODUCTION

Every individual in his or her life experiences various kinds of changes and important processes in his growth and development, as well as adolescents. Adolescence is one of the phases for individuals, where individuals go through a transition period (Sari, 2022). The transition period in question is the change from childhood to adulthood, where there is an effort to adapt to the changes in yourself that are happening in the adolescent phase (Wijayanti et al., 2020). Adolescence (adolescence) has a broader meaning that includes mental, emotional, social, and physical maturity Hurlock, 1980 (Siska, 2021). Next, Santrock (Syawitri & Karneli, 2022) stated that adolescence is a time of storm and stress, that is, a time full of upheaval filled with conflicts and mood swings, various changing thoughts, feelings, and actions. Monks, F. J. (Nugroho, 2020) Divides adolescence into three parts, namely early adolescence at the age of 12-15 years, middle adolescence at the age of 15-18 years, and late adolescence at the age of 18-21 years. No wonder why teenagers often experience emotions suddenly or unexpectedly; some of the changes that exist in adolescence greatly affect their emotional situation.

Because of the existence of various physical changes and emotional upheavals, it is not uncommon for adolescents to experience various problems in carrying out their activities, and this clarifies the condition of adolescents who tend to experience sudden emotional outbursts (Wulandari & Susilawati, 2016). Problems experienced by adolescents that can affect their development do not only come from within adolescents but also from factors outside adolescents, such as family and the surrounding environment. The source of the problem is the family factor, namely divorced parents (Fadhilah & Sa'adah, 2024). The economic condition of the family is low, so the function of a family that provides protection, affection, attention, guidance, and nurturing for adolescents does not run as it should (Ulan et al., 2021). Adolescents who lose their parents, are separated from their parents, or face economic problems will make adolescents be cared for by other family members or also entrusted to an institution called an orphanage (Simanjuntak, 2018). According to the Ministry of Social Affairs of the Republic of Indonesia, an orphanage is a social welfare business institution that has the responsibility to provide social welfare services to abandoned children by providing physical, mental, and social replacement services to foster children so as to obtain adequate opportunities for their personality development (Ulhaq, 2022).

However, adolescents living in orphanages must comply with existing regulations and may differ from those at home. Based on the 2008 Report of the Ministry of Social Affairs of the Republic of Indonesia, it is stated that orphanages are lacking in providing care, and all are focused on meeting collective needs, especially daily material needs, while children's emotional needs and growth are not considered (Al Ayubi, 2022). Results of the research conducted (Solihat et al., 2023) Show the existence of stress in adolescents living in orphanages that causes adolescents to behave irritably, seek attention from the orphanage management by fighting with their peers, impatient in dealing with existing or ongoing disturbances, difficulty in being relaxed in their daily lives, venting anger or emotions to those closest to them, and quarreling with friends (Putri Syahri, 2024). Also, the school-based Global Health Survey in 2007 found that around 40 percent of students aged 13-15 years experienced violence in the form of bullying, and the children included here are children from institutions in the form of orphanages, rehabilitation centers, and dormitories (Harahap, 2024).

Based on the results of the researcher's initial survey, for several adolescents living in one of the orphanages in Medan, it was found that there was self-rejection or inability to accept themselves. Another view also points to orphanage adolescents being vulnerable to engaging in negative behavior, having low self-confidence, being vulnerable and psychologically vulnerable (Nurmalia et al., 2020). Stereotypes and negative events that have been passed make orphanage adolescents vulnerable to having low self-acceptance and looking at themselves and the events around them negatively. They also have envy that colors their feelings. Closed, not easy to socialize, excessive feelings of sadness about things that have happened and difficult to change, isolation in the room, and the need for support and acceptance from the environment to be able to adjust and be more positive (Siswita, 2021).

Hurlock 1974 (and Aulia et al., 2023) Define self-acceptance as "the degree to which an individual, having considered his personal characteristics, is able and willing to live with them." Aderson (Aini, 2019) states that self-acceptance means that we have successfully accepted our strengths and weaknesses as they are. Accepting ourselves means that we have found the character of ourselves and the foundation that forms humility and integrity. Self-acceptance, according to Helmi (Tohari & Aminah, 2023), is the extent to which a person can recognize and acknowledge personal characteristics and use them in living his or her survival. The attitude of self-acceptance is shown by a person's recognition of their strengths as well as accepting their weaknesses without blaming others and having a continuous desire to develop themselves (Umi Kalsum, 2024).

From the description above, I can conclude that self-acceptance is a high appreciation for oneself or being cynical and able to express one's thoughts and feelings to others, having the characteristics and beliefs to be able to live with circumstances, and having an awareness of shortcomings and limitations within oneself. In addition to self-esteem, there are also several factors that can shape self-acceptance.

This is in line with research conducted by (Winarni, 2017). The results of his research showed that the significance level  $p = 0.005 < 0.05$ , which shows that  $H_0$  was rejected and  $H_a$  was accepted. The conclusion of the study is that reality counseling is effective in increasing the self-acceptance of grade IX students of SMP N 1 Tempel. This is similar to the research conducted by (Riyanto & Anggraini, 2024). The results of his research show that reality group counseling is effective in increasing student learning motivation. This can be seen in the output of the nonparametric statistical calculation of the Wilcoxon test with a result of  $0.028 < 0.05$  and  $Z = -2.201a$ , meaning that the learning motivation score experienced an increase from before and after treatment. In the control group, there was no significant increase between pre-test and post-test scores in learning motivation, and this can be seen in the output of the nonparametric statistical calculation of the Wilcoxon test with a result of  $0.136 > 0.05$  and  $Z = -1,490 a$ . (Cantika & All Habsy, 2024) The results of the study show that the relevance of the basic concept of reality counseling to adolescent problems, a review of the results of the study supports and the advantages that amount more than the disadvantages of reality counseling in overcoming adolescent problems, so it can be concluded that problems in adolescents can be overcome with reality counseling. Not only that, the research conducted by (Setyawan & Prabawa, 2023) The results of the study provides theoretical reinforcement that reality group counseling services are able to increase student learning responsibility. Research conducted by (Huzakiah & Kameli, 2021) The results research shows that the characteristics of reality counseling are that the client is able to make a choice on what to choose. The client also no longer regrets his past mistakes and thinks that a better present is more important.

Factors that make up self-acceptance. According to Hurlock, 1974 (Siregar & Siregar, 2024), There are several factors that form a person's self-acceptance, namely, Self-understanding. Self-understanding is a self-perception characterized by genuineness, reality, and honesty. The more a person understands himself, the better his acceptance of himself will be. Realistic expectations. When a person has realistic expectations of achieving something, this will affect self-satisfaction, which is the essence of self-acceptance. Expectations will be realistic if they are made by themselves

(Astuti & Hastanti, 2021).

Self-acceptance is measured using the Self-Acceptance Scale with the following aspects (Rizki Inayah Putri, 2023): have confidence in the ability and optimistic attitude to face life, namely believing that the difficulties faced must be able to be overcome and not give up easily, thinking positively about themselves and not considering others to reject themselves, namely having a sense of security in themselves and being able to get along without feeling suspicious, considering themselves valuable as human beings who are equal to others, namely not afraid to get along with different social situations and not ashamed to learn from others, not ashamed and not only paying attention to themselves, namely being able to express feelings in the right form and trying to pay attention to others, daring to take responsibility for their behavior, namely being able to control their thoughts, words, and deeds as best as possible and daring to take responsibility for the consequences that occur, Behaving using norms, namely having good and useful principles for oneself to be a norm in behavior, being able to receive praise and reproach objectively, namely evaluating oneself against the criticism received and ready to receive praise for one's achievements, not blaming oneself for one's limitations in denying one's strengths, namely being aware of one's limitations without being inferior and actively trying to develop one's strengths to the maximum (Purbaini & Pratiwi, 2022). From some of the explanations above, what is self-acceptance, and also what factors can form self-acceptance, as well as its aspects? Here, researchers found that there are many students or children in orphanages who cannot accept themselves for different reasons.

The reality that occurred in the field as an observer at the Field Practice of Out-of-School Education Counseling three, at the Al-jam-iyatul Wasliyah Pulo Brayan orphanage in Medan, there were many students or children of the orphanage who tended not to be able to accept themselves with different backgrounds. Some teenagers still have complete parents, but due to financial limitations to support and finance their children's education, parents make the decision to leave their children in orphanages. Some children are also orphans. The existence of mothers who work as workers abroad makes children unable to be with their mothers.

There are also orphans, but their existence is not desired by their mothers. In contrast to children who have a family and are quite financially stable, but the existence of the child is not desired by their family, The background of the cause of the existence of teenagers in orphanage X is mostly because parents cannot afford it, so they have to take care of one of their children, there are also those who are entrusted because parents are tired of taking care of (Nurlaila Sapitri, 2023). This

resulted in rejection, and not all of them were able to accept the situation of living in an orphanage dormitory with all the rights and obligations of the orphanage. Research conducted by (Al Habsy et al., 2024) States that a person's self-acceptance is influenced by parental acceptance; this study supports the researcher's findings through interviews.

Not all teenagers are able to understand the meaning behind their parents' choice to entrust them to an orphanage because they feel rejected first. Orphanage teenagers actually feel isolated, even feel abandoned by their families when their parents leave them in orphanages. The inability of adolescents to accept their current situation and condition causes several problems, such as a lack of discipline in rules, low learning achievement, and uncontrolled expression of emotions. A typical behavior that arises from orphanage adolescents is feeling jealous of children who do not live in orphanages because of the gap between material and non-material differences. Adolescents also feel less confident when hanging out with other children outside the orphanage and lack a sense of responsibility to carry out their obligations voluntarily as orphanage adolescents. The lack of adolescent self-acceptance of the current condition gives rise to a low sense of belonging in facilities and life in orphanages, resulting in a lack of sense of responsibility. In addition, the behavior of some adolescents shows a lack of discipline to obey the rules set by the orphanage, for example, going home in the middle of the night or going out at night by jumping over the gate so that the foster parents who are on guard do not know it.

If the condition of self-acceptance experienced by the orphanage children is not improved, there may be psychological disorders, be it depression, and they will continue to blame themselves. The situation will also lose direction or not know what the purpose of life will be in the future. Therefore, there is a need for psychological assistance from expert counselors or BK teachers to deal with this condition through various types of services and support activities. One type of service that can be provided by counselors or BK teachers is individual counseling services. (Iskandar, 2022).

According to Prayitno (Syawitri & Karneli 2022), Individual counseling is a counseling service that is carried out by counselors and clients in a face-to-face manner and is carried out to discuss the problems that are being faced by the client. According to Hariastuti (Lota, 2020), individual counseling is a form of service that allows students to obtain services personally through face-to-face interaction with teachers or counselors to discuss the problems experienced.

According to Sugiyono (Daulay & Nuraini, 2022), individual counseling has two goals, namely general goals and specific goals. The first is the general goal, which is to solve the problems faced by the client. At the same time, the second is a special goal, namely, so that the client can understand more deeply the problem being faced or is comprehensive. Then, the problems experienced by the client must be solved properly in order to develop the potential that exists in the client and prevent the problems faced from getting bigger. In the provision of individual counseling services, various approaches can be given to overcome the problems of students or individuals overcoming the problem of self-acceptance in orphanage children, and they are sought to provide reality counseling services.

Reality Counseling is a system that focuses on current behavior. Counseling functions as a teacher and model and confronts children in ways that can help children face reality and meet basic needs without harming themselves or others. The approach using reality counseling focuses on behavior in the present. Although it does not consider feelings and attitudes to be unimportant, reality counseling emphasizes awareness of current behavior. Reality counseling is a teaching process and not a healing process. That's why reality counseling often uses a cognitive approach with the intention that the counselor can adjust himself to the reality he faces (Anggraini, 2023).

Reality therapy is a system that focuses on current behavior. In therapy, it is the individual's responsibility to choose to think, will, and behave (Merdiakawati, p & Clarine 2008). Reality therapy helps counselors to be able to face all religions that occur in the future with optimism. According to Glesser (Apriadi, 2020), The achievement of a successful identity is tied to the 3R concept, which is a state where individuals can accept the conditions they face, achieved by showing total behavior, namely doing, thinking, feeling, and showing physiological responses responsibly, according to reality, and right.

From the descriptions that have been discussed above, the purpose of this study is to find out how reality counseling can provide the support needed by children to build better self-acceptance. Through this approach, it is hoped that orphanage children can feel more empowered, increase their self-esteem, and improve their social relationships.

## METHOD

This study uses a quantitative method of experiments with the Pre experiment model and The One Group Pretest and Posttest research design. According to (Sugiyono, 2021), An experimental method is a method that tests the effect of a particular treatment or therapy on at least one independent and bound variable in a controlled environment. This research was conducted at the Charity and Social Foundation of the Mamiyai Al-Ittihadiyah Orphanage. This concept can be explained through the following table:

**Tabel 1.** One Group Pretest-Post-test Design

Pretest (O1)	Treatment (X)	Posttest (O2)
Initial value	Treatment	Final grade

### Information:

- O1 = Pretest value (before treatment)
- O2 = Posttest value (after treatment)
- X = Treatment given to the subject

In this study, primary and secondary data sources were used. The primary data source in this study is in the form of test results conducted with determined informants related to the effectiveness of individual counseling services with a reality counseling approach to increase self-acceptance in orphanage children. Meanwhile, secondary data was obtained from books, daily magazines, newspapers, journals, and previous studies that are relevant to the effectiveness of individual counseling services with a reality counseling approach to increase self-acceptance. (Rahmad Hidayat, 2022).

The population in this study is all children of the Charity and Social Foundation of the Mamiyai Al-Ittihadiyah Orphanage, which totals 378 children, which will be carried out in 2024. While the subjects in this study are 5 (five) orphanage children who experience low self-acceptance problems, the subjects selected are subjects that are in accordance with certain characteristics that have been determined by the researcher using purposive random sampling.

The data collection techniques used in this study use observation, tests, and documentation using the help of the Likert scale with the following aspects: (a) having confidence in one's ability and optimistic attitude to face life, (b) thinking positively about oneself and not considering others to reject oneself, (c) considering oneself valuable as a human being equal to others, (d) not being ashamed and not only paying attention to oneself, (e) dare to take responsibility for their behavior, (f) behave using norms, (g) be able to receive praise and reproach objectively, and (h) not blame



themselves for their limitations in denying their excesses.

The research process began by conducting a pretest to measure the self-acceptance of orphanage children. After that, the children received treatment in the form of individual counseling services with a reality counseling approach. This approach was chosen because it focuses on current behavior and helps the child deal with the realities of life in a more effective and responsible way. Reality counseling helps individuals to accept the conditions they face and develop more adaptive behaviors. During counseling, children are invited to understand and accept themselves as they are, identify their strengths and weaknesses, and develop strategies to deal with life's challenges in a more positive and constructive way.

A hypothesis is a statement or conjecture that can be tested empirically and is expected to provide an answer to a research question. A hypothesis is usually expressed in the form of a sentence describing the relationship between two or more variables (Narbuko et al., 2018). In this case, the hypotheses in this study are:

**Ho:** There was no significant difference in the level of self-acceptance of orphanage children before and after receiving individual counseling services with a reality counseling approach.

**H1:** There is a significant difference in the level of self-acceptance of orphanage children before and after receiving individual counseling services with a reality counseling approach

The data analysis technique used in this study uses the Wilcoxon Signed Ranks Test, with the support of SPSS statistical software. The Wilcoxon Signed Rank Test is used as an alternative to the paired sample t-test if the research data is not distributed normally.

## FINDINGS AND DISCUSSION

### Findings

This study aims to determine the influence of individual counseling services with a reality counseling approach on increasing the self-acceptance of orphanage children at the Charity and Social Foundation of the Mamiyai Al-Ittihadiyah Orphanage. The data obtained through the Pretest is as follows: Self-acceptance of orphanage children before being given treatment (pretest)

**Table 2.** Frequency and Percentage Distribution

Category	Interval	Percentage	Frequency	
Very High	98-110%	100	89-100%	0
Tall	79-97%	88	72-88%	0
Keep	60-78%	71	55-71%	0
Low	41-59%	54	37-54%	5
Very Low	22-40%	36	<36%	0

From the table above, it shows that the self-acceptance of orphanage children is in the low category. From the results of the Pretest, the orphanage children were given treatment in the form of individual counseling with a reality approach. Judging from the results of the treatment given to the openness of the orphanage children from the beginning, some children find it very difficult to express what they are feeling, but they are also active in conveying how the situation is experienced and expressing it during the meeting. The data of the initial test (Pretest) shows how low the self-acceptance of orphanage children is. Most of them are caused by financial limitations to support and finance the child's education, making parents decide to leave their children in orphanages, in contrast to families that are quite financially established, but the existence of the child is not desired by the family. There are also those who are entrusted because parents are tired of taking care of them. This resulted in rejection, and not all of them were able to accept the situation of living their lives in an orphanage with all the rights and obligations of the orphanage. Self-Acceptance of Orphanage Children After Handling (Posttest)

**Table 3.** Posttest Frequency Distribution and Percentage

Category	Interval	Percent	Frequency	
Very High	98-110%	100	89-100%	0
Tall	79-97%	88	72-88%	5
Keep	60-78%	71	55-71%	0
Low	41-59%	54	37-54%	0
Very Low	22-40%	36	<36%	0

Table 3 shows an increase in self-acceptance scores in all subjects after receiving individual counseling services with a reality counseling approach. The difference in Pretest and Posttest scores showed a significant improvement in each subject. After the treatment, test results were obtained with a high category. From the information the data above, it can be seen that several changes in the attitude of the orphans, starting from the beginning of the meeting, how difficult it is to express what they feel until the next meeting, little by little, they dare to open up and devote everything they feel.

The results of the post-test show that there is an increase in the self-acceptance of orphanage children from various aspects, one of which is that they are more responsible for themselves.

### **Differences in the State of Self-Acceptance Before Pretest Handling and Self-Acceptance Conditions After Posttest Handling**

Based on the form of individual counseling of Reality, the implementation of activities is adjusted to the purpose so that the topics of discussion are: (1) self-acceptance that is purposeful, able to make peace with the past, helps individuals understand self-acceptance, and understands the approach of reality to help the self-acceptance of orphanage children (2) things that have happened, to convince each individual, how not to care too much and focus for the future (3) total exploration Behavioral individual, here the aim is to hope that there will be individual changes for the better (4) responsibility, aiming at how the individual starts the process of daring to make decisions and complete them, then the actual behavior technique (Behavioral action) is proposed, (5) I try to be better than the previous days aimed at creating a new change. The children of the orphanage are more focused on themselves and their life goals, (6) appreciate activities that have the purpose of discussing all processes from the beginning to the end and to the end of the meeting.

After the individual counseling process, as many as 4 (four) meetings, after which a Posttest was given, which aimed to find out the state of self-acceptance of orphanage children after being given treatment, and the results of the Posttest were obtained. Information shows that there was an increase in the self-acceptance of orphanage children through pre-tests and post-tests.

### **Data Analytics Requirements Testing**

Furthermore, statistical analysis was carried out using the Wilcoxon Signed Rank Test to find out whether the difference in pretest and posttest scores was significant or not. The following are the results of the analysis using SPSS.

**Table 4.** Wilcoxon Test Results

<b>Tes</b>	<b>Z</b>	<b>Asymp. Sig. (2-tailed)</b>
Pretest vs Posttest	-2.023	0.043

From the results of the Wilcoxon Signed Rank Test where the Probability number is Asymp. Sig. (2-tailed) low self-acceptance of study subjects before and after treatment was 0.043 or probability below alpha 0.05 ( $0.043 < 0.05$ ). This can be interpreted that H1 is accepted because there is a significant difference in the level of self-acceptance of orphanage children before and after receiving individual counseling services with a reality counseling approach, so it can be concluded

that the implementation of individual counseling services with a Reality approach is Effective in increasing children's self-acceptance in orphanages.

## **Discussion**

### **Individual Counseling**

Individual counseling is the process of interaction between a counselor and a client on a one-on-one basis, with the goal of helping clients overcome various problems they face. In the context of children, especially those living in orphanages, individual counseling is essential to provide the psychological support needed (Elvira Z et al., 2023). The individualized counseling process allows the child to express their feelings and thoughts in a safe and supportive environment. Through counseling sessions, counselors can explore various problems that children may be experiencing, such as feelings of loss, sadness, or even feelings of inferiority. This approach provides an opportunity for children to understand themselves better and realize that they are not alone in dealing with these problems (Radianengsih et al., 2023).

In practice, individual counseling can involve a variety of techniques, such as interviews, role-playing, or the use of creative media. This activity aims to build a strong relationship between the counselor and the client so that the child feels comfortable to share their experiences. By building trust, counselors can be more effective in helping children find solutions to the problems they face (Gunawan et al., 2021). In orphanages, children often experience various forms of trauma and loss, which can affect their emotional development. Through individual counseling, they are taught to cope with these feelings and build positive coping strategies. In addition, individual counseling also plays an important role in improving children's social skills so that they can better interact with their peers and the social environment around them.

### **Reality Counseling**

Reality counseling is a counseling approach developed by William Glasser. This approach focuses on helping individuals to be aware of their basic needs and encourages them to take responsibility for their choices and actions. Reality counseling is particularly relevant in the context of orphanage children, as this approach emphasizes the importance of interpersonal relationships and constructive decision-making (Khabib, 2019).

One of the key principles of reality counseling is that individuals have basic needs that must be met, such as the need for love, recognition, and belonging. When these needs are not met, individuals often experience emotional and behavioral problems. In the context of orphanage

children, they may feel isolated and lost, so their self-acceptance is disturbed. Through reality counseling, counselors can help children understand their needs and find ways to meet them in a healthy way (Iriastuti, 2022).

This approach also encourages children to evaluate their own behavior and consider the consequences of their actions. In this process, children are taught to become more aware of the choices they make and how they can affect their lives (Raidila et al., 2024). By increasing this awareness, children can begin to develop a greater sense of responsibility towards themselves and others (Suriani, 2020). Reality counseling helps them build the social skills necessary to interact better in an orphanage setting. In this way, reality counseling not only focuses on the problem at hand but also provides the child with the tools he needs to build a better life in the future (Retno, 2024).

### **Self-Acceptance**

Self-acceptance is the ability of individuals to recognize and accept all aspects of themselves, including strengths and weaknesses. This concept has become especially important, especially for children living in orphanages, where they often face feelings of helplessness, inferiority, and dissatisfaction with themselves. Low self-acceptance can lead to a variety of psychological problems, such as depression, anxiety, and difficulty interacting with others (Purbaini & Pratiwi, 2022).

Self-acceptance can be affected by a variety of factors, including past experiences, social environment, and emotional support received. Children in orphanages often feel marginalized and lose a sense of identity, which makes it difficult for them to accept themselves. Through individual counseling services, children are given space to explore their feelings and build a better understanding of themselves (Astuti & Hastanti, 2021).

In counseling with a reality approach, children are taught to identify negative thoughts and beliefs that hinder their self-acceptance. With the help of a counselor, they can replace this mindset with a more positive and supportive one (Febrianto & Ambarini, 2019). For example, children can learn to see themselves as valuable and potential individuals, regardless of their difficult background or life experiences. Good self-acceptance not only helps children feel better about themselves but also affects their relationships with others (Khofifah, 2022). When children feel more positive about themselves, they tend to be more open to healthy and supportive relationships with peers and caregivers. By increasing self-acceptance, children in orphanages can build a stronger foundation for a better future (Retnowati, 2022).

### **Self-Acceptance of Orphanage Children Before (Pretest) and After (Posttest) Given Handling**

Before being given the custody of children in orphanages, they actually felt isolated, even excluded from their families when their parents entrusted them to orphanages. Low learning achievement, uncontrolled expression of emotions. Typical behaviors arise from orphanage children, namely feeling jealous of children who do not live in orphanages because of the gap between material and non-material differences, also feeling less confident when getting along with other children outside the orphanage, and lacking a sense of responsibility to carry out their obligations voluntarily as orphanage children.

When given treatment, as for the changes that occur in the orphanage, children gradually learn the Reality model, gain a sense of more responsibility for themselves, and become more focused on how to aim in the future through the direction and guidance given at each meeting, the changes obtained are not spared from the individual counseling activities that are given to shape the individual's personality to be even better. The Reality approach is also inseparable from the action steps, where orphanage children are more focused on themselves and the future and optimize their goals without caring about the past that has happened or has been passed.

### **Differences in the State of Self-Acceptance Before Pretest Handling and Self-Acceptance Conditions After Posttest Handling**

Individual counseling actions with the Reality approach to increase self-acceptance in orphanage children were carried out through four meetings. Based on the results of the study, hypothesis testing is the observation of the differences between the results before and after the test. The results of the pretest showed that the self-acceptance category of the subjects was, on average, low, while the results of the post-test showed that the self-acceptance category of the subjects was, on average, high. So, it can be explained that the implementation of individual counseling services with the Effective Reality approach increases children's self-acceptance in orphanages.

From the results and discussions that have been reviewed above, there is a comparison of previous research that is relevant to current research, such as research conducted by (Latifah, 2023). The results of his research show that there is a significant influence on the intensity of students' use of TikTok social media by using group counseling with a reality approach. Students were analyzed using the Wilcoxon signed rank test based on the results of the post-test. In the analysis of Wilcoxon signed rank with a result of 0.055 less than 0.05, it can be concluded that  $H_a$  is accepted. This means that there is a change between the pre-test and post-test scores. Research conducted by

(Setiyaningsih et al., 2020) The results of his research shows that reality counseling can increase the learning interest of students of SMK Kautsar Karang Pucung. This is based on the learning interest score of the experimental group provided by the reality counseling service of 658, with an average of 82.25. Meanwhile, the control group that was not provided with reality counseling services obtained 450 with an average of 56.25. Then, the research was conducted (Pahlewi, 2019). The results of the study showed that before and after the provision of group counseling with reality therapy techniques, there was a significant decrease in the symptoms of narcissistic personality disorder in Class IX students after the administration of treatment. The entire sample received a score decrease from the High category to the Low category. The research conducted by (Kurniawan et al., 2020) from the results of the research that has been carried out obtained  $t_{count} = 4.02$  and  $t_{daf} = 1.67$  so that  $t_{hit} > t_{daf}$ . This means that the implementation of group counseling services with a realistic approach to overcoming interpersonal communication difficulties of grade XI students of SMK Kautsar Karang Pucung South Lampung for the 2020/2021 academic year has a positive influence.

From the comparison of previous research with current research, it can be concluded that overall, a combination of individual counseling and reality counseling approaches can provide indispensable support for orphanage children in increasing their self-acceptance. By providing space for children to explore their feelings and thoughts, as well as helping them develop the skills needed to meet their emotional needs, this process can be an important step towards better recovery and psychological well-being.

## CONCLUSION

Based on the findings and discussion of the results of the study, it can be stated that the state of self-acceptance of orphanage children before being given treatment, there are 5 (five) orphanage children who are categorized as low self-acceptance. Then treatment is given so that the state of self-acceptance after the implementation of the treatment, individual counseling services with the Reality approach can be seen to see a significant improvement, where the 5 (five) orphanage children are in the category of high self-acceptance. The results of data analysis using the Wilcoxon Signed Rank Test show that the alternative hypothesis ( $H_a$ ) is acceptable. This shows that individualized counseling services by taking an effective reality approach increase children's self-acceptance in orphanages.

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