

Implementation of Self-Acceptance in the PukPuk Station Mental Health Community Support Group through Group Communication

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Abstract

This research aims to explore the implementation of self-acceptance in support group in the *PukPuk* Station mental health community through a group communication approach. It has relation that mental health is an important variable in improving individual well-being and health. The research method used was qualitative with a phenomenological design. Data was collected through participant observation, in-depth interviews with group members, and document analysis of group meeting notes. This research uses some theory concept such as group communication, mental health, self-acceptance. Research findings show that through structured and open group communication, support group members are able to increase their level of self-acceptance. Factors such as social support, mutual identification, and social learning also play an important role in the process of self-acceptance. The open, deep, and structured communication creates a safe environment for members to strengthen their self-acceptance. Then, about the practical of this research are importance of strengthening group communication skills in the training and development of support group members, as well as expanding access to community programs that emphasize the importance of self-acceptance. The implication of this research is the importance of strengthening group communication in supporting individual self-acceptance processes in the context of the mental health community.

Keywords: *self-acceptance, support group, group communication*

INTRODUCTION

Mental Health Support Group (abbreviated as SGMH) is a community for people with mental disorders to start living a life free from mental illness. In other words, SGMH plays a big role in helping someone who is experiencing stress caused by an event or problem they are experiencing (Tarigan, 2021). Many people with mental illness find it difficult to express what they are experiencing to the people closest to them. Therefore, the

presence of a support group (abbreviated as SG) is one of the media in assisting recovery in the form of socio-emotional, instrumental, and sharing to achieve better change (Akbar, et.al., 2022).

One of the online-based SGMHs is called *PukPuk Station*. *PukPuk Station* is a bridge to recover from mental illness experienced by members in the form of support from people with the same experience. Based on the members' experiences, the bad stigma regarding mental illness is still a matter of debate among the public. As a result, people with mental illness often feel ostracized, alienated, and even considered strange by the people around them, who give a negative stigma to sufferers. This ends up worsening mental health and makes members reluctant to fight against the mental illness they suffer. After finding SGMH *PukPuk Station*, the members have the enthusiasm to fight against the mental illness they suffered by getting support messages from survivors and sufferers. Over time, the impact is to make the members gradually recover from the mental illness they suffer.

Early adults often experience mental health problems to late adults. The age frequency of having mental disorders is in the age range of 20-40 years. This age range for humans is the most productive age period (Frijanto, 2022; Mardhiyah & Kurniawan, 2023). However, what is rarely realised is that in the productive age range, humans will go through various kinds of stress and problems that can cause mental health problems. According to Santrock (2010), in the productive age range, humans tend to be very active, so they often carry out new experiments, such as experimenting or exploring new things in terms of career, self-identity, and lifestyle, with various choices of being single or married with another individual (Mardhiyah & Kurniawan, 2023). In addition, a person's gender influences how predisposed a person is to mental health problems. Research by Simanjuntak et al. (2022) found that women are more susceptible to mental health problems compared to men due to the characteristics of women who prioritise emotional over rational (Simanjuntak et al., 2022). Based on this research, women are more susceptible to symptoms of mental health problems due to high emotionality and more easily feel anxious if things do not go as desired, which makes symptoms of mental health problems begin to appear.

One alternative help that is easy to find is through SGMH (Support Group Mental Health). There are many providing education and support to help heal people suffering from mental health problems. Currently, many SGMHs can be followed and carried out recovery using online mode. The support group aims to help the needs of people who have mental illness so they can recover by sharing experiences between one person and another. The WHO Mental Health Plan 2013-2020 formulates several important things for mental health, such as updating health services for sufferers to be community-based with support group health services (World Health Organization, 2018; Juwita et al., 2022). Following SG can be one way for individuals to face, accept, and overcome mental disorders (Grover et al., 2020; Wardasari et al., 2023). This is to instil in survivors and sufferers that they are not alone; many of them have the same condition. SG is considered to be able to provide experience and knowledge and help each other in the recovery process so that they can re-socialize with society (Mardiah et.al., 2022). One of the SG-shaped communities is the *PukPuk Station Community*.

The *PukPuk Station Community* is an online mental health community that focuses on recovery methods through SG. Several *PukPuk Station* members said that they learned about SG *PukPuk Station* from psychologists and several Instagram accounts about mental health. Apart from that, SG *PukPuk Station* activities are carried out online through Zoom meetings, which allows members to free up time at any time. The Zoom meeting features also make it easier for SG members to hold meetings anywhere and anytime. In SG *PukPuk Station*, members are allowed to turn off the video feature during activities and can use pseudonyms to tell stories when the story session begins. This makes some members more comfortable and do not feel forced to tell other members what they are experiencing. The communication that exists between members is not just for the sake of introductions; there is a communication process of sharing experiences, support messages, and problem-solving.

After regularly attending *PukPuk Station*, the members began to accept and begin to live side by side with everything they felt. Over a certain period, the members gradually began to be at peace with themselves and accept what they experienced after routinely carrying out activities at the *PukPuk Station*. One of the things that helps members implement self-acceptance is communicating between group members and giving each other encouragement and experiences. This allows members to accept themselves and continue to join the *PukPuk Station* support group for a long period.

Self-acceptance is an attitude to assess oneself objectively and accept one's condition regarding everything that one has, including advantages and disadvantages (Salsabilla & Maryatmi, 2023). Self-acceptance greatly influences the way a person communicates and interacts with their environment (Fitri, 2015; Priyono et al., 2018). Low self-acceptance can hinder recovery because you continue to feel like you are worthless, and communication in your environment is also hampered. With the existence of the *PukPuk Station* community, members can start to cultivate themselves and communicate with each other, such as motivating

each other to have high self-acceptance for themselves so recovery can go well.

Based on empirical and theoretical conditions, this article focuses on exploring the implementation of self-acceptance in SG in the *PukPuk* Station mental health community through a group communication approach. This study is important to carry out, considering that mental health problems have not yet become part of public awareness. Mental health is an important variable in improving individual well-being and health. One effective approach to supporting mental health is through SG (Support Group). SG is a process of gathering individuals who have similar experiences in a community to support each other and share experiences. In this context, self-acceptance plays a key role in the process of individual healing and growth. However, there is still less research in the field of communication that specifically explores the role of group communication in SG in growing self-acceptance in its implementation.

LITERATURE REVIEW

Based on the introduction, the problems used as the basis and theoretical framework in this article include group communication, mental health, self-acceptance, and the *PukPuk* Station Community.

a. Group Communication

Etymologically, the word “communication” in English comes from the Latin *communicare*, which means ‘to convey’. In general, communication means giving or conveying information (Ciciliawaty, 2021). Terminologically, communication is the process of conveying messages from the communicator to the communicant. Thus, there are three main components in communication: the communicator, the message (information), and the communicant. The communication process is said to be successful if the information conveyed by the communicator can be understood by the communicant (Ardial, 2018).

In the health context, communication becomes an effective means to encourage patient recovery which is developed through exchanging ideas, exchanging opinions with each other, and influencing each other's way of thinking. Health communication is a communication process whose message involves messages related to health, elements, or communication participants. Communication is seen as the most effective in building good relationships between medical personnel and patients, which is the heart and art of medicine. (Mulyana & Ganiem, 2021). In addition, health communication studies on how to use communication strategies regarding health to disseminate health information that can have an impact on individuals and communities so they know the importance of health.

Participants in health communication involve many communication participants, such as communication between doctors, patients, nurses, health professionals, patients, and others. Through good communication skills, a medical professional can help gather information that can produce an accurate diagnosis, provide appropriate consultations, provide instructions on health services, and establish interactions or relationships with patients. (Mulyana & Ganiem, 2021). Health communication can be carried out interpersonally or en masse (involving many individuals) to promote health in the community.

b. Mental health

Mental health is an important component in shaping overall health. Mental health is the condition of a person who is mentally healthy and free from mental disorders. Mental health is very important and must be considered for social life, just like physical health. As mental health improves, physical health and other aspects of life also improve. A person's mental health is characterised by several things, such as optimal physical, intellectual and emotional development, and continuity with social life (Suwjjik & A'yun, 2022).

The Canadian Alliance on Mental Illness and Mental Health (CAMIMH) states that achieving improvements in mental health requires a variety of social and cognitive skills supporting mental health promotion (Kutcher et al., 2016; Grace et al., 2020). A person who has good mental health can easily realise their potential, cope with the normal stresses of life, work productively, and contribute to their community (WHO, 2013; Radiani and Yani, 2019).

c. Self-Acceptance

Self-acceptance is someone who is able to accept what is in themselves, both accepting one's weaknesses and strengths. Germer (in Waney et al. 2020) said that self-acceptance is known as the ability of a person to have a truly positive view of himself by developing his potential. Sheerer (in Salsabilla and Maryatmi, 2023)

states that self-acceptance is an attitude that evaluates oneself objectively and accepts everything that is about oneself, both one's strengths and weaknesses.

According to Jerslid (in Hurlock, 1974: 434) states that the characteristics of self-acceptance are as follows. First, people who have self-acceptance will have realistic expectations about their situation and respect themselves, meaning that the person has expectations that are following their abilities. Second, believe in the standards set and know yourself without comparing yourself and without thinking about other people's bad opinions. Third, be aware of your limitations and not force your own will. In other words, the person understands his limitations but does not view himself as useless. Fourth, be aware of your abilities and feel free to do what you want. Fifth, realises that he has weaknesses without having to blame himself and accept his existing weaknesses (Permatasari & Gamayanti, 2016).

The stages in processing a person to achieve self-acceptance; according to Kubler and Ross (Regina et al., 2015), there are five stages in self-acceptance. The first stage is the denial stage. In this stage, a person will avoid the reality that is happening or the problems that exist with him by experiencing a feeling of lack of self-confidence, experiencing anxiety, denial, and feelings of depression. The second stage is the anger stage. Furthermore, someone who is experiencing a crisis of self-confidence will begin to be confused about the situation that arises for him and feel fear when he is unable to get through the situation with feelings of anger. Continued by the depression stage. A person can become depressed due to a prolonged experience of stress that has no improvement, and someone who experiences this stage will feel that everything they experience tends to be dramatic. The fourth stage is the bargaining stage. Entering the fourth stage, a person will agree and he will carry out religious activities or put aside his selfishness to return to being a person in good condition. At this stage, he will become closer to God and improve his relationship with God. The last stage is the acceptance stage. A person who has successfully passed the previous stages and reached a stage of good self-acceptance will understand his situation better, have hope for the future, and have goals in his life (Irtandi & Apsari, 2022).

d. PukPuk Station

PukPuk Station is a mental health community that forms a support group as a place to share along with fellow travellers and travel companions to become a space for venting, self-reflection, and growing together with each other, which is held every week with related themes with self-acceptance. There are many terms in the *PukPuk* Station mental health community to make it look more unique and interesting, such as calling members "travel companions" and "travel friends". "Travel companions" are intended for *PukPuk* Station members who take part in a series of mental health events. "Travel friends" is a nickname for the volunteers who help *PukPuk* Station every week to convey unique and interesting aspirations and ideas to "travel friends". Then, there is the support group #CURPOL from the acronym *Curhat Pol-Pol-an* which helps "travel companions" and "travel friends" to interact, communicate, and motivate each other to share stories every week. The *PukPuk* Station mental health community was founded on September 1 2020, by Founders TM, NS, VCJ, and HA as the originators of the presence of a mental health community whose unique and cheerful visuals are much needed at this time. The Founders and Co-Founders came from various backgrounds. They decided to establish a mental health community that can be a forum for survivors and people suffering from mental health disorders to bounce back from adversity. *PukPuk* Station focuses on healing methods to foster a sense of self-acceptance or apply self-acceptance to survivors and sufferers. *PukPuk* Station also collaborates with non-professional staff who are survivors of mental health disorders who can help and better understand *PukPuk* Station members.

The name *PukPuk* Station is taken from an analogy of a train that continues to travel through the ocean to attract people who are at their lowest point so they can fly together towards the sky and penetrate space. *PukPuk* means patting each other to give each other strength with fellow travellers and travel companions. The station or train stopping place means the place or platform used for "travel companions" and "travel companions" who are both struggling with mental health.

One of the personal experiences of one of the founders is TM -- who is familiarly known as TM -- telling of his personal experience of getting *PukPuk* Station to where it is today. TM, who experienced a panic attack in 2019, considered that what he experienced was a physical illness because many people around him suffered from physical illnesses and had the same symptoms. At that time, TM, who had no mental health information at all, began to find out what he was experiencing and how to overcome what he was experiencing. Even though at that time (2019), information about mental health was not as developed as it is today and was not yet a concern for most individuals and the government.

On the other hand, mental health is still considered taboo to be discussed and acknowledged by sufferers. In fact, mental health is just as important as physical health and can affect each other. TM, as one of the founders,

discovered and studied methods that can help survivors and sufferers recover from the mental disorders they experience. After researching and finding methods to heal himself from mental disorders, TM applied these methods at *PukPuk* Station. Some methods vary greatly, such as meditation, self-reflection, journaling, and sharing space to exchange stories. The methods used can help survivors and people suffering from mental health disorders to be more able to relax, overcome what they are experiencing, and accept themselves as they are.

The *PukPuk* Station, Mental Health Community, uses the online media platform Zoom meeting to be a medium for meeting fellow travellers and travelling companions. The online Zoom media, which is used as a gathering medium every week, is carried out every Thursday at 19.30 WIB by members to take part in a series of events. In Zoom, there are four sessions, namely meditation, self-reflection, journaling, and a room for venting. In the first session, all members meditated for about half an hour to relax the body, relieve stress, and regulate emotions. In the second session, self-reflection by listening to material about mental health presented by professionals in their field or travel companions. In the third session, do journaling by writing what you feel today according to the theme of each week. The journaling that has been written will be sent, and several fellow travellers and travel companions who allow the results of their journaling to be uploaded will be uploaded on Instagram social media to motivate or provide support to each other. Then the fourth session, enter the Break Out Room or chat room according to the desired theme. After entering the Break Out Room according to the theme each wants, fellow travellers and travel companions can tell stories to each other according to the chosen theme, which is called the #CUPOL support group. All members can tell stories or listen and give advice or encouragement to each other directly or through the chat column. In this phase, communication interaction occurs between members; before the activity ends, TM and the other members are allowed to strengthen each other so they do not feel alone.

PukPuk Station applies themes related to self-acceptance. This theme is related to self-acceptance helping members appreciate themselves more and accept what is in themselves. When you can accept yourself from experiencing mental disorders, it will be easier for survivors to recover and be healthy again. Not everyone is able to implement self-acceptance easily. Through *PukPuk* Station, members are step by step given directions to implement self-acceptance assisted by fellow members who make it easier for each other to understand and comprehend self-acceptance. The themes presented in May-June at the *PukPuk* Station mental health community are as follows, May 11, 2023, with the theme Being Here Now (Fully Present in the Present Moment), May 25 2023 with the theme Letting Self-Compassion be Your Compass (Allowing Compassion to Be the Compass of Your Journey), 8 June 2023 with the theme Choosing Love Among All Choices, and 22 June 2023 with the theme Moving on with Pure Intention (Continuing the Journey with Pure Intention). The themes are chosen to describe and implement self-acceptance at every meeting. Therefore, it is expected that members will implement self-acceptance in every journey of their lives.

METHODS

Based on the objectives of this research, the type of research method used was qualitative research with a phenomenological approach. Qualitative research was research aimed at describing and analysing phenomena, events, social activities, attitudes, beliefs, perceptions, and thoughts of people individually and in groups. Phenomenology is the experience of one individual or several individuals, describing the general meaning of several individuals regarding a concept or phenomenon. Philosophically, phenomenology originates from the thoughts of Edmund Husserl (1859-1938), then continued by Heidegger, Setre and Merlau-Ponty, and used as a rationale for conducting research in the fields of social sciences and human behaviour, especially sociology, psychology, nursing and health sciences, and education (Creswell & Poth, 2018).

The research subjects were members who participated in support group members in the mental health community in the form of classes formed by *PukPuk* Station. Determining research subjects used the purposive sampling method. Purposive sampling is a non-random sampling method to determine the identity of informants who are suitable for the research objectives and who can respond to the research case (Lenaini, 2021). The subject selection criteria used parameters consisting of the subject's period of joining the *PukPuk* Station community, the subject experiencing mental illness, the subject having experienced self-acceptance after joining the *PukPuk* Station, and the reason the subject joined the *PukPuk* Station. As a result, there were three subjects studied who met the sampling criteria requirements, namely the subject with the initials AMA, working as a private employee and also as a student, aged 24 years, had a high school education, and came from Jakarta; the second subject has the initials DC, 30 years old, works as a private employee in finance in Jakarta, last education

is D4, and comes from Makasar; the third subject with the initials ID is 27 years old, works as freelance event management as a frontline, and has a bachelor's degree, and comes from Tangerang. The object of this research was to support group communication obtained through behaviour, conversation, group discussions, visuals, and writing. Data were collected through participant observation during group meetings, in-depth interviews with group members, and document analysis of group meeting notes. Finally, the data of this research were analysed using the Saldana, Miles, and Huberman (2014) model with thematic analysis (Miles et al., 2014).

RESULTS AND DISCUSSION

The data in this research were obtained from members who participated in support group members in the mental health community in the form of classes formed by *PukPuk* Station. The results are formulated thematically in the following table.

Table 1: of Implementation of Self-Acceptance in Group Communication Perspective

No.	Theme	Data
1	Experience following SG	<ul style="list-style-type: none"> • Process of Diagnosis and Change in Types of Bipolar Disorder • Fluctuations of Depression and Mania • Challenges during the COVID-19 Pandemic • The Importance of Direct Consultation with a Doctor • Complexity of Multiple Diagnosis
2	Time to follow SG	<ul style="list-style-type: none"> • The Role of SG as an Adjunct in the Treatment Course • Potential Benefits of Community in Supporting Mental Health
3	Withdrawal from the social environment	<ul style="list-style-type: none"> • Withdrawing from the Environment • Connection with Mental Cycles • Potential Influence of <i>PukPuk</i> Station • Acceptance of the Reality of Mental Conditions
4	Feelings after joining SG	<ul style="list-style-type: none"> • Experience Before Joining <i>PukPuk</i> Station feeling confused • Motivation wants to have travel companions and travel friends. • Change feels free to tell stories; interactions provide new perspectives and opportunities to interact.
5	Previous mental health community	<ul style="list-style-type: none"> • Active in the Jakarta feminist community • Transitioning to a Mental Health Community • The Intersection of Mental Health Issues and Social Activism
6	Impact follows a series of <i>PukPuk</i> Station events	<ul style="list-style-type: none"> • Learned meditation and journaling as part of his recovery from mental illness • <i>PukPuk</i> Station has a unique approach to helping individuals with mental illness
7	The phase of not accepting yourself after being diagnosed with a mental disorder	<ul style="list-style-type: none"> • Internal conflict and feelings of dissatisfaction with oneself • <i>PukPuk</i> Station is a place to reflect on yourself, meditate, and carry out journaling activities • Open and Honest Communication • Normalization of Mental Experience
8	Post-following <i>PukPuk</i> Station was related to feelings of not accepting oneself	<ul style="list-style-type: none"> • Awareness of the importance of accepting oneself through participation in the community • Reflections on Problems and Changes in Perspective • Continuous Learning Process

9	The process of perfect self-acceptance	<ul style="list-style-type: none"> • Identity and Social Crisis in the form of social pressure to be like other people • Learning and Self-Acceptance Process without the need to compare • Stopping Social Comparisons • Achieving personal well-being in the form of self-acceptance
10	Other communities besides <i>PukPuk</i> Station are being followed	<ul style="list-style-type: none"> • Participation in Other Mental Health Communities exists but is more intensive at <i>PukPuk</i> Station. • Various Community Experiences consist of seeking support and interaction • Preference or Connection with <i>PukPuk</i> Station is very precise • Potential Benefits from Multiple Sources Better support
11	The existence of the <i>PukPuk</i> Station support group	<ul style="list-style-type: none"> • Positive Emotional and Social Experiences: provides many new friends and experiences • The <i>PukPuk</i> Station support group influences support in Facing Difficulties • Providing Support to Others • The Importance of Community for Mental Well-Being
12	Family	<ul style="list-style-type: none"> • The process of family knowledge about mental illness goes through stages: from not knowing to knowing. • Mental preparation and timing in telling the family is done in stages • There is a role of the older sibling as a caregiver and support during treatment • There is the influence of genetic factors and trauma experiences • Expectations and Reality Family support plays a very important role.
13	The phase of blaming circumstances	<ul style="list-style-type: none"> • Reflections on Experiences of Trauma and Challenges • There is a process of reflection and search for meaning in facing life's challenges. • Awareness of Oneself and Others

The main findings of this research indicate that effective group communication influences the implementation of self-acceptance in the *PukPuk* Station mental health community support group. Through structured and open group communication, support group members feel supported to talk about their experiences honestly and without fear of judgment. Social support from fellow members, mutual identification with similar experiences, and social learning from how others overcome their mental challenges also help strengthen self-acceptance.

The influence of group communication on self-acceptance can develop well if there is a community that helps it. This means that the community has an important role in encouraging group communication to provide healing for mental health problems. The community in question is *PukPuk* Station. From a group communication perspective, participants' participation in *PukPuk* Station in 2022 is part of their broader treatment journey and an effort to find support and connection in dealing with mental health.

Before joining *PukPuk* Station, respondents often withdrew from their surroundings but still faced these challenges even after becoming part of the *PukPuk* Station community. However, their participation in the community gave them support and a better understanding

of shared experiences and how to manage their mental cycles. This management is influenced by social support, understanding, personal growth, and the ability to interact with others more openly and authentically.

Analyses from a group communication perspective show that respondents' experiences before joining *PukPuk* Station reflect the diversity of their interests and experiences in participating in a community that focuses on social issues and mental health. Meditating and journaling can be used as tools for self-reflection and positive internal conversation in mental health recovery.

There was a phase of not accepting oneself after being diagnosed with a mental disorder. Still, they have taken steps to overcome this through community support, open communication, and normalisation of mental experiences. Although there are still challenges in the process of self-acceptance, participation in *PukPuk* Station has made a positive contribution in helping them feel more aware and accept themselves as they are. Communication and interaction with group members in *PukPuk* Station have provided support, understanding, and new perspectives that have helped them in their healing process.

Through a process of learning, reflection, and stopping comparisons with others, self-acceptance is well formed which is produced through internal and external communication within a community or group to support individuals in the process of self-acceptance and personal growth. Their preference or connection tends to be stronger with *PukPuk* Station even though participation in various communities shows awareness of the importance of support and social interaction in overcoming mental health problems. *PukPuk* Station support group contributions provide valuable experience in terms of emotional, social, self-development support, and mental well-being and social support for individuals, especially with the emergence of mental health issues, which are increasingly receiving attention.

Another thing that is also very interesting is family communication as a form of openness. Initially, the respondents were reluctant to convey their problems to their relatives. However, as the process that occurs through group communication at SG *PukPuk* Station is carried out intensively, communication with the family can finally be established and positive interactions occur. The process of disclosing mental conditions to the family involves mental preparation, understanding the causal factors, and awareness of the importance of support and understanding from the family as a step in the process of recovery and self-understanding.

The blame phase is part of an emotional and mental journey that can be healed through reflection and a search for meaning; they begin to gain a deeper understanding of themselves and the world around them. This shows that group communication is very effective in encouraging respondents who experience mental health problems so that respondents are able to overcome life challenges and personal growth better.

Based on the provided data regarding the implementation of self-acceptance in the *PukPuk* Station mental health community support group, several important findings can be discussed in more depth. First, related to the influence of effective group communication. Research shows that structured and open group communication plays a crucial role in facilitating the implementation of self-acceptance among support group members. This is supported by the statement that effective communication is able to build good relationships between medical personnel and patients, thereby enabling widespread healing (Mulyana & Ganiem, 2021). Through this communication, members feel supported to speak honestly about their experiences without fear of judgment. Social support from fellow members, mutual identification with similar experiences, and social learning of coping strategies for mental challenges also contribute to strengthening self-acceptance.

Second, related to the role of the community in mental healing. Communities like *PukPuk* Station provide a platform for members to seek support, connection, and understanding in overcoming mental health issues. Before joining, many respondents tended to withdraw from their surrounding environment. Although they still face challenges, participation in these communities provides them with important social support to manage their mental cycles more effectively. Other findings support this that achieving improvements in mental health needs community-based health services that have support group health services (World Health Organization, 2018; Juwita et al., 2022); joining the SG community can be one way for individuals to face, accept, and overcome mental disorders (Grover et al., 2020; Wardasari et al., 2023) as a vehicle to convince and instil in survivors and sufferers that they are not alone; and the SG community can provide experience, knowledge and help each other in the recovery process (Mardiah, et al., 2022). In this case, the SG-shaped community has a significant role in the formation of self-acceptance. This community will also have an impact on improving various social and cognitive skills that support mental health promotion (Kutcher et al., 2016; Grace et al., 2020).

Third, related to the importance of family communication. Group communication in *PukPuk* Station not only influences interactions between members but also communication with families. This intensive process allows members to be more open with their families about mental health conditions, which in turn increases understanding and support from families in the recovery process. This is supported by the research results of Istiyanto and Yusasi (2017) that communication in a family is something that is needed, especially in its function of establishing good relationships for each family member so each family member can understand each other and understand what each member's desires and interests are family. The intensity and quality of communication carried out by parents and children can help to increase comfort and openness between each family member (Bekti & Yusasi, 2017).

Fourth, related to reflection and personal growth. The group communication process at *PukPuk* Station helps members to self-reflect, stop comparing with others, and ultimately achieve better self-acceptance. This reflects the importance of internal and external communication in supporting individuals in the process of personal growth and self-acceptance. This is supported by Irtandi & Apsari (2022), that someone who has successfully passed the previous stages and reached a stage of good self-acceptance will understand their situation better, have hope for the future, and have goals in their life.

Based on this discussion, these findings highlight the importance of effective group communication in supporting the recovery process and personal growth of *PukPuk* Station support group members. Social support, shared understanding, and self-reflection through open communication are at the core of how communities can play a role in strengthening self-acceptance and mental well-being. This means that open, deep, and structured communication creates a safe environment for members to strengthen their self-acceptance. The practical implications of this research are the importance of strengthening group communication skills in the training and development of support group members, as well as expanding access to community programs that emphasize the importance of self-acceptance

CONCLUSION

The implementation of self-acceptance by the *PukPuk* Station mental health community support group can be improved through open, in-depth, and structured group communication. Social support, mutual identification,

and social learning also play an important role in this process. Further research is needed to explore the mechanisms and factors that influence the implementation of self-acceptance in support groups to inform the development of more effective interventions in supporting individual mental health.

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