

Analysis The Aspects of Self-Love in a Children's Storybook “Rafa, The Rafflesia”

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Abstract

Self-love is an ability to appreciate and love yourself as a noble person with weaknesses and strengths that always accompany it. In today's era, humans often have difficulty in treating themselves well and behaving as they are due to various factors. Self-love seems important to be instilled in children from an early age, one of which is through the media of story books, in order to create a strong personality in the future when he grows up. The purpose of this study is to analyze the aspects of self-love in the story book entitled "Rafa, the Rafflesia" by Debby Lukita Goeyardi and Vannia Rizky Santoso. This research is a textual-descriptive research, designed using a textual analysis method of a children's story book entitled "Rafa, the Rafflesia" through a qualitative approach, namely collecting data through references in the form of books, journals, newspapers, and others similar. The results of the study revealed that in a children's story book entitled "Rafa, the Rafflesia" there are four aspects of self-love, namely: 1) self-awareness; 2) self-worth; 3) self-esteem; and 4) self-care. These four aspects will be passed by a child in the process of achieving self-love.

Keywords: self-love, early childhood, story books

1. Introduction

In this era of onslaught of social media, the phenomenon of insecurity has penetrated almost all ages, including teenagers. A survey conducted by Yahoo on the Body Peace Resolution stated that 94% of young girls practice body shaming, while boys are at 64% (Daffa, 2021). This figure is certainly a high enough number, considering that body shaming is one of the causes of feelings of insecurity in someone. So, the topic of insecurity becomes interesting to explore the root cause.

Insecure is a feeling or emotion that arises in a person which is characterized by measuring oneself with others, and making oneself seem inferior to others (Mardiana et al., 2021). Insecure is also synonymous with an attitude that always compares oneself with the standards of others. Prolonged insecurity will be fatal and lead to the disruption of a person's mental state. Someone who experiences feelings of insecurity will also be very disturbed in the context of productivity. This is because one's focus is no longer about finding value, but tends to think about the standards of others.

One of the causes of someone feeling insecure is someone's inability to love themselves (self love) (Chandra, 2021). When a person is not able to accept himself, then he will be easily eroded by other people's standards that don't really need to be applied to himself. In this case, the concept of self-love needs to be introduced and familiarized from an early age as a provision for the future. Children who have known self-love will grow up to be confident children, able to understand their own needs, and have intelligence in social relationships (Baby, 2021). At least, children will have a shield from an early age to ward off all bad influences that can cause insecurity early self-love.

Children who love themselves and have a good perception of themselves will also be able to handle conflicts calmly and not easily influenced by other people's standards (Hastuti, 2016). This is because the child already knows who he is, what his

values and characteristics are, and has understood that everyone has a different uniqueness. Thus, children will see their own shortcomings as natural and that's okay, as well as strengths that should be maximized. Another important thing related to the introduction of the concept of self-love in children is to prevent mental and emotional disorders in early childhood which often go undetected. Mental and emotional disorders in children can be caused by one of them is bad environmental factors that always emphasize the standards (Choresyo et al., 2015). In addition, there are also psychogenic factors in the form of children's relationships with peers and an unhealthy community environment that causes children's mental and emotional disturbances (Putri et al., 2015). From there, self-love is very important for early childhood to help prevent these threats.

As is well known, children are absorbers of everything around them, which means that the child's brain ability is extraordinary in absorbing information (Kirana, 2021). The period of early childhood development will affect the child's personality when he grows up (Khairi, 2018). In this case, story books can be used as a medium to introduce self-love during the child's development period and help shape the child's personality. Early childhood is close to fictional stories that are full of imagination as in story books, because they are able to increase children's interest and interest in something (Farisy, 2016). Therefore, story books are very useful in efforts to identify personality characteristics, including self-love in children.

Through story books, aspects of children's development can also be trained, ranging from religious-moral, physical-motor, cognitive, language, socio-emotional, and artistic aspects (Kamilah, 2021). The content of the story that tells about self-love will provide a stimulus in the form of a picture of the self-love to the child. In addition, children will understand the concept of self-love through describing the character of a character in a story instead of just being explained theoretically by others. From there, children will learn to understand the concept of self-love and relate it to real personal experiences, cultivate imagination, provide fun, and train children's ability to relate in a social environment without having to be carried away by the standards made by society (Munthe & Halim, 2019).

There are previous studies that also examine children's story books. First, Annisa Srimaryanti, et al. in his research entitled "Analysis of Self-Love in a Collection of Children's Stories from Bobo Magazine" concluded that children's stories in Bobo magazine contain aspects of self-love that can develop self-love in children through fun ways, namely in the form of stories. Second, Susana Kamilah's research entitled "Analysis of the Content of the Storybook "I Love My Body" as a Media for Sexual Education for Early Childhood", suggests that storybooks are a very appropriate medium to be used as an identification tool for children's sexual education from an early age. Third, Vivi Sufiati and Nur Hasanah's research entitled "Social Emotion Development Through Stories for Early Childhood" which obtained the final result that stories are able to stimulate children's social and emotional aspects through the suitability of children's language with the language used in the story that is sufficient for the intake of children's needs. in expression.

The book "Rafa, the Raflesia" is a children's story book published by Bestari Publishers and in collaboration with Room to Read Accelerator, first printing in 2019. The author of this book is Debby Lukito Goeyardi and illustrated by Vannia Rizky Santoso. The illustrations used in this book have style a paper cutting illustration for children. This book has a total of 24 pages and is printed in A4 size so that it is comfortable for children to read with clear stories and illustrations.

2. Research Methods

This research is a textual-descriptive research, designed using a textual analysis method for a children's story book entitled "Rafa, the Raflesia" through a qualitative approach. Textual analysis is an analysis of a text or reading to be described from a point of view that is adapted to the purpose of the study, in this case analyzing from the point of view of aspects of self-love. This textual analysis method has the intention of creating precise and accurate conclusions and being able to describe the results of the analysis in a predetermined text (Srimaryanti et al., 2022), namely a story book entitled "Rafa, the Raflesia".

The data in this study were collected by documenting both directly and indirectly. Direct documentation is the recording of pictures (taking pictures) of children's story books entitled "Rafa, the Raflesia" as the object of research, and indirect documentation is carried out through reading, understanding, and recording the contents of the book. The researcher reads the contents of the book repeatedly to understand the meaning of the story, then notes important things that support the research topic that has been determined, namely aspects related to self-love. Thus, research data can be collected through the stages of documentation in the form of reading, understanding, and taking notes.

The data analysis was carried out in almost similar stages, namely repeated reading, understanding, and recording the contents of the story, to then be classified based on the research framework and analyzed and linked to secondary research sources including: journals, books, articles- articles, news, and other publications. So, research results or conclusions will be obtained through these stages.

3. Results and Discussion

Based on the research that has been done, the researcher found that the children's story book entitled "Rafa, the Raflesia" contains an implied meaning about the concept of self-love. As explained earlier, self-love is an ability or feeling of love for oneself, which is actualized through an attitude of acceptance and understanding of oneself and is not affected by

the demands or standards of others. Self-love aspects self-love namely: 1) self-awareness; 2) self-esteem; 3) self-worth; and 4) self-care. The following is an analysis and description of the results of the research regarding the four aspects of self-love implied in the story book "Rafa, the Rafflesia":

3.1. Self-Awareness

Self-Awareness is an attitude or skill that a person has in understanding his potential as an effort to develop himself (Zahra & Hayati, 2022). The unique thing is, there is a close relationship between a person's happiness and his ability to understand oneself (self-awareness), namely, the more one is able to know and understand oneself, the easier one will find happiness in life (Shoshana, 2020). That means, one's happiness is directly proportional to the extent to which one knows oneself. In the next context, self-awareness makes a person able to control himself related to motivation, emotional state, self-confidence, and perception of himself (Ningtyas & Risina, 2018). It will also help someone in social life. There is a cliché expression, "don't know then don't love". So, the expression seems to be juxtaposed with the concept of self-awareness which in this case is one aspect of self-love. Before one loves oneself, one should know oneself.

This stage of self-recognition and understanding can be done by answering several important questions, namely: 1) who am I?; 2) what do I like and don't like?; 3) what kind of emotion am I feeling?; 4) what can I do and can't do?; 5) what is unique about me? By answering these five questions, then at least someone will get a big picture of himself, which will have a good impact on the way a person deals with all the conditions around him.

Self-awareness is very important to be introduced to children from an early age. Because, by having self-awareness, children will be able to understand when they need help or want to help others according to their capacity (Handayani, 2021). Sometimes, there are children who are unable to express their wishes or are reluctant to ask for help. This condition is caused by the child's inability to understand himself about what he likes and what he needs. There are also children who are unable to control and express their inner emotions. This occurs due to the child's lack of understanding of his feelings and emotions. Therefore, it is important for early childhood to be introduced to self-awareness from an early age in order to develop socially and emotionally.

In the book "Rafa, the Rafflesia", there is an implicit aspect of self-awareness, namely that Rafa is described as having understood the nature of himself as a flower that is 'different' from other flowers. It is seen in the following narration (pages 2 and 3):

"Rafa is happy, he looks different in this park."

In later stories, Rafa is able to describe the differences that exist in him, such as (pages 4 and 5):

"Rafa has no leaves, but has large petals."

Both narratives prove that Rafa's character recognizes himself as a Rafflesia flower with its characteristics. The phrase "happy" also indicates that Rafa is able to recognize the emotions he feels.

The importance of self-awareness for children is to train children in recognizing their own characteristics, both physically, and psychic (emotionally) characteristics. Children need to know their physical shape, whether they have long or short hair, mature or white skin, round or narrow eyes, and others. The child also needs to know that the physical differences between himself and others must exist and are natural. In addition to physical characteristics, it is important for children to be able to feel their emotions, for example happy, sad, angry, or disappointed. Because, by feeling emotions, children will get new experiences and knowledge about emotional differences. After understanding it, the child will also easily express and openly express his feelings. This is in line with previous studies, which concluded that self-awareness will help children in getting to know themselves, as well as influence children in responding to conditions around them (Srimaryanti et al., 2022). Thus, self-awareness is the first thing that is important to introduce in early childhood.

3.2. Self-Worth

Self-worth that is, the self-esteem possessed by a person. Self-worth leads to the ability of a person's evaluation of one's own qualities (Mahendra & Sari, 2017). Everyone certainly has ideal criteria about himself. Thus, this self-worth serves to assess and evaluate the extent to which a person has approached the most ideal version according to himself (Dewi, 2015). Self-worth helps a person in gaining confidence that he has the ability, loyalty, valuableness, and competence in something. It has to do with self-awareness, which makes a person understand oneself, and furthermore self-worth convincing one that oneself is 'valuable'.

The stage in interpreting self-worth can start from convincing yourself that this self is the best version that has been created. In addition, one also needs to find the value of oneself and that is what will give rise to self-worth (self-esteem). A person who has a good self-worth, then it is not easy to be 'difided' by others. Because, self-worth also trains a person to have high self-esteem and understand the level of self-confidence (Kamaruddin et al., 2022).

In the storybook "Rafa, the Rafflesia", there is a narration:

"Rafa remains happy, he has a faithful friend."

Rafa's character is described as a character who has a striking difference with his other friends so that Rafa often gets rejection and hatred. However, Rafa is still happy because there is another friend who is loyal and makes him feel valuable and special, namely a swarm of flies. This proves that Rafa has high self-esteem.

Early childhood who have high self-worth will get used to thinking positively about themselves and others (Hastuti, 2016). Self-esteem is very useful for children in cultivating the mind to remain strong and stand firm because children understand their values, which makes them not concerned about other people's standards. From that steadfast attitude, children are also trained to make their own decisions wisely without worrying about existing standards.

The introduction of self-esteem to children can be influenced by the type of parenting applied by parents. Democratic parenting has proven to be the best parenting pattern in the formation of children's self-esteem (Hastuti, 2016). This is because in democratic parenting, there are discussions between children and their parents, then high appreciation of the things that children have completed, and there is no judgment when children make mistakes (Dewi, 2015). This will certainly greatly affect the self-worth of early childhood. Conversely, when parenting is applied in an authoritarian manner and does not provide space for children to discuss, the child's self-esteem will decrease. Therefore, it is important to start introducing children to the concept of self-worth in order to self-love.

3.3. Self-Esteem

There is a close relationship between self-worth and self-esteem, namely the higher a person's self-esteem, the higher the level of self-confidence (Kusuma, 2020b). Self-esteem is a need that must be met after physiological, affective, and security needs. This need is in the form of self-actualization, which is the highest human need (Aini, 2018). A person will need to actualize himself if he has good self-worth and self-esteem. The level of self-esteem is influenced by several things, namely gender, social class, and parenting patterns in both the social and family environment.

Gender differences affect a person's level of self-confidence. For example, women tend to be more sensitive and pay attention to the judgment or recognition of others. Women are also more concerned with self-esteem in their efforts to be accepted by the surrounding environment (Aini, 2018). The social class factor also affects a person's level of self-esteem. These social classes include economic level, family circumstances, education level, occupation, and a person's income (Kamaruddin et al., 2022). There are some people who are much more confident when they have a high level of education, work, and income, while those with low levels are often vulnerable to bullying.

In the book "Rafa, the Raflesia", there is a narration:

"Rafa is proud. When the petals start to open, the smell is very strong."

Rafa's feeling of pride when he opened his lids indicated that Rafa was confident in himself. He is able to identify the weaknesses and strengths that exist in him. In the following narration:

"Rafa is also red, but full of spots like warts."

The narration explains Rafa's similarities with roses, which are both red, but the difference lies in the presence of a cuticle-like spot on Rafa's petals. It can certainly be said that Rafa's character understands his shortcomings, but he still doesn't have a problem with his shortcomings, it can be seen from the depiction of expressions in the illustration of Rafa's character who smiles happily instead of sadly.

In an effort to introduce self-esteem in children, there are environmental influences, both social and family environments (Aini, 2018). The social environment can be a community environment or a school environment. Children who get good treatment from society, friends, and teachers will have good self-esteem as well. Meanwhile, the family environment plays an important role through the parenting applied, for example in the way parents treat their children, how to appreciate children, and how to convince children about their child's self-worth. If the child gets good intake from the family, then the child's perception of himself will always be positive and increase the child's confidence in social life (Kamaruddin et al., 2022).

3.4. Self-Care

Self-care means activities to take care of the soul, which means activities carried out with the aim of increasing and increasing energy with things that are fun and healthy for the body, both physically and mentally (Kusuma, 2020). Self-care is also able to increase happiness and self-productivity. Because, self-care puts aside things that cannot be controlled and prioritizes things that can be controlled. That way, a person can look after and take care of himself.

Self-care is divided into five branches, namely: 1) self-care spiritual self-care social self-care physical self-care, and 5) self-care (Kusuma, 2020). Self-care is taking care of oneself through activities related to spiritual or related to the Creator. Self-care is self-care efforts carried out by maintaining good relations with fellow human beings in social life. Self-care, namely care for the body, for example by eating healthy foods, exercising regularly, and managing rest periods. Self-care, namely avoiding things that can interfere with mental health and always trying to think clearly/positively/healthy. Self-care, which is taking care of yourself by understanding your inner emotions and trying to control them. By doing these five self-care attitude self-love.

As for the story book "Rafa, the Raflesia", there is a narrative that tells that the character Rafa likes to play with the flies. The depiction of a very happy expression shows that Rafa is taking care of himself, namely through playing

activities with loyal friends. Even though other friends hate him, Rafa still maintains a good relationship with them. It can be seen from the way Rafa greets butterflies and bees in the following narration:

"Rafa greets butterflies and bees. But they only come to flowers that smell good. However, Rafa was still happy. He has loyal friends."

In real life, children really need to be trained how to take care of themselves spiritually, socially, physically, mentally, and emotionally. Basically, children are individuals who still depend on the surrounding environment, which can meet basic needs and train children's life skills (independence) (Laksmi et al., 2020). Therefore, guidance from the surrounding environment is needed in introducing self-care to children. The stages of introducing self-care in children can be started from teaching worship, how to communicate with others, exercising regularly, providing healthy intake, and directing all forms of emotions that children show.

Another important thing about introducing self-care in children is to maintain a child's mental state from an early age. Many children have experienced inner-childhood from an early age due to lack of mental care efforts from an early age, so that when children grow up, they are unable to make themselves happy, accept themselves, and even unable to control their emotions (Srimaryanti et al., 2022). So, the introduction of self-care really needs to be applied from an early age to form physically and mentally healthy children. From there, children are able to reach a perfect condition where they are able to love themselves and remain intelligent in learning and facing things in the future.

4. Conclusion

Rafa is a character in the story who has the character of "love for oneself". Although Rafa seems to be getting demands from his friends around him, he is not affected and only focuses on himself and is able to understand the four aspects of self-love. The results of the study revealed that in a children's story book entitled "Rafa, the Raflesia" there are four aspects of self-love, namely: 1) self-awareness (self-awareness); 2) self-worth (self-esteem); 3) self-esteem (self-confidence); and 4) self-care. These four aspects will be passed by a child in the process of achieving self-love.

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