



## Fostering Self-acceptance in Adolescents Through Regular Practice of Surya Namaskara Yoga

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### Abstract

The issue of self-acceptance in young person is still a concern of researchers. It is sad when teenagers are busy looking for happiness outside themselves and forget the happiness from within. *Surya Namaskara Yoga* is a part of Yoga teachings and easy to practice in everyday life, especially for teenagers. They can practice yoga to cultivate self-acceptance. The purpose of this article is to find how to cultivate self-acceptance in adolescents through the regular practice of *Surya Namaskara Yoga*. The method used is a qualitative method, by using qualitative descriptive analysis. The result of this article is adolescents able to understand themselves with all psychological processes and their weakness. It's can increase self-acceptance. The inability of adolescents to cultivate self-acceptance will have an impact on their quality of life. *Surya Namaskara Yoga* if practiced earnestly and consistently can align themselves with cosmic traits and refresh life with a growing awareness for better self-acceptance. The conclusion is by practicing *Surya Namaskara Yoga* every morning can awaken the solar aspect of human nature and release this vital energy for raise of a higher consciousness. They can practice *Surya Namaskara Yoga* every day for balance and increase mental stability so that can be fosters better self-acceptance.

**Keywords:** Self-acceptance; Adolescent; *Surya Namaskara Yoga*

### Introduction

The technology is developing very fast to meet the demands of times, computers that exist today have stored tens or even hundreds of times more data and thousands of times accessed data faster. The use of the internet, which was originally only used by companies and government structures, but now all people can use it freely. The development of digital technology has a massive impact on human life, one of them is internet of things (IoT) is known as internet of all things which allows to connect physical things to virtual world's (Schwab, 2016). Schwab explained that, billions of devices around the world such as smartphones, tablets, and computers connected to the internet, are even expected to increase to more than one trillion. The sophistication integrated in smartphones creates a new culture for social society, even becoming a life style, self-mirroring, and individual social status (Art, 2016).

The current use of social media displays many figures with all the perfection and happiness they have, this will create its own standards for users. According to Reswari (2013) the emergence of various mass media can develop the behavior shown so that the behavior that arises also varies. One of the behaviors that appear is imitating and trying to look beautiful or handsome according to the content provided. This is also true with the intelligence and attitude displayed. In the reality is that not everyone has the same thing, so it will cause a sense of dissatisfaction with what they currently have. He will try with all his might to achieve the standards that exist in society in order to be able to feel

the same as others. Furthermore, trying to show each other their daily activities on social media. In fact, the millennial generation now cannot be far from technology, this encourages lower self-acceptance of adolescents (Ilma & Muslimin, 2020), 72% of 179 students have a moderate self-acceptance rate and 14% of students who have low self-acceptance (Simanjuntak, 2013), 41% of 60 students who have low self-acceptance (Yahya, 2013).

In line with this statement, it is undeniable that many technology users are teenagers. A time tinged with a desire to try many things and want to compete with friends of his age. Dissatisfaction with one's own body encourages a person to get the ideal body by making various efforts, such a lack of self-confidence will result in the teenager becoming a person who is easily influenced by others and the condition also leads to negative self-assessments such as the body is not attractive and compare body shape with standards on social media. This condition is supported by an explanation by (Wang, Moon, Kwon, Evans, & Stefanone, 2010) which reveals that the appearance of a person's profile photo on a Facebook account has a significant effect on the willingness to make friends with the profile owner, because with the appearance of an attractive profile photo can create physical attractiveness, so it is used as a visual cue when choosing who to confirm the friendship to. In addition, teenage boys and girls are more willing to make friendships from Facebook accounts that have attractive profile photos (Nadkarni & Hofmann, 2012).

The current state of the environment that is integrated with the sophistication of technology that bringing ease of interaction and access to unlimited information, it seems that technology also brings many problems in the psychological well-being of adolescents. Although the increasing development of technology, the issue of self-acceptance in adolescents is still an interesting topic for mental health researchers because millennials are still not confident in their physical condition. Individuals can be known have high self-acceptance, if they can accept everything of themselves. They will be able to think logically about the problems and do not feelings of hostility, inferiority, shame, and insecurity (Hurlock, 2011). For this reason, the individual is called successfully passed this process, if he has received his physical condition and quality (Yusuf, 2006).

The behavior of individuals especially teenagers, begins to develop after he enters promiscuity, at this phase towards adolescence an individual will begin to know the wider world. Because of the demands to work and continue his education, therefore he will see many things outside of him. Because at this process adolescents are in a transitional phase and search for their identity, on infrequently do juvenile delinquency. Such problems are a phenomenon that is often encountered in adolescence life, it can be said that this phase is also called the worrying phase. If they have a little experience of self-acceptance, they will be in a phase of being uncomfortable and unhappy with his life. The impact of this condition is they have a hard time to accepting others.

The adolescent's ability to accept the strengths or weaknesses, which is then combined with appreciation of himself as a whole becomes one of the factors that affect the level of self-acceptance of adolescents. A teenager's ability to appreciate themselves and assess themselves as a whole can be interpreted that the teenager has a good self. Good self-esteem will go hand in hand with one's self-acceptance. Teenagers with low self-acceptance will have difficulty in recognizing their own abilities. They will choose to close himself from the surrounding environment, it is not uncommon to live in pretense and the teenager will enjoy it because by doing so, they are spared from the bad judgment of others.

Self-acceptance is one of the most important aspects of a person's survival. When a person is able to cultivate good self-acceptance, then a person will be able to actualize all the potential he has. The existence of good self-acceptance also helping individual to

be able to enjoy his life process ideally so that the individual can optimize all the interests and potentials possessed appropriately. It can be cultivated when a person begins to have the awareness to know oneself. Knowing yourself is an important key to opening the door to stride into this life. Therefore, every teenager should strive to guide themselves to cultivate self-acceptance in order to achieve a better quality of life.

It is sad when teenagers are busy looking for happiness outside themselves and forget the happiness from within. Teenagers as social media users will try their best to get their own satisfaction, namely appreciation from the environment such as praise, positive comments, and "likes" from others. The negative comments on social media is one of the triggers to do unwanted things. The cause of this condition is the thinking of adolescence who begins to realize the influence of the judgment from others. Therefore, at this time adolescents try to adapt to be accepted so that they begin to think and follow the wishes or opinions of others that are trending at that time. A person who has low self-acceptance or lack of self-acceptance will feel worthless, depressive receipt, difficulty in adjusting to self-esteem in the environment, blame and hate himself which can hinder his life process because he is in a downturn. Self-acceptance is closely related to acceptance of the physical condition. So that a person who values himself by accepting strengths and weakness, he shows self-confidence and tends to be more optimistic (Priyono et al, 2018).

Realizing how complex the problems faced by adolescents, especially in terms of self-acceptance, certainly require complex solutions as well in order to be able to grow adolescent self-acceptance. The teaching of yoga is believed to be an art to increase self-awareness, managing thoughts, felling, speech and deeds. By practicing yoga regularly and correctly, the awareness, tranquility, peace of each teenager will emerge from his body and mind. Teenagers will process to be wiser and calmer in the face of various problems that befall their lives.

Yoga is a life practice that is the conceptual application of the teachings of the Vedic scriptures in the life of every living being based on the awareness of Godhead in his life, besides that yoga can also be used as a conscious practice to lead a teenager in achieving and enjoying the process of acceptance of himself and his life. The word yoga comes from the word "yuj" which means to connect, while yoga means control of the activity of the mind and is the personal spirit with the highest spirit. Yoga was founded by Maharsi Patanjali which is an addition to Samkhya philosophy where yoga directly recognizes as the origin of the universe and its contents according to Maharsi Patanjali in Raja Yoga known as *Astanga Yoga* or yoga with eight members namely *Yama, Nyama, Asana, Pranayama, Pratyahara, Dharana, Dhyna* and *Samadhi*. Of the eight parts mentioned above, the first five parts form the outer members (*bahiranga-yoga*) of yoga or make the body fresh and healthy, because they contain the body movements contained in the teachings of yoga, while the last three parts form the inner limbs called *inter-angga yoga* (Maswinara, 2006).

*Surya Namaskara Yoga* is an integral part of the approach to yoga teachings and is easily applied in everyday life especially by teenagers. Because the practice of *Surya Namaskara Yoga* only takes approximately 5-15 minutes of practice. So, it is very suitable for teenagers even though they are often busy with school activities. *Surya Namaskara Yoga* takes on a new dimension when each individual is aware of the effects of sunlight and warmth on daily life. At the same time, by awakening the inherent inner power of the sun through this unification exercise, adolescents can align themselves with cosmic traits and reinvigorate life with a growing awareness towards better self-acceptance.

## Method

This research was based on the qualitative research method, using qualitative descriptive analysis. The data were collected from the observation, interviews and literature studies, namely by including keywords in the google.scholar.com and various other literature to support the reference of this article. Furthermore, in analyzing the data of this study, the author carried out a series of stages so that the results of this study were logical, objective and empirical. The series of stages are reducing data, displaying data, verifying data and interpreting research data.

## Results and Discussion

### 1. Self Acceptance in Adolescents

The process of life, which is currently in the onslaught of globalization, makes every individual have to grow resiliently. Competition, rejection, or regret often come into life unprepared. Various ways are done so that life can be more meaningful and feel a peaceful life with the satisfaction of living the journey of life. The process of life seems stressful, causing everyone to have to struggle with the process of life, as well as those faced by teenagers. Definition of Adolescence according to Hurlock (1999) adolescence is a period of transition from childhood to adulthood that includes mental, emotional, social and physical maturity. But when viewed on the field, the teenager has not yet reached the level of maturity as mentioned. Today's teenagers are still often in a swayed state, easily affected by the boisterous problems outside of themselves. This condition implies that adolescents still do not have good self-acceptance .

Self-acceptance in Psychology term can be defined as a component of affective assessment that involves self-understanding of strengths and weaknesses, later generating unique feelings of worth. On the other hand, a person who has self-acceptance will understand that everyone can make mistakes. So, he will easily understand when he gets rejection from the community (Barnes, Chavous, Hurd & Varner, 2013). Lerner & Steinberg (2004) explained that self-acceptance is a state of a person who is able to live comfortably with the situation experienced, but still tries to develop his abilities and interests. Individuals who have good self-acceptance will not feel burdened by past mistakes or pretending to be someone else in front of the surrounding community.

When teenagers upload and share about daily life to their social media accounts, then get negative comments about themselves from other users, it will cause deep feelings of sadness. But, if they have good self-acceptance , negative comments will not affect them. A teenager who has good self-acceptance is a teenager who is in a situation where he has a positive attitude towards himself, recognizes and accepts of strengths and weaknesses that exist in himself and can feel satisfied and accept himself.

Self-acceptance not only includes the presence of a positive attitude that exists within, self-acceptance also concerns the acceptance of good qualities and bad qualities in yourself. Of course, it also includes positive feelings towards the past. If a person is able to give up a good or bad past event then it means that the teenager has been able to let go of a burden and return to accept himself.

According to Hurlock (2002) the things that can affect self-acceptance such as: first is the condition of self-understanding, this goes side by side with self-acceptance , which means that the individual understands the characteristics of himself and can accept himself. This is related to a realistic assessment of himself so that he will be honest and feel satisfied. The second is realistic expectations, desires that are adjusted to one's own abilities and do not follow the standards of others. This will have its own satisfaction which is the essence of self-acceptance . Third is the absence of environmental obstacles, where in achieving expectations the surrounding environment does not provide

opportunities or even hinder. So that desire will definitely be difficult to achieve. Fourth, the positive social attitude of the environment that can result from the three main conditions of a person. These conditions are the absence of prejudice, the appreciation of abilities, and the willingness of individuals to follow the traditions of a group.

In addition, another thing that can affect self-acceptance (self-acceptance) is the stress management ability. A condition when a person does not have emotional pressure so that he can work optimally and will feel happier. Nowadays, the inability of adolescents to manage stress will be directly proportional to the lack of self-acceptance rate. If teenagers have good stress management, they will be able to develop their potential so as to achieve good self-success and build a positive attitude towards themselves as well as around. Parenting also can affect a person's self-acceptance where the family is the first place of education. Ardilla & Herdiana (2013) explain that individual with democratic parenting tends to develop into a person who can respect themselves and others.

Teenagers in socializing need a good self-adjustment, but before that each individual is expected to be able to recognize all his characteristics. This will help teenagers to easily adjust to the social context, either in social interactions or through the media. As already explained, one of the factors that influence self-acceptance is how a person knows himself. Thus, a person knows and understands self-characteristics, the self-acceptance will increase. In line with research from Handayani, Ratnawati & Helmi (1998) that understanding yourself with all psychological processes and being more open to weaknesses will help to increase self-acceptance. After recognizing himself, the next step is to be able to determine the choice or standard of life he will live. Without upset with how others judge, but rather towards understanding what is really needed by himself in order to live a more peaceful and positive life process.

Less self-acceptance in adolescents is also often caused by mental pressure, breakup problems, conflicts with family or peers, a social environment that is not supportive so that teenagers are easily slumped and blame themselves. The inability of adolescents to cultivate self-acceptance will have an impact on their quality of life. The inability of a teenager to manage and balance mentally, physically and mentally can cause stress that interferes with his quality of life. This lack of understanding of life, makes it easy for many teenagers to be trapped with the suffering experienced, one of which is the inability to managing stress. It is difficult to cultivate feelings. When teenagers are able to change their feelings and have an open mindset, then teenagers will also be able to change their lives, a person's mindset depends on the process of processing feeling on himself.

Teenagers whose names are tagged by his friends in social media, are given attention or praise in the form of positive comments such as congratulating the achievements of teenagers or on special days such as birthdays and others, will make teenagers feel that they are accepted by many people and valuable because they get attention from others. There is a feeling of happiness and satisfaction that is felt by teenagers when they are not ignored, but their social media accounts get the attention from many people. This is in accordance with research conducted by Handayani (2017) the self-esteem that a person gains depends on the recognition and judgment obtained from the description shared on social media. Teenagers upload all activities on social media in hopes of receiving positive responses from their friends. According to Supratiknya (in Ridha, 2012) opens up or expresses our various thoughts, feelings and reactions to others, the first thing to see is we are not same like what others imagine. If we ignore ourselves, it leads to limited understanding. Good self-acceptance can be seen from how adolescents are able to appreciate and love themselves and be open to others.

The results of an interview with Krisna Dewi as a yoga practitioner who actively teaches yoga classes in schools explained that currently there are many teenagers who complain about their physical condition, judge themselves too hard and think that they are not worthy of a happy life. If that condition is believed to be persistent, it will cause an unfavorable impact on the adolescent life process. Teenagers who always reject their existence will easily dwarf their potential or uniqueness, so that the quality of life achieved by adolescents is also low. Therefore, understanding and efforts are needed so that the adolescents are able to have better self-acceptance .

Various efforts have been offered to solving the psychological problems of adolescents, one of them is doing yoga practice. Nowadays, the practice of yoga is very popular and coverage is in demand by some people because it has a therapy effect on the mind and body, and if yoga can be mastered well, it will be able to calm the mind that is too boisterous, so that it can harmonize physical and mental energy in a better direction. Yoga is also believed to be a science that has a scientific background and is universally known without time constraints and remains relevant today. The variety of types of yoga practices among the community is also very diverse, *Surya Namaskara Yoga* is one of the yoga practices that can be quickly learned by lay people who have never practiced yoga.

## **2. Fostering Self Acceptance in Adolescents Through Regular Practice of *Surya Namaskara Yoga***

Teenagers nowadays are too busy trying to be perfect for others. Thinking of yourself as helpless feels like it's common place. Being impatient because of being in a hurry or not ready to wait and wanting to always be ready to go is nothing new. Mental health, especially self-acceptance , is a hot topic in every conversation, because over time, each individual begins to realize that he is not doing well. The ability of each individual to respond to difficulties in dealing with something outside the self is certainly different, some immediately assume that there may be parts of themselves that need attention and some are missing self-control until they end up depressed.

The self-acceptance ability of adolescents is more towards mental health, but physical health is always integrated with mental health, because they are unity. Therefore, through the practice of *Surya Namaskara Yoga*, teenagers are not only mentally healthy, but holistically healthy. Mental health refers to a balanced mental state. According to Wiase (2019) the characteristics of being mentally healthy include feeling satisfied with the situation, being able to accept differences, being sincere in accepting criticism, and having good self-control from feelings of disappointment or anger. In this context mental balance includes components such as mind and emotional. Healthy thoughts are reflected in way of thinking, while emotionally healthy is reflected in ability to express emotions well. This mental balance not only shows that self-avoidance of mental disturbances, but also that his personal position can be in good harmony, in harmony with the outside world, and the ability to self-regulate well with himself or his environment. When a person focuses on physical health just because they want to fulfill certain ambitions, then mental health also needs to be pursued, so that there is an imbalance in himself, be it physical health or mental health.

Yoga has developed in ancient times, according to Sindhu (2006) yoga is a holistic system of body health formed from Ancient Indian culture since 3000 BC ago, with the development of Yoga it can provide many benefits for everyone, especially at this time. Yoga is referred to as "the living science" because almost all aspects of life can be attributed to it, even though it is thousands of years old, yoga can be felt to be still suitable to be practiced by modern society at this zaman.



Figur 1. Teenagers at SMK Negeri 2 Denpasar Are Practicing *Surya Namascara Yoga* (Source: Krisna Dewi 2023)

*Surya Namaskara Yoga* is a series of twelve body movements in yoga. Svami Satyananda Saraswati in her book entitled *Surya Namaskara* (2002) explained that *Surya Namaskara* is an exercise body movement that originated in the prehistoric era. When man realized the existence of spiritual power in himself, which was reflected in the material universe. This is the basic of yoga teachings. *Surya Namaskara*, which means 'homage to the sun', can be seen as a form of sun worship, and all of it appears on both a microcosmic and macrocosmic level. In yoga term this signifies that the implementation of *Surya Namaskara* awakens the solar aspect of human nature and releases this vital energy for the awareness development. This can be realized by doing the practice of *Surya Namaskara Yoga* regularly every morning which is also an excellent way to homage to the source of creation and life, which makes it a tradition of sun worship.

The twelve movements of *Surya Namaskara Yoga* are as follows: (1) *Pranamasana* (postures of prayer), (2) *Hasta Uttanasana* (postures of both arms raised), (3) *Padahasthasana* (postures of hands to feet), (4) *Asva Sanchalanasana* (moves of riding a horse), (5) *Parvatasana* (postures of the mountain), (6) *Ashtanga Namaskara* (Salute with eight limbs), (7) *Bhujangasana* (Cobra pose), (8) *Parvatasana* (Mountain pose), (9) *Asva Sancalanasana* (Horseback riding pose), (10) *Padahasthasana* (Hand to foot pose), (11) *Hasta Uttanasana* (postures of both arms raised), and (12) *Pranamasana* (postures of prayer). *Surya Namaskara Yoga* practice process involves not only *asanas* (postures), but *pranayama* as well as self-contemplation. Practice of *Surya Namaskara Yoga* every day will provide pause for teenagers to be able to observe themselves, listen to themselves and harmonize the energy in their body.

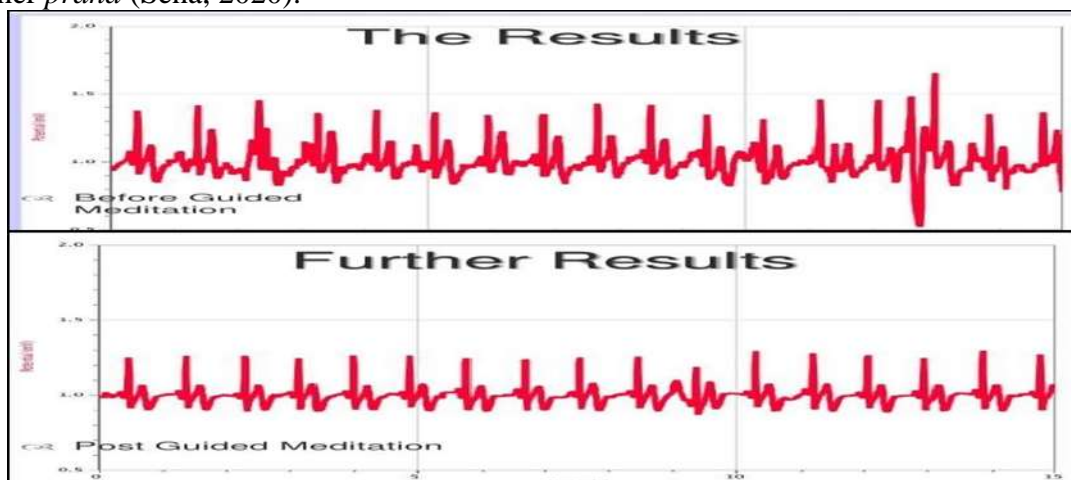
According to the results of interviews with teenagers with the initials KM explained that feelings before practicing of *Surya Namaskara Yoga*. He was not able to accept this life and always blamed himself and others so that he had the thought that life is unfair. Meanwhile, after routinely doing *Surya Namaskara Yoga* exercises at school and at home, he was able to be more understand to his life process. He feels that *Surya Namaskara*, which is trained every morning, will give time for himself to be more prepared in living his daily life, because when in a more relaxed atmosphere. He can more easily give positive appreciation to himself so as to provide a sense of security in adjusting and stimulus reactions to the social environment. Based on the results of the interview, it can be understood that through the process of practicing *Surya Namaskara Yoga* regularly and consistently will help adolescents in cultivating better self-acceptance .



Figur 2. Twelve Asanas (postures) in *Surya Namascara Yoga*  
 (Source: Accessed On Google Link <https://www.kushiyogalaya.com>)

*Pranayama* also has a good effect that teenagers can feel when practicing *Surya Namaskara Yoga*. Usually if the teenager is in an anxious state then the flow of breath is also less comfortable. So that adolescents who have less self-acceptance also usually do not observe themselves consciously, one of them is the flow of breath that should be grateful for. In yoga, *pranayama* is the fourth stage in *Astangga Yoga*. According to Iyengar (1966) *pranayama* comes from the word '*prana*' meaning breath or breathing, flow of life, vitality and energy or strength, while '*ayama*' means regulation. Based on its etymology, *pranayama* can be understood as the regulation of prana or life energy, thus prana is not limited to breath, since the breath is a tool of the flow of prana or life energy.

Emotional and psychological are necessary to maintain a harmonious balance, one of the ways to obtain *prana* in life is through breathing, that is, oxygen and vitality inhaled from the air. *Prana* is the medium that connects the body with the soul. Like *purusa* as an element of consciousness and *prakrti* as a symbol of matter. Prana, is the link between consciousness and matter. *Prana* activates the gross body through the *nadi-nadi*. Sustaining life by giving life force should be lifeless. The air we breathe is a means of finer *prana* (Sena, 2020).



Figur 3. Comparison of Thought Waves Before and After Performing *Pranayama* and Meditation  
 (Source: Widya Sena 2020)



Jibeen (2016) explains that unconditional self-acceptance and self-esteem have a connection with beliefs and psychological pressures, which can have an effect on a person's psychological well-being. He found that unconditional self-acceptance can reduce emotional problems that can hinder the educational and personal growth of individuals aged 18 – 25 years. So that people who have good self-acceptance can develop all the potential in themselves and they are able to live a life comfortably.

Adolescents who experience low psychological well-being will have a low level of self-acceptance, often appear feelings of dissatisfaction with themselves, feel disappointed with past experiences, and want to be themselves at this time. Then there will be behaviors of lack of relationships with others or difficulty adapting and socializing with the surrounding environment. It is difficult to be warm and reluctant to have ties with others, he has not the goals to be achieved in life, and has not beliefs that can make his current life more meaningful.

Currently, there are many yoga communities and studios that can support yoga training places. Many peoples doing Yoga because of the great benefits, especially in the field of health, not only physical health but Yoga can provide good benefits for a person's mental and spiritual health. It can be seen that Yoga has more value than other sports. Because the practice of Yoga concerns the body, mind, and soul. So, by focusing on doing Yoga exercises body balance will be achieved. *Surya Namaskara Yoga* can practice at home, so that teenagers who have a busy schedule can also practice *Surya Namascara Yoga* regularly.

The practice of *Surya Namaskara Yoga* also includes a *Savasana* pose at the end of the exercise. *Savasana* pose must be practice with breathing awareness. This will help the teenager to rest and release the tension that is in the body. *Savasana*, known as the 'corpse position', requires a conscious from the whole body to relax, so it is like a corpse without life. By doing *Savasana* for a few minutes makes the body refreshed completely with the body and mind in a state of harmony.

When practicing *Surya Namaskara Yoga*, it takes some effort to carry out the sequence of body positions. This can be known from the elevated heart rate and deep breathing, which is connected with the sympathetic nervous system. Furthermore, the relaxation of *Savasana* gives the sympathetic nervous to works, by reversing the effects that appear, and returning the body to a balanced state. By combining *Surya Namaskara* and *Savasana* both aspects of the nervous system are automatically stimulated and the whole body is refreshed.



Figure 4. Teenagers Perform *Savasana* as The Final Practice and Relaxation of *Surya Namaskara Yoga* Practice.  
(Source : Krisna Dewi 2023)

*Surya Namaskara Yoga* practice can be practiced regularly by adolescents to be able to balance and increase emotional and mental stability so as to foster better self-acceptance. This is in line with Sarasvati's (2002) explanation that at the age of eight years the pineal gland begins to decline in function or calcification and damage, so that at the age of twelve years or fourteen years, puberty begins. The pineal gland controls the pituitary hormone (*mucus*), which is responsible for sexual maturity, in controlling too early puberty. Its premature deterioration often accelerates sexual development. The physical aspect, the development of new sensations and desires, which exceed the mental cause imbalances. The young mind is incapable of understanding and dealing with the early development of new feelings towards maturity, which causes emotional trauma and 'identity crises' very prevalent in their teens. It can also cause hormonal imbalances and various disorders, mental and physical. The purpose of teenagers having to do *Surya Namaskara Yoga* exercises regularly is to take care of the pineal gland. It combined with *nadhi sodhana pranayama*, *sambawi mudra* and *gayatri mantra* is the method advocated by yogis and the Rsi to maintain a balanced pineal regeneration. This exercise will help to keep the entire complex of *ajna chakras* located on the pineal. If this can be achieved then the journey of life will feel smoother. Teenagers will be able to enjoy the process of their lives and make peace with themselves as well as around so that they are able to slowly cultivate better self-acceptance. In line with the results of an interview with the teenager with the initials AG after practicing *Surya Namaskara Yoga* earnestly. He began to be able to better improve relationships with himself, family and the surrounding environment. Tension in the body begins to decrease and is more relaxed in living daily life. Because in a tense state, the heart also often beats and breathes are less relieved. But after the routine practice of *Surya Namaskara Yoga* every morning that he gradually begins to feel peace of mind and harmony in life, better physical health conditions and a process of self-acceptance can also be cultivated.

Physical health is integrated with mental health, because the two are unity. The connected between negative feelings and the occurrence of disease attacks has been proven many times in recent years, not infrequently when a person is in a state of decline or sadness then followed by the onset of a disease. In yogic terminology mental health disorders are caused by the pulse in the human body not working optimally. Pulse are channels through which vital energy passes to deliver food to organs in the human system, as blood vessels flow blood throughout the body. The ancient yogic science emphasized the importance of cleansing the pulse in the human body. According to the teachings of *Hatha Yoga*, there are pulse which 72,000 pieces (Sani, 2005). In *Surya Namaskara Yoga* practice, pulse cleansing by practicing *pranayama*. This practice also reinforces the concept of balance the nature of the body. Currently it can be seen that the concept of balance in the body has not been fully perceived by humans, most of them are still haunted by various health problems that lead to the cause of imbalances.

The results of an interview with one of the Yoga practitioners, Agus Ari, who has routinely practiced *Yoga* every morning, he said all poses in practicing *Yoga* lead to balance and unification by building awareness of the existence of a complete self. So that teenagers who practice yoga are expected to train themselves to be more aware, this *pranayama* will help teenagers in relaxing the body and mind so that peace can be felt. If peace has been felt then self-acceptance also follows. According to Bernard (2013) self-acceptance can be divided in to two aspects, namely: (1) Self-awareness and appreciation of positive characteristics and potential development (personality, talents, family, religion, cultural characteristics) and (2) A sense of pride and unconditional acceptance of himself when a negative event occurs (failure, criticism or rejection from others) or when engaging in negative interpersonal behavior; not judging yourself negatively.

Sarasvati (2002) adds that yoga education has the criteria set by the great physiologist and humanitarian expert, Alexis Carrel, who says. The development of children between the ages of six and eighteen must take place simultaneously on its anatomical, organic, bone, muscular, physiological, intellectual, and emotional aspects. None of these areas of development can occur separately. The most important development of this area is the development of physiology and emotionality. Education should start there. In the first place the psychio-physiological discipline must be introduced, and at the same time the prinsi of controlling relations between people must also be taken into account.

The statement points out the importance of the introduction and practice of basic yoga practices, including *Surya Namaskara Yoga*, in adolescents is expected to produce a controlled and integrated function of psychic and physical development, which will develop them into a harmonious person (Wisarja, & Sudarsana, 2023). Doing *Surya Namaskara* regularly and earnest Yoga practice will train teenagers to give themselves pause to release tension in their minds, bodies and feelings that are less comfortable. This exercise allows teenagers to feel comfortable with themselves and helps teenagers take a positive approach to life. So that if faced with a problem, adolescents no longer blame themselves outwardly, but look inside, the process will help adolescents consciously cultivate self-acceptance built from within so that the quality of life achieved also improves. Self-acceptance that has grown well from within will have an impact on the outside of adolescents, teenagers will remain comfortable with the surrounding environment so that relationships with others are also more harmonious.

## Conclusion

Self-acceptance can be defined as a component of affective assessment that involves understanding himself from strengths and weaknesses or being to accepting others as they are, this condition will produce unique feelings of worth. Adolescents who have good self-acceptance refer to he has a positive attitude towards himself, recognizes and accepts the strengths and weaknesses that exist in himself and feels satisfied and accepts himself. Teenagers in socializing need good self-adjustment, but before that each individual is expected to be able to recognize all his characteristics. This will help them to easily adjust to the social context, either in social interactions or through the media. If he knows and understands the characteristics of himself with full awareness, they have good self-acceptance.

*Surya Namaskara* yoga, which means 'homage to the sun', can be seen as a form of sun worship consisting of twelve body poses. In yoga term this signifies that the implementation of *Surya Namaskara Yoga* awakens the solar aspect of human nature and releases this vital energy for the development of higher consciousness. This can be realized by doing *Surya Namaskara Yoga* exercises every morning. *Surya Namaskara Yoga* practice can be practiced regularly for 5-15 minutes by teenagers in order to be able to balance and increase emotional and mental stability so as to foster better self-acceptance.

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