

THE PROCESS OF SELF-ACCEPTANCE AFTER GRIEVING IN MICHELLE ZAUNER'S CRYING IN H MART

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Abstract

This study delves into the intricate and emotionally charged exploration of grief and acceptance in Michelle Zauner's literary work, "Crying in H Mart." The narrative revolves around Zauner's deeply personal journey through loss, primarily centred around the death of her mother. Zauner's narrative unfolds in a series of stages, each marked by its own set of emotions and self-acceptance. The analysis of the literary work involves library research and close-reading approaches. Furthermore, the article contextualises Zauner's literary work within the broader discourse on grief literature, drawing connections to existing theories on grieving and psychological adaptation. The result of the analysis shows that after grieving, people will go through several stages which involve forgiving oneself, connecting with loved ones, and moving on.

Keywords: loss, stages of grieving, self-acceptance

INTRODUCTION

Zauner's *Crying in H Mart* (2021) highlights the phenomena of sadness and self-acceptance. The story expresses the sadness and grief that Zauner felt when her mother experienced colon cancer until her mother died. Zauner's mother had a big impact on her life because Zauner found love and support from her mother. Her mother's death was a moment that was difficult to accept, so Zauner needed time and a process. Zauner's journey towards self-acceptance is aided by her increased self-awareness and understanding of her mother and herself.

Worden (2018) defines grief as a process. Some easily forget their sadness, some have to be distracted by something, and some will not be able to forget their sadness for a long time. Grief is not a kind of feeling, judgment, or a kind of recognition, or any kind of mental state which can be satisfactorily captured in a minute (Goldie, 2011). People need to adjust after suffering from grieving (Boyras et al., 2015). In another research conducted by Corless et al., (2014), grief is strong emotional responses, adjustments to our perceptions of the self, the outside world, and the future, and the loss of relationships that hold

meaning. From the studies above, it can be concluded that everyone after grieving needs a process and time to digest what has happened. Grieving is a normal process that occurs in humans, and several stages need to be passed (Guldin & Leget, 2023).

Everyone who goes through sadness will undoubtedly show a reaction and emotion, although this emotion might vary greatly in their character. Hamilton (2016) reveals a person's grieving reaction cannot be pinned down because grieving can be a rather uneven and slow process. Each person has diverse mental qualities and strengths in going through each trouble in life, counting facing the loss of an adored one (Juliantiet al, 2022). Ausie and Mansorer, (2020) and Thimm et al., (2020) disclose that individual reactions to grieving are very complex since they include passionate, physical, and cognitive angles of the occasion. The reactions produced by people as lamenting individuals shift within the sense that melancholy is not continuously communicated through crying.

The transition period of grieving experienced by children whose mothers die can affect their emotions, behaviour and approach to themselves and their environment. After grief, they got to adjust to the different changes felt after being surrendered by their parent (Mei et al., 2023). The moment of losing a parent to a child will be a very painful event even if the child is an adult and requires a long process to accept it (Biank & Werner-Lin, 2011). After a kid experiences a period of grief caused by the death of a loved one, they need time to organize their heart and feelings to be able to accept themselves and their situation.

Due to the process of grieving, Elisabeth Kübler Ross (Kübler-Ross, 1969) provides an understanding of the 5 stages of grieving as follows :



Figure 1. Five Stages of Grief proposed by Kübler-Ross, (1969)

This figure elucidates that every stage of grief has a different pattern and some stages are important to pass after grieving. Here are the explanations:

Denial

In the first stage of grieving people will deny the situation that has happened to them. Being in the denial stage, the individual experiences feelings of confusion due to the effects of extraordinary surprise. Usually, the question will arise whether the person they love is gone. People may deny anything has happened, and reassure themselves that they are thinking their life is meaningless. They may also feel senseless and project negative feelings onto others (Nurjanah et al., 2023).

Anger

In the second stage of grieving people will be angry. They cannot contain the sense of discontent he has and create a sense of outrage and envy. People in this stage may feel angry, frustrated, and may even feel a sense of betrayal. They may also feel a sense of injustice and may express their anger through blaming others, or even themselves (Schut et al., 2021).

Bargaining

At this stage, people will make an of-

fer to the pity they are encountering. The bargaining stage involves psychological negotiating with oneself, others, or even a higher power to try and change past or future events (Schut et al., 2021). The bargain is not something that can occur but is a fantasy that temporarily assists in bringing more control in a difficult situation.

Depression

The depression stage of grief is characterized by heavy sadness, a desire to isolate, and feelings of hopelessness. During this stage, individuals may feel overwhelmed by their loss and may struggle with feelings of emptiness and helplessness. They may also experience a loss of interest in activities and a general sense of disconnection from the world around them. Additionally, individuals in the depression stage of grief may experience a range of negative emotions, such as sadness, despair, and disappointment (Schut et al., 2021). People usually spend their time crying and being sad.

Acceptance

Acceptance is the last stage of grieving. People realize that what is gone cannot be gained back. The acceptance stage after grieving is the final stage in the process of healing and adapting to loss. Acceptance is the time when people begin to accept the fact that their loved one is gone. They begin to come to terms with the loss. The acceptance stage involves emotional and psychological acceptance of the loss, as well as allowing the individual to move on with their life in a positive way (Schut et al., 2021).

Self-acceptance is the process of accepting oneself to the fullest extent possible, flaws and all, and it is an essential component of mental health and well-being. Beecher in Bernard (2013) reveals

self-acceptance means recognising ourselves as we are. Realising that everything that happens about us is a fact that must be accepted. Okpalaenwe (2022) defines self-acceptance as happiness. Happiness means to be happy with who ourself and not feel apologize to anyone. The feeling of acceptance means embracing ourselves without allowing friends, family, leaders, or other powerful people to manipulate us. Drawing on the principles of self-acceptance theory by Okpalaenwe (2022), individuals can engage in practices such as mindfulness, self-reflection, and self-care to support their journey toward acceptance after grieving.

By cultivating a positive relationship with oneself and embracing the complexities of grief with kindness and understanding, individuals can pave the way for personal growth, resilience, and emotional well-being. The process of self-acceptance is influenced by the process and stages one goes through when grieving (Dyregrov et al., 2016, O'Connor, 2019). So someone needs to go through their process to accept that everything will be okay after loss.

Self-acceptance theory emphasizes the importance of acknowledging one's emotions, thoughts, and experiences without judgment or self-criticism. By fostering a sense of self-

compassion and acceptance, individuals can gradually come to terms with their grief, integrate their loss into their sense of self, and ultimately find a renewed sense of purpose and meaning in life. Regarding 5 stages of grieving and self-acceptance theory by Okpalaenwe (2022) will be presented below:

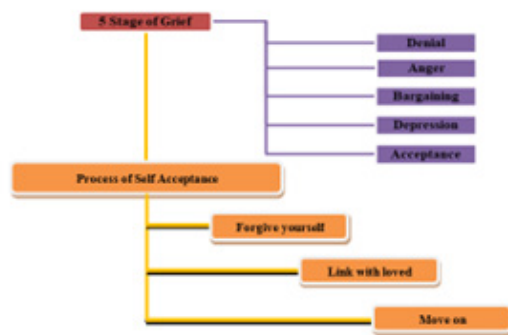


Figure 2. 5 stages of grieving and self-acceptance theory by Okpalaenwe (2022)

The figure above depicts the process of self-acceptance based on the 5 stages of grieving and self-acceptance theory by Okpalaenwe (2022). A person who is grieving can benefit from the Kübler-Ross model of grief, which offers a framework for comprehending and managing their feelings. The five stages of this approach are denial, anger, bargaining, depression, and acceptance. People can have a better understanding of both their own and other bereaved people's emotions by identifying these stages.

Supported by the latest research by Okpalaenwe (2022) the practice of accepting one-self for who you are, faults or all, is known as self-acceptance. It entails acknowledging and embracing one's flaws, shortcomings, and talents. Increased self-worth, self-assurance, and general well-being might result from this process. Explained in her research that there are 3 ways to achieve the target of accepting oneself after loss. The first one a person experiencing a period of

grief must be able to forgive himself. Forgiving oneself can be seen of as an adaptive strategy of humans that helps them regain a good sense of self and overcome feelings of guilt and regret (Pierro et al., 2018). Second, link with loved ones. The link between love and acceptance can help individuals accept themselves after grieving by providing a sense of comfort and support during the grieving process (Okpalaenwe, 2022). Love and acceptance can be powerful tools for coping with grief and moving forward after a loss. Last, after grieving someone must move on. Moving on from grief is about learning to live with the suffering and the person's memory in a meaningful and fulfilling way, rather than eliminating the anguish or forgetting them (Okpalaenwe, 2022). Rather, it is acknowledging the loss and figuring out how to go on with life while preserving the memory of the individual or occasion.

This paper, then, tries to explain the 5 stages of grieving experienced by Zauner and Zauner's process of self-acceptance after her mother passed away.

METHOD

In analyzing Michelle Zauner's *Crying in H Mart*, library research and close-reading methods are employed. The data are gained from Zauner's literary work and from the supporting concepts which are compiled using qualitative methods and literature study. Qualitative research methods are a set of techniques used to collect and analyze data that is rich in detail and context, often used to understand human experiences, behaviours, and social phenomena (Cropley, 2023). These methods are characterized by their emphasis on the interpretation of data through the researcher's perspective. In conducting this research, the author gathered the information by note-taking, observation, and

literature study. The process of gathering bibliographies, making notes, reading, and organizing research materials are all part of the literature study.

FINDINGS AND DISCUSSION

Michelle Zauner considers her grief process as an identity exploration and food-fueled healing journey. She talks about her journey through the stages of grieving following her mother's cancer diagnosis, including her experiences with denial, anger, bargaining, despair, and acceptance. Zauner delves into the intricacies of mourning, personal identity, and the ability of food to promote healing and preserve her mother's recollections. Her work shows the tenacity to face the pain of loss and the process of continuing to grow.

Zauner's experience reveals when people grieve, they need time and a process to be able to heal themselves and accept the situation. The last stage of grieving is acceptance. People start to accept the truth of their loss and start adjusting to their new situation. The acceptance stage is distinguished by a readiness to accept the present and influence the future, as well as a change of perspective from the past to the present and future. This stage is about learning to live with the grief and move on, not about ignoring the loss or acting as though it never happened. People may go through many feelings at this point, such as hope, relief, and happy moments. Additionally, they might experience serenity and a more forward-looking outlook. In grieving, acceptance can take many forms, such as forgiving yourself, linking with loved ones, and moving on (Okpalaenwe, 2022).

Based on the explanation above, the following is a discussion of the stages of grief through to the stage of self-acceptance that Zauner goes through.

Stages of Grieving experienced by

Zauner

After her mother passed away, Zauner experienced savour grief. It is not easy for Zauner to move on and deal with the pain after her mother passed away. After losing her mother, Zauner went through different stages of grief, consisting of emotions, stages of experience, and ways to deal with grief. Based on Kubler-Ross's theory, due to the process of grieving, there are 5 stages a person who is grieving will pass denial, anger, bargaining, depression, and acceptance stage.

Denial

After grieving, those who have suffered a major loss frequently endure the denial feeling. Grief's denial stage is marked by a sensation of shock and disbelief over the loss, frequently coupled with a need to run away from the situation's reality (Ross, 1969). This is also what Zauner experienced and felt when she had to accept the fact that her mother had died.

The denial stage of mourning is visible when Zauner talks about her mother's last days and her difficulty accepting her mother's death. Zauner described feelings of disbelief or difficulty accepting the fact that her mother was gone. In line with research by Nurjanah et al., (2023), people who suffer from grief, may deny anything that happens in their life. The denial stage involves an effort to pretend what is happening as well as to act as though the loss never happened. Zauner felt like this was just a nightmare that would soon pass.

"I could feel my heart hardening—crusting over, growing a husk, a callus. I deleted the photographs from the hospital of my mother and me in her bed wearing matching pajamas. I deleted the photo she sent me the day she got her hair cut like Mia Farrow, shyly posing as if the hardest part was over" (Zauner, 2021, p. 150).

The quotation above describes

Zauner's experience of deleting photographs of herself and her mother after her mother's death. The act of deleting these images suggests a desire to erase or distance herself from the reality of her mother's illness and death. The photographs may be reminders of the bond between mother and daughter, and by deleting them, Zauner is essentially cutting off a part of her connection to her mother. Deleting photos signifies a desire to sever ties with the pain of loss, yet it also hints at the internal struggle Zauner faces in confronting her grief.

Disclose to Biang and Warner-Lin, (2011) losing a parent must be a very painful moment for children. Zauner's description of her heart "crusting over" and "growing a husk, a callus" illustrates a metaphorical hardening of her emotions, which is characteristic of the defensive mechanisms often seen in the denial stage of grief. The photographs hold significant sentimental value, representing moments of intimacy and connection between Zauner and her mother. This imagery captures the instinctive human response to emotional distress, where individuals may unconsciously build emotional defences to cope with difficult circumstances.

Considering research by Julianti et al (2022), everyone has different capacities and abilities in dealing with loss, and everyone also has certain ways and tips for dealing with loss and sadness. The phrase "I could feel my heart hardening" indicates that Zauner is beginning to emotionally detach from her grief and protect herself from the intense pain. By removing these visual reminders of her mother, Zauner is attempting to create a sense of separation or distance between herself and the loss, which may be a part of the denial stage of grieving.

Anger

Zauner expresses her grief and sorrow through anger. According to Kübler-Ross (1969), when experiencing loss, individuals can feel angry after being faced with a situation that is not as desired. On the anger stage, Zauner blames herself, other people or an object that has no direct relationship to the loss. This feeling of anger is a normal reaction (Guldin and Leget, 2023). Zauner considers that what is happening in her life is unfair. At this stage, Zauner points the finger at herself, other people, or an item that isn't even directly related to the loss. She said, "I'm angry at this old Korean woman I don't know, that she gets to live and my mother doesn't, like somehow this stranger's survival is at all related to my loss" (Zauner, 2021,

p. 3). This statement is an example of how intense emotions and feelings of unfairness can arise during the grieving process, and it is important to allow oneself to experience these emotions fully, as they can help in the healing process. Zauner felt a sense of injustice and resentment towards a stranger who was alive while her mother was not. However, it is essential to recognize that her anger is misplaced, as the old Korean woman's survival is not directly related to her mother's death. Zauner's rage toward the elderly Korean woman is a manifestation of her grief and is not based on any rational connection between the woman's survival and Zauner's mother's death. The stranger's presence has no direct consequence on Zauner's loss, but in her grief, she transfers her emotions of injustice onto this unknown woman.

Anger has been a result of the sudden and unexpected nature of Zauner's mother's death, as well as the frustration and confusion that often accompany the grieving process. As proposed by Hamilton (2016) grieving process is a complex

and individual experience, and it is normal to feel a range of emotions, including anger, sadness, numbness, and disbelief. These emotions can be triggered by various factors, including the circumstances of the loss, the relationship with the deceased, and the individual's coping mechanisms.

Bargaining

Zauner's attempts to find control and meaning in the wake of her mother's death are indicative of the bargaining stage of grief. Zauner talks about how difficult it was for her to accept her mother's death. Zauner tries to bargain during the offering stage because she is full of hopelessness and wants to prevent a negative outcome. The concept revealed by Corless et al., (2014), grief is a strong emotional response and adjustment to someone's life. Even if Zauner needs to make significant adjustments in her life, she fervently believes that everything will return to normal.

"I spent an hour on the treadmill. In my head I played a game with the numbers. I thought to myself, If I run at eight for another minute, the chemo will work. If I hit five miles in half an hour she'll be cured" (Zauner, 2021, p. 74).

The quotation above describes the bargaining stage in grief experienced by Zauner. Zauner attempted to improve the situation by making an agreement or negotiation with herself. In the bargaining stage, Zauner had a belief that the actions she took could influence her mother's recovery from her illness. By spending an hour on the treadmill and setting specific goals regarding speed and distance, Zauner created her own mental game. She believes that achieving certain benchmarks will have an impact on the success of chemotherapy treatment or even cure her mother's illness. Schut et al., (2021) disclose that the bargaining stage involves psychological negotia-

ting with oneself, others, or even a higher power to change past or future events.

As Zauner's experience shows, the bargaining stage frequently entails some type of self-deception or delusion, because the outcomes of such discussion are ultimately beyond one's control. Zauner's thoughts reveal her desperate attempts to find strength in a situation that feels completely out of her control. By having a target for what Zauner did, she hopes to influence her mother's recovery, even though deep down she knows that this is irrational.

The passage above highlights the emotional turmoil and despair that often accompany the bargaining stage of grief. Despite irrational thinking, the individual holds on to this belief as a way to overcome fear and realize the hope that what is done can make the situation better.

Depression

Ausie & Mansoer, (2020) and Thimm et al., (2020) reveal almost everyone experiences similar issues during this depressive stage, such as mood swings, decreased activity, disturbed social relations, lower productivity, guilt feelings, and heightened sensitivity. Zauner described her emotional struggle as feelings of sadness and deep longing for her mother. She reminisces about past experiences with her mother. Zauner expressed a deep longing for her existence and guidance. These feelings of deep sadness and longing are characteristic of depression, as individuals swear over the loss of their loved ones and grapple with the reality of their absence.

"Every time I remember that my mother is dead, it feels like I'm colliding with a wall that won't give. There's no escape, just a hard surface that I keep ramming into over and over, a reminder of the immutable reality that I will never see her again" (Zauner, 2021, p.3).

Zauner's description of realizing that her mother had died explains that she was trapped in an endless cycle of sadness and suffering. Furthermore, Zauner's depiction of the enduring reality that she will never see her mother again underscores the deep sense of loss and emptiness that accompanies the depressive stage. The impending death and permanent absence of her mother contributed to feelings of hopelessness and resignation, which further exacerbated her depressive symptoms. Zauner provides an honest depiction of the grief stages of depression, capturing the deep emotional pain and sense of hopelessness that accompanies the realization of the loss of a loved one. Furthermore, Zauner's absence from her mother may have increased her appreciation for the relationships she still has and the times she spends with loved ones. This greater awareness of the fragility of life and the value of meaningful connections may contribute to her increased sensitivity.

Grief can increase emotions and make people more aware of their own and others' feelings. Zauner's absence from her mother may have made her feel more sensitive and emotionally raw, causing her to react more intensely to both positive and negative stimuli in her environment.

Zauner elucidates how her mother's passing affected her deeply and how she dealt with it. Those who have lost a loved one frequently go through this, and it's an important part of the grieving process. "Ever since my mom died, I cry in H Mart" (Zauner, 2021, p.1), Zauner expresses sadness by crying. Losing a parent, especially a mother, must be very heartbreaking and confusing for her. Crying is a way for Zauner to release pent-up emotions, feelings of sadness, loss, and longing.

Zauner's increased sensitivity following her mother's death is a natural reac-

tion to loss and demonstrates the significant impact that grief may have on an individual's emotional environment. It demonstrates the depth of her love for her mother and the long-lasting impact her mother's memory has had on her life.

Acceptance

According to Kubler-Ross (1969) acceptance is the last stage of grief. Therefore, once people have reached this stage, it can be claimed that their grief has been resolved. At this stage, people come to terms with the fact that a loss has occurred. People are no longer angry with themselves or with anything outside of themselves. They are no longer wishing or haggling with God. People are also able to go about their daily lives without experiencing protracted grief and despair since they have come to terms with the loss.

Zauner started to come to terms with the reality that her mother had died and that she would never be able to get it back. As proposed by Schut et al., (2021) the acceptance stage entails allowing the person to move on positively with their life and accepting the loss on an emotional and psychological level. Peace begins to emerge, replacing feelings of denial, anger, and depression. Zauner was able to move on from her mother's absence and start a new chapter in her life. She finds a sense of relief and acceptance after years of battling and mourning her mother's death.

"Traveling to some far-off place seemed like a good idea at the time. A mental breather from a house that felt like it was suffocating us." (Zauner, 2021, p. 135-136).

Zauner illustrates her journey of finding peace and acceptance after the death of her mother. Travelling was an important moment in Zauner's healing process, giving her the relief she needed to treat the suffocating sadness in her life. Travelling offers a

physical and mental escape, allowing Zauner to process her feelings and gain fresh insight into moving on. After going through grief, a change of routine and scenery can be provided by travel, which may be helpful for her. Along with new experiences and cross-cultural relationships, it can also offer chances for introspection and self-reflection. While Zauner understands that taking a vacation won't bring her happiness back entirely, it can at least aid with some temporary closure over her losses.

After passing through the grieving stage, Zauner moves on to the stage of self-acceptance. Dyregrov et al., (2016) and O'Connor) reveal that acceptance will happen after someone passes the grieving process and stages. In terms of self-acceptance, Okpalaenwe (2022) has a further perception, she has the concept that if someone is in the acceptance stage, several characteristics will appear such as forgiving yourself, linking with loved ones, and moving on.

Process of Self-Acceptance which Michelle Zauner has Passed

The final stage of grieving is acceptance. People begin to accept their loss and seek new directions in their lives. However, this does not mean that they no longer feel the pain of loss or no longer grieve. Acceptance is about embracing the present and shaping the future, not forgetting the past or denying the reality of the loss. Supported by the latest research by Okpalaenwe (2022) the practice of self-acceptance someone must be able to forgive themselves, begin mending their connections with others, and move on.

Forgive Yourself

One of the stages of self-acceptance that Zauner reached following her mother's passing was forgiving herself. Okpalaenwe (2022) explains that self-forgiveness is

a complicated and individual process that follows grief. Self-forgiveness entails embracing the sentiments and emotions that accompany the loss as well as admitting to its truth (Okpalaenwe, 2022). To escape the vicious cycle of suffering and resentment that can keep someone in mourning, forgiveness is an act of self-care. Instead of allowing rage to define her, Zauner can let go of negative emotions and concentrate on her own well-being by forgiving herself.

"The memories I had stored, I could not let fester. Could not let trauma infiltrate and spread, to spoil and render them useless" (Zauner, 2021, p. 178).

From the quotation above, after grieving Zauner tried to acknowledge and accept the feelings that arise, including sadness, loss, anger, and even guilt. She assured herself there were no wrong reactions in the grieving process, and that it was important to permit herself to feel those emotions. Zauner avoided the trauma to prevent the potential detrimental effects of trauma on her memory. The word "fester" gives an image of anything rotting or degrading over time if left neglected. By identifying this risk, Zauner exhibits an understanding of the negative effects that unresolved trauma can have on her well-being.

To get over feelings of regret or guilt that come with losing a mother figure in one's life, Zauner tries to show that forgiving oneself is a crucial first step. This entails acknowledging to oneself that one is a fallible human being who likewise needs forgiveness from oneself included. It was not her fault that her mother's treatment failed; rather, it was an unavoidable consequence of God. Explained in Nisa et al., (2022) someone who believes in God's decree must be able to rise because God is faithful. As the first step to her recovery and development, she tries to allow herself to

feel unhappy and guilty. Based on the study by Pierro et al., (2018) about self-forgiveness, the expression “moments to be tended” refers to the deliberate and continual practice of caring for and nourishing one’s memories. This shows that self-forgiveness is an ongoing process of admitting, facing, and healing from past wounds. By focusing on her recollections, Zauner recognizes the value of self-care and self-compassion in the process of forgiveness and healing. She refuses to let trauma “spoil and render them useless,” demonstrating a strong desire to preserve the positive components of her previous experiences and connections. This might be seen as self-compassion and self-respect since Zauner realizes the value of her own experiences and recollections.

Zauner looks for ways to ease the burden of guilt she may be feeling. She realized that she had done the best he could to care for her mother and that it was the disease itself or other factors beyond her control that caused the death to occur.

Link with Loved

Another way Zauner took to accept herself and her situation after grieving was to start linking with the people around her (Okpalaenwe, 2022). Losing a mother can be a life-changing moment, and often prompts a person to seek support and connection with others around them (Biank and Werner-Lin, 2011). Zauner describes her struggle to overcome grief and face the reality of being without her mother. She tries to find ways to strengthen her relationships with family and friends, seek emotional support from them, and nurture those relationships more deeply.

By linking with people around her, Zauner was able to appreciate the relationships she had built before losing her mother, and she worked to strengthen those relationships further. She realized the importance of appreciating time spent with

loved ones and learned to be more grateful for those relationships. Two weeks after the death of her mother, Zauner, her husband and her father decided to go on holiday together to Vietnam to heal themselves after grief and try to build closer family relationships.

“Neither of us had been to Vietnam and it was relatively inexpensive thanks to a strong American dollar. We figured that maybe if we were busy taking in a place neither of us had ever been, we could manage to forget, just for a moment, how much our lives had fallen apart” (Zauner, 2021, p.136).

The decision to travel together reflects a mutual desire to recover and support one another. It acknowledges that loss does not have to be confronted alone, and that seeking solace in the company of loved ones can be an important part of the healing process. By embarking on this journey together, Zauner, her husband, and her father express their love for one another and their shared journey through bereavement. Zauner chose Vietnam since her mother is Korean and she wanted to see the neighboring Southeast Asian nations. She encountered a variety of cultures, meals, and settings that were unlike what she had known in the United States. The vacation allowed her to ponder on her mixed Korean and American identities, as well as reminisce about memories with her mother.

While in Vietnam, Zauner also experienced a moment of enlightenment and reflection about the importance of accepting oneself and accepting complex feelings after loss. This helped her understand that the healing process is step by step and that each step, although difficult, is important in the healing journey. It gives her space to think, reflect and experience the vast diversity of the world, which in turn helps in understanding and accepting one-

self after a profound loss.

Move On

After Zauner was able to go through all the stages of grief after her mother's death, she tried to move on and continue her life well. Even though the process was not easy, she found a way to rise and find balance and meaning in her life. What Zauner has done through grieving is the process of moving on after loss. Backed by Worden (2018) grieving can be a lengthy and difficult process, it is not necessary to forget the person or event that caused the pain to move on. Some indications that Zauner managed to move on well after losing her mother, as follows:

As an indication that Zauner is trying to move on and start her life again, she continues to pursue her music career with her band Japanese Breakfast. She released critically acclaimed albums, such as "Psychopomp" and "Soft Sounds from Another Planet". Her success in the world of music shows that she can overcome difficulties and focus on her career. For Zauner, music serves as a creative outlet and a means of expression. Through her songwriting and performances, she can explore and process her emotions, including those related to her mother's illness and death. Music becomes a source of catharsis and healing for Zauner, allowing her to channel her grief into something meaningful and productive.

Zauner explores and appreciates her cultural heritage on her travels. She wrote about her relationship with her mother, Korea, and food in her book "Crying in H Mart." Acceptance of her identity helps Zauner feel stronger and connected to where she comes from. Cooking Korean food allows Zauner to reconnect with cherished memories of her mother and their shared cultural heritage. By recreating dishes that her mother used to make, Zau-

ner brings the comforting presence of her mother back into her life, fostering a sense of connection and continuity.

Zauner's travels and culinary adventures allow her to embrace her cultural identity while also honouring her mother's tradition. Zauner's literary work beautifully depicts the importance of Korean cuisine as a channel for memory, love, and connection. Cooking traditional Korean foods allows Zauner to not only replicate the flavours of her youth but also to keep her mother's presence in her life. Zauner feels a strong sense of continuity and belonging while she prepares Korean cuisine. Each meal becomes a physical link to her past, bringing back fond recollections of shared moments with her mother. Cooking provides Zauner with relief and healing, as she feels her mother's warm presence wrap her once more. She becomes more aware of her own identity and ancestry as she appreciates Korean cuisine. Zauner not only honours her mother's customs, but she also finds empowerment and strength in embracing who she is.

Zauner establishes and maintains relationships with the people around her, including her friends and family. Zauner has a close bond with her family despite the difficulties in their relationship. One of the most moving aspects of Zauner's story is her deep bond with her father. As she shares intimate moments and travels with him, Zauner thinks on her mother's memories and the anguish they both feel in her absence. These private moments demonstrate the depth of their connection and the strength of their familial bond. Despite their pain and loss, Zauner and her father find comfort in each other's company, deriving strength from their shared history and memories of their loved one. As she spends private time with her father, she thinks back on her mother's memories and their

shared pain. Even if family disputes and tensions are unavoidable, Zauner's familial ties are nevertheless strong and give her a sense of support and belonging.

CONCLUSION

Michelle Zauner's "Crying in H Mart" explores the complex and multidimensional process of self-acceptance following grief. Zauner's literary work depicts the intricate tie between mother and daughter and the emotional but impermeable relationship between them. Zauner's journey to self-acceptance is characterised by a profound sense of grief and loss as she deals with the consequences of her mother's death. She recalls how her mother's love was shown by food, which served as both a source of comfort and a reminder of her mother's absence. Her narrative reveals the process of self-acceptance, which involves forgiving oneself, connecting with loved ones, and moving on.

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