

CONFIDENCE OF PEOPLE WITH PHYSICAL DISABILITIES WHEN SPEAKING IN PUBLIC

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ABSTRAK

Kepercayaan diri adalah salah satu aspek kepribadian yang penting untuk disabilitas. Kepercayaan diri merupakan atribut yang sangat berharga pada diri disabilitas dalam kehidupan bermasyarakat, tanpa adanya kepercayaan diri akan menimbulkan banyak masalah pada diri disabilitas. Hal tersebut dikarenakan dengan kepercayaan diri, seseorang mampu mengaktualisasikan segala potensinya. Tujuan dalam penelitian ini ialah mendeskripsikan faktor pendukung kepercayaan diri dan upaya apa yang dilakukan oleh individu disabilitas fisik untuk meningkatkan kepercayaan diri ketika berbicara di depan umum. Manfaat dari penelitian ini yaitu sebagai salah satu acuan memahami, menerima, menghargai dan memberikan dukungan sosial untuk disabilitas dalam lingkungan sosial. Penelitian ini menggunakan penelitian kualitatif dengan desain penelitian deskriptif dengan analisis interaktif. Dari hasil penelitian yang diperoleh terdapat dua faktor yang mendukung kepercayaan diri disabilitas fisik yaitu eksternal dan internal. Faktor eksternal seperti, pasangan yang setia, suport orang tua, lingkungan kerja dan organisasi yang kondusif, sedangkan faktor internal seperti, optimis, tidak menutup diri, belajar hal baru, percaya akan kemampuan diri. Diantara kedua faktor tersebut faktor internal yang paling dominan untuk mendukung kepercayaan diri disabilitas fisik, karena tanpa adanya dorongan dari dalam diri sendiri tidak akan bisa membuat disabilitas percaya akan kemampuan dirinya sendiri untuk berbicara di depan umum sebagai seorang narasumber. **Kata Kunci:** Kepercayaan Diri, Disabilitas.

ABSTRACT

Confidence is an important aspect of personality for disabilities. Self-confidence is a very valuable characteristic of disability in social life, without self-confidence it will cause many problems to the disability. Because with self-confidence, a person is able to realize their full potential. The aim of this research is to describe the factors that support self-confidence and the efforts people with physical disabilities make to increase self-confidence in public speaking. The utility of this research is to serve as a reference for understanding, receiving, appreciating and providing social support for disabilities in the social environment. This research uses qualitative research with descriptive research design and interactive analysis. From the research results obtained, there are two factors that support physical disability self-confidence, namely external and internal. External factors such as a loyal partner, parental support, a conducive work and organizational environment, while internal factors such as optimism, not closing yourself off, learning new things, believing in your abilities. Among these two factors, internal factors are the most dominant in supporting the self-confidence of a physically

disabled person, because without encouragement from oneself, one cannot make the disabled believe in one's ability to speak in public as a resourceful person.

Keywords: *Self-Confidence, Disability.*

INTRODUCTION

Good self-confidence in people with physical disabilities when speaking in public as a resource person influences the way their material is delivered and impacts their mindset and behavior patterns when speaking in public. For this reason, it is very important for individuals to increase their self-confidence so that they can prove to the community and the public that they also have the ability to speak in public as a resource person to convey their ideas.

RESEARCH METHODS

This research is a type of field research, field research is a method to find specifically and the reality of what happens to individuals with disabilities in the midst of community life (Madalis, 1995). The method used in this study is a qualitative research method based on post-positivism or interpretive philosophy, used to research natural object conditions, data analysis is inductive or qualitative. The approach in this study is a phenomenological approach, meaning that phenomena in the field are used as objects of research that are observed. Phenomenology is a type of qualitative research, where researchers collect data by observation, participant interviews to find out the essential phenomena of participants in their life experiences (Sugiono, 2018). This study focuses on the level of knowledge and understanding of research on the description of self-confidence and efforts to increase self-confidence as individuals with physical disabilities in Kupang City.

RESULTS AND DISCUSSION

In this research, there are two factors that support the self-confidence of people with physical disabilities, namely external factors and internal factors. External factors are external support for disabilities such as: a loyal partner, parental support, a

conducive work and organizational environment, while internal factors are encouragement from within oneself, such as: optimism, not closing yourself off, learning new things, believing in your abilities believe. Internal factors are the strongest factors that support a disability in increasing self-confidence in public speaking, because through belief in one's own abilities, the disability increases in the way of conveying information and can master the material when performing it and self-confidence strengthen

CONCLUSION AND SUGGESTIONS

Based on the results of research conducted on participants with physical disabilities, it can be concluded that the factors that support the confidence of people with physical disabilities in public speaking are external factors and internal factors. The external factors in this case include family support for people with disabilities, which can boost their confidence to appear in public, while internal factors include the optimism of people with disabilities themselves about building with encouragement from within through hopes for the future belongs

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