

DESCRIPTION OF THE SELF-ACCEPTANCE PROCESS OF THE PERSON IMPAIRED PEOPLE IN THE SNIKA MESA GROUP (EQUIVALENT)

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ABSTRAK

Penelitiannya membahas tentang penerimaan diri penyandang disabilitas terhadap keadaannya. Rumusan masalah penelitian ini. Bagaimana proses penerimaan diri penyandang disabilitas di kelompok SNIKA MESA (Setara)? Tujuan penelitian ini adalah untuk mendeskripsikan proses penerimaan diri penyandang disabilitas di kelompok SNIKA MESA (Setara). Jumlah informan dalam penelitian ini terdiri dari lima orang informan. Penelitian ini menggunakan pendekatan kualitatif dengan metode fenomenologis dan analisis tematik. Sampel diambil secara purposive sampling, dengan lima partisipan yang terlibat dalam penelitian ini. Berdasarkan hasil penelitian diketahui bahwa penyebab mereka menjadi cacat fisik berbeda-beda, ada yang karena lahir, karena sakit, atau karena kecelakaan. Hasil analisis mengidentifikasi dua tema utama: 1) Faktor penerimaan diri pada penyandang disabilitas, 2) Proses penerimaan diri pada penyandang disabilitas. Hasil temuan menunjukkan bahwa penerimaan diri penyandang disabilitas fisik sering muncul, dengan beragamnya bentuk penerimaan diri pada kelima informan dipengaruhi oleh beberapa faktor, penyandang disabilitas fisik semuanya melalui tiga tahapan dalam proses penerimaan diri yaitu tahap awal, tahap tengah dan tahap akhir. Penerimaan diri setiap informan tidak terbentuk begitu saja. Faktor yang mempengaruhi penerimaan diri antara lain faktor lingkungan internal dan sosial, faktor eksternal setelah lahir dan faktor bawaan. Dalam hal ini peran lingkungan dan masyarakat mempunyai pengaruh yang sangat penting terhadap pembentukan penerimaan diri.

Kata Kunci: Disabilitas, Penerimaan, Proses Penerimaan Diri.

ABSTRACT

This research discusses the self-acceptance of disabled people towards their situation. Formulation of the problem of this research. What is the process of self-acceptance for disabled people in the SNIKA MESA (Equal) group? The aim of this research is to describe the process of self-acceptance for disabled people in the SNIKA MESA (Setara) group. The number of informants in this research consisted of five informants. This research uses a qualitative approach with phenomenological methods and thematic analysis. The sample was taken by purposive sampling, with five participants involved in this research. Based on the results of the research, it was found that the reasons why they became physically disabled were different, namely some were from birth, due to illness, or accidents. The results of the analysis identified two main themes: 1) Factors of self-acceptance for people with physical impairments, 2) Process of self-acceptance for people with physical impairments. The findings show that self-acceptance of people with physical impairment often emerges, with various forms of self-

acceptance for the five informants influenced by several factors, the physically disabled all go through three stages in the self-acceptance process, namely the initial stage, the middle stage and the final stage. Each informant's self-acceptance is not formed just like that. Factors that influence self-acceptance include internal environmental and social factors, external factors after birth and congenital factors. In this case, the role of the environment and society has a very important influence on the formation of self-acceptance.

Keywords: *Disabilities, Acceptance, Self-Acceptance Process.*

INTRODUCTION

Humans are living creatures created by God who are special and the most perfect among other creatures. Each individual needs to be grateful for this as a priceless gift from God. However, not all humans have physical or mental perfection like normal humans in general. In some cases, individuals who are born normal can experience unexpected events, such as an accident or suffering from a certain disease which results in disability in one of the important organs in their body, such as the hands or feet. Defects in one of the organs of the human body are also called disabilities (Ituga and Syalviana, 2023). Self-acceptance is self-acceptance as a feeling of awareness of the sensations, experiences and thoughts that occur, this does not mean justifying the mistakes made but trying to always open oneself so that one can see the experiences that occur in Germer's life in Agustina, (2023). There are five stages in self-acceptance, namely aversion, curiosity, tolerance, allowing, and friendship. Aversion is the stage where people with disabilities give uncomfortable reactions and avoid reality. Curiosity is the stage of resistance to discomfort and then paying attention to the conditions experienced. Tolerance is the stage of enjoying uncomfortable feelings, but still trying to fight them, and hoping that the feelings will go away. Allowing is the stage where people with disabilities begin to allow the uncomfortable feelings they experience to flow and go by themselves. Friendship is the stage of accepting the conditions experienced, finding meaning, and seeing the hidden values of the conditions experienced (Agustina and Valentina, 2023).

One of the factors in a person's success in adapting to the environment is determined by the individual's ability to accept his or her own situation. An individual with good self-acceptance will ward off emotions that arise because they can accept themselves as they are (Andini, 2015).

The Ministry of Social Affairs of the Republic of Indonesia (2020) states that Indonesia has 22.5 million people with disabilities, with a total population based on the results of the 2020 population census by the Central Statistics Agency (2021) of 270.20 million people. So

as many as 7% of the population in Indonesia are people with disabilities. The Ministry of Social Affairs of the Republic of Indonesia (2020) states that Indonesia has 22.5 million people with disabilities, with a total population based on the results of the 2020 population census by the Central Statistics Agency (2021) of 270.20 million people. So as many as 7% of the population in Indonesia are people with disabilities. Law of the Republic of Indonesia Number 8 of 2016 concerning Persons with Disabilities (2016) defines persons with disabilities as individuals who have limitations in the form of physical, mental, intellectual or sensory which result in difficulties and obstacles in interacting with their environment. Persons with disabilities are individuals who have special characteristics that result in obstacles and difficulties in their activities and thus require special treatment in order to optimize their potential (Eva, 2015).

Physical impairment is a physical disorder and health disorder that hinders a person's interaction and communication with their environment. Physically disabled, in this case, is someone who has a physical disorder, both physical condition and the brain's nervous system, which affects motor organs and health conditions and hinders the individual's communication process with their environment (Utamai, 2018).

Based on general data obtained in Nekamese District from one of the Head of KESOS (Social Welfare) administrators who works in the sub-district, it was recorded in the last 3 to 5 years in October-December 2022. Information on data on Persons with Disabilities. According to Nekamese Village/District, there are 127 people with disabilities, with details of 25 people who are blind; Physically Disabled (Physically Disabled) 87 people; Deaf (Deaf) 5 people; Speech Impaired (Mute) 1 person; Mentally Impaired (Mental Retardation) 7 people; Cleft Lip 2 people; This number is predicted to continue to increase, followed by an increase in the number of accidents.

Based on data reports obtained from the SNIKA MESA (Etara) Group from the Chair of Inisil AN, it was recorded that in the last 1 year in August 2022 there were 36 people with physical impairments. In the SNIKA MESA (Equivalent) Group, the chairman with the initials AN, refers to disabled people as beneficiaries. Beneficiaries who are in the SNIKA MESA (Equal) group have the requirements, namely having a physical disability, being able to educate and train, not yet working, not currently in school, a willingness to be rehabilitated, and still able to carry out activities of daily living. Beneficiaries in the SNIKA MESA (Etara) group participated in social rehabilitation for approximately one year with various types, with details

of 10 people who are blind; Physically Disabled (Physically Disabled) 10 people; Deaf (Deaf) 8 people; Speech Impaired (Mute) 2 people; Mentally Impaired (Mental Retardation) 1 person; Intellectual (Late in thinking) 5 people; This number is predicted to continue to increase, followed by an increase in the number of accidents or population growth.

Based on the results of the interview, a statement from the Chair of the SNIKA MESA (Setara) Group concluded that people with disabilities are caused by birth defects, due to illness, accidents so that people with disabilities cannot carry out normal activities. Some physically disabled people will see physical differences based on the limitations that the disabled person has. The respondent is a quadriplegic with the following characteristics: paralysis but able to walk, small hands, limping legs and a bent spine so he walks crookedly and looks short, the quadriplegic moves around using crutches and a wheelchair. The disabled are able to accept their situation well, because for the disabled, whatever they have is a gift from God, for example; able to accept praise, criticism, and live like other people so that the disabled do not feel that they are different from other people. However, there are positive and negative factors of self-acceptance, namely from birth, due to illness, accidents, namely self-acceptance, ability to face life, receiving praise, self-strengths, responding to emotions, criticism, self-deficiencies, feelings, how disabled people form an attitude towards themselves that is accepted and obtains an appropriate and pleasant attitude

RESEARCH METHODS

Research Design

Based on the title "Description of the Process of Self-Acceptance of People with Physical Impairment in the SNIKA MESA (Etara) Group" the method used in this research is qualitative in order to provide a systematic and in-depth picture of self-acceptance of people with physical impairment. According to (Moleong, 2006), qualitative research is research that intends to understand phenomena about what is experienced by research subjects, for example behavior, perceptions, motivations, actions, etc., holistically, and by means of descriptions in the form of words and language, in a special natural context and by utilizing various scientific methods. The methods used in qualitative research are usually interviews, observations and use of documents. The reason for choosing this type of qualitative research is because this research is more suitable for explaining phenomena or situations that are complex and difficult to measure quantitatively, such as self-acceptance that occurs in disabled people (Moleong, 2006).

Research Participants

According to Heriyanto & Qorib (2018), in qualitative research the technique used is purposive sampling, which is a technique for sampling data sources with certain considerations, for example the individual has more knowledge about what the researcher expects. Participants involved in this research were participants who experienced self-acceptance. These characteristics are adapted to the research focus of researchers regarding self-acceptance for people with physical impairments.

The participant collection procedure is the participant criteria that need to be met by each member of the population who can be taken as a sample. The criteria in question include:

1. Population: The population of research subjects is People with Physical Impairment in the SNIKA MESA (Equivalent) Group.
2. Characteristics of research subjects: Research subjects are disabled people who live in the SNIKA MESA (Equivalent) group.
3. Availability of research subjects: Research subjects are easy to reach and willing to be part of the research. This can be done by obtaining permission from disabled people in the SNIKA MESA (Setara) Group and explaining the research objectives clearly.
4. Diversity of research subjects: Research subjects should be selected taking into account their diversity in terms of age and educational background. This can help in obtaining diverse points of view regarding Self-Acceptance in the SNIKA MESA (Equal) Group.
5. In selecting sampling, the author also considered research ethics, namely ensuring that research subjects gave voluntary consent and ensured that the confidentiality of their identities was maintained.

The reason for the determination carried out by research as described above is that the selected participants have the ability to provide the information or data that will be disclosed in connection with this research.

There are 5 participants in the research, the participants who have been selected in this research will then follow the data collection process using the interview method to obtain the information needed in this research.

Data collection technique

The data collection techniques used in this research are interviews and observation.

- a) Interview

According to Satori (2013) interviews are a data collection technique to obtain information extracted from data sources directly through conversation or question and answer. In-depth interviews are a data collection method that is often used in qualitative research. In-depth interviews in general are the process of obtaining information for research purposes by means of face-to-face questions and answers between the interviewer and the informant or interviewee, with or without using an interview guide, the interviewer and informant are involved in social life for a relatively long time.

b) Research instrument

In this research the author used a data collection instrument in the form of an interview guide.

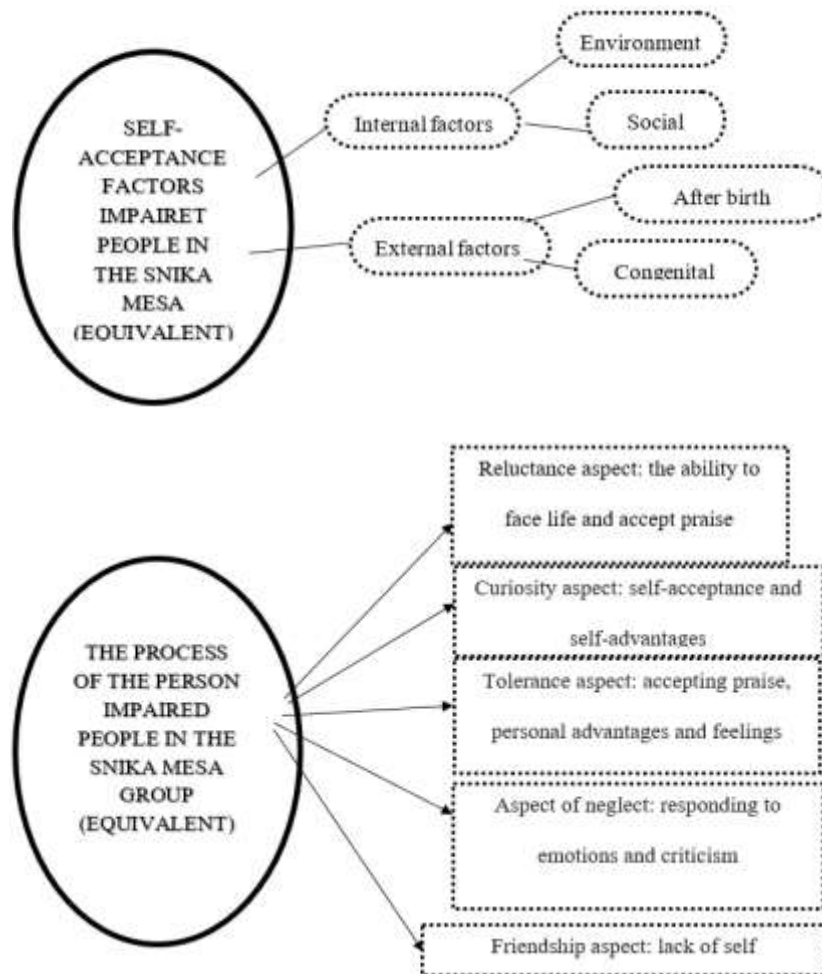
Data Analysis Techniques

The data analysis technique used in this research is Thematic Analysis which is one way to analyze data with the aim of identifying patterns after finding patterns and then drawing themes through data collected by researchers (Heriyanto, 2018). This method is very effective if the research intends to analyze the qualitative data they obtain in detail in order to find connections between patterns in phenomena and then explain the extent to which a phenomenon occurs through the researcher's view.

RESULTS AND DISCUSSION

Results

The data obtained from the interviews then went through an analysis process carried out by the author through manual thematic analysis. The author found two main themes, namely; Factors for self-acceptance of people with physical impairments in the SNIKA MESA (Equivalent) group, and the process of self-acceptance for people with physical impairments in the SNIKA MESA (Equal) group. Themes that are directly related to the self-acceptance variable include the self-acceptance factor. This is because the themes obtained are in line with several aspects and factors regarding the self-acceptance variable for disabled people from Germer's Theory (in Agustina, (2023). The theme is directly related to the self-acceptance variable for disabled people in the SNIKA MESA (Equivalent) group, and the process of self-acceptance for disabled people in the SNIKA MESA (Equal) group. These themes also consist of several sub-themes that are part of this theme. The research results are described as follows:



Discussion

Research on self-acceptance in disabled people with the aim of describing self-acceptance in disabled people which is the background for self-acceptance in disabled people, self-acceptance of disabled people in the SNIKA MESA (Equivalent) group. Therefore, the author found two themes, namely; Factors of self-acceptance in the SNIKA MESA (Equivalent) group, and the process of self-acceptance for disabled people in the SNIKA MESA (Equal) group.

The first theme in this research is the factor of self-acceptance in the SNIKA MESA (Equal) group. This research identifies various factors of self-acceptance in the SNIKA MESA (Equal) group experienced by participants. The main factors that emerge include internal environmental and social factors, external factors after birth and congenital factors. This is in line with research conducted by Hurlock in Ituga and Syalviana, (2023) which states that the factors causing individual self-acceptance are the absence of obstacles from the environment and positive social attitudes. Self-acceptance carried out by individuals with physical

impairments due to illness, accidents, and from birth is characterized by the ability to view themselves positively, being able to manage emotions well, being able to return to normal activities, and being able to interact well with other people, problems that occur in people with physical impairments, problems with limited physical conditions, health problems, bad events that have experienced adversity in life.

This therefore suggests that the social environment and the disabled person play an important role in an individual's emotional well-being. A positive social environment, including support from wife, children, family, community and environment, can help increase a sense of self-acceptance and emotional resilience, while a negative social environment can create health problems such as anxiety within individuals. The second theme is the process of self-acceptance for disabled people in the SNIKA MESA (Equal) group. Participants explained that in carrying out self-acceptance, participants experienced conditions such as the reluctance aspect: the ability to face life and accept praise, the curiosity aspect: self-acceptance and self-strengths, the tolerance aspect: accepting praise, self-excesses and feelings, the omission aspect: responding to emotions and criticism, the friendship aspect: self-deficiencies. In self-acceptance, disabled individuals who acquire their disability due to illness, birth or accidents are able to accept themselves. This is supported by research conducted by Ituga and Syalviana, (2023). The ability to face life, individuals with limitations that help them to be creative in finding solutions, there are always family, mothers and children who always support them to live life well and without other pressures, there are protests because they are related to limited circumstances because of the current conditions, so they experience difficulties in being able to guarantee life and their family's needs, there are accepting existing limitations because they have already happened, and there are those who are helpless because of their physical condition. Receiving praise, individuals with limitations when there is appreciation then the individual is very grateful because giving appreciation and assessment is something that is not owned but says that it is the individual, there are individuals who always feel joy when they are praised with limitations and conditions, there are individuals who feel awkward and don't feel worthy of receiving it and I say in my heart that the individual is trying to be better, there are individuals who receive it well or not, it is accepted, there are also individuals who receive other things, I accept it with joy, gladly. Personal strengths, individuals with limitations persevere and are able to try to rise from adversity, there are individuals who are able to think creatively, there are individuals who are easy to adapt and communicate well. Responding to emotions, individuals sometimes break

up, are helpless, no, and keep it in their hearts, individuals do not vent and even respond with positive emotions, individuals sometimes get angry because of conditions, individuals keep it in their hearts and don't say anything. Criticism, individuals with limitations respond with ability if it is due to their physical condition, the individual keeps to themselves and keeps it bottled up and does not express it in a real way. Self-deficiencies, individuals with limitations are quite difficult because the ego prevents them from positioning themselves according to their situation as disabled, individuals sometimes accept it, sometimes they don't accept it well, individuals want to learn to always not be ashamed of their existing limitations and open themselves up, individuals accept it while they are still alive, individuals accept their situation because it has happened and can remain silent about their shortcomings.

The feelings of individuals with limitations are sometimes disturbed by their own condition, they can be eliminated or forgotten when carrying out positive activities, the individual's mind is always with complicated thoughts about the condition they experience as a disabled person, the individual feels regret, such as feeling embarrassed and just silent, and feels himself excluded from society because of society's negative view regarding the limitations and conditions he is experiencing, the individual has no regrets and accepts it positively.

CONCLUSION AND SUGGESTIONS

Conclusion

Based on the discussion in the previous chapter, the following conclusions are obtained; Factors of self-acceptance of disabled people in the SNIKA MESA (Equivalent) group. Triggered by various factors, individuals with physical impairments who acquired their disability due to illness, birth and accidents are able to accept themselves due to several factors which include awareness and positive thoughts within themselves to generate motivation to return to normal conditions before losing abilities, as well as positive perceptions of environmental and social responses. This makes the individual motivated to accept himself. Self-acceptance in them is characterized by the ability to see themselves positively, manage emotions well, return to normal activities, and establish good interactions with other people.

Suggestion

- a) For the physically disabled

It is hoped that this research can provide information about the obstacles experienced by disabled people in accepting their own existence, so that disabled people can understand their problems and find solutions in the SNIKA MESA (Setara) Group.

b) For group leaders

This research is useful for people with physical impairments to form an optimistic attitude, regarding self-acceptance, developing or optimizing the potential that disabled people have in the SNIKA MESA (Equal) Group.

c) For social services

It is hoped that this research can provide a real picture of what self-acceptance of people with physical impairments looks like.

d) For other researchers

The research is expected to become a reference or point of reference for further research.

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