

Self-Concept in Working Physical Disabilities

Amelia Sekar Hani^{1*}, Munawir Yusuf², Arsy Anggrelanggi³

^{1,2,3}Special Education Program, Universitas Sebelas Maret, Indonesia

*Corresponding Email: ameliash@student.uns.ac.id

Abstract

This study aims to determine the self-concept that is formed in physical disabilities who work and is included in qualitative research. The technique of collecting data is in-depth interviews. The interview guide in this study refers to aspects that affect self-concept. The informants in this study were six adults with physical disabilities who were already working. The self-concept that is formed is analyzed from the aspects that affect the self-concept. The data analysis technique used is a descriptive qualitative analysis technique proposed by Miles and Huberman, which is presented in the form of tables and schematics. This study found that aspects of self-concept influence each other in the process of forming self-concept. This study concludes of this study is that the self-concept that is formed in physical disabilities who work is in the category of positive self-concept.

Keywords: physical disability; self-concept; work

Abstrak

Penelitian ini bertujuan untuk mengetahui konsep diri yang terbentuk pada disabilitas fisik yang bekerja dan termasuk dalam penelitian jenis kualitatif. Teknik pengumpulan data adalah dengan wawancara mendalam. Pedoman wawancara pada penelitian ini mengacu kepada aspek-aspek yang mempengaruhi konsep diri. Informan dalam penelitian ini adalah enam orang penyandang disabilitas fisik usia dewasa yang sudah bekerja. Konsep diri yang terbentuk dianalisis dari aspek-aspek yang mempengaruhi konsep diri. Teknik analisis data yang digunakan ialah teknik analisis kualitatif deskriptif yang dikemukakan oleh Miles dan Huberman, yang disajikan dalam bentuk tabel dan skema. Penelitian ini menemukan bahwa aspek-aspek konsep diri saling mempengaruhi satu sama lain dalam proses pembentukan konsep diri. Kesimpulan dari penelitian ini adalah konsep diri yang terbentuk pada disabilitas fisik yang bekerja berada pada kategori konsep diri positif

Kata kunci: bekerja; disabilitas fisik; konsep diri

How to Cite: Hani, A.S., Yusuf, M., & Anggrelanggi, A. (2022). Self-Concept in Working Physical Disabilities. *Journal of Disability*, 2 (2), 47 – 54. <https://dx.doi.org/10.20961/jod.v2i1.62000>.

INTRODUCTION

Every individual certainly wants to have a perfect physique. But unfortunately, God gave different physicals. Starting from people with perfect physiques, people with visual impairments, people with hearing problems, people with limb disorders. These disorders can also be referred to as disabilities. Juridically, disability is regulated in Law Number 8 of 2016 concerning Persons with Disabilities (Law on Persons with Disabilities). Article 1 paragraph 1 of the Law on Persons with Disabilities states that Persons with Disabilities are any person who experiences physical, intellectual, mental, and/or sensory limitations for a long period time who interacting with the environment may experience obstacles and difficulties to participate fully and effectively with citizens. others based on equal rights. These laws and regulations are made to guarantee the rights of a large number of persons with disabilities. Data from the World Health Organization (WHO) in 2011 showed that there were 1.1

billion people in the world with disabilities (Ansori, 2020, 2). Voter registration and continuous population data collection on the number of voters with disabilities in Indonesia in the 2019 election submitted by the General Elections Commission were 1,247,730 with details of 83,182 physically disabled, 166,364 visually impaired, 249,546 deaf, 332,728 mentally retarded, and 415,910 other disabilities (Putri, 2018).

Based on the data above, we can see a large number of people with disabilities in Indonesia. The data can also show the difference in the number of people with disabilities and non-disabled which can lead to a growing perspective in society on viewing disability. According to Diono (2014, 20) there is still a lot of stigma (curse, fate) that is excessive to people with disabilities, besides that many families of people with disabilities cover up the situation if they have families with disabilities. Not everyone can view physical deficiency as something positive, many also view it with one eye and do not appreciate it like a normal human being. People are used to perceiving, judging, acting, and treating people with disabilities they need to be pitied, treated, supported, accompanied, and devoted, so that they are considered a disgrace to the family environment until finally people misjudge people with disabilities in their daily lives. The existing stigma continues to grow in society, causing people with disabilities to find it difficult to get the same rights and treatment as Indonesian citizens in all processes, be it social, economic, or political. This is because people with disabilities, especially those who work, have several problems, including: 1) Feeling inferior because they are new to a certain environment. 2) Being shy and withdrawn, shy in the initial meeting to withdraw due to lack of self-confidence. 3) Slow to receive information. 4) Low work results due to lack of information at work. 5) Negative label, which can be obtained from the environment where he lives or works (Amir, 2013). In the world of work, it is not easy for people with disabilities to compete. It takes determination and a strong will to adapt to the environment. Creativity in work can be created if there is a sense of comfort and peace. So that people with disabilities who work can compete in a healthy way. This is very closely related to the self-concept that is formed in each person with a physical disability who works.

According to Hurlock (Gufon and Risnawati, 2012, 13) states that self-concept is an individual's picture of themselves which is a combination of physical, psychological, social and emotional aspirational beliefs, and the achievements they have achieved. People with normal physiques have a more ideal self-concept than people with physical disabilities. This is by the opinion of Hurlock (Gufon and Risnawati, 2012, 13) who states that one of the factors that influence self-concept is the physical condition. An unfavorable response will affect the self-concept of people with physical disabilities who work. From this phenomenon, this research is narrowed down to reveal how the self-concept is formed in people with physical disabilities who work.

METHOD

This study uses a phenomenological qualitative research method. Researchers want to dig into deep data. According to Herdiansyah (2015), phenomenology is a study that describes the meaning of one's life experiences about a concept. Furthermore, Herdiansyah also explained that phenomenology is used to get clarity about an event in a natural situation that is felt by the individual. On the other hand, phenomenology also focuses on the concept of a phenomenon, by seeing and interpreting the meaning of individual or group experiences related to it (Herdiansyah, 2015). This research was conducted in the Surakarta area, with six informants with physical disabilities as working adults. The sampling technique in this study was purposive sampling (samples aimed). The purposive sampling technique is a sampling technique for data based on certain conditions/considerations.

Table 1. Informant's Profile

No.	Initial	Gender	Age	Profession	Address
1.	SN	Male	52 years old	Teacher	Jalan Angling Darmo II No. 5, Penumping, Surakarta
2.	YI	Female	30 years old	Dormitory nanny	Penumping, Surakarta
3.	TN	Female	45 years old	Tape ketan entrepreneur	Pajang RT 04/13, Surakarta
4.	WR	Female	45 years old	Jamu entrepreneur	Semanggi RT 02/07, Surakarta
5.	SM	Female	50 years old	Konveksi entrepreneur	Bibis Baru RT 04/26, Surakarta
6.	TM	Female	46 years old	Teacher	Colomadu RT 02/08

The data collection used in this research is in-depth interviews. The technique was chosen so that researchers obtain data that is relevant to the research focus and then analysed to get an overview as a result of writing. An interview according to Estenberg (Sugiyono, 2013) is a meeting between two individuals to exchange ideas and information using question and answer which will result in two-way communication and understanding of the same meaning of a phenomenon. The interview guidelines in this study refer to aspects of self-concept according to Veiga and Leite (2016), namely anxiety, physical appearance, behavior, popularity, happiness, and knowledge). To test the validity, this research uses the triangulation technique. William Wiersma (Sugiyono, 2019, 368) said that triangulation in credibility testing is defined as checking data from various sources at various times. This study uses data analysis techniques Miles and Huberman models. After analyzing the data until the data is saturated, the researcher then analyzes and interprets the final data, draws conclusions, and prepares reports.

RESULTS AND DISCUSSION

Stuart and Sundeen (Harapan and Ahmad, 2014, 87) state that self-concept is all ideas, views, beliefs, and convictions held by individuals about themselves and influences the individual in interacting with others. The concept of self in this case is also related to the individual's view of his character and abilities, the role of the individual in society, and the values he has. The creation of the perspective of individuals with disabilities towards themselves cannot be separated from the results of individual interactions with their environment.

According to Veiga & Leite (2016), an individual's interaction with the environment that gives a negative response can make a person with a physical disability feel anxious. Anxiety is a psychological condition that can affect the quality of relationships between individuals. This condition can happen to anyone, including people with physical disabilities. This unpleasant emotional condition has different levels and levels in each individual. Especially for the informants in this study who experienced a physical disability after birth. This makes informants have to adapt to their new circumstances and make peace with the surrounding environment. As in Informant 1, it was found that the informant felt inferior and needed a long time to accept his new condition after becoming physically disabled at the age of 6th grade in elementary school. This is following the opinion of Merdiasi (2013) who states that basically, humans are creatures that are always moving, so the state of losing physical mobility for humans is a formidable challenge.

Even after adulthood, people with physical disabilities still have to face a bad stigma from society about their limitations. As stated by Informant 5, the informant only got a different view after she got married, and the negative view actually came from the husband's family. According to Karyanta (2013), society's stereotyped view of people with physical disabilities assumes that their situation is considered unfavorable, their life is hampered, disturbed, and even destroyed.

However, all of the informants in this study were able to have a positive attitude in the face of bad views that developed in society. Instead, they make the ridicule of those around them become a spirit to grow. As in the findings of Informant 4 who felt she did not care about the opinions of those around them because the informants could live independently and not depend on them. According to Sharif (2017) individuals with a good self-concept have the ability to make choices to improve their quality of life and are able to control their behavior which refers to their life goals or achievements and the results of what they do as a consequence. Even the humiliation from the environment around the informants' lives did not make most of the informants feel anxious about getting a decent job. This is because these informants have high competence and self-confidence as found in Informant 1 and Informant 5. A study by Azhari & Mirza (2016) explains that anxiety facing the world of work will decrease if individuals can control behavioral impulses, control thoughts, and change their emotions to the high category. In line with the findings of the informants above, which can foster an attitude of confidence, and positive suggestions for their abilities.

In addition, two informants, namely Informant 1 and Informant 6 in this study are university graduates so they do not have the slightest concern about their future. This is in line with simple research conducted by Adeline, Handayani, Irwanto (2015) which shows that children with physical disabilities who are educated or get support from their environment (schools) to have a positive self-concept, then they will dare to aspire to develop certain careers because they feel capable of achieving those dreams.

With a different appearance from non-disabled individuals, the informants in this study did not have the slightest obstacle to socializing and interacting with their environment. The appearance of those who use assistive devices for mobility often invites strange views from the surrounding audience. However, this does not apply to all informants in this study. Likewise for Informant 2, where the informant can give direct verbal reactions to people who see him as strange. This is in line with the opinion of Senler (2016) that individuals with a highly optimistic spirit believe that they can control their surrounding environment. Because of the confident attitude possessed by the informants, making them participate in social and community activities without any significant obstacles. Two of the informants even became the head of a community. The other four informants were also active in participating in various activities in their neighborhood. According to Mustika (2020) the success of interaction or socialization depends a lot on the quality of one's self-concept, and positive self-concept is born from positive interaction behavior patterns as well. Individuals who have a positive self-concept are people who are open to others.

In their daily life, the four informants in this study often gather with colleagues, community friends, or neighbors around their homes. However, two other informants, namely Informant 2 and Informant 4 stated that they were not too fond of doing these activities. According to Effendi (Emira & Sari, 2018, 21) the condition of disability experienced by an individual will have an impact on the person with it, either partially or completely. Individuals will feel that they are different from non-disabled individuals, so the different views they often get can make them withdraw from the association.

Facing the world of work is something scary for some people, but more than half of the informants in this study did not have this anxiety. The findings of Informant 2 and Informant 6 stated that they can still work today because they have high motivation and expectations. This is in line with the opinion of Jantz (2018) which states that negative views or anxiety can be changed with expectations, and controlled behavior.

The various jobs that have been carried out by the informants at this time make the informants feel comfortable and grateful for their achievements. All of that cannot be separated from the support provided by the closest environment of the informants. The five informants in this study felt that this support was very influential in the development of their lives. Informant 1, Informant 2, Informant 3, Informant 4, and Informant 6 stated that they received support from both family and friends in living their lives so that they could achieve their current success. In line with the opinion of Kelly (2013)

which states that a supportive environment can help the development of people with physical disabilities.

From the various interviews above, it can be said that almost all informants have a positive self-concept and can work according to their respective fields. Informants who have a negative self-concept are also able to overcome their condition and develop for the better.

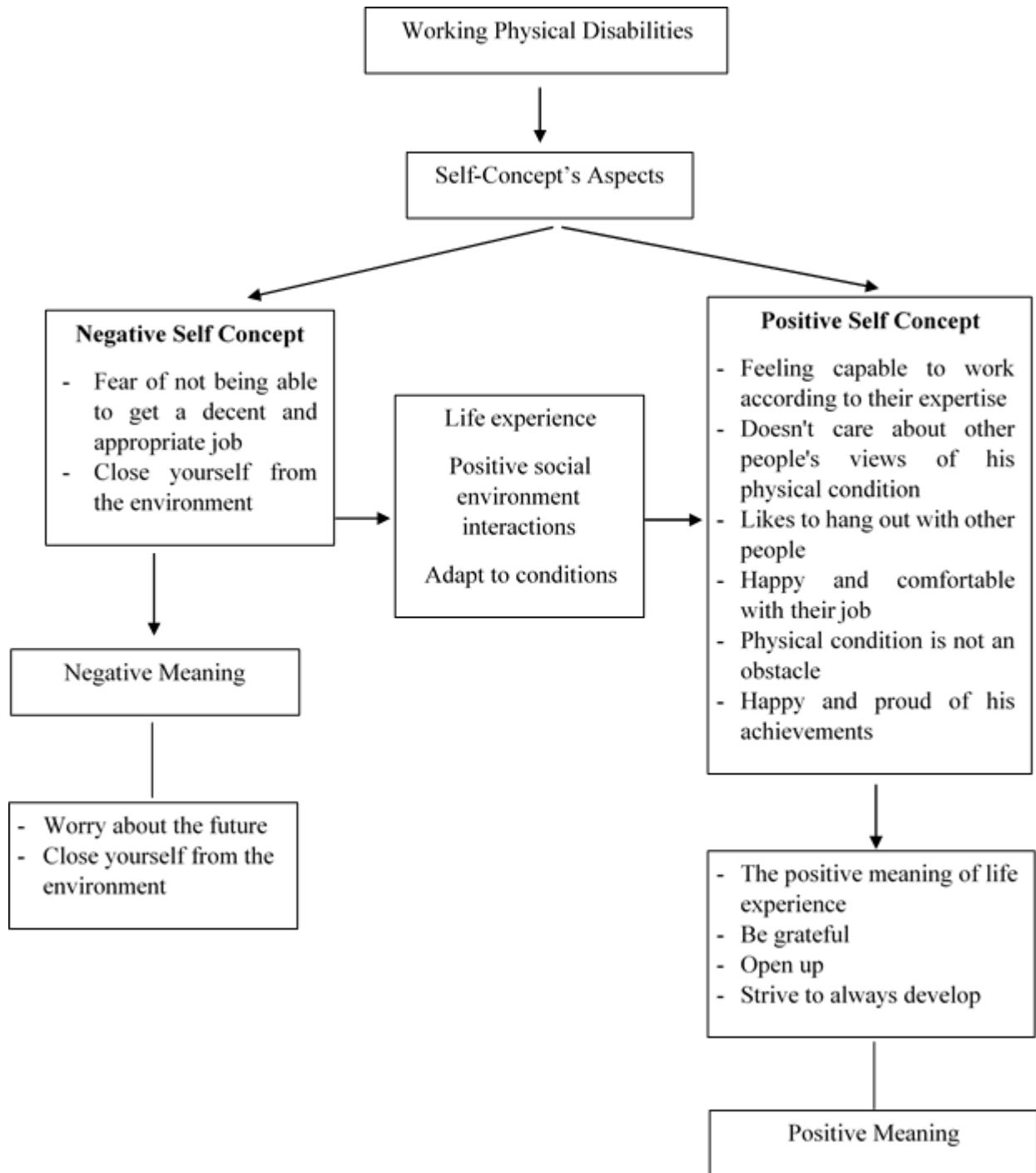


Figure 1. Chart of Self Concept's Aspects

CONCLUSION

From research conducted on people with physical disabilities who work, the researcher aims to determine the self-concept that is formed. So, the researchers can conclude as follows:

1. Self-concept in working with physical disabilities is formed from several factors, including: anxiety, physical appearance, behavior, popularity, happiness, and knowledge. Every person with a physical

disability has experienced anxiety about their physical limitations, but they can get through it well. People with physical disabilities in this study had high self-confidence to take their careers in the future.

2. The self-concept of persons with physical disabilities who work in the good or positive category, indicated by their ability and competence to work properly.
3. Persons with physical disabilities who work are able to overcome their limitations. The existence of support, affection and the establishment of good communication, being protected and feeling valued, will lead to a sense of self-confidence and not low self-esteem in dealing with every problem and easy to get along with and open up to others.

REFERENCES

- Adeline, Handayani, Irwanto. (2015). Hubungan konsep diri dan efikasi karir pada remaja akhir laki-laki penyandang disabilitas. *Indonesian Journal of Disabilities Series*.
- Ansori, A. (2020). Jumlah penyandang disabilitas di indonesia menurut kementerian sosial. *liputan 6*. Diperoleh 6 April 2021, dari <https://www.liputan6.com/disabilitas/read/4351496/jumlah-penyandang-disabilitas-di-indonesia-menurut-kementerian-sosial#:~:text=Secara%20global%20WHO%20World%20Report,mengalami%20kesulitan%20signifikan%20dalam%20fungsinya>. .
- Amir, T. (2013). *Pendidikan anak berkebutuhan khusus lamban belajar (slow leaner)*. Jakarta: PT Luxima Metro Media.
- Diono, A. (2014). *Buletin jendela data dan informasi kesehatan situasi penyandang disabilitas*. Diperoleh 6 April 2021, dari <http://www.depkes.go.id>
- Emira, E., Sari, H. (2018). konsep diri remaja penyandang disabilitas. *JIM FKep*, Vol. 3 No. III 2018
- Herdiansyah, H. (2015). *Wawancara, observasi, dan focus groups sebagai instrumen penggalan data kualitatif*. Depok: PT Rajadrafindo Persada.
- Karyanta, N. A. (2013). Self esteem pada penyandang tunadaksa. *Wacana*, Vol. 5 No. 1.
- Putri, Z. (2018). KPU: Pemilih disabilitas di pemilu 2019 sebanyak 1,2 juta orang. *DETIK*. Diperoleh 25 Oktober 2020, dari <https://news.detik.com/berita/d-4345289/kpu-pemilih-disabilitas-di-pemilu-2019-sebanyak-12-juta-orang>
- Senler, B. (2016). Pre-service science teachers' self efficacy: The role of attitude, anxiety, and locus of control. *Australian Journal of Education*, 1-6.
- Sharif, S. P. (2017). *Locus of control, quality of life, anxiety, and depression among malaysian breast cancer patients: The mediating role of uncertainty*. *European Journal of Oncology Nursing*, 28-35.
- Sugiyono. (2013). *Metode penelitian kuantitatif, kualitatif, dan r&d*. Bandung: Alfabeta.
- Sugiyono. (2019). *Metode penelitian kuantitatif, kualitatif, dan r&d*. Bandung: Alfabeta.
- Veiga, F. & Leite, A. (2016). *Adolescents self-concept short scale: A version of PHCSCS*. *Procedia: Social and behavior Sciences*.