

## SELF-CONFIDENCE FOR PERSONS WITH PHYSICAL DISABILITIES IN SENTRA BUDI PERKASA PALEMBANG THROUGH ISLAMIC PSYCHOTRAPHY APPROACH

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### ABSTRACT

This study aims to determine how the level of confidence for physical disabilities by the Islamic psychotherapy approach at Sentra Budi Perkasa Palembang. The research method used is the method of qualitative research with a phenomenological approach. Subjects in research are two people (adults) physical disabilities in the Sentra Budi Perkasa of N (male) and H (female). Methods of data collection using interviews, observation, and documentation. The results of this study conclude that subjects are able to accept their current conditions, in the sense of no minder or embarrassment of the limitations of possession. Subjects have good confidence, they are aware of the shortcomings they have, but they are also aware of the excess tucked inside themselves are aware of the shortcomings they have, but they are also aware of the excess tucked in themselves. Factors that affect the sense of confidence is because social support that always encourages and encourage them in every situation, and also they believe and represent to Allah SWT, they believe that every human being is inseparable from excess and disadvantage.

### INTRODUCTION

Every individual is born in different circumstances, not all of them have a perfect physical. This imperfection comes because of the destiny that has been given by the Supreme Creator. Therefore, not infrequently we encounter some individuals have physical limitations. Law Number 8 of 2016 on persons with disabilities mentions that persons with disabilities are everyone who experiences physical, intellectual, mental, and / or sensory limitations in the older period of interacting with the environment can undergo obstacles and difficulties to participate fully and effectively with other citizens (Tetteng et al, 2021).

Disability is usually defined as a condition where a person has a disadvantage or physical, mental, intellectual and sensory imperfection. The presence of persons with disabilities in society sometimes causes controversy that can cause social problems, as part of Indonesian citizenship there is as well as disabilities of obtaining special treatment devoted to protecting them from various forms of discrimination, especially protection against rights violations. Persons with disabilities are people who have an internal resistance of daily activities because of none or lost organs or cognitive functions (Juliansyah Lubis et al., 2020).

Personal disabilities are vulnerable to physical or mobility, or psychological problems, low self-esteem, less confident, isolative, and have a suspicion in conducting social activities. Physical disabilities are often socially isolated and facing the challenges of discrimination in access to health care and other services such as education and work (Israwanda et al, 2019).

In psychology, a person who has the limitations of the physical must be experiencing inner pressure, one of them feel as shame and often the following Minder then they feel useless to his life so that triggers with persons with disabilities shifts from its social environment. This happens because of the absence of self-conflicting embedded in them.

Fatimah, 2010 (in Prince Et Al, 2022) confidence is a positive attitude of individuals that allow himself to assess themselves and environment or situation in a positive. The confidence is a positive attitude of the individual who allows it to assess himself and the environment or situation in a positive. According to Lauster, (2003) defining self-confidence) is the basic ability owned by each individual based on the feeling or attitude of confidence so that they will not feel too worried in acting, polite and warm in interacting with others, and they will indeed be more daring for responsibility for the act he does.

Self Confidence or self-esteem is an attitude or confidence in the ability of themselves, so that in his actions are not too worried, feel free to do things that are in line with the desire and responsibility for his deeds, and to know their advantages and disadvantages. As some aspects can affect the confidence in the lauser research, 2005 (Nabila et al, 2022) which submitted 5 aspects that could affect confidence, of them: 1. Belify in Self-Ability (confidence in self-ability), 2. Optimistic (Optimism), 3. Objectivity (objectivity), 4. Responsibility (RESEARCH), 5. Rationality and Reality (Rationalities and Reality).

The five aspects are internal factors derived from themselves. Then other factors that play an important role in influence the sense of confidence in someone who has limitations are social support both from the family or the environment that is always there and always encourages in every circumstances. Because with the support of the family and friends will make people with disabilities feel that their existence is acceptable and their

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current state is still appreciated that they will not blame the situation and anger to God's destiny described for him.

When a human being faces a test and is patient in the event, not despairing or soynoded, positive thinking by understanding that it is with Qadha "Allah SWT and his taqdir. Someone will be red and calm his soul against the disaster that he implies. Allah swt will not be in charge, he will have the help of Allah SWT to uncover all the concerns and anxiety that has split over it and Allah SWT will save it from the sadness of Mustafa et al, 2007 (in Siregar, 2020).

For persons with disabilities, self-acceptance is not easy to do. According to Virlia & Wijaya (Mujidin et al., 2021) states that the process of self-acceptance experienced by physical disabilities is influenced by several internal factors such as self-esteem, unselfish, lack of confidence, and external factors. such as family support, stigma and discrimination of the environment. Any shortcomings or differences that make them difficult to confidence in living everyday life.

For that is the need for a form of self-esteem to the disability of the disability by using a treatment in motivation through the perspective of Islamic psychotherapy. Psychotherapy (Psychotherapy) is the treatment of the soul in the way the dedicated or specific technique of application (including counseling approach) on the healing of mental illness or difficulty of customization through religious confidence and discussions with experts, such as Ustadz or the console.

Conduct Introductions to get initial data on both subjects. The first subject to initial n is 30 years old, a non-defined physical disability of birth, but an accident tragedy that makes N a defects so that can only sit in the wheelchair. The subjects are very accepting his current conditions, the subject never complains, the subject says that what happens now must be in and over as well as live in line with the lines that have been set by Allah SWT.

The second subject of initial H, 21 year old, a non-innate physical disability of birth. The right eye of the right subject is not caused when the elementary school in the subject's eye arises a small mushroom in the eyes of the field, so the subject performs treatment and performing surgery as well as twice. But his operation requires to take it until his mushrooms do not spread. Initially the subject could not accept his physical condition but slow other subjects could accept himself.

Therefore, in this study the authors want to know how a picture of self-confidence for the physically ownership in Sultra Budi Perkasa Palembang.

## **METHOD**

This study uses a qualitative research method with a phenomenological approach. According to Moleong (Putra & Diponegoro, n.d.) qualitative research seeks to understand the phenomena experienced by research subjects holistically (whole) by describing words and language in special natural contexts by utilizing various natural methods that provide an overview of their uniqueness. The qualitative research method was chosen because it is in accordance with the research objective, namely to understand or find out what

phenomena experienced by research subjects. In this study, the sample selection used a purposive sampling technique. The sample collection method used is purposive sampling. The purposive sampling method is a sampling technique by determining certain criteria (Mukhsin et al., 2017).

The research subjects in this study were 2 (two) people with physical disabilities at Sentra Budi Perkasa Palembang. The subjects of this study were selected according to the characteristics that match the purpose of this study, namely people with physical disabilities due to accidents while playing. The first subject is a man (N) who is 30 years old and the second subject is a woman (H) who is 21 years old. Subject N had an accident as a child which resulted in him not being able to walk like normal people. Then the subject (H) has a defect in one of his five senses, which is not being able to see.

The data collection technique in this research is by interview and observation. Interviews in this study used semi-structured interviews where the interviews took place referring to the interview guidelines that had been made and could raise new questions from the informants' answers. Observations in this study were carried out simultaneously during the interview process. The research instrument in this study is the researcher who collects the data himself.

**Research Flow.** This research lasts for two months from September to November 2022. The stages consist of the preparation of a research plan/framework and application, research preparation, research implementation, data processing and research report preparation.

In conducting research, implementation begins with observation to determine the subject. Then proceed with conducting interviews 2 times. After that, only given treatment in the form of motivation to the subject. The last stage is data processing and preparation of research reports as research articles.

**Data analysis method.** In this study, using descriptive data analysis. In qualitative data, this analysis technique is in the form of a process of describing, describing, analyzing and summarizing the events or phenomena studied. The data collection techniques were also carried out by means of interviews, questionnaires or directly to the field.

## RESULTS AND DISCUSSION

### Results

Based on data analysis that have been done, obtained results from this study the subsequent two subjects have good confidence. In this study to see the form of the confidence of both subjects, the author refers to research conducted (Lauster, 2005) which revealed that the confidence is influenced by the factors below:

#### *The Self Concept and environment*

From the results of interviews conducted with both subjects obtained that the limitations of course have them to feel sad or Minder, and of course not easy for them to accept it. But the existence of social support they get mainly from the closest people like the family makes them rise and begins to believe in himself. Social support is a reaction given by someone to others in an effort to give a person who causes a person to be accepted, feels valuable and better understanding its capacity. According to both subjects, their families strongly support their in doing something positive. In addition to the family,

the support of the surrounding friends who increasingly makes both subjects to more confidence.

Having a positive friend makes both the subjects increasingly have a boost to advance and develop even though it has limitations. Proven, that like the subject of H who can join the Sulti Budi Perkasa is because of the influence of his friend, who affects H now life where H feels many have expertise, and more confidence in social life. This social support certainly affects the self-concept. About how both subjects look positively deficiencies in him by more digging the ability that exist in themselves.

According to both subjects, becoming a person with disability is a rejection or destiny given by Allah SWT that they must receive with Ikhlas, even if they can not receive it. But over time, rather than they continue to pourfish their shorter physical condition of improving their livelihoods by doing many positive things to improve skills or expertise. With the increased skill will certainly make people around them become amazed or even be wanting to be friends with them. This certainly makes both the subjects more a good sense of confidence.

### ***Beliefe in Self-Ability***

From the results of the interview obtained, both subjects have a positive view of themselves. They believe in the limitations they have saved the advantages on him. The advantages are the ability to do everything that is beneficial to him. Based on the results of the WawaRaran, it is obtained that both subjects have the ability in certain fields, such as the subject of N talented enough in the field of sports, proved to have followed the race in the sports. The subject h is also quite expert in the field of hydroponics. The two subjects are so excited when they tell the abilities they have. This indicates that they believe in the ability they have. Although sometimes there are still something underestimated or scratched but both are not even to be thinking about the talk of the outer. Not many people are aware that one's life is very determined by the way of thinking. If he thinks or has a picture of being a cunter and pessimistic person, the picture will affect all its potential.

### **Discussions**

Based on the results of research that has been done, it is obtained that the two subjects already have confidence driven by the factors described earlier. Confidence can be interpreted as something of self-confidence owned by everyone in his life and how the person looked at himself by intring with the concept of self. If simplified, confident it is the taste in the soul, full of confidence and the capableness to realize something with all the abilities owned and present it with the best (according to grace (2000; 109)).

Both subjects believe that God will not give the exam to his servants outside the boundary of his own sant. Without need to be discouraged because they believe that behind the deficiency possessed will surely give advantage also to every servant.

The Qur'an as the first reference also confirms about confidence in clear in some verses that indicate confidence as:

*" Do not be weak, and do not (you) you're sad, when you are the height of the above, the degree of manner, if you are the believers." (Ali Imran: 139)*

From the above verse appears that the confident of the Qur'an is called as a person who is not afraid and sad and experienced anxiety is the one who believes and the people who are Istiqomah.

## CONCLUSION

Based on the results of data analysis that has been done, the researcher concluded that the subsequent two subjects have had a sense of confidence in his life. They say already accepted the conditions that exist and submit everything that occurs in the Creator. In addition, the existence of supporting factors of families and friends are a very important role that in the importance of influencing the sense of confidence for both subjects. And representative to the Creator is one form of effort conducted by both subjects in increasing their self-confidence. For that reason they have started receiving self-state and live his daily life well because there are these factors that make them survive to date. What needs to be done is still grateful to be given the opportunity in living life then determined to develop self-potential through soft skills, show everyone that someone has physical limitations is not a barrier to be successful.

The researcher hopes the subject can be more confident and can accept the current situation, as well as communities can be more than those who are disabled. The limitations that occur during the study are a very limited time so that it can not be maximum results for further researchers who will take the same research theme, it is recommended to research on different physical disability subjects in order to be used as an appeal.

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