

## **PICTURE OF GRATITUDE IN PERSONS WITH PHYSICAL DISABILITIES**

Kasiyanti <sup>1</sup>, Dinda Raihana <sup>2</sup>, Muthmainnah Isnaini <sup>3</sup>, Adelia Puspita <sup>4</sup>, Tarisyia Tridea Nanda <sup>5</sup>, Indri Srimulya <sup>6</sup>, Julia Ayu Anggraini <sup>7</sup>, Nancy Nabella <sup>8</sup>, Cindy Giovani Yuselly <sup>9</sup>, Carissa Farras Yufi <sup>10</sup>, RA. Miftah Cahyani <sup>11</sup>, Jasmine Annisa Alnilam Cahyani <sup>12</sup>, Anggi Mela Utami <sup>13</sup>

Sentra Budi Perkasa Palembang <sup>1</sup>, Universitas Islam Negeri Raden Fatah Palembang <sup>2-8</sup>, Universitas Islam Negeri Sunan Gunung Djati <sup>9</sup>, Universitas Islam Negeri Walisongo <sup>10</sup>, Universitas Jambi <sup>11</sup>, Universitas Sriwijaya <sup>12</sup>, Universitas Muhammadiyah Palembang<sup>13</sup>

Corresponding email: [dindaaaraihana17@gmail.com](mailto:dindaaaraihana17@gmail.com)

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### **ABSTRACT**

Data from the Central Department of Statistics in 2022, there are around 24.6 million people with disabilities in Indonesia, divided into 17 million people with disabilities who are of productive age and 7.6 million people who are working. This study aims to find out the description of gratitude in people with physical disabilities. The selection of the sample used in this research is purposive sampling technique. This study uses a qualitative method with a phenomenological approach. The research subjects in this study were 2 persons with disabilities in the Budi Perkasa Sentra Palembang. Data collection techniques in this study are by way of interviews and observation. The results of the study show that both subjects have a sense of gratitude in their lives. This can be seen from the attitude or nature of gratitude that the subject has, namely being grateful with his heart, words, and deeds. They do not forget to worship Allah, obey all orders and stay away from His prohibitions, and apply good words in daily life.

### **INTRODUCTION**

Basically, every individual wants to live a normal life with his limbs and organs still intact without any deficiencies in his body. That way all activities in the life he lives will not experience various forms of obstacles. However, the situation will be different if there is one part of the body or an organ in him that is lost either due to an accident or congenital. This is known as disability. In general, disability is defined as a condition in which a person lacks or imperfections in terms of physical, mental, intellectual and sensory aspects. The presence of persons with disabilities in the community sometimes becomes a polemic that can cause social problems, and is often underestimated by the community. We as Indonesian citizens, it is appropriate for persons with disabilities to receive special treatment, which is intended as an effort to protect from vulnerability to various acts of discrimination, especially protection from various human rights violations. A person with a disability is someone who

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has obstacles in their daily activities due to a lack or loss of their body or cognitive organs (Juliansyah Lubis et al., 2020).

According to Ismadari (Yuzarion et al, 2022) The occurrence of this disability can also be caused by certain diseases and health conditions, natural disasters, accidents, and other causes. For people with disabilities, this condition is not an easy thing to accept. As for the feeling of disappointment, hopelessness, and lack of confidence. Because people with disabilities are long enough to accept their situation. According to data from the Central Statistics Agency in 2022, in Indonesia, around 24.6 million people with disabilities are divided into 17 million people with disabilities who are of productive age and 7.6 million people are working. Health problems that are usually experienced by persons with disabilities are cancer and tumors caused by an unhealthy lifestyle. Events due to natural disasters such as floods, landslides and earthquakes that caused a part of their body to be amputated. Besides that, the incident was caused by an accident that happened to him so that there was a part of one of his limbs that had a wound that had to be amputated.

Community discrimination against persons with disabilities still often occurs because people have a tendency to discriminate, such as seeing strange things and being afraid. This causes people with disabilities to lose their confidence and tend to withdraw from the social environment, and make them unable to accept their situation. However, the presence of several factors such as support from parents or family, as well as the social environment can support people with disabilities to accept and be grateful for what they have. According to Rosenberg (Dewanto et al., 2015) gratitude as a cognitive construction is demonstrated by acknowledging generosity and kindness for the blessings that have been received and focusing on the positive things in oneself at this time. Gratitude actually exists within each of them, it's just how they express it to themselves. As an emotional construction, gratitude is characterized by the ability to change the emotional response to an event so that it becomes more meaningful. This emotion actually already exists within each one, it's just that the way of meaning is different, such as sad, disappointed, happy, and so on.

According to Hemararajajeswari & Gupta, P (Mujidin et al., 2021) gratitude can channel our positive emotions into peace, good health, self-actualization, determination, motivation and pleasure. It can be learned that there are so many features of being grateful that individuals who are very grateful also have higher happiness. Peace in gratitude is like a peaceful and prosperous life. Apart from that, the purpose of channeling good health is as if he accepts all his circumstances, that he still has good health so that he can live his life well. According to Peterson & Stewards (Mujidin et al., 2021) This gratitude serves as a moral motivation that is very likely to transmit positive aspects to the surrounding environment.

For people with disabilities, gratitude is not an easy thing to do. According to Virlia & Wijaya (Mujidin et al., 2021) states that the process of self-acceptance experienced by persons with physical disabilities is influenced by several internal factors such as feelings of

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inferiority, powerlessness, lack of self-confidence, and external factors such as family support, stigma and discrimination from the environment.

All the shortcomings or differences that make it difficult for them to be grateful for the circumstances they have. Preliminary interviews were conducted to obtain initial data which were conducted on both subjects. The first subject with the initials RS was 17 years old, a person with a disability which was not congenital but due to cancer he had suffered for the last 2 years which required his left leg to be amputated. At the time of his initial illness and the amputation of his left leg, the subject could not accept his condition, which made him often feel inferior and withdraw from his surroundings.

Often feels that God is not fair to him. Thus making the subject tend to hurt himself such as by punching a wall, banging his head sometimes until it bleeds, slashing his hands, and had the thought of committing suicide. This went on long enough for the subject to become accustomed to and accept what God had given him. The second subject was 14 years old with the initials AD, a person with a disability which was also not congenital but caused by a fall while playing. Which caused his right leg to be amputated. At the beginning of the amputation the subject also thought why he had to experience all this, but after a while the subject was also able to accept it. The request for amputation was also a request from the subject himself, he thought that it was better to just amputate it than to be left alone and cause pain that made it difficult for him to move. Therefore, in this study the authors wanted to know how the picture of gratitude for people with physical disabilities.

## **METHOD**

This study uses a qualitative method with a phenomenological approach. According to Moleong (Putra & Diponegoro, n.d.) Qualitative research seeks to understand what phenomena are experienced by research subjects holistically (whole) by describing words and language in a special natural context 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 are experienced by the research subjects. In this study, the sample selection used a purposive sampling technique. Sample collection method used is purposive sampling. The purposive sampling method is sampling technique by determining certain criteria (Mukhsin et al., 2017).

The research subjects in this study were 2 persons with disabilities in the Budi Perkasa Sentra Palembang. The subjects of this study were selected according to the characteristics in accordance with the objectives of this study, namely persons with disabilities caused by accidents while playing. The first subject is RS who is 17 years old and the second subject is AD who is 14 years old. The two subjects experienced a similar situation, namely where both had to have an amputation in one of their legs.

Data collection techniques in this study are by way of interviews and observation. The interviews in this study used semi-structured interviews where the interviews took place

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referring to the interview guidelines that had been made and could generate new questions from the answers of the informants. Observations in this study were carried out simultaneously during the interview process. The research instrument in this study was the researcher who collected the data himself. The interviews in this study used semi-structured interviews where the interviews took place referring to the interview guidelines that had been made and could generate new questions from the answers of the informants. Observations in this study were carried out simultaneously during the interview process.

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## RESULTS AND DISCUSSION

The condition of disability experienced by the two subjects in a fairly long period of time certainly affects and becomes an obstacle for the subject to move and carry out daily activities. In this study to see a picture of the gratitude of the two subjects, the author refers to the opinion of Al-Ghazali who reveals that a grateful servant will show three things, namely:

### 1. Grateful With Heart

From the results of interviews with the two subjects, it was found that the pain caused by the disease experienced by the subject made one of his legs amputated, and caused a deep sense of sadness in the subject. It takes a long time for the subject to accept it. But until now, judging by the condition of the subject who is still given health, the subject feels grateful to Allah SWT. Even with the limitations of the two subjects, the subject continues to act as usual and always tries his best so as not to be left behind with the development of the people or friends around him, for example, the two subjects continue to study even though they can only study at home and can only be taught by parents.

Or their guardians, sometimes they also learn by themselves by reading books or searching on the internet. According to the two subjects, being a person with a disability is a provision or destiny given by Allah SWT that they must accept sincerely, even though at the beginning they still can't accept it. But now they can learn to be sincere and grateful for what God has given them. According to the subject, instead of just constantly complaining and feeling that God is unfair, it is better for them to look down and realize that there are still people who are below or have more difficulties than them. So they should be more grateful for what Allah has given them and they believe that Allah will not give a test to his servant beyond the limits of his own servant's ability.

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It is said in the Qur'an in Surah Ibrahim verse 7:

وَاذْ تَأَذَّنَ رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ وَلَئِنْ كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ

*Meaning: And (remember) when your Lord announced, "Indeed, if you are grateful, I will surely add (favours) to you, but if you deny (My favours), then My punishment will be very severe."*

In this sura it is explained that Allah SWT will add pleasure to his servant who is grateful to him, but if his servant forgets to be grateful then Allah SWT will revoke the favor and will repay his ungrateful actions with a very heavy punishment from Allah SWT. From this even by being grateful for all the blessings given by Allah, then Allah will add more favors. Being grateful will also strengthen your sense of faith and belief in Allah SWT. It is this belief that allows the two subjects to understand how high the value of something physical and spiritual is. When the two subjects perform obedience and piety to Allah, there will be a feeling of gratitude to Allah who has bestowed these various pleasures. According to Fadhalla(Putra & Diponegoro, n.d.) a grateful heart can strengthen the good that has been done and will produce goodness that does not yet exist. Ordinary people are only grateful when they get material sustenance. Meanwhile, people who gain inner enlightenment are



### 3. Grateful With Deeds

The results of the interviews obtained in being grateful for needs, the two subjects have similarities in being grateful for deeds, namely doing things that remember the presence and pleasure of Allah SWT through their limbs, even though they are not perfect. These two subjects showed their gratitude by carrying out Allah's commands and avoiding His prohibitions. With a physical condition that has deficiencies, of course it does not prevent them from carrying out Allah's commands, namely carrying out worship. The first subject, often worships at the mosque, while the second subject, he prays at home with his father and mother. In addition, these two subjects also did not forget to recite even if it was only a verse, and pray, namely as a sign of gratitude and asking for what is desired or expected for his life. Gratitude with actions is to use all members of the body to do good things for us to instill in our daily lives in the hope of bringing goodness and safety, both in this world and in the hereafter. Ubaid (in Yuzarion et al, 2022)

Al-Qur'an surah Saba' verse 13 explains:

لَوْ نَشَاءُ لَمُخَارِبِينَ تَمَازِينًا لِيُجَازِيَكَ الْجُورَ ابْوَفُؤْرٍ سِبْيَانًا عَمَلُوا الدَّاءَ دَشْكُرًا وَقَلِيلٌ مِّنْ عِبَادِيَ الشَّاكِرِينَ

*Meaning: "They (the jinn) worked for Solomon according to what he wanted, including (making) tall buildings, statues, plates that were (big) like a pond and pots that were fixed (inside). on the stove). Work, O family of Dawud, to be grateful (to Allah). And very few of My servants are grateful" Saba' (13)*

According to Hambali, Meiza, Fahmi (Putra & Diponegoro, n.d.) in the verse it is explained that Allah ordered the family of Prophet Dawud to do good deeds and invite his family to pray, fast, and so on. Because as servants who have limbs, both subjects use this blessing to obey and be grateful and refrain from using that pleasure in a negative way. Gratitude with actions must involve members of the body in carrying it out as a form of obedience and devotion to God. When we are grateful, we need to use all the gifts that God has given us, *hablum minallah* is the main focus in doing good to others, which is a form of worshiping Allah SWT, including helping others, respecting parents.

## CONCLUSION

From the results and discussion in this study it was concluded that the two subjects had a sense of gratitude in their lives. This can be seen from the attitude or nature of being grateful that the subject has that people who are grateful will show an attitude of gratitude

with their hearts, namely by accepting all the blessings that God has given because basically everything that God has given is the best thing. In this study, it can be seen that being grateful with the heart is done by always realizing and believing that all the blessings that are felt are all from Allah. Then give thanks verbally, namely expressing gratitude verbally, such as by saying *Allhamdulillah*, *Masya Allah* and by *dhikr* or other forms of words of praise to Allah and be grateful with actions, namely by using all the blessings given to help oneself obey Allah, such as by carrying out worship, giving charity and helping each other.

The researcher hopes that the subject can be more grateful and accept his current situation, and the community can be more empathetic to people with disabilities. For further researchers who will take the same research theme, it is recommended to conduct research on different physical disability subjects so that it can be used as a comparison. The limitations that occur during research are very limited time so that maximum results cannot be obtained.

## DECLARATIONS

### Author's contributions.

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We also last thank to everyone who was involved in the research and writing of this article. The study is conducted to identify manifestations of physical disabilities. Our hope as authors is that the articles we write can be a useful tool for all those with disabilities in order to be more grateful and accepting of their present circumstances, and that society can be more empathetic to the person with disability.

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