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The role of social support to increase the Confidence of the Deaf in the Difabel Study Council

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Abstract

Purpose - This study aims to determine the role of peer social support in increasing the self-confidence of the deaf in the Difabel Study Council.

Method - This research is devoted to people with hearing impairment. The approach used in this study is a descriptive qualitative approach. Data collection method employed Interview and observation. The primary data sources are participants who are deaf, while the secondary data source is the administrator and participant Assembly studying the disabled. Technique for data analysis applied triangulation source. Social support is required by people with hearing impairment as an effort to suppress psychosocially.

Result - The findings of this study state that the deaf perceives social support from their peers.

Implication - Deaf fellows in the Difabel Study Council have an important role in social support because social support from friends makes them feel protected, and loved, and think more broadly that all humans are the same because, for the deaf.

Originality - This research is presented concerning religious guidance services for deaf individuals.

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Keywords:

Dukungan sosial, percaya diri, tunarungu.

Abstrak

Tujuan – Penelitian ini bertujuan untuk mengetahui peran dukungan sosial teman sebaya dalam meningkatkan rasa percaya diri penyandang tunarungu di Dewan Studi Difabel.

Metode – Penelitian ini dikhususkan pada penyandang disabilitas pendengaran. Pendekatan yang digunakan dalam penelitian ini adalah pendekatan deskriptif kualitatif. Metode pengumpulan data menggunakan wawancara dan observasi. Sumber data primer adalah peserta penyandang tunarungu, sedangkan sumber data sekunder adalah pengurus dan peserta majelis pengajian penyandang disabilitas. Teknik analisis data menggunakan triangulasi sumber. Dukungan sosial diperlukan oleh penyandang disabilitas pendengaran sebagai upaya menekan secara psikososial.

Hasil - Temuan penelitian ini menyatakan bahwa penyandang tunarungu merasakan dukungan sosial dari teman sebayanya.

Implikasi – Teman-teman tunarungu yang tergabung dalam Dewan Kajian Difabel mempunyai peran penting dalam dukungan sosial karena dukungan sosial dari teman membuat mereka merasa dilindungi, dan dicintai, serta berpikir lebih luas bahwa semua manusia itu sama karena bagi penyandang tunarungu.

Orisinalitas - Penelitian ini disajikan mengenai layanan bimbingan keagamaan bagi penyandang tunarungu.

Introduction

The population growth of people with disabilities has increased every year. The conditions suffered by people with physical disabilities make it difficult for them to carry out activities. Disability is also known as disabled which is an extension of the phrase people with a different ability or in other words people who live their activities with physical or mental limitations that are different from people in general (Sholeh, 2015).

Based on the results of a survey from Basic Health Research (Riskesmas) conducted by the Health Research and Development Agency (Balitbangkes) of the Ministry of Health in 2018, the percentage of children aged 24-59 months who are deaf from birth (0.11%). There are also survey data from the Information System for the Management of Persons with Disabilities (SIMPDP) from the Ministry of Social Affairs in 2019, the percentage of persons with disabilities in the deaf category in Indonesia is (7.03%) (Situmorang & Ariyani, 2022).

This research is devoted to people with hearing impairment. This condition can be temporary or permanent. In the cycle of life to be able to survive in the face of change requires confidence in one's ability to be able to solve a problem. Confidence is identical to self-confidence that individuals have. Self-confidence is a belief that a person has, that he or she is able to behave as needed to obtain expected results (Bandura, 1977).

Self-confidence is one of the most important aspects of a person's personality. Without self-confidence, it will cause a lot of problems in a person. Self-confidence is also reflected in the acceptance of failure and beyond the disappointment caused in an instant (Krishna, 2006). Self-confidence is important to have which makes individual attitudes that can develop well but can also experience a decline that can make it difficult for the individual to even not want to do something.

According to Mastuti & Aswi (2008), individuals who are not confident are usually because they do not educate themselves and tend to just wait for people to do something to them. The higher the self-confidence, the higher what you want to achieve. According to Mardatillah (2010) someone who has self-confidence certainly has the following characteristics; (1) Knowing well the weaknesses and strengths they have and then developing their potential; (2) Set standards for achieving life goals and then giving rewards if they are successful and retry if the goals are not achieved; (3) Not blaming others for their defeats or failures but more into self-introspection; (4) Being able to overcome feelings of depression, disappointment, and a sense of inadequacy that surrounds them; (5) Able to overcome anxiety in them; (6) Calm in running and dealing with everything; (7) Think positively; and (8) Move on without looking back.

Meanwhile, Dariyo (2007) says that self-confident people usually have the characteristics of having initiative, being creative and optimistic about the future, being able to realize their weaknesses and strengths, thinking positively, and assuming that all problems must have a solution. Deaf people have something to do with increasing their self-confidence, namely with social support from their peers. There are several aspects of trust (Ghufron 2011), which are as follows: self-confidence, optimism, responsibility, rational and realistic, and objective.

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Peers can also support inclusive education such as increasing acceptance, improving social skills, including self-adjustment for deaf people (Bond & Castagnera, 2006). The results of research from Sri Jarmitia et.al (2016) show that there is a positive and significant relationship between social support and self-confidence in people with physical disabilities. In addition, Siti Putri Utami's research (2017), stated that there is a relationship between social support and self-confidence in deaf adolescents.

The Difabel Study Council is one of the forums for realizing independent living for the deaf in a prosperous life. Some of the statements above show how important social support, especially from peers, is for people who are deaf. From the description above, the researcher is interested in conducting research to find out " The Role of Peer Social Support to Increase Deaf Trust in the Difabel Study Council".

Research Method

The approach used in this study is a descriptive qualitative approach. The research results are explained descriptively which aims to answer research questions through formal and argumentative ways of thinking. Therefore, the title of this study does not emphasize generalization but emphasizes more on meaning (Sugiyono: 2014).

Data collection methods using Interviews and observation. For primary data, the source is participants who are deaf, meanwhile secondary data source is the administrator and participants' Assembly. Therefore, this research is descriptive qualitative research that seeks to find answers to the problems posed systematically, based on the facts related to the role of peer social support to increase self-confidence in people with hearing impairments in the Semarang City Disability Study Council. Technique data analysis using triangulation source. The population in this study was vulnerable deaf youth aged 17-25 years. While the number of research samples amounted to 10 respondents with a random sampling technique (Simple Random Sampling).

Results and Discussion

The Confidence Level of the Deaf in the Difable Study Council

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The limitations of the deaf, as well as the lack of language skills to exchange information cause them to experience various difficulties in carrying out their main tasks and functions that should be done and completed (Rinaldi & Lestari, 2022). When there is a misunderstanding or difficulty in coordinating, the deaf individual feels ashamed, insecure, or even withdraws from the environment. This happens because every problem they experience cannot be discussed with their colleagues to find a solution and solve it properly. Because not all colleagues outside the Difabel Study Council or people in the surrounding environment can understand the sign language used by individuals with hearing impairments.

The self-confidence experienced by deaf children in the Difabel Study Council is that some are confident in their abilities at school or work, are able to carry out their duties without being accompanied by their parents, never bother others and accept their physical condition. Confidence is not simply attached to a friend with a deaf disability. Self-confidence is not innate or hereditary. A person who is deaf has feelings of shame or insecurity to interact socially with their peers. The feeling of insecurity he feels will hinder improvement (healing) (Geniofam, 2010).

The self-confidence of deaf people with non-disabilities is different because their limited hearing makes it difficult for them to get along, this requires the support of peers, parents, and family in developing self-confidence for the deaf to be better (Puspitaningrum, 2018). Respondent's statements conveyed that joining a peer community greatly influenced their self-confidence. Forms of support and advice as material for self-evaluation obtained from fellow deaf people become a separate form of social support. As was the case at the Difabel Study Council. One of the activities carried out in sign language training, skills, and religious activities as a way to increase the self-confidence of the deaf.

Based on the results of observations and interviews, social support obtained from deaf people at the Difabel Study Council was very influential in their self-confidence. Likewise, in the continuation of their lives, without the encouragement and support of those closest to them, they would not be able to be as strong as

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they are now. Peer social support greatly changes his way of thinking, the family that provides a sense of security, comfort, and positive information obtained makes him no longer care about the negative things around him. The deaf prefers not to respond. Encouragement from a peer kept him going and convinced him to do great things.

This community has a vision that is to provide facilities for people with disabilities to obtain information, especially Islamic religious studies that are disability-friendly. The recitation is translated using sign language so that it is easily understood by the deaf, the location of the recitation is easy to access, and some volunteers accompany them to go to the recitation location. By holding regular studies, the desire to fulfill the spiritual needs of persons with disabilities can be fulfilled. The study that was held was also very friendly to friends with disabilities, and accessibility for people with disabilities at this routine event that was held was very concerning to the organizing committee.

The Disable Study Council is one of the gathering places for Muslim persons with disabilities who want to learn Islamic religious knowledge without worrying about inadequate facilities. This community always holds regular recitations, which are specially attended by friends with disabilities. This religious study is equipped with an interpreter who translates information from Indonesian into sign language, a routine study held by the Difabel Study Council also takes place in a location that is friendly to friends with disabilities. A deaf fellow could perceive the form of social support between peers. This makes them more enthusiastic about carrying out daily life. Social support in this case is an action that is helpful through emotions, providing information, and giving attention to help individuals in dealing with their problems.

Implementation of Social Support to Increase Deaf Confidence

Social support is an interaction between two or more individuals, which aims to meet the basic needs of individuals, which include the need for love, respect, and the need for security so that individuals can obtain happiness (Thoits, 2012). Every individual needs support from others. Budiyan (2010) says that social support is a form of helping action obtained from social relationships. The existence

of social support from people around such as family, partners, and good friends in the form of emotional attention, instrumental assistance, providing information, and assessments will provide experiences to others that they are loved, cared for, and loved.

Socially, people with hearing impairment experience difficulties in interacting. Lewis (2003) states that the lack of ability for deaf people to communicate or understand other people's communications makes them have low self-esteem and easily suspicious of other people. Hearing impairment in deaf people will affect their lives in a complex manner, one of which is regarding their self-confidence.

Deaf people will not be able to easily understand announcements delivered using loudspeakers at airports or public transport terminals. They also have difficulty lip-reading in poorly lit auditoriums, and they can't hear alarm sounds. Difficulties experienced by deaf people can be overcome by using tools such as easy-to-read text in any public information media, or by applying a translator method using sign language (Thohari & Slamet, 2014).

Self-confidence is important to have as an aspect of one's personality. Adler in Alwisol (2008) states that the most important human need is the need for self-confidence and a sense of superiority. Self-confidence includes belief in one's own abilities, optimism, responsibility, rationality, and reality. Social support is looking for an effort to increase self-confidence in deaf people. In addition, communication skills also need to be taken into account to build self-confidence.

The higher the social support you get, the higher your self-confidence (Norahmasari, 2015). However, communication can make a person's self-confidence low because it is hampered in communicating with others due to poor hearing. People with hearing impairment use sign language communication, lip reading, and learning to pronounce words. Lip reading is also used as a way to understand other people's words. Deaf people believe that everyone has expertise in a certain area. They also believe that the key to communication is mutual respect and understanding of the conditions.

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Social support can be obtained from friends from the same community who face the same challenges, for example, people who are deaf. The existence of support from peers allows getting warm, positive feelings, and builds self-esteem and self-confidence. Forms of peer support are very helpful regarding self-confidence towards self-acceptance in society. Social support has an important role in increasing individual self-confidence (Harefa & Rozali, 2020). Individuals with self-confidence affect high levels of social support (Omnihara et al., 2019).

Self-confidence is one of the most important aspects of a person's personality. Without self-confidence, it will cause a lot of problems in a person. Self-confidence is also reflected in the acceptance of failure and beyond the disappointment caused in an instant (Krishna, 2006). Self-confidence is important to have which makes individual attitudes can develop well, but can also experience a decline that can make it difficult for the individual to even not want to do something.

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Social support provides benefits for the deaf, including increasing psychological well-being and adjustment by providing a sense of belonging, clarifying self-identity, increasing self-esteem, and reducing stress. Improve and maintain physical health. The higher the social support received by a teenager, the greater the resilience of the teenager (Johnson & Johnson, 2004). Social support includes several aspects, namely aspects of emotional support, appreciation support, instrumental support, and informative support. This is very influential in developing the self-confidence of the deaf. Social support like comfort, attention, appreciation, or helping people with an attitude of accepting their condition, social support is obtained from individuals and groups. A deaf person who has social support will be able to overcome problems in his life. Support from the people around him strengthens and makes a person more confident.

By being confident, the deaf will be able to withstand stress or sadness and not show a continuous negative mood. If self-confidence increases, one will be able to overcome any problems, be able to increase self-potentials, and become optimistic, and courage and emotional maturity will emerge. With peer tutors who are able to become friends and mentors for deaf students in learning, indirectly the social attitudes of deaf students begin to increase and begin to develop (Widyastuti & Widiana, 2022).

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Conclusions

Social support is a form of attention, appreciation, enthusiasm, acceptance, and help in other forms that come from people who have close social relationships such as parents, family, life partners, and close friends. Most of the social support received from deaf people at the Difabel Study Council comes from fellow deaf friends. Deaf fellows in the Difabel Study Council have an important role in social support because social support from friends makes them feel protected, and loved, and think more broadly that all humans are the same because, for the deaf, they can also do what others can. Encouragement from a peer kept him going and convinced him to do great things. Therefore, this research is expected to be an encouragement for counselors to help maintain the self-confidence of the deaf with the mediator of peer social support. This step can be done by involving the deaf in the implementation of religious guidance services as an effort to develop themselves.

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