

## **Self-acceptance of Middle-Aged Men with non-congenital physical Disability**

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### **ABSTRAK**

The middle adulthood age range is the longest age range for a man, ranging from 40 to around 60 years. At this age, ideally a man has achieved stability in terms of work and career. It can be said that at this age a man is reaching the peak of his prosperity. However, when he was faced with a physical disability that he got from an accident, this can change all the conditions that previously existed in him, especially those related to achieving the peak of his well-being. Self-acceptance is needed so that middle-aged men who experience non-congenital physical disability can regain their well-being. The main aim of this researcher is to determine the description of self-acceptance in middle adult men who experience non-congenital physical disability. The respondents of this study were 4 middle adult men aged 40 to 60 years. The respondents were interviewed to get a picture of their self-acceptance based on the aspect of an acceptance of one's impulses and attitudes; being in tune with one's behavior and the perception of new relationships; the renewed view of reality made possible by this acceptance and the planning of new and more satisfying ways in which the self can adjust to reality. The results of this research show that Middle Adult Men with non-congenital physical impairment initially experienced mental decline, but each of them was able to accept their condition because they gained insight from their respective processes and reinforcement from the environment and were able to plan their future and financial certainty.

**Keywords:** Self-acceptance, Middle-Aged Men; non-congenital physical Disability

## **A. Introduction**

The middle adulthood age range is the longest age range for a man, ranging from 40 to around 60 years. During middle adulthood, a man's general achievements will expand to include commitment to the community and society at large, no longer oriented only to personal achievements. Thus, personal goals will be framed in the context of personal contributions to the social world beyond oneself and immediate family, even extending to future generations and even the species itself. At this age, ideally a man has achieved stability in terms of work and career. It can be said that at this age humans are reaching the peak of their prosperity. Over the middle adult years, generativity expands to include a commitment to community and society at large. Personal goals become framed within the context of contributing to the social world beyond oneself and one's immediate family to future generations and even the species itself. At this age, ideally a man has achieved stability in terms of work and career. It can be said that at this age a man is reaching the peak of his prosperity (Carr & Pudrovska, 2007; Kuther, 2017).

However, when he was faced with a physical disability that he got from an accident, this can change all the conditions that previously existed in him, especially those related to achieving the peak of his well-being. Several studies show that someone who experiences non-congenital physical disabilities will tend to experience psychological disorders. If it is related to self-image, someone who experiences physical disabilities will tend to psychological disorders, especially based on their social environment roles and respons (Shahid et al., 2022). Apart from that, when he has low self-acceptance regarding his disability, he tends to have low self-esteem too (Lestari & Fajar, 2020; Malli & Forrester-Jones, 2022). Compared to someone who has had a physical disability since birth, someone who has a non-congenital physical disability has more difficulty accepting the condition they are experiencing. They need time to form a new self-concept. (Bogart, 2014). An adult man who previously had a certain social role, especially as someone who is responsible for a social role, will experience stress or mental decline when he experiences an incident that requires his role to suddenly change. So, for an adult man, this condition is a challenge, especially in forming a new self-identity and

social role. Considering that an adult man is aware that he is no longer young, starting a new career is not easy. It also happens when they face economic responsibilities towards their family.

However, when an adult starts a new role, the main factor that influences his success in carrying out his new role is self-acceptance. Self-acceptance is needed so that middle-aged men who experience non-congenital physical disability can regain their well-being. One of the things that inspires self-acceptance in someone with a physical disability is hope(Zapata, 2020).

self-acceptance according to Rogers(in (Bernard, 2013)states that someone who has self-acceptance will have several of these things, including, which emerged in part through the influence of others. Negative impulses and attitudes were often a result of prior negative experiences. The second element was being in tune with one's behavior and the perception of new relationships. The third element involves the renewed view of reality made possible by this acceptance and understanding of the self. The fourth element that Rogers proposed was the planning of new and more satisfying ways in which one can adjust to reality. These are the things that will be explained in this article, namely the description of self-acceptance in middle adult men who experience non-congenital physical disability. The main aim of this researcher is to determine the description of self-acceptance in middle adult men who experience non-congenital physical disability. The respondents of this study were 4 middle adult men aged 40 to 60 years. The respondents were interviewed to get a picture of their self-acceptance based on the aspect of self-acceptance.

## **B. Discussion**

This research involved 5 adult men who experienced accidents which resulted in them losing their motor organs. The first informant, R, is a man aged 45, who completed his final education at high school level. had a traffic accident which resulted in his right leg being amputated. His current job is as an entrepreneur in the field of haircutting and cellphone service.

The second informant, G, is a 40-year-old man, pursuing his final education at undergraduate level and suffered a work accident which resulted in both legs

being amputated. Meanwhile, for his current job, he is quite active in the Disabled Organization in the city of Blora.

The third informant, K, is a 60-year-old man. K completed his final education at junior high school level. The cause of the non-congenital physical disability was because K had a work accident, he was electrocuted, this resulted in both hands having to be amputated. K doesn't work and only helps his wife take care of the house.

Meanwhile, the final informant is S, who is a 43-year-old man. S completed his final education at elementary school level. The cause of this condition was because S had diabetes which resulted in one of his right legs having to be amputated. S is currently not working.

The four informants are people with non-congenital physical disabilities aged 40 to 60 years, which is the age range of middle or middle adulthood(Kuther, 2017). Two of them no longer have jobs like before because current conditions have changed. They are not working because the other two still have jobs, even though these jobs are jobs that are not the same as their previous jobs. Although ideally at this age they have reached the peak of their career(Kuther, 2017). This disability condition tends to reduce the level of life satisfaction of middle-aged men, because they experience limited physical activity(Li et al., 2023)

The initial perception of disabled people regarding their condition and the problems they face, in general, when they first experience this condition, they feel devastated and worried about their future. Apart from this, R finds it difficult to adjust to his prosthetic leg, as well as his view of the condition of other people who are more perfect than himself. These changes that occur at the beginning of their disability are normal and are their stress alarm mechanism(Rahmajati, 2021; Schneiderman et al., 2005).

However, as time goes by, they begin to carry out self-adjustment mechanisms so that the process of self-acceptance occurs(Allen & Leary, 2010; Bernard, 2013). the five informants had accepted their condition as disabled people. The first form of acceptance appears from an acceptance of one's impulses and attitudes. When they see their current condition and when they respond to other people's conditions, they all accept their conditions. They think that the way

other people see them will be different, because they have conditions that are not the same as other normal people. Even for informant S, because his condition is related to his diabetes, the fear of the same thing happening again is still a concern. In this case, these non-congenital physical disabilities have been able to accept other people's impulses and attitudes towards themselves and their current condition, by forming new perceptions of their current condition (Bogart, 2014; Bogart et al., 2019).

The next form of self-acceptance arises from the aspect of being in tune with one's behavior and the perception of new relationships. As a movement, they recognize that there are limitations when it comes to activities with the social environment around them. So, what they do is collaborate first with other disabled communities, so that they can adapt a little to their condition. The existence of this community is what raises their enthusiasm for the social roles they play. The reality that they are ideally at the peak of their careers but must start adapting from scratch both in terms of social relations and work, makes this disability community important for the informants. One of the factors that influences the success of a disabled person in establishing new relationships is his trust in his environment (Janna & Lukmawati, 2021).

Other aspects or elements of self-acceptance appear from the renewed view of reality made possible by this acceptance and the planning of new. The reality that they experience physical disabilities makes them face new things within themselves, such as limitations in movement activities, loss of jobs they previously had, dependence on other people and family. For men today, physical activity is their main support in working, but the physical disability they currently have means they have to make new plans related to this. Like R, who lost his leg in a traffic accident, can no longer do the job he previously did where he had to leave the house to go to work, so he started a new career as a haircutter and cellphone servicer, which doesn't make a name for it. had to move far from home. G, who is a bachelor's degree graduate, lost both legs due to a work accident at his previous place of work. This makes him unable to mobilize like before, but with his ability to motivate other people and administrative matters, he is now one of the mobilizers in the disability community in Blora. In contrast to other informants, K had to lose

both hands due to a work accident, and this required him to need help from other people in carrying out daily activities, however, because he felt he could no longer be as productive as before, he chose not to work, and simply helped his wife with her work. At home. Almost the same thing happened to informant S, where his physical disability was caused by diabetes, which he still must deal with, so he chose to focus on recovery and no longer work.

Although several studies show that there is no difference in mental health status between men and women who do not work or are forced to quit their jobs (BaticMujanovic et al., 2017; Knopp, 2016; Lopez-Zafra et al., 2012), However, for countries that still apply the principle of masculinity in terms of employment status in the household, the status of someone who does not have a job is something that greatly affects mental health compared to women (Oliffe & Han, 2014), as is the case in Indonesia. This declining mental condition occurred among the informants in this research, especially among the informants who ultimately no longer returned to work. However, now they have been able to accept these changes and have new plans for their current conditions. Self-acceptance of new behavior and plans is an important thing for a mature man so that he can return to a more balanced psychological condition (Bogart, 2014; Lestari & Fajar, 2020; Li et al., 2023; Zapata, 2020). This also cannot be separated from the social support provided by the social environment, especially the family (Bernard, 2013; Janna & Lukmawati, 2021; Lestari & Fajar, 2020).

The final aspect of self-acceptance in men with non-congenital physical disabilities is finding more satisfying ways in which the self can adjust to reality. The informants in this research have found ways to be able to carry out their activities even with the physical movement limitations they experience. Informants R and K got a new job that suited their current physical condition. R is a haircutter and cellphone servicer, and G is active in the Diffable Blora community. Then Informants K and S are no longer working because they are carrying out other roles and activities in accordance with their physical condition. K, who is 60 years old and no longer has hands, chooses to do activities around his family. Meanwhile, S focuses on the healing process because this must be his priority now, and he is living it with positive motivation. Even though limited physical activity

and disability can directly or indirectly affect a middle adult man's life satisfaction(Li et al., 2023), when he has self-acceptance of the reality conditions he is facing, he can improve his mental health become more positive (Bogart et al., 2019; Janna &Lukmawati, 2021; Zapata, 2020).

### **C. Conclusion**

It can be concluded that the informants in this study, who experienced non-congenital physical disabilities tended to have self-acceptance. This is shown from the first aspect, namely that they have acceptance of one's impulses and attitudes, where the informants consider that their disability is something that is definitely not the same as other normal people, in this case they have accepted their new role as a person with a disability. The second aspect of self-acceptance is shown by those who have been able to be in tune with one's behavior and the perception of new relationships, where they have begun to join the disability community to get support and new relationships regarding the disability condition they have acquired in middle adulthood. The third aspect of self-acceptance, namely the renewed view of reality made possible by this acceptance and the planning of new, where they have a new role after they have this physical disability, they start to get new jobs and choose new roles and activities other than work which corresponds to his current physical condition. And the last aspect is more satisfying ways in which the self can adjust to reality, where they already have activities that make themselves satisfied regarding their current physical condition, two informants can still make money by working in new fields, while two informants Others choose not to work as a form of adjustment to their current physical limitations, and this cannot be separated from the support of the social and family environment.

The limitation of this research is the existence of individual differences factors which make this research unable to be generalized. It is hoped that research with the same theme can further highlight the uniqueness of each person with a disability with their various backgrounds.

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