

Contribution of the P3AP2KB Social Service to Exploring the Self-Awareness of Women with Disabilities: Counseling Psychology

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ABSTRACT

This research aims to determine the contribution of P3AP2KB social services in exploring the self-awareness of women with disabilities in counseling psychology studies. This article is a field research using a qualitative approach in the case study category. The research results show that: 1) Experience of the role of the P2AP3KB Social Service towards women with disabilities in Kudus Regency in the form of a) Fostering equality for women with disabilities; b) Providing business capital; c) Providing a legal umbrella through Kudus Regency Regional Regulation Number 10 of 2021 concerning the protection and fulfillment of the rights of persons with disabilities; d) Providing motivation to develop; e) Empowerment in the form of skills training. 2) The experience of the P2AP3KB Social Service in providing mentoring materials to increase self-awareness by providing training in basic level net cloth and culinary skills as well as providing career motivation; 3) The experience of the P3AP2KB Social Service in providing methods to increase self-awareness of the nature of women with disabilities, namely approaches through the disabled community and approaches through social assistance; 4) The meaning that the P3AP2KB Social Service can take when providing assistance in increasing the self-awareness of women with disabilities includes: a) developing the potential of women with disabilities; b) growing the self-confidence of women with disabilities; c) Fostering a fighting spirit within limitations; d) being economically independent. These findings are a study of the development of self-potential from the self-awareness of women with disabilities to live a better life in the theme of counseling psychology.

Keywords: Role of Social Services, Disability, Self-Awareness, and Counseling Psychology.

A. Introduction

Globally, there are more women with disabilities. The majority of the growing population of people with disabilities is in developing countries. Someone who is attached to the name of a woman with a disability faces many life problems. Recent literature shows that young women with disabilities face physical and emotional barriers. Most of them are not aware of the positive and negative sides. Such conditions increase their self-understanding and are a form of awareness that will help them to have a clear perception of their personality, including strengths, weaknesses, thoughts, beliefs, motivations and emotions. Understanding yourself is self-awareness. Self-awareness is understood as a cognitive process that requires the integration of information from both external and internal realities to create an experience. Someone who has a high level of self-awareness will make changes to their thoughts and emotions. Someone who has self-awareness will support their emotional intelligence as well as .success in their life (Priyadharisini, T., & Rani, 2021).

The debate regarding whether the term disabled is considered a discriminatory name In such conditions, to carry out rehabilitation, there needs to be a name that can provide positive meaning and positive energy (Sayyidah, 2015). Names that are less pleasant to hear than people with disabilities are in Law No. 4 of 1997, Article 1, paragraph 1. It states that a disabled person is anyone who has physical and/or mental disorders (UU. No. 4, 1997). Furthermore, the name of people with disabilities is felt to be discriminatory and less humane. Through Law No. 19 of 2011, the name of disabled people was changed to people with disabilities, which comes from the term people with disabilities or disabled person (Undang Undang Republik Indonesia Nomor 19 Tahun 2011).

According to Nawir, in 2009, the survey results showed that the number of disabled people in 9 provinces was 299,203, and 10.5% (31,327 people) were people with severe disabilities who experienced obstacles in their daily activities (activity daily living/ADL). 67.33% of adults with disabilities do not have skills or work. Most of the skills of disabled people are massage, carpentry, farming, labor and services. The number of disabled men is greater than that of women by 57.96%. The province with the highest disability is West Java Province (50.90%)

and the lowest is Gorontalo Province (1.65%). When looking at age groups, ages 18–60 occupy the highest position. The most common disabilities experienced were leg defects (21.86%), mental retardation (15.41%) and speech (13.08%). The number of people with disabilities in Yogyakarta is 40,050. The survey reports that adults with disabilities lack skills and employment, which will be a problem in their independent lives. On the other hand, there are more men with disabilities than women. Especially in general during the productive age period to work and create. Such conditions will give rise to social welfare and poverty (Sayyidah, 2015).

According to the WHO report in 2017, more than 39.9% of people with disabilities did not work and experienced discrimination in various aspects at work. Employers still have several reasons for not hiring people with disabilities, despite efforts to increase the participation of people with disabilities through employment laws. As explained by Kumar et al. (2014), most people with disabilities still experience a lack of utilization and access to rehabilitation services. More than 60% of people with disabilities are unaware of the availability of rehabilitation services and lack self-awareness (Ardesa, & Syaifuddin, 2021).

To overcome the problems faced by women with disabilities, one way is to have an inherent understanding of self-awareness. Self-awareness skills enable individuals to know themselves better. The characteristics of individuals who have good self-awareness are that they understand their own needs, desires, goals, weak points, emotions, values and identity. Further understanding of self-awareness consists of three main dimensions: personal self-awareness, societal self-awareness, and social anxiety. Personal self-awareness means the tendency to think and focus on thoughts, emotions, and inner motivations. Community self-awareness shows a general awareness of oneself as someone who socializes in the eyes of other people. Lastly, social anxiety represents people's apprehensions and worries in the presence of other people and therefore a tendency to be alone. Self-awareness is one of the most important life skills, as considered by the World Health Organization (WHO)(Ziaei, & Behnampour, 2015).

To explore and empower the awareness of women with disabilities, counseling is needed. Counseling activities can be carried out based on the results

of counseling psychology research. Jordaan explained that counseling activities can be classified into remedial, preventive and developmental approaches. All of these activities include individual and group interventions that contain abilities to overcome difficulties in the present and future (Amanulloh., & Firdos, 2018).

Psychological counseling activities communicate this effectively. Counseling psychology as a profession and its perspectives can be applied to various practices. Its value as a profession must be set in context. Among these are educational and industrial psychology, as well as dealing with aspects of modern life. Psychological problems in modern life are part of the work of counseling psychology. These problems include anxiety, depression, stress, self-confidence, motivation, self-awareness and other problems(Wango, 2015).

According to the results of the latest survey by researchers from the Social Service for Women's Empowerment, Child Protection, Population Control and Family Planning (P3AP2KB) Kudus Regency, the total number of people with disabilities in each sub-district in Kudus Regency alone will reach 1,971 in 2022, with 1,150 men and 821 women. People with disabilities in Kudus Regency who are members of the Kudus Disability Communication Forum community consist of 73 men and 38 women. The types of disabilities that are most commonly encountered are polio disabilities, with a total of 92 people; 4 people have hand amputations; 4 people have leg amputations; and 4 people are disabled. 7 people are deaf, 2 people have paraplegia, 1 person has cerebral palsy, 2 people have withered hands, 1 person is blind, 1 person has low vision, and 1 person has Down syndrome. Members of the Indonesian Association of Disabled Women consist of 34 people, consisting of 23 people with polio disabilities, 1 person with cerebral palsy, 1 person witherred hands, 2 people with leg amputations, 1 person with low vision, 5 people with hearing impairments, and 1 person with dwarfism (Survey, 2023).

Women with disabilities have been guaranteed that their rights have been regulated by the government in accordance with Law No. 8 of 2016 concerning Persons with Disabilities, both men and women. It is appropriate for people with disabilities to be equipped with an understanding of how valuable they are and the

skills that support their role. There is no distinction between the guarantees and rights of men and women with disabilities (Undang-undang No. 8, Tahun 2016).

This article is the result of qualitative research in the case study category. Information sampling uses a nonprobability sampling technique with a purposive sampling type. The method for collecting research data uses observation, documentation, and interviews. At the analysis stage, the first stage is describing experience; the second stage is describing meaning; and the third stage is the focus of the analysis (Saliyo., 2021).

B. Discussion

Understanding self-awareness is indeed important for everyone. Especially for the profession of a counselor who studies counseling psychology. An understanding of self-awareness is the counselor's "basic capital" in carrying out their duties. Understanding yourself is a necessary condition before starting the process of understanding others. Intrapersonal and interpersonal dynamics must be considered as important components in the projection of beliefs, attitudes, opinions, and values. Testing a person's thoughts and feelings allows the counselor to better understand the cultural "baggage" they carry or the psychological problems each person faces (Brown, 1988).

To understand self-awareness more deeply, self-awareness is a state in which a person can understand himself correctly. An individual can be said to have self-awareness when he can understand the emotions and mood he is feeling, is critical about information relating to himself and is aware of his real self. This person also has the main skill of self-awareness, namely self-recognition in the form of being aware of his strengths and weaknesses. Someone who has self-awareness takes the time to reflect, learns from experience, is open to sincere feedback and new perspectives, and is willing to continue learning and developing themselves. Someone who has self-awareness is able to show a sense of humor and is willing to view themselves from a broad and positive perspective (Achmanto, 2010).

The Kudus Regency P3AP2KB (Women's Empowerment, Child Protection, Population Control and Family Planning) social service is one of the government's implementing elements in the social sector, which has the responsibility and work of providing assistance to the community, one of which is women with disabilities.

The aim is to help the community in Kudus Regency realize the vision and mission of an increasingly prosperous Kudus Regency community. This is similar to the research of qualitative research researchers in the case study category at this institution.

1. The first activity is describing experience

The steps in this research begin by creating research guidelines containing the questions needed by researchers when collecting data from research subjects. Next, interview transcripts will be made from the results of the research interview process carried out by the researcher (Saliyo., 2021).

First: experience of the role of the P2AP3KB Social Service towards women with disabilities in Kudus Regency. According to the results of interviews with Mrs. HeniFebriana, SKM, M.Kes., as a social counselor, the Social Service's contribution to women with disabilities is:

"Providing information, input, and suggestions through the disability community; helping people with disabilities feel equal to normal people without discrimination; providing business capital."

Researchers deepened this further with interviews with informant Mrs. Any Willianti as head of the women's empowerment and child protection sector. She said that:

"Women with disabilities have a legal umbrella, as stated in Kudus Regency Regional Regulation Number 10 of 2021, concerning the protection and fulfillment of the rights of persons with disabilities. In the Regional Regulation, there are articles that state that there is no discrimination between women and men with disabilities; both disabled and normal people in Kudus Regency have the same rights: the right to education, the right to work, and the right to enjoy government facilities and infrastructure. That way, they don't feel it. "The experience we have gained in the field, especially HWDI in Kudus Regency, is that they are already aware of their self-awareness that they have physical limitations, but they also have other advantages." Now that we are exploring its potential, we are assisting women to get

training through women's empowerment, especially in the field of women's empowerment and child protection, P3AP2KB Social Service, Kudus Regency."

The same information we have from Mr. Yuli Perdi Wibowo, as a social worker.

"What has been done regarding the handling or role of the social service for people with disabilities, especially women, is providing motivation and skills training for women with disabilities." Related to providing motivation, there are social workers here."

The results of these research findings are supported by the understanding that most women with disabilities still get a lack of utilization and access to rehabilitation services. According to research results, more than 60% of people with disabilities are not aware of the availability of rehabilitation services and lack self-awareness. Thus, every person with a disability should have self-awareness in order to have self-understanding so that they can provide self-motivation and self-independence. (Srivastava, & Bhavsar, 2014). Secondly, the P3AP2KB Social Service's experience in providing assistance material increases self-awareness of the nature of women with disabilities. Researchers extracted data from interviews with Mrs. Any Willianti, SKM, as Head of the Women's Empowerment and Child Protection Division of the Kudus Regency P3AP2KB Social Service and explained that:

"The material provided, especially in the field of PPA, is basic-level material for training in net cloth crafts. For further training, this will be at the Manpower Service (BLK), where there will be further training. Apart from that, for 2022, there was training from Semarang, namely cooking and making dry cakes. But that is the budget from the Provincial Service and the target is women with disabilities; the Social Service only facilitates the place."

Mrs. Heni Febriana as a social counselor added the information about the material on training.

"The material is about skills with which she can improve herself so that she can become an independent woman, grow her self-confidence, and increase her motivation to work to produce work. If the Social Service provided guarantees in terms of assistance that existed at that time, its continuity was almost non-existent, so it was cut off for one period." Later, there will be another empowerment training with different themes and materials."

If it is understood in depth, disability is both a cause and a consequence of poverty. People who experience disabilities also have limited access to education, employment, opportunities and resources. A person becoming disabled can also be due to poverty, inadequate nutrition, an unclean environment, suffering from disease, inefficient health services and poor infrastructure. Untreated and chronic diseases affect an increasing number of people in developing countries, resulting in physical and functional disabilities. Preventable diseases, congenital abnormalities, birth-related incidents, physical injuries and psychological dysfunction all result in disability (Sumaila., & Shittu, 2018).

Third, the experience of the P3AP2KB social service in providing methods to increase self-awareness of the nature of women with disabilities in Kudus Regency Researchers conducted interviews with Mrs. Any Willianti, SKM. According to him, regarding the approach taken by the Women's Empowerment Sector, he said that:

"As long as we empower women, especially HWDI, thank God, all HWDI members have been aware of exploring their potential." Because he has joined the organization, he has received assistance and facilities from the government."

Taking into account the results of this research, the solution to this situation is that disability awareness programs are able to educate students,

encourage and develop positive attitudes, especially among peers, towards students with disabilities. The negative attitudes attached to women with disabilities in every individual with a disability begin to form early in the development process (Lindsay & Edwards, 2013). Completion through training or education for women with disabilities at the primary education level is very important so that they can carry a positive attitude during school and throughout their lives. Understanding self-awareness is an effort to promote attitudes of acceptance and understanding and increase knowledge about differences in disabilities so as to reduce negative attitudes towards individuals with disabilities. Reducing negative attitudes is the key to developing self-potential from disability self-awareness to live independently (Ramirez, 2018).

The fourth role of the P3AP2KB social service is providing assistance in increasing the self-awareness of women with disabilities in Kudus Regency. The empowerment carried out by the Kudus District Social Service for women with physical disabilities certainly provides very useful benefits for them. Providing empowerment in the form of net cloth skills training and culinary training aimed at women with disabilities is very suitable for developing their natural potential. Mrs. Heni Febriana explained that people With Disabilities has potential, abilities, resources that are actually the same as other humans but there are only slight differences with other people. Self awareness is an important thing. Mrs Any Williyanti describes that Government should have no inferior feeling and isolated. So, from there, he can realize that apart from having physical shortcomings, he also has advantages. Mrs. Heni Febriana That they has potential, abilities, and resources the same as other humans; there are only slight differences with other people. They can be empowered, function in society, and be productive in living with all the limitations they have. We provide women who are members of the HWDI community with training as far as possible; their disability level is not too severe, and at least they can still make crafts. We are looking for people with disabilities who are able to carry out the training. In essence, the training we provide does not mention that they have limitations.", (Any: 2023)

The findings of this research shows the origins of self-awareness in relation to the beginning of self-awareness development. A large number of scientific studies report numerous observations of precocious behavior in developing children, indicating the existence of a pre-reflective form of self-awareness, developing from birth until the emergence of verbal language, called “primary self-awareness”. At 2 years and above, these behaviors tend to reflect more complex self-awareness skills (indicators of a superior form of self-awareness), namely the ability to talk about oneself (self-descriptive abilities) as well as the meta-reflective abilities that emerge later in life. adolescence and adulthood (e.g., realizing that one is self-conscious). But primary self-awareness does not disappear in adulthood. Some scholars claim that the multisensory study of self-experience should be systematically preserved in cognitive and/or adult models because it remains important and active and ensures self-awareness (body) in states of reduced alertness (Salomon, 2017).

To raise the self-awareness of women with disabilities, counseling can be done using counseling psychology theory. The emphasis is on selected theoretical positions and research topics that have momentum affecting individuals with disabilities and are likely to continue to have an impact in the coming period. Described by Corsini (1981) as listing nearly 250 types of therapy, the theoretical perspectives discussed here are limited to three strong but mainstream positions. It was explained again that counseling for people with disabilities, according to Mahoney in 1977, was about the cognitive-behavioral revolution for people with disabilities.

C. Conclusion

Existing exposure means that disabled people, both men and women, have been described in Law No. 8 of 2016 concerning Persons with Disabilities. This means that the state has the responsibility to accompany and provide assistance with soft or hard skills as a means of independence in life. This is so that every person with a disability has the self-confidence and motivation to be able to live independently and achieve.

Self-awareness is a self-aware understanding that a person has strengths and weaknesses. Even though there are physical limitations, with the abilities and strengths that can be explored, they can live more prosperously and better than people who do not have disabilities. One way to explore each person's self-awareness is through counseling. Counseling activities using the results of psychological research will make it easier for someone to explore their positive potential.

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