

ABSTRAK

Skripsi dengan judul "Makna Dukungan Sosial dalam Proses Penerimaan Diri pada Individu Tunanetra Perolehan" ini ditulis oleh Salma Aulia Yusufian Putri, NIM 1860308222119, dengan dosen pembimbing Indah Nadzifah, M.Psi., Psikolog.

Kata Kunci: Dukungan Sosial, Penerimaan Diri, Tunanetra Perolehan, Fenomenologi.

Individu tunanetra perolehan yang kehilangan penglihatan setelah sebelumnya dapat melihat sering menghadapi berbagai perubahan dalam kehidupan, baik secara psikologis, sosial, maupun dalam aktivitas sehari-hari. Perubahan tersebut dapat memengaruhi proses penerimaan diri sehingga dukungan sosial menjadi salah satu faktor penting yang membantu individu menghadapi kehilangan penglihatan dan beradaptasi dengan kondisi baru. Penelitian ini bertujuan untuk memahami pengalaman individu tunanetra perolehan dalam menjalani proses penerimaan diri, menjelaskan peran dukungan sosial dalam membantu proses penerimaan diri, serta mengungkap makna dukungan sosial bagi individu tunanetra perolehan dalam membangun penerimaan diri setelah kehilangan penglihatan. Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi. Subjek penelitian berjumlah tiga orang individu tunanetra perolehan yang berada di UPT Rehabilitasi Sosial Bina Netra (RSBN) Malang. Pengumpulan data dilakukan melalui wawancara. Analisis data dilakukan melalui *Interpretative Phenomenological Analysis* (IPA), sedangkan keabsahan data diuji melalui member checking. Hasil penelitian menunjukkan bahwa individu tunanetra perolehan mengalami proses penerimaan diri yang dinamis dengan mampu menerima kondisi dirinya. Dukungan sosial yang diperoleh dari keluarga, teman, komunitas, dan lingkungan rehabilitasi, juga meningkatkan kemandirian, serta mendukung proses adaptasi terhadap kondisi baru. Bagi individu tunanetra perolehan, dukungan sosial dimaknai sebagai sumber kekuatan psikologis, sarana adaptasi dan pengembangan diri, bantuan instrumental dan informasional dalam membantu keberfungsian hidup, serta dukungan yang mendorong penerimaan diri melalui pemaknaan positif dan spiritual. Kesimpulan penelitian ini menunjukkan bahwa dukungan sosial memiliki peran dan makna yang penting dalam proses penerimaan diri pada individu tunanetra perolehan dalam menghadapi dampak psikologis akibat kehilangan penglihatan, meningkatkan kemampuan adaptasi, membangun harapan, serta mendorong penerimaan diri melalui pemaknaan yang lebih positif terhadap kondisi yang dialami. Penelitian ini diharapkan dapat menjadi dasar bagi pengembangan bentuk dukungan sosial yang tepat bagi individu tunanetra perolehan dalam proses penerimaan diri.

ABSTRACT

The thesis "The Meaning of Social Support in the Self-Acceptance Process of Individuals with Acquired Blindness" is researched by Salma Aulia Yusfian Putri, Student ID Number 1860308222119, and advised by Indah Nadzifah, M.Psi., Psychologist.

Keywords: Social Support, Self-Acceptance, Acquired Blindness, Phenomenology.

Individuals with acquired blindness those who lose their sight after previously being able to see often face significant changes in life, including psychological, social, and daily activity aspects. These changes can affect the process of self-acceptance, making social support one of the important factors that help individuals cope with vision loss and adapt to their new condition. This study aims to understand the experiences of individuals with acquired blindness in undergoing the process of self-acceptance, to explain the role of social support in facilitating that process, and to reveal the meaning of social support for these individuals in building self-acceptance after losing their sight. This study used a qualitative method with a phenomenological approach. The research subjects consisted of three individuals with acquired blindness residing at the UPT Rehabilitasi Sosial Bina Netra (RSBN) Malang. Data were collected through interviews. Data analysis was conducted using Interpretative Phenomenological Analysis (IPA), while data validity was tested through member checking. The results showed that individuals with acquired blindness underwent a dynamic process of self-acceptance, ultimately being able to accept their condition. Social support obtained from family, friends, communities, and the rehabilitation environment also increased independence and supported the process of adapting to their new condition. For individuals with acquired blindness, social support was interpreted as a source of psychological strength, a means of adaptation and self-development, instrumental and informational assistance in supporting daily functioning, and support that encourages self-acceptance through positive and spiritual meaning-making. The conclusion of this study indicates that social support plays an important role and holds significant meaning in the process of self-acceptance among individuals with acquired blindness in coping with the psychological impact of vision loss, enhancing adaptive capacity, building hope, and encouraging self-acceptance through a more positive interpretation of their condition. This research is expected to serve as a basis for developing appropriate forms of social support for individuals with acquired blindness in the process of self-acceptance.