

ABSTRAK

Skripsi dengan judul “Makna Kebersyukuran Dalam Kehidupan Penyandang Disabilitas Fisik” ini ditulis Oleh Sanita Khusna Mawarni, NIM 1860308221071, dengan pembimbing Bapak Faruq, S.Psi., M.Psi.

Kata kunci: kebersyukuran, makna hidup, disabilitas fisik, fenomenologi.

Penyandang disabilitas fisik sering menghadapi berbagai tantangan dalam aspek fisik, sosial, maupun psikologis. Kondisi tersebut tidak jarang menimbulkan tekanan emosional, keterbatasan aktivitas, serta stigma sosial dari masyarakat. Namun demikian, di tengah berbagai keterbatasan tersebut, sebagian penyandang disabilitas tetap mampu mengembangkan sikap kebersyukuran dalam menjalani kehidupan. Fenomena ini menarik untuk dikaji guna memahami bagaimana individu memaknai kebersyukuran dalam konteks pengalaman hidup penyandang disabilitas. Penelitian ini bertujuan untuk memahami makna kebersyukuran dalam kehidupan penyandang disabilitas fisik. Penelitian menggunakan pendekatan kualitatif dengan metode fenomenologis. Lokasi penelitian berada di Kabupaten Tulungagung, Jawa Timur. Berpartisipasi dalam penelitian ini mencakup empat orang penyandang disabilitas fisik yang dipilih secara purposif. Teknik pengumpulan data dilakukan melalui wawancara mendalam, sedangkan analisis data menggunakan analisis fenomenologis untuk mengidentifikasi tema-tema pengalaman partisipan.

Hasil penelitian menunjukkan bahwa dinamika kebersyukuran pada penyandang disabilitas terbentuk melalui beberapa pengalaman kehidupan, yaitu: (1) pengalaman hidup dan hambatan yang berkaitan dengan kondisi disabilitas, (2) dukungan eksternal dari keluarga, teman, dan lingkungan sosial, (3) keterlibatan dalam kegiatan dan pekerjaan yang memberikan makna kehidupan, serta (4) proses pemaknaan spiritual yang mendorong munculnya sikap penerimaan diri, keikhlasan, dan kebersyukuran. Kebersyukuran yang dialami partisipan tidak hanya dimaknai sebagai perasaan positif, tetapi juga diwujudkan dalam sikap menerima kondisi diri, semangat menjalani kehidupan, serta kepedulian terhadap sesama. Dengan demikian, kebersyukuran berperan sebagai sumber kekuatan psikologis yang membantu penyandang disabilitas dalam membangun makna hidup, menjaga kesejahteraan emosional, serta menjalani kehidupan secara lebih bermakna.

ABSTRACT

This thesis entitled "The Meaning of Gratitude in the Lives of People with Physical Disabilities" was written by Sanita Khusna Mawarni, NIM 1860308221071, with the supervisor Mr. Faruq, S.Psi., M.Psi.

keywords: *gratitude, meaning of life, physical disability, phenomenology.*

People with physical disabilities often face various physical, social, and psychological challenges. These conditions often lead to emotional distress, activity limitations, and social stigma from society. However, despite these limitations, some people with disabilities are still able to cultivate an attitude of gratitude in their lives. This phenomenon is interesting to study in order to understand how individuals interpret gratitude within the context of the lived experiences of people with disabilities. This study aims to understand the meaning of gratitude in the lives of people with physical disabilities. The study used a qualitative approach with phenomenological methods. The study was located in Tulungagung Regency, East Java. Four individuals with physical disabilities, selected purposively, participated in the study. Data collection techniques were conducted through in-depth interviews and observation, while data analysis used phenomenological analysis to identify themes from participants' experiences.

The results of the study indicate that the dynamics of gratitude in people with disabilities are formed through several life experiences, namely: (1) life experiences and obstacles related to disability, (2) external support from family, friends, and the social environment, (3) involvement in activities and work that provide meaning to life, and (4) a spiritual meaning-making process that encourages the emergence of attitudes of self-acceptance, sincerity, and gratitude. The gratitude experienced by participants is not only interpreted as a positive feeling, but is also manifested in an attitude of accepting one's condition, enthusiasm for life, and concern for others. Thus, gratitude plays a role as a source of psychological strength that helps people with disabilities in building meaning in life, maintaining emotional well-being, and living a more meaningful life.