

Implementation of the Psychological Support Program in Developing the Independence of Disabled Groups in Lemahabang District

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Abstract

This research aims to determine the effectiveness of implementation *psychological support* in increasing the independence of disabled people in Lemahabang District. Approach *psychological support* includes peer counseling, motivation and mentoring activities focused on mentally and emotionally strengthening people with disabilities. Through participatory methods and continuous mentoring, this program has succeeded in increasing self-confidence, understanding of one's potential, and ability to adapt to everyday life. The research results show that psychological support plays an important role in encouraging the independence of people with disabilities, both in the social aspect. Apart from that, family and community involvement is a supporting factor for the success of this program. The recommendation from this research is the need for program sustainability through collaboration between the government, social institutions, as well as strengthening aspects of economic empowerment as a more comprehensive effort to support independence.

Keywords:

psychological support, independence for disabled people, assistance, Lemahabang District, empowerment

1. Introduction

In an effort to achieve sustainable development goals (*Sustainable Development Goals* or SDGs), the principle of "leaving no one behind" (*leaving no one behind*) is the main basis. One group that often experiences social and economic exclusion is people with disabilities. Data from the World Health Organization (WHO) shows that more than one billion people worldwide live with some form of disability, and the majority of them face significant barriers in access to education, employment, health services and social participation.

Sustainable Development Goals SDGs pay special attention to the inclusivity of people with disabilities, especially in several relevant goals, such as (Sustainable Development Goals) SDGs 4 (Quality Education), SDGs 8 (Decent Work and Economic Growth), (Sustainable Development Goals) SDGs 10 (Reducing Inequalities), and (Sustainable Development Goals) SDGs 11 (Sustainable Cities and Human Settlements). However, even though global and national policies have launched measures to support people with disabilities, their implementation still faces many

challenges. Structural barriers, discriminatory attitudes and lack of accessibility to public services are the main factors that hinder the achievement of this inclusivity.

People with disabilities and people with leprosy, namely FKDC (Cirebon Disabled Communication Forum) helps people with disabilities develop themselves by exploring their potential and increasing independence, reactivating the social behavior of Cirebon disabled people and growing self-confidence. The concept of persons with disabilities based on Law No. 8 of 2016 is used in this research. Which includes Fulfilling Equal Opportunities for Persons with Disabilities in all aspects of state and community administration, Respecting, Protecting and Fulfilling the rights of Persons with Disabilities, including providing Accessibility and Decent Accommodation. Regulations for the implementation and fulfillment of the rights of Persons with Disabilities aim to realize a standard of life for Persons with Disabilities that is of higher quality, justice, physical and spiritual prosperity, and dignity.

Globally, psychological support has been recognized as an important element in empowering individuals or groups who experience social obstacles. This program aims to overcome the psychological impacts of discrimination or social pressure, such as low self-esteem, stress and isolation. Psychological support also plays a role in building self-confidence, increasing motivation, and opening up opportunities for beneficiaries to develop their personal abilities. The implementation of these programs becomes increasingly important for disabled groups, who often require a sensitive and inclusive approach according to their needs.

In Lemahabang District, problems related to the independence of disabled people are still an issue that needs more serious attention. Based on data collected by social institutions, many individuals with disabilities in this district still depend on help from family or outside parties to meet their basic needs. Apart from that, feelings of low self-esteem and lack of psychological support often prevent them from exploiting their potential. Program *Psychological Support* which was implemented in Lemahabang District is one of the strategic steps to answer this challenge. This program is designed to provide psychological assistance, skills training and motivation to disabled groups so that they are able to build independence. However, the successful implementation of this program still requires in-depth study, especially in seeing to what extent the approach taken can have a significant impact on developing the independence of disabled groups in this region.

Through this research, researchers will examine how social organizations implement empowerment programs to help people with disabilities overcome their problems. The focus of the research will be directed at FKDC's efforts in the Psychological Support program in creating independence, supporting social functioning, and building a more inclusive environment. while also examining the impact of the FKDC organization after the program was implemented. It is hoped that this research will be able to provide a comprehensive picture of the strategic role of social organizations in empowering people with disabilities, as well as offer recommendations for strengthening programs and policies in the future.

To support the focus of the research we are conducting, we attach previous research as a reference in conducting the analysis, in the PRODADISA research "Daksa Disabled Empowerment Program" towards the BKD (Disabled Work Center) Pilot to Increase the Independence and Life Skills of Disabled People in research (Aminah S, 2019). them through the process of empowering/capacitating/giving power, namely by providing soft skills training and strategic assistance, as well as by providing direct practice in creating online shops and equipment for

disabled people who are already proficient and want to open their own business. This research focuses on empowering individuals with disabilities.

Meanwhile, research conducted by (Sugiono & Ilhamuddin et al., 2015) focused on disabled research with student clusters, in this research the focus was on parents' educational level influencing the educational level of disabled students as well as barriers for disabled students in choosing majors due to the unavailability of adequate facilities. This research shows that parents with postgraduate educational backgrounds have children whose studying performance is far from what was expected. And the lack of attention from campus management in implementing inclusive education, the uneven distribution of facilities in each faculty can be a factor in choosing majors that are of interest to students with disabilities. The conclusion of this research is that the focus is on the role of parents and campuses towards students with disabilities.

Stepping up to research conducted by (Christiani L.C et al, 2021) which discusses the introduction of social media as an asset for empowering people with disabilities for marketing skills resulting from skills training, training on using this device includes introducing branding for a marketing product and photography skills. The finished photos will be distributed widely via the Instagram and Facebook platforms. This empowerment focuses on social media skills so that people with disabilities are empowered in this aspect.

Previous research belonging to Siti Aesah, Yhonanda Harsono, Derizka Inva Jaswita (2022) Inclusive development of disabled groups through the CSR empowerment program of PT PJB UP Muara Tawar. Based on the research results, it shows that the activities carried out by the CSR of PT PJB UP MUARA TAWAR are by carrying out awareness steps in collaboration with local heroes who are also disabled. After that, capacity building is carried out comprehensively, both personally through training, institutionally through the formation of SOPs and existing value systems by carrying out campaigns and activities that change the stigma associated with disabilities in society. The final step is to carry out the empowerment stage which is carried out by using the group's products internally, building the group's self-confidence in networking, supporting facilities and infrastructure and encouraging economical activities. In the research conducted by Siti Aesah, Yhonanda Harsono, Derizka Inva Jaswita, the focus was on economic empowerment carried out by Karya Cacat Kreasi (KCB), while the research conducted focused on the implementation stages carried out by the community with reference to the independence of disabled people.

Thus, the novelty of this research lies in the focus of local program implementation, the specific community context (FKDC in Lemahabang District), as well as the empirical evaluation of its impact on the independence of disabled people, which previously had not been specifically revealed in previous research. It is hoped that this research can make a significant contribution in developing more effective and relevant community-based empowerment strategies for people with disabilities.

2. Literature Review

The definition of implementation is the implementation of activities with objectives that have been designed from the planning stage, according to Syaokani quoted (Mamonto N et al, 2018), Implementation is the process of conveying policies to the community so that they can produce the desired results. These activities consist of three parts. First, preparation of further policy interpretation. Second, preparation of resources to drive implementation activities, which includes facilities and infrastructure, financial resources, and of course determining who is responsible for

implementing the policy. communicate wisdom widely to the public. According to this perspective, policy implementation is actually about a network of political, economic, and social forces that can influence the behavior of all parties involved to set goals. The administrative body responsible for implementing the program and encouraging the target group is not only involved in this process and determines who is responsible for the policy, then the third stage is how this policy can be conveyed concretely to the public.

Based on the quote above, it can be said that actual implementation is not only focused on the administrative body which has the main duties of implementing the program and causing disability in the target group, but is related to aspects of political, economic and social potential because it will directly or indirectly influence the behavior of several parties involved to direct the objectives of the policy to be implemented well. Meanwhile, based on research (Agustino & Leo, 2015) Implementation is a dynamic process or stage in the implementation of a policy carrying out an action or activities, which in the end will get results that are in accordance with the final results of the initial planning that have been determined and are right on the target of the policy itself.

Disabled individuals are individuals who have physical and psychological limitations. According to expert John C. Maxwell, quoted from (Sugiono et al, 2014) a disabled person is someone who has physical abnormalities and/or which can interfere with activities. Apart from physical disorders, people with disabilities are also individuals who have psychological disorders, some of these disorders sometimes become obstacles to the activities they undertake. According to (Yemina.Y, Hamid I, 2023) Disabled is an abbreviation for different ability people, which means people who have different abilities. This change in designation directly changes stereotypes about people with disabilities into appreciation or recognition of their superior abilities. Based on Law Number 8 of 2016 concerning Persons with Disabilities, Article 4 paragraph (1), it is stated that the types of people with special needs consist of: 1) physical disabilities, namely individuals who experience physical abnormalities; 2) sensory disabilities, namely individuals who experience disturbances in one of the functions of the five senses; 3) mental disabilities, namely individuals who have impaired thinking, emotional and behavioral functions; and, 4) intellectual disabilities, namely individuals who experience disorders of thought function because their intelligence level is below average.

The Ministry of Social Affairs of the Republic of Indonesia (Kemensos RI) defines a person with a disability as any person who faces physical, intellectual, mental, sensory limitations for a long period of time and experiences difficulty in interacting or participating with other communities based on equal rights. Meanwhile, the meaning of independence comes from the word self which has the prefix to and the suffix an, which then forms a word with the meaning of condition. Because independence comes from the basic word self, discussions about independence cannot be separated from discussions about self-development itself, which in Carl Rogers' concept is called "self", because the self is the essence of independence (Alifah & Nur S, 2019).

A social organization is a group of people focused on providing human services. Social organizations usually have the aim of creating changes in attitudes and behavior and improving the skills of clients so that they can return to social functioning. Organizational management is efforts to increase resources to make them more effective and efficient. The social organization here is FKDC (Cirebon Disabled Communication Forum) which focuses on intervention for disabled people or people affected by leprosy, Cirebon Disability Communication Forum (FKDC) is an organization that focuses on fighting for the rights of disabled people in the Cirebon area. This organization was founded in 2007, at that time FKDC still had many limitations in understanding

and managing the organization. After four years, FKDC began to show better activities and launched various programs in 2011. At that time, this organization was led by Abdul Mujib, who still serves as chairman to this day.

Lemahabang District has a disabled population that shows a low level of social functioning. This condition is caused by various factors, including social stigma, as well as a lack of adequate psychological support. The psychological support program focuses on strengthening the mental, emotional and social aspects of individuals with disabilities, with the aim of increasing their independence in living their daily lives. This analysis aims to understand the extent to which the program influences the independence of disabled people in Lemah Abang Village.

3. Methodology of Research

This research uses a qualitative research method. Qualitative research is usually used for "exploration" and quantitative research is usually used to "confirm" (Darmalaksana et al, 2008). Therefore, I used a qualitative research method with the aim of exploring and finding out in depth how the implementation of the FKDC program can influence the independence of disabled people, with this type of descriptive research. A qualitative approach is used so that researchers get detailed, clear and vivid results based on the data that has been obtained and then analyzed specifically (Anggito, A., & Johan, S, 2018). used in this research is primary data, namely observations and interviews with relevant stakeholders, namely FKDC administrators and members. Qualitative methods are research procedures that produce descriptive data in the form of written and verbal information from a person and behavior that can be observed. The collected data will be analyzed qualitatively.

4. Results and Discussion

Implementation of the FKDC (Psychological Support) Program

At the beginning of the discussion, the researcher presented the implementation stages of FKDC in presenting programs that promote welfare for people with disabilities. Before the Psychological Support stage, there are several stages that are carried out first. As stated by Mr. Mujib, who is the general chairman of the Cirebon Disabled Communication Forum, he explained that the initial stage of this program was data collection carried out by the FKDC administrators or Fasdes assigned to each of the FKDC assisted sub-districts. This data collection stage aims to find out the number of disabled people in each sub-district and also to assess some of the needs needed by disabled people. After the data collection stage, the FKDC administrators negotiated some of the data obtained from disabled people in each sub-district whose final results will be a program to encourage the welfare of disabled groups. After this stage was completed, several programs were formed which aimed to answer the needs of people with disabilities, one of which was Psychological Support, where this program focused on increasing the self-confidence of people with disabilities through an approach of providing education and peer counseling which was one way to rebuild social functioning so that people with disabilities could interact with the local community without depending on their families.

In this program there are several implementations carried out by FKDC including *Peer Counseling, Family Counselling, and Group Counseling*.

Therefore, in the Psychological Support program, education is not only given to disabled groups, but families and local communities are given advice on equality and empathy for fellow social creatures. After counseling with various education presented by disabled people and the District Community, they were directed to practice exchanging roles, a disabled person acts as a normal individual while normal people practice as disabled people. This practice also aims to increase the level of empathy in society to see equality between people with disabilities and other individuals.

Counseling for disabled groups that focuses on emotional management and self-acceptance. This counseling presents material about the importance of recognizing one's potential, overcoming internal stigma, and building a positive mindset to achieve independence. In the counseling carried out by FKDC, they not only present material but also hold games that contain education related to people with disabilities and solutions to their problems. In the peer counseling program for disabled people, it is directed at communicating with fellow disabled people to talk about the obstacles they feel. In this communication, disabled people are free to tell stories to their peers to provide mutual motivation to support their independence and social function. The aim of this peer counseling is that it is hoped that the impression felt by disabled people will not feel alone in facing the obstacles or trials they are facing. Such as discrimination from local residents, or perceived exclusion and various obstacles that affect the bathing and social functioning of disabled people.

The program that FKDC presents in developing independence focuses on empowerment which leads to psychological support to help individuals or groups manage emotional, social and mental challenges. The aim of this program is to improve mental well-being to be able to adapt to the social environment and help develop the quality of social behavior of people with disabilities in Lemahabang and help individuals achieve their best potential. In its implementation, this program is designed to help disabled groups build self-confidence, improve social skills, and create independent economic opportunities. The forms of activities in the Psychological Support program include peer counseling, counseling, and the formation of disabled groups.

Changes or Impact of the Psychological Support program

To see the effectiveness of the FKDC (Cirebon Disabled Communication Forum) program, the researcher tried to dig up information through interviews with members of the FKDC (Cirebon Disabled Communication Forum) Lemahabang District. To further review the influence felt while joining the Cirebon Disabled Communication Forum, the researcher met Mr. Dede who was a member of the FKDC (Cirebon Disabled Communication Forum) within one year of joining FKDC.

In an interview with Mr. Dede, who is a member of the Cirebon Disabled Communication Forum, he said that the influence provided by the FKDC program was very significant in improving the quality of his social behavior, because before the arrival of FKDC, Mr. Dede's social behavior was not functioning well, where he felt inferior, felt alone, rarely left the house, and did not interact well. The problems seen from the obstacles of disabled people in Lemahabang are almost universal, namely the non-functioning social behavior of these disabled people. According to research results, this mainly comes from people's perceptions of people with disabilities who still underestimate them. Society sees the physical limitations of people with disabilities as a weakness, which causes many roles that cannot be trusted. This also influences the social behavior of disabled people in Lemahabang.

The impact that can be felt by residents or disabled groups in Lemahabang District shows a positive impact, especially for the disabled themselves, here are some of the impacts felt by disabled people in Lemahabang District, including:

- The impact on social functioning after participating in the psychological support program, namely increasing social interactions for disabled people, disabled people participate more often in community activities and have better social relationships with disabled people and local residents.
- Reducing the internal stigma of people with disabilities shows an increase in self-confidence and self-esteem. Not only internal stigma, FKDC is also trying to change the local community's stigma towards disabled groups.
- This program encourages people with disabilities to develop daily skills and reduce dependence on family (independence), such as the decision-making ability of people with disabilities to be more confident in making decisions for themselves.
- This program has also succeeded in changing the perspective of families and communities. Families become more supportive, and society begins to accept people with disabilities as part of themselves

From the interviews and observations that researchers have conducted during the research, the researchers found that the program carried out by the Cirebon Disabled Communication Forum is quite effective with many disabled people feeling helped by the activities held, and expanding education regarding equality between disabled people and other individuals, however there are still shortcomings that need to be corrected, including the limited number of assisted areas assisted by FKDC, with existing limitations..

5. Conclusion

The implementation of psychological support to increase the independence of disabled people in Lemahabang District has shown positive results. Psychological support, through counseling, motivation and mentoring approaches, has been proven to be able to increase self-confidence, understanding of one's potential and ability to adapt in everyday life. Mentoring focuses on mental and emotional strengthening, helping people with disabilities to be better prepared to face challenges and maximizing their independence in social aspects, especially in independent interactions with others.

The psychological support program in Lemahabang District not only provides direct benefits to disabled people in increasing their independence and social functioning, but also has a wider social impact on the local community. By increasing self-confidence and participation of disabled people in various activities, this program has driven significant social transformation. In the activities or programs implemented, there are definitely still deficiencies that need to be corrected to continue to develop and provide a greater positive impact on the target groups/communities, with that being said, there is a need to increase cooperation between the government, social institutions and the community to provide sustainable services. Further researchers are advised to evaluate the long-term psychological support for disabled people's independence and look for more effective approach methods.

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