

RESILIENCE FACTORS IN PERSONS WITH PHYSICAL DISABILITIES DUE TO TRAFFIC ACCIDENTS IN TEGAL REGENCY

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Abstract

Resilience is a person's ability to recover from difficult situations and return to living a meaningful life. For people with physical disabilities who experience traffic accidents, resilience plays an important role in fostering meaning in life. This study aims to identify resilience factors, both internal and external, that contribute to the growth of meaning in life in people with physical disabilities in Tegal Regency. Qualitative methods with a descriptive approach were used in this study. Data were analyzed using the triangulation method to ensure the validity and reliability of the data and were applied using the help of NVivo software. The NVivo application is used to manage and analyze qualitative data systematically. The results of the study indicate that internal factors such as self-efficacy, self-esteem, optimism and spirituality as well as external factors in the form of social support, are determinants of the success of resilience that helps individuals find meaning in life after experiencing an accident. Both must be in harmony between internal and external, not overlapping of them, because the optimality of resilience lies in both factors.

Keywords: Disability, Resilience, Traffic accident

1 INTRODUCTION

A person's life has its weak points and strong points. Everyone goes through difficult times, regardless of disability. Resilience does not happen by chance, various factors play a role in shaping and strengthening a person's resilience. Understanding the factors that contribute to resilience can help individuals and communities to be better prepared for life's challenges. Rutter expresses the ability to bounce back from adversity and move on with life with the hope that things will get better. (Missasi & Izzati, 2019). Resilience is a skill that someone has to deal with changes in disability conditions. In other words, resilience means the strength that allows someone to remain strong and able to adapt and rise from the challenges faced due to their disability. This ability is very important to enable someone to face challenges, find solutions, and positively change their lives. Resilience refers to the ability to survive both physically and mentally and to grow from adversity after an accident. The success of resilience involves various factors that must be carried out by the disabled, as stated (Missasi & Izzati, 2019 : 249) Resilience is influenced by internal and external factors. Internal factors consist of spirituality, self-efficacy, optimism and self-esteem while external factors consist of social support.

Self-efficacy is the individual's belief that he or she is capable of solving existing problems and controlling his or her life. (Nathania, 2024). A person with a strong sense of self-efficacy is more likely to challenge himself to face difficult tasks and is also motivated to achieve success. Kristen Neff in her writing, namely self-compassion as an alternative to self-esteem, explains that self-esteem is self-esteem that refers to the assessment of ourselves and others. (Docheck, 2023). Self-esteem is not always related to the positive, someone can have low self-esteem and cause him to be less confident. Self-esteem is the way a person feels about himself, where a person will judge himself so that it affects behaviour in everyday life. Self-esteem is not always related to the positive, someone can have low self-esteem and cause him to be less confident. Self-esteem is the way someone feels about himself, where someone will judge himself so that it affects behaviour in everyday life.

Spirituality and resilience are two elements that influence each other. Spirituality is an inner drive that determines a person's resilience. Missasi & Izzati (2019 : 436). It can be concluded that a person's level of spirituality can be reflected in the level of resilience they have, especially in facing the challenges of disability. Resilient individuals are optimistic individuals Reivich & Shatte (2022). Optimistic individuals believe that difficult situations will one day change into better situations. They have hope for their future and they believe that they are in control of the direction of their lives. Hendriani Dr (2022: 54) added that

the combination of realistic optimism and self-confidence are key factors in resilience and achieving success. Optimistic individuals have better health, rarely experience depression, and have high work productivity, when compared to individuals who tend to be pessimistic. Of course, the optimism in question is realistic optimism, which is a belief in the realization of a better future accompanied by all efforts to make it happen.

2 METHODOLOGY

This study uses a descriptive approach to determine the condition of something by describing it in as much detail as possible based on the facts obtained. This study focuses on internal and external factors of resilience in people with physical disabilities due to traffic accidents. The research respondents were people with physical disabilities due to traffic accidents consisting of five subjects with the category of three respondents experiencing hand amputations and two respondents experiencing leg disabilities. These five respondents are those who have a long journey to improve resilience and some have not been able to grow resilience in themselves. Data collection was carried out through in-depth interviews with a duration of 30-60 minutes on each respondent in a semi-structured manner. This study has also previously conducted observations on each respondent and received recommendations from the Difabel Slawi Mandiri as a basis for selecting respondents who meet the criteria. Data analysis is processed into transcripts of respondent interviews, in testing validity, triangulation is used as validity, and then the data analysis process is assisted by NVIVO software..

3 RESULTS

This study interviewed five people with disabilities as respondents, consisting of two men and three women. They came from several villages in the Tegal Regency, namely Pesarean, Jatimulya, Dukuhsalam and Bengle. The names of the five respondents were written in the form of initials, namely SD, AR, S, T and IEV. Interview data from the five respondents were arranged in the form of transcripts and then imported into NVivo 12 software for further analysis. There are several features in NVIVO, this study uses two features, namely Word Frequency Query and Visualize Not Coding. The Word Frequency Query (WFQ) feature was used to identify key themes emerging from the interview data. This feature helped identify the most frequently used words or phrases by respondents, which were then further analyzed to find deeper patterns and meanings. In addition, the Visualize Not Coding (VNC) feature was used to assist in the visualization of uncoded data, allowing researchers to see connections between factors that may not have been identified through text analysis alone. Triangulation was also carried out by comparing data from multiple sources to ensure the validity and reliability of the findings. The following is an analysis of internal and external factors in this study.

3.1 Internal Factors

Internal resilience factors in people with physical disabilities due to traffic accidents are a crucial foundation in their journey towards recovery and rediscovering the meaning of life. Amid the physical and emotional challenges they face, several important elements are the mainstays in building self-resilience.



Figure 1. WFQ Faktor Internal

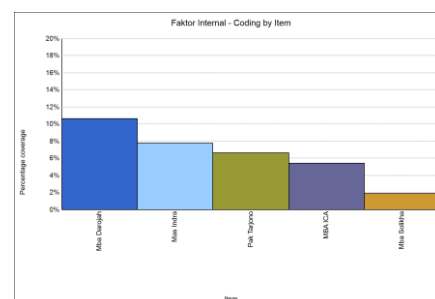


Figure 2. VNC Faktor Internal

3.1.1 Self Efficacy

Self-efficacy in people with physical disabilities due to traffic accidents shows that they have strong confidence in their abilities. Respondents believe that with effort and learning, anything can be achieved, despite physical limitations. They show an attitude of not giving up and choosing not to lament their fate. They are also not too affected by negative judgments from others, but instead make it a challenge that motivates them to do positive things. An individual's belief in their ability to overcome challenges plays a vital role in building resilience. Self-efficacy encourages individuals to continue trying despite physical limitations.

3.1.2 Self Esteem

Self-esteem in people with physical disabilities due to traffic accidents shows that these individuals often experience major challenges in building self-confidence. One respondent described feelings of hopelessness and low self-esteem after experiencing an accident, tending to ruminate, and feeling unable to bounce back. In addition, confusion and lack of clarity of thought become obstacles to developing self-efficacy. This respondent found it difficult to think, felt tired, inferior, and lacked self-confidence. Some of them tried to find ways to divert negative thoughts with enjoyable activities, such as listening to music, which can provide some relief and optimism. However, the lack of adequate social support is also a factor inhibiting the resilience of these individuals, especially when they lose their parents or do not have someone to share their stories with.

3.1.3 Spirituality

Spirituality in people with physical disabilities due to traffic accidents shows that spirituality plays an important role in building their resilience. Respondents emphasized the importance of ikhtiar and tawakal as the key to living life with enthusiasm, without giving up on circumstances. This spiritual belief is the main foundation that helps them face life's challenges and find meaning in the difficulties they experience. Spiritual beliefs provide inner strength and a new perspective on suffering, which supports the process of recovery and the discovery of the meaning of life.

3.1.4 Optimism

An optimistic attitude towards the future helps to maintain enthusiasm for life and motivates me to keep moving forward. Optimism in people with physical disabilities due to traffic accidents shows that they find optimism through inspiration from public figures, such as Nick Vujicic, who despite his physical limitations, managed to become a billionaire and motivational speaker. This inspiration helps people with disabilities see their potential and build strong self-confidence.

3.2 External Factors

Resilience, or the ability to bounce back and adapt in the face of adversity, is influenced by a variety of factors. External factors play a significant role in shaping an individual's resilience, especially for people with physical disabilities due to road traffic accidents. These external factors include the social environment, support from family, and community, and access to adequate resources and services. Social support is one of the most significant external factors in building resilience. Strong relationships with family, friends, and community can provide a sense of security and emotional support that are essential during difficult times. For example, support from family members in the form of caring, practical assistance, or simply being present can reduce feelings of loneliness and hopelessness, and increase self-confidence and optimism.



Figure 3. WFQ Faktor Eksternal

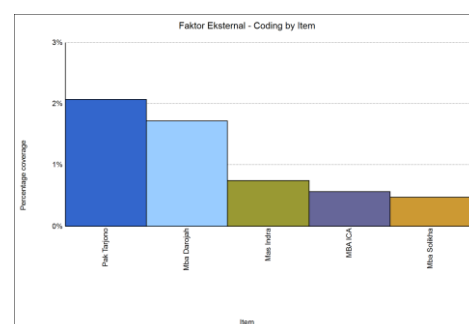


Figure 4. VNC Faktor Eksternal

Social support for people with physical disabilities due to traffic accidents shows that the role of the family is very important in building resilience. Optimal support from family and friends helps people with disabilities to stay motivated and adapt to their physical conditions. This social support provides additional encouragement for them to continue to struggle and find meaning in life within the limitations they face.

Resilience in people with physical disabilities is not the result of a single factor, but rather the result of a complex interaction between internal and external factors. Self-efficacy, or an individual's belief in their ability to overcome challenges, is often strengthened by the social support they receive from their family and community. For example, when individuals feel supported by their family, this increases their confidence to face the difficulties they face daily. Similarly, spirituality plays an important role in resilience, but spiritual experiences are often enriched and strengthened by the support they receive from a spiritual community. In this study, many respondents stated that their belief in a higher power gave them strength in dealing with physical limitations, and the spiritual community they belonged to provided essential moral support. Therefore, it can be concluded that internal factors such as self-efficacy, spirituality, and optimism cannot be seen separately from the social context in which an individual is located. External support from family, friends, and community plays an important role in strengthening these internal factors, creating a positive feedback loop that enhances overall resilience.

4 CONCLUSIONS

Resilience factors in the meaningfulness of life in people with physical disabilities who are victims of traffic accidents in Tegal Regency, two factors influence the success of resilience, namely internal and external factors. Internal factors consist of self-esteem, self-efficacy, spiritual optimism and social support from external factors. This can be seen from three respondents who received optimal support from both internal and external and two respondents who were less than optimal in getting support from both. Internal and external factors all contribute to developing the meaningfulness of life after disability. Resilience enhancement strategies should include strengthening these factors to help individuals in the process of adaptation and recovery. Successful resilience requires a balance between external support and internal development to achieve the desired recovery and meaningfulness of life. The findings of this study have significant practical implications, especially in the development of support programs for people with disabilities. One practical recommendation is the development of a peer counselling program that facilitates support between people with disabilities, which is effective in increasing resilience. This program can focus on increasing self-efficacy and optimism through joint activities that build self-confidence and provide inspiration.

In addition, community-based interventions that integrate aspects of spirituality and social support can be introduced, such as discussion groups or spiritual support groups that aim to strengthen aspects of spirituality as a key element in resilience. This study highlights the importance of a balance between internal and external factors in building resilience in people with physical disabilities. The findings suggest that social support and spirituality play a significant role in strengthening self-efficacy and optimism, which in turn strengthen individual resilience. As a recommendation, the researchers suggest that future support programs adopt a holistic approach that focuses not only on physical recovery but also on psychological and spiritual aspects. Further research is needed to explore the dynamics of resilience in different contexts and to test the effectiveness of the proposed support program.

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