

## ABSTRAK

### PENERIMAAN DIRI REMAJA YANG MERASA TERBUANG

Penelitian ini dimaksudkan untuk memahami permasalahan yang dihadapi subjek dan memperoleh gambaran tentang penerimaan diri subjek yang mengalami hambatan karena perasaan terbuang yang disebabkan latar belakang keluarga, dan kecacatan fisik yang dialami subjek. Subjek penelitian ini seorang remaja putri, berusia 15 tahun. Ia dari kecil tinggal di panti asuhan dan bersekolah di SLB.

Jenis penelitian yang digunakan adalah penelitian deskriptif-kualitatif, dengan desain penelitian studi kasus. Metode pengumpulan data dalam penelitian adalah metode observasi, wawancara informasi dan wawancara konseling sebagai suatu usaha untuk membantu subjek mengatasi masalahnya. Data yang diperoleh dari subjek dan beberapa sumber informasi lainnya, peneliti gunakan untuk menggambarkan keadaan dan permasalahan yang dialami subjek saat ini, sehingga peneliti dapat menentukan pendekatan konseling yang tepat dan sesuai dalam memberikan pendampingan.

Dari hasil penelitian, diketahui bahwa subjek mengalami masalah penerimaan diri yang disebabkan perasaan terbuang yang timbul karena ia tidak tinggal dengan orang tua asli, dan memiliki kecacatan fisik. Oleh karena itu pendekatan konseling yang digunakan adalah *Interview for Adjustment* (IA). Setelah peneliti mengadakan wawancara konseling dengan subjek sebanyak 4 kali pertemuan, subjek menunjukkan perubahan, yaitu a) Subjek mengakui didepan orang lain kalau ia punya cacat fisik dan bersekolah di SMPLB; b) Subjek bergabung dengan teman-temannya ketika teman-temannya tersebut sedang berkumpul; c) Subjek bila berjumpa dengan ibunya mau merangkul dan memeluk ibunya serta menanyakan kabar; d) Subjek akan les menggambar agar ia bisa masuk Institut Seni Indonesia setamat SMA; e) Subjek tiap hari berdoa agar ia dikuatkan dan bisa menerima keadaan dirinya. Konseling dapat berjalan dengan baik tetapi ada satu permasalahan yang tidak dapat diselesaikan karena tidak mendapat ijin dari pihak PA. Permasalahan tersebut adalah menyangkut masalah Subjek dengan ayah kandungnya. Selama konseling berlangsung Subjek menunjukkan perubahan nyata, tetapi Subjek tetap harus mendapat perhatian khusus karena ia tidak seperti anak normal pada umumnya.

## **ABSTRACT**

### **THE ACCEPTANCE OF A TEENAGER THAT FEELS BEING IGNORED**

The research was aimed to describe a problem that was faced by the subject and to get clear description about the subject's acceptance that experienced an obstacle because of her feeling of being ignored caused by family background, and physical disability faced by the subject. The subject of this research was a girl whose age was fifteen years old. She has lived in an orphan house since she was a child and studied at special school.

This research was a descriptive-qualitative research, and its design was case study. The data gathering methods in this research were observation, informative interview, and counseling interview as an effort to help the subject to solve her problem. The data from the subject and other information sources were used by the researcher to describe the condition and the problem that were faced by the subject lately, so the researcher could decide the most appropriate approach in giving guidance.

From the result of the research, it was understood that the subject had a problem in acceptance caused by a feeling of being ignored because she did not live with her biologic parents, she has physical disability and she did not get an affection from her family. Therefore the counseling approach that was used was IA (Interview for Adjustment). After the researcher conducted counseling interview with the subject for 4 meetings, the subject showed some changes, they are: a) Subject admitted in front of others that she had physical disability and studied at SMPLB; b) Subject joined with her friends when they were gathering; c) if subject met her mother, she wanted to hug and embrace her and also asked about her news; d) Subject would take drawing course so that she could enter Institut Seni Indonesia after she graduated from SMA (Senior High School); e) Subject prayed everyday so that she could be strong and could be able to accept herself as the way she is. The counseling could run well but there was a problem that could not be solved because the researcher did not get a permission from the orphan house. The problem was about the subject's problem with her biologic father. During the counseling period the subject showed some real changes, but the subject still must get a special attention because she was different from the other normal children.