

ABSTRAK

Penyandang cacat fisik yang dikarenakan kecelakaan mengalami perubahan drastis pada sebagian atau seluruh fungsi tubuhnya, dari berfungsi sepenuhnya menjadi berfungsi sebagian atau bahkan tidak berfungsi sama sekali. Perubahan ini menyebabkan stress. Stress mengganggu peraih kondisi *well-being* (kepuasan hidup). Agar dapat meraih kondisi *well-being*-nya kembali, subyek memerlukan suatu penyesuaian diri terhadap stress. Fenomena penyesuaian diri yang dituntut oleh stress inilah yang menjadi daya tarik bagi peneliti untuk memutuskannya sebagai topik penelitian dalam skripsinya yang berjudul "Proses Penyesuaian Diri Penyandang Cacat Akibat Kecelakaan: Suatu Studi dengan Desain Biografi".

Jenis Penelitian ini adalah kualitatif, bersifat eksploratif, dengan desain biografi. Subyek penelitian ini adalah remaja putri berumur 19 tahun yang duduk di kelas 1 SMA. Ia mengalami kecelakaan saat ia berumur 15 tahun dan duduk di kelas 3 SMP. Kecelakaan subyek dikarenakan ketidakberhasilan operasi pengangkatan tumor pada sumsum tulang belakangnya, yang bila tidak dioperasi akan menimbulkan kelumpuhan pula. Orangtua subyek berprofesi sebagai guru SD, kakak subyek adalah seorang mahasiswa, dan adik subyek masih bersekolah di tingkat SMP.

Data-data penyesuaian diri diambil dengan metode wawancara semi-terstruktur pada subyek dan orangtuanya. Selain itu peneliti juga mengambil data dari laporan praktek kerja mahasiswa profesi UGM tahun 2004 yang masih memiliki kaitan dengan topik skripsi. Data wawancara dengan subyek diverbatimkan, dianalisis, dan dikategorisasikan dalam format 3 (tiga) kolom seperti yang dikemukakan Poerwandari dalam bukunya (Poerwandari, 1998). Setelah proses tersebut, data hasil analisis itu disusun dalam suatu kronologi waktu. Untuk validitas data penelitian, peneliti melakukan triangulasi terhadap seluruh data yang diperoleh. Seluruh data mentah dan hasil analisis data yang telah melewati proses triangulasi dirangkum dalam tabel hasil penelitian; dan dideskripsikan dalam kronologi pengalaman penyesuaian diri subyek berdasarkan peristiwa. Tabel hasil penelitian dan kronologi pengalaman penyesuaian diri subyek penelitian digunakan peneliti sebagai dasar mendeskripsikan hasil penelitian, membahas hasil penelitian, menyimpulkan hasil penelitian, menilai keterbatasan penelitian, serta pemberian saran pada subyek penelitian dan peneliti yang ingin melakukan penelitian sejenis.

Hasil penelitian menunjukkan penurunan drastis kemampuan penyesuaian diri subyek pasca operasi. Kemampuan penyesuaian diri subyek pada aspek fisiologis agak membaik akibat intervensi RSC Solo. Namun, keseluruhan kemampuan penyesuaian diri subyek meningkat secara progresif sejak intervensi Yakkum.

ABSTRACT

Physical disabled people caused by an accident suffering drastic change of their body functions, from full-functional to partly functional or even mal-function at all. This change triggers a stress. Stress inhibits subject achievement of well-being condition. To repossess their well-being condition, they need to adjust the stress. The phenomenon, an adjustment to stress, attracts researcher as well as decide it as research topic of his undergraduate scientific research writing that titled as "The Adjustment Processes of Physically Disabled Person Caused By An Accident: A Study with Biographical Research Design".

The type of the research is qualitative, explorative in nature, with biographical research design. The research subject is a 19 years old female teenager, studying in the first grade of high school (in Indonesian educational system). She suffered the accident when 15 years old and was studying in third grade of junior high school (in Indonesian educational system). The accident is caused by an unsuccessful surgery of cancer disease in her spinal cord which will result in his leg mal-function (crippled) in the future if surgery was not carried out. The profession subject parents are elementary school teacher, her older sister is undergraduate student of an university in Jogjakarta, and her younger brother is still studying is junior high school (in Indonesian educational system).

The adjustment processes data is collected by semi-structured interview from subject and her parents. Furthermore, researcher also collected data from practical work report (2004 edition) of UGM Psychology profession student. Interview data from subject was verbatimized, analyzed, and categorized in 3 columns formats as presented by Poerwandari in her book (Poerwandari, 1998). After that, the data that had been analyzed was organized in a chronology by time. For research data validity, researcher conducted a triangulation technique between all collected data. All raw data and analyzed data that had through triangulation processes is summarized in table of research result; and described in chronology of subject adjustment experience by experience events. The research result table and chronology by subject's experiences events used by researcher to describing research result, explaining (or discussing) research result, concluding research result, judging the research limitations, also giving suggestion to research subject or future researcher that have similar topic.

The research results showed a drastic decrease of adjustment ability after the surgery. The subject adjustment ability in physiological aspects was improving as RSC Solo interfere subject. However, all subject adjustment capability was increasing progressively since Yakkum interfere subject.