

ABSTRAK

SELF-COMPASSION* KOMIKA PENYANDANG TUNANETRA YANG MENGGUNAKAN HUMOR *SELF-DEPRECATING

(Studi Kasus)

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Penelitian ini bertujuan untuk mengetahui *self-compassion* seorang komika penyandang tunanetra total (EF) yang menggunakan pendekatan humor *self-deprecating* dalam penampilan *stand-up comedy*-nya.

Penelitian ini menggunakan metode penelitian kualitatif dengan pendekatan kualitatif studi kasus. Subjek penelitian ini merupakan seorang komika penyandang tunanetra yang merupakan anggota aktif dalam Komunitas Standupindo Jogja. Analisis data penelitian menggunakan teori *self-compassion* dari Kristin Neff, yang mencakup tiga aspek: *mindfulness* (kesadaran penuh), *common humanity* (pengalaman umum), dan *self-kindness* (kebaikan diri). Data dikumpulkan melalui wawancara mendalam terhadap subjek.

Hasil penelitian menunjukkan *self-compassion* telah terbentuk dalam diri subjek, yang ditunjukkan melalui ketiga aspek *self-compassion*. *Mindfulness* tercermin dalam kesadaran realistis akan keterbatasan fisik dan emosionalnya, serta kemampuan mengelola reaksi negatif dengan mengubah pengalaman sulit menjadi materi komedi. *Common humanity* tampak dari kesadarannya bahwa penderitaan adalah pengalaman manusia umum, yang mendorong solidaritas, rasa syukur, dan keterlibatan aktif dalam organisasi komunitas tunanetra serta advokasi isu tunanetra melalui humor. *Self-kindness* diwujudkan melalui sikap kebaikan terhadap diri sendiri, motivasi diri untuk perkembangan, dan respons konstruktif terhadap kritik serta kegagalan. *Humor self-deprecating* berfungsi sebagai sarana regulasi emosi, advokasi, serta mengubah keterbatasan menjadi kelebihan.

Kata kunci: *Self-Compassion*, Tunanetra, *Stand-up Comedy*, Komika, *Humor Self-Deprecating*.

ABSTRACT***SELF-ACCEPTANCE OF A BLIND STAND-UP COMEDIAN WHO
USES SELF-DEPRECATING HUMOR******(A Case Study)***

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2025

This study aims to examine the self-compassion of a totally blind stand-up comedian (EF) who uses a self-deprecating humor approach in his performances.

This research employs a qualitative method with a case study approach. The research subject is a blind comedian who is an active member of the Standupindo Jogja community. Data analysis is based on Kristin Neff's theory of self-compassion, which includes three aspects: mindfulness, common humanity, and self-kindness. Data were collected through in-depth interviews with the subject.

The results indicate that self-compassion has been developed within the subject, as reflected in all three aspects. Mindfulness is shown through realistic awareness of his physical and emotional limitations, as well as the ability to manage negative reactions by transforming difficult experiences into comedy material. Common humanity is reflected in his awareness that suffering is a universal human experience, which fosters solidarity, gratitude, active involvement in blind community organizations, and advocacy for visual impairment issues through humor. Self-kindness is demonstrated through a kind attitude toward himself, self-motivation for personal growth, and constructive responses to criticism and failure. Self-deprecating humor functions as a means of emotional regulation, advocacy, and transforming limitations into strengths.

Keywords: *Self-Compassion, Visual Impairment, Stand-up Comedy, Comedian, Self-Deprecating Humor.*