

Original Research**Self-Awareness Of Persons With Disabilities To Carry Out Rehabilitation, Increasing Participation And Rehabilitation Needs****Yopi Harwinanda Ardesa^{1*}, Petit Tegar Saputro², Muhammad Syaifuddin³**^{1,2,3} Department of Prosthetic and Orthotic Poltekkes Kemenkes Surakarta, Indonesia**ABSTRACT**

Background: Rehabilitation of persons with disabilities increases productivity. Self-awareness motivates participation in rehabilitation. This study aims to analyze the relationship between self-awareness and rehabilitation.

Methods: This research is a quantitative descriptive study with a cross sectional approach with a population of people with disabilities in Colomadu District, Karanganyar. Sampling using purposive sampling technique with the inclusion criteria of persons with physical disabilities as many as 23 subjects. The research instrument used a questionnaire. Data collection was carried out in December 2019. The data analysis technique used the non-parametric Rank Correlation test Spearman test.

Results: The results of data analysis showed that self-awareness was not related to the rehabilitation of persons with physical disabilities with a value of $r = 0.108$, ($p > 0.05$). The adjustment value (R^2) is 0.118, meaning that 11.8% of individual autonomy variations can be explained by variations in self-awareness. While 88.2% was caused by other factors. Self-awareness does not improve rehabilitation implementation.

Conclusion: External supporting factors are needed to increase the participation of persons with disabilities and self-awareness as internal motivation to strengthen external supporting factors in the implementation of rehabilitation.

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disabilities; rehabilitation; self awareness

CONTACT

Yopi Harwinanda Ardesa

yopipoltekkessolo@gmail.comEmail of Corresponding Author
Jurusan Ortotik Prostetik Poltekkes
Kemenkes Surakarta, Jln. Letjen
Sutoyo, Mojosongo, Surakarta,
Indonesia

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INTRODUCTION

The productivity of persons with physical disabilities can be developed through rehabilitation. Rehabilitation of persons with disabilities provides material on ability development, mental strengthening (Naibaho, Krisnani, & Nuriyah, 2015) vocational guidance (Sayyidah, 2015). Programs designed to provide real-world experiences, life skills (Bal et al., 2017) and creativity (Riski Trisnawati, 2013). Rehabilitation has a strong impact on individuals with disabilities (Chappell & Johannsmeier, 2009), thereby increasing the chances of getting a job (Duncan, 2020).

More than 39.9% of persons with disabilities do not work (World Health Organization, 2017), still experience discrimination in various aspects of the workplace (Narayanan, 2019). Employers still have several reasons for not employing persons with disabilities even though efforts have been made to increase the participation of persons with disabilities through labor laws (World Health Organization, 2017). The reason for the ability of persons with disabilities, there are many worries throughout the work cycle for entrepreneurs who actually sincerely employ people with disabilities (Bonaccio, Connelly, Gellatly, Jetha, & Martin Ginis, 2019).

Various factors relate to the accessibility of rehabilitation services for persons with disabilities (Zziwa et al., 2019). Most persons with disabilities are still lacking in utilizing and accessing rehabilitation services. More than 60% of persons with disabilities are not aware of the availability of rehabilitation services and lack self-awareness (Srivastava, Khan, Pandey, Pillai, & Bhavsar, 2014). Strengthening rehabilitation services (Kumar, Roy, & Kar, 2012) through the enactment of laws protecting accessibility rights (Sumaila, Abdullahi, & Shittu, 2018), as well as means of interaction through architectural behavioral approaches for persons with disabilities (Kusumaputri, Setyaningsih, & Mustaqimah, 2014).

Increased self-awareness of rehabilitation services (Mactaggart et al., 2016), is one of the factors that is significantly related to the utilization of rehabilitation services (Zziwa et al., 2019). Lack of self-awareness (Srivastava et al., 2014) social support is also related to the level of individual independence (Rachmiwanti & Hartosujono, 2015). Increasing self-awareness of persons with disabilities is a program implemented to make persons with disabilities aware of rehabilitation services (Srivastava et al., 2014). Increased sensitivity (Zziwa et al., 2019) and self-awareness of rehabilitation encourages the implementation of rehabilitation (Bujawati, Sukfitrianti, & Sari, 2015).

Self-motivation is an empowering factor for the productivity of persons with disabilities (Surwanti, 2014). However, previous studies related to persons with disabilities have focused more on rehabilitation in terms of infrastructure and training. Social support (Saputra, Bimo, Luhur, Wiguna, & Malang, 2016), assistance, accessibility, rights, employment and health of persons with disabilities (Ardesa, Utomo, & Marsim, 2020) are the dominant factors related to rehabilitation. Meanwhile, self-motivation, self-awareness is an interesting subject that has not been widely studied at present. Self-awareness that moves persons with disabilities to participate in rehabilitation programs.

For this reason, it is important to know the relationship between self-awareness of persons with disabilities and rehabilitation. Increased participation of persons with disabilities increases skills, good skills increase productivity and productivity will further increase the independence of persons with disabilities.

MATERIALS AND METHOD

This research is a descriptive quantitative study with a cross sectional approach. This study involved a population of persons with disabilities in the Colomadu sub-district, Karanganyar. Sampling using purposive sampling technique with inclusion criteria of persons with physical disabilities. The total population of people with disabilities is 63 people, there are 23 subjects with physical disabilities. The research instrument used a questionnaire.

The research procedure includes the selection of research subjects, namely those who meet the inclusion criteria for persons with physical disabilities, the validity and reliability of the questionnaire items obtained 26 items out of 64 items. Data collection was carried out in December 2019. The data analysis technique used the Rank Correlation test, non-parametric spearman test data were not normally distributed. This study get permission of ethical clearance from KEPK Poltekkes Kemenkes Surakarta with number LB 02.02/1.1/3329/2019.

RESULTS

The result of this study, were analyze using characteristics of respondent and cross tabulation between self awareness and the rehabilitation Process.

Table 1. Characteristics by age

Valid	Age	
	Frequency	Percent
15-20	4	17.3 %
21-58	13	56.6 %
59-75	6	26.1 %
Total	23	100.0 %

The age characteristics found that the productive age is 56.6% and the adolescent age is 17.3% which has the potential to participate in rehabilitation.

Table 2. Characteristics based on gender

Valid	Gender	
	Frequency	Percent
Male	19	82.6 %
Female	4	17.4 %
Total	23	100.0 %

The gender data shows that 82% of people with disabilities are men who have a role as the backbone of the family.

Table 3. Characteristics by education

Valid	Education	
	Frequency	Percent
TK	1	4.3%
SD	3	13.0%
SMP	4	17.4%
SMA	15	65.2%
Total	23	100.0 %

Educational background shows that as many as 65.2% have high school education that can support the implementation of rehabilitation, especially individual skills.

Table 4. Characteristics based on work status

Valid	Work Status	
	Frequency	Percent
Work	8	34.8%
Unwork	15	65.2%
Total	23	100.0 %

Data shows that only 34.8% of respondents have jobs, so that rehabilitation that can improve skills is expected to increase the number of people with disabilities who can find work.

Table 5. Based on device

Valid	Device	
	Frequency	Percent
Have	16	69.6%
Don't have	7	30.4%
Total	23	100.0 %

The possession of assistive devices for persons with disabilities (69.9%) can assist mobility. Minimization of mobility limitations facilitates access to rehabilitation.

Table 6. Data cross tabulation between self awareness and the rehabilitation Process

Self Awareness	Rehabilitation		Total
	Never	Ever	
Good	7	6	13
Not Good	8	2	10
Total	15	8	23

Persons with disabilities who have good and bad self-awareness have almost the same data in participating in rehabilitation. To test the hypothesis in this study, see the results of the data normality test. The data normality test used the Shapiro Wilk and used the non-parametric Spearman test for abnormally distributed data.

Table 7. Spearman's rho hypothesis test results

Self Awareness	Uji Hipotesis Spearman's rho		N
	Coefisient correlation	Significant	
Rehabilitation Corelation	0,344	0,108 No Corelation	23
Total	15	8	23

The data shows that the results of the Rank Correlation (Spearman) test with a significant value of 0.108 ($p > 0.05$), meaning that they lack self-awareness of the rehabilitation process in Colomadu District.

DISCUSSION

This study shows that the level of self-awareness of persons with physical disabilities in Colomadu District is not significantly related to the implementation of rehabilitation. The direction of the relationship in this study is positive, but the level of relationship between self-awareness and rehabilitation is in the low category. This is in accordance with research (Mactaggart et al., 2016), the low level of self-awareness that is still low needs to be improved in order to improve rehabilitation services for people with disabilities. Self-awareness is important for every person with a disability. Because by understanding that rehabilitation is needed to increase productivity and independence, a person with a disability is willing to do something to meet those needs.

Another study is the lack of understanding of the basic rights of persons with disabilities and access to information as the main causes in receiving rehabilitation services so that advocacy, counseling and assistance are needed (Cahyono, 2017). Raising awareness of rehabilitation services for persons with disabilities ensures that their rights are fulfilled (Mactaggart et al., 2016). Rehabilitation facilitators have a stronger positive impact on individuals with disabilities than on society (Chappell & Johannsmeier, 2009).

Other research states, in the implementation of the rehabilitation program participants are able to understand the importance of self-motivation, recognize self-potential, can produce products, and can understand entrepreneurial aspects (Ardliana, Astiani, & Trisnanto, 2009), increase self-acceptance and reduce anxiety in facing the world of work in individuals. people with physical disabilities (Martini, Hartini, & Hartini, 2012). And empowerment through rehabilitation improves skills so that they can be used in finding work or starting their own business (Purwandari & Suyanto, 2015) and creativity (Riski Trisnawati, 2013).

In addition, this study shows results that are not in line with previous research which states the relationship that to change for the better, people with physical disabilities must have good self-awareness, because this is important as part of developing personal abilities through rehabilitation (Srivastava et al., 2014). The difference in the results of this study can be caused by several factors such as educational background, family support, and also the availability of social institutions as a forum for rehabilitation (Zziwa et al., 2019). Internal strengthening in the form of self-awareness is needed to support the implementation of government programs provided to persons with disabilities. Provision of infrastructure, methods, training materials and social support is needed to enhance the role of rehabilitation. Meanwhile, research (Ostrove, Kornfeld, & Ibrahim, 2019) states that people with disabilities appreciate the assistance provided by others.

Communicate and establish good relationships, trust each other as external support. To reinforce that self-awareness cannot stand alone as a support for rehabilitation, external support is needed within the person. Several studies (Sumaila et al., 2018) also state that the role of accessibility and understanding of rehabilitation still needs to be improved to support the implementation of rehabilitation. Therefore, an analysis of the factors that affect the implementation of this rehabilitation is still very much needed. Considering the impact given to persons with disabilities can increase their productivity and independence.

CONCLUSION

With the results of this study, which shows that there is no relationship between self-awareness and rehabilitation, it is important that external supporting factors are still needed to increase the participation of persons with disabilities in carrying out rehabilitation. However, it also does not rule out self-awareness as an internal motivation to strengthen the external supporting factors for rehabilitation.

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