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DEPICTION OF SELF-ACCEPTANCE IN PERSONS WITH DISABILITIES NON-GENETICS IN TUBAN DISABILITY ORGANIZATION

Emylia Ruszahidah , Suhartono Moh. Ubaidillah Faqih, Hanim Nur Faizah

Tuban Institute of Health Sciences Nahdlatul Ulama

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CONTACT

Emylia Ruszahidah

emylia.rzh@gmail.com

Institute of Health Sciences
Nahdlatul Ulama, Tuban,
Campus C IIKNU, Jalan KH
Hasyim Asyari Number 26,
Tuban, Indonesia

ABSTRACT

Introduction: This study aims to (1) analyze the process or dynamics of self-acceptance in people with non-genetic disabilities and (2) analyze aspects that affect the process of self-acceptance.

Method: Case study research is a type of descriptive qualitative research. The data collection technique used in this study was a semi-structured interview. The data analysis used is assisted by the process of data reduction, data presentation and data verification. To measure the validity of this study, researchers used the theory triangulation technique which compares information from different theoretical points of view

Results: The results showed that the process or dynamics of informant self-acceptance was influenced by self-acceptance, self-adjustment, self-satisfaction, and feelings of friendship with others. In addition, in this study it was found that help from family and people around the informant also affected self-acceptance of the informant.

Conclusion: From the description above, it can be concluded that the process or dynamics of self-acceptance in people with non-genetic disabilities is influenced by many factors.

Keywords: self-acceptance, people with non-genetic disabilities, adolescents

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INTRODUCTION

All human beings created by God have advantages and disadvantages. But everyone wants a decent and normal life. The desire to live a meaningful life is the main motivation as a foundation Do various activities with a clear purpose, such as working work that makes life meaningful and valuable and can cause feelings of happiness. When the desire to live means not achieving it leads to disappointment in life, which leads to various emotional disorders that hinder personal development (Bastaman, 2007) in (Dwi Zahrotul Fitro 2022).

One of the things that becomes a deficiency or hinders an individual in carrying out activities is if he has a physical disability. These disabilities can occur from birth or occur due to accidents. The disability experienced can be an obstacle in carrying

out various activities in daily life. Adolescents in general are very eager to do and try many things as Erikson expressed that adolescents are more willing to try many things because it is a time of identity search (p. 391).

Physical defects that can still be corrected, such as crooked teeth, poor vision or lack of hearing, rarely prevent teens from doing what their peers do. However, this can be a psychological danger if adolescents have to wear glasses or hearing aids (Hurlock, 2002) in (Dwi Zahrotul Fitro 2022). If a disability that can still be overcome is able to have a psychological impact on individuals, then disability that cannot be treated such as people with disabilities will certainly also have a negative psychological impact on individuals who experience it. Psychological dangers that may occur are such as

tend to feel inferior, lack of confidence, consider themselves unlucky, have no potential, cannot live independently, and feel that they are unable to achieve their goals.

Individuals with physical disabilities have their own experiences of physical disabilities. Some occur in their infancy due to illness, due to traffic accidents or due to work accidents. This can cause the individual to experience physical disabilities or Non-Genetic disabilities (people with disabilities not from birth). Physical disabilities include deaf and hearing impaired. All Non-Genetic disorders are not experienced by individuals from birth, but due to accidents or suffering from certain diseases. This is a new process and problem for individuals in living life because they have to adjust to new body conditions. A deficiency of one part of the body can affect overall in terms of motor abilities and psychic state of the individual.

According to data from BPS East Java on 04-October-2019 in Tuban City there were 1,107 people with disabilities, with the following divisions: 1. There are people with disabilities: 325 people, 2. Blind people: 231 people, 3. Deaf: 164 people, 4. Speech impaired: 207 people, 5. Deaf-speech impaired: 180. While the data obtained by the researchers obtained the initial survey in the Tuban disability organization there were 100 members registered as members of the organization with 50 active members. Based on interviews conducted by previous researchers, researchers concluded that adolescents who experience disabilities are already able to accept the conditions they experience, some say they have not been able to accept themselves and still hope for healing so that they can be like others in general. The statements made by some respondents make it clear that there are people with disabilities who have not been able to accept themselves fully. This is supported by the results of research conducted by Ka'arayeno, Piran and Yuliwar (2017) in (Dwi Zahrotul Fitro 2022) which stated that there were some respondents who felt embarrassed and inferior about their physical condition and did not have confidence when hanging out with their friends who had no abnormalities.

Self-acceptance depends largely on how a person develops his self-concept, as Hurlock points out that one of the things that influence self-acceptance is self-concept (p. 235). This is also supported by Hurlock's expression that teenagers will find it difficult to accept their physical condition if since childhood these teenagers have glorified the concept of self-appearance in adulthood. Self-concept is not something that suddenly exists or suddenly

appears, but the formation of self-concept is something that can be influenced by others in the process of social interaction (Sarwono & Meinarno, 2015, p. 53).

Self-concept is the things that are perceived by the individual or how the individual perceives himself, concepts and evaluations about himself, including the image of others to the perceived individual and the image of the desired individual, obtained from experience and evaluation of the surrounding environment (Burns, 1993, p. 13). If a person expresses a negative self-concept in himself, then he will find it difficult to accept himself. This is supported by Marlioni's (2015) statement that poor self-concept development will result in self-rejection (p. 151).

Physical disabilities experience many problems in daily life, especially regarding their attitude towards their physical condition. In this case, researchers have different experiences regarding the self-acceptance attitudes of people with physical disabilities. In one of the institutions where researchers have worked, researchers found that people with physical disabilities such as the disabled and deaf are able to dynamic well. They are able to move together, both with fellow disabled and other normal friends. When interacting with them, researchers felt that they were able to be open and quite cooperative.

Self-acceptance of people with Non-Genetic physical disabilities is a phenomenon that is closely related to mental nursing, can be used to help and understand people with Non-Genetic physical disabilities in adolescents in their process to accept themselves even with different physical conditions. This study aims to see the picture of self-acceptance of people with Non-Genetic physical disabilities in adolescents. With this research, it is hoped that the right way or action can be taken in response to this phenomenon.

METHOD

The research design used in this study is descriptive qualitative with a case study approach Qualitative researchers as human instruments, function to establish the focus of research, choose informants as data sources, conduct data collection, assess data quality, analyze data, interpret data and make conclusions on everything. The data collection process uses three others: observation, in-depth interviews, documentation. The sampling technique used in this study is a purposive sampling technique is a sampling technique of data sources with certain

considerations, for example the person is considered to know best about what we expect (Sugiyono, 2019).

RESULTS

This study resulted in 4 specific objectives, namely digging deeper into self-acceptance, self-adjustment, self-satisfaction, and feelings of equality with other individuals in the Tuban Disability Organization. The results of the study were described based on informants' answers to interview questions during the data collection process.

1. Overview of Self-Acceptance

In-depth interviews about the self-acceptance experienced by informants in accepting new body conditions include accepting the beginning of changes in body condition, building self-confidence, and how to build that confidence.

- A. Accept early changes in your body condition (From the results of the study found that 4 informants (100%) said that they experienced the beginning of poor body acceptance).
- B. Build self-confidence (From the results of the study found that 4 informants (100%) said that they needed to build confidence again in their new body condition).
- C. How to build self-confidence (From the results of the study, 4 informants (100%) said that they built self-confidence to get a good self-acceptance process).

2. Adjustment Picture

In-depth interviews about the self-adjustment experienced by informants in accepting new body conditions include adjusting to new conditions of self to the environment or other people and problems that arise during the adjustment period to new body conditions.

- A. Adjusting to the new state of self to the environment or other people (From the results of the study obtained 4 informants (100%) said that they could adjust their new body condition).
- B. Problems that arise during the adjustment period to the new body condition (From the results of the study, 3 informants (75%) said that they had problems that arose during the adjustment period to the new body condition, and there was 1 informant (25%) who did not get problems in adjusting himself).
- C. How do you solve problems that arise (From the results of the study, 3 informants (75%) said that they knew the resolution of problems that arose in the process of self-adjustment,

and there was 1 informant (25%) who did not get problems in self-adjustment).

3. A picture of self-satisfaction

In-depth interviews about the satisfaction with yourself experienced by the informant in the emergence of a sense of satisfaction with your state of self or feeling a sense of pride in your new self, what satisfaction or pride you feel.

- A. The emergence of a sense of satisfaction with your state of self or feeling a feeling of pride in your new self (From the results of the study obtained 4 informants (100%) said that feeling a sense of satisfaction with their state of self or a sense of pride in the condition of their body).
- B. What satisfaction or pride do you feel (From the results of the study found 4 informants (100%) said that satisfaction or pride they felt with their new body condition).

4. Images of feeling equal to other individuals

In-depth interviews about the feelings of equality with other individuals that the informant experienced in feeling the same feelings that peers or people around you and how you build those feelings of equality.

- A. Feeling equal feelings that peers or people around you (From the results of the study found 2 informants (50%) said that they felt equal feelings with peers or people around them and there were 2 informants (50%) who said that they felt unable to build feelings equal with peers or people around them).
- B. How you build a sense of equal feelings (From the results of the study found 4 informants (100%) they said that they have a way of building a sense of equal feelings).

DISCUSSION

1. Self-Acceptance

In-depth interviews about the self-acceptance experienced by informants in accepting new body conditions include accepting the beginning of changes in body condition, building self-confidence, and how to build that confidence. All informants said they had a poor start of body acceptance. From the results of the study, it was found that all informants said that they needed to build confidence again in their new body condition. From the results of the study, it was found that all informants said that they built self-confidence to get a good self-acceptance process.

In informant 1, it was found that the informant had a poor initial self-acceptance of his new body condition. Informant 1 said that informants can build their sense of acceptance by trying to blend in with their peers, neighbors around their homes and that

this is quite effective in fostering a sense of self-acceptance and self-confidence.

In informant 2, it was found that the informant had a poor initial self-acceptance of his new body condition. Informant 2 said that the informant was able to build his sense of acceptance with the help of his older brother who still lived in the same house with the informant by helping to involve the informant in community activities and support in activities on campus and it was very good in fostering a sense of self-acceptance and confidence in the informant's life.

In informant 3, it was found that the informant had a poor initial self-acceptance of his new body condition. Informant 3 said that the informant can build his sense of acceptance by being assisted by families who live in the same house with the informant and also there are friends who want to help the informant in involving the informant in activities and socializing with outsiders around the informant and this is quite effective in fostering a sense of self-acceptance and self-confidence.

In informant 4, it was found that the informant had a poor initial self-acceptance of his new body condition. Informant 4 said that the informant was able to build his sense of acceptance by starting from family at home because the informant felt that only in the house he did not get pitying or mocking gazes and this was quite effective in fostering a sense of self-acceptance and self-confidence. Informants who are quite closed to the outside world when they first experience this condition become an obstacle in the process of accepting themselves.

The results of the description of the 4 informants above can be interpreted by the criteria of good self-acceptance, namely feeling satisfied with one's own situation, or proud of oneself. Individuals feel satisfied with the shortcomings and advantages that exist in themselves, have independence, and individuals do not depend on others.

2. Self-Adjustment

In-depth interviews about the self-adjustment experienced by informants in accepting new body conditions include adjusting to new conditions of self to the environment or other people and problems that arise during the adjustment period to new body conditions. From the results of the study, all informants said that they could adjust their new body condition. From the results of the study, most informants said that they had problems that arose during the adjustment period to the new body condition, and there were a small number of informants who did not get problems in adjusting themselves. From the results of the study, most

informants said that they knew the resolution of problems that arose in the process of self-adjustment, and there were a small number of informants who did not get problems in self-adjustment.

In informant 1, it was found that the informant had a good adjustment to his new body condition. Informant 1 said that the informant was able to build his sense of adjustment by trying to tell the chronology of events of how he got his current body condition and that it was quite effective in cultivating a sense of adjustment to the current body condition. Informant 1 said that during the adjustment the informant had problems during that period, namely the dismissive gazes from neighbors around or people encountered around the street while traveling.

In informant 2, it was found that the informant had a good adjustment to his new body condition. Informant 2 said that the informant was able to build his sense of adjustment with many people who knew about his body condition and that also made the informant want to try to tell the chronology of events about how he got his current body condition and this was quite effective in cultivating a sense of adjustment to the current body condition. Informant 2 said that during the adjustment the informant did not get problems during that period because there was a lot of support from family and people around the informant so that the informant did not care about the person who talked about his new body condition.

In informant 3, it was found that the informant had a good adjustment to his new body condition. Informant 3 said that the informant was able to build his sense of adjustment with the help of his family, especially his partner, and this was quite effective in cultivating a sense of adjustment to the current condition of the body. Informant 3 said that when the informant was adjusted there was a problem during that period because there were still neighbors who underestimated the condition of the informant.

In informant 4, it was found that the informant had a good adjustment to his new body condition. Informant 4 said that the informant was able to build his sense of adjustment with the help of his family and that it was quite effective in cultivating a sense of adjustment to the current condition of the body. Informant 4 said that during the adjustment the informant had problems during this period because the spouse suddenly broke off the relationship who wanted to go further due to the condition of the informant's body and the informant felt that his struggle was futile in the adjustment.

The results of the description of the 4 informants above can be interpreted by good self-adjustment criteria, namely adaptation to changing conditions

both body and environment, mastery ability in developing themselves, and habits to be controlled and directed.

3. Self-satisfaction

In-depth interviews about the satisfaction with yourself experienced by the informant in the emergence of a sense of satisfaction with your state of self or feeling a sense of pride in your new self, what satisfaction or pride you feel. From the results of the study, all informants said that they felt a sense of satisfaction with their state or a sense of pride in the condition of their bodies. From the results of the study, it was found that all informants said that the satisfaction or pride they felt with their new body condition.

In informant 1, it was found that the informant had good self-satisfaction about his new body condition. Informant 1 said that the informant can create a sense of satisfaction with myself by expressing my feelings of pride and satisfaction in accepting my condition, meaning here the informant said that the informant did not consider physical appearance as the main appearance but enthusiasm in life and this was quite effective in fostering a sense of self-satisfaction with the current condition of the body.

In informant 2, it was found that the informant had good self-satisfaction about his new body condition. Informant 2 said that informants can create a sense of self-satisfaction by not responding or being quick to get emotional when someone around them gives a mockery of the informant's condition. Informants are grateful to be able to control their emotions and this is quite effective in fostering a sense of self-satisfaction with the current condition of the body.

In informant 3, it was found that the informant had good self-satisfaction about his new body condition. Informant 3 said that informants can create a sense of self-satisfaction by still being able to do household chores and help their husbands at work. A positive mind and support from family, especially couples, are quite effective in fostering a sense of satisfaction with oneself towards the current condition of the body.

In informant 4, it was found that the informant had good self-satisfaction about his new body condition. Informant 4 said that informants can create a sense of self-satisfaction by starting to accept and make peace with the destiny of their current body condition is very effective in fostering a sense of self-satisfaction with the current body condition.

The results of the description of the 4 informants above can be interpreted by the criteria of good self-satisfaction, namely accepting yourself as you are, no longer comparing yourself with others excessively and accepting one's own uniqueness and weaknesses,

having a positive attitude towards the future, planning and taking appropriate actions to achieve life goals and having healthy relationships with others and not letting others determine values Yourself.

4. Feeling equal to other individuals

In-depth interviews about the feelings of equality with other individuals that the informant experienced in feeling the same feelings that peers or people around you and how you build those feelings of equality. Most informants said they felt equal to their peers or those around them and most informants said they could not build equal feelings with their peers or those around them. From the results of the study, all of their informants said that they had a way of building a sense of equality.

In informant 1, it was found that the informant had an equal feeling with other individuals who were good for his new body condition. Informant 1 said that informants can foster feelings of equality with other individuals by fostering a sense of trust that informants who used to be with the current ones can still study, school, play, organize and others. The informant said he always instilled in his mind that the informant could still do what he used to do and that it was very effective in cultivating feelings of equality with other individuals towards the current condition of the body.

In informant 2, it was found that the informant had feelings of equality with other individuals who were quite bad about his new body condition. Informant 2 said that the informant could not cultivate feelings of equality with other individuals because the informant considered that he could not do what he used to do. As time goes by, informants realize that informants can still do what they used to do, still be able to achieve and learn, the key is to believe in themselves and always try, these two things are very effective in fostering feelings of equality with other individuals towards the current body condition.

In informant 3, it was found that the informant had an equal feeling with other individuals who were good about his new body condition. Informant 3 said that informants can foster feelings of equality with other individuals by fostering trust that informants prove that they can still do homework even though they are still assisted by a partner. The informant said he always instilled in his mind that the informant could still do what he used to do and that it was very effective in cultivating feelings of equality with other individuals towards the current condition of the body.

In informant 4, it was found that the informant had feelings of equality with other individuals who were quite bad about his new body condition. Informant 4

said that the informant could not cultivate feelings of equality with other individuals because the informant considered that he could not do what he used to do. As time goes by, the informant realizes that the informant can still do what he used to do and the informant has the principle that life always moves forward and sees how God's power in making all things possible these two things are very effective in cultivating feelings of equality with other individuals towards the current condition of the body.

The results of the description of the 2 informants above can be interpreted by the criteria of feeling equal with other good individuals, namely individuals who are able to accept their own conditions, realize that everyone has their own shortcomings and advantages, easily open with outsiders and people in the home environment, can think positively about the state of their bodies.

The results of the description of the 2 informants above can be interpreted by the criteria of feeling equal with other bad individuals, namely individuals who are unable to accept their own conditions, feel dissatisfied with themselves, regret what happened in their past, difficult to open up with outsiders, and isolated and frustrated in interpersonal relationships so that there is no desire to maintain relationships with others.

CONCLUSION

The results of research from 4 informants who have been carried out at the Tuban Disability Organization, it can be concluded that:

1. Self-acceptance of people with non-genetic disabilities in the Tuban Disability Organization is good. Based on the results of in-depth interviews with informants about self-acceptance experienced by informants in accepting new body conditions including accepting early changes in body condition, building self-confidence, and how to build self-confidence. Feeling satisfied with one's own situation, or proud of oneself Individuals feel satisfied with their shortcomings and advantages, have independence, and individuals do not depend on others.
2. Adjustment to people with non-genetic disabilities in Organizations Tuban's disability is good. Based on the results of in-depth interviews with informants about the adjustment experienced by informants in accepting new body conditions including adjusting to new conditions of self to the environment or other people and problems that arise during the adjustment period to new body conditions. Adaptation to changing conditions both body and environment, mastery

ability in developing themselves, and habits become controlled and directed.

3. Self-satisfaction with people with non-genetic disabilities in the Tuban Disability Organization is good. Based on the results of in-depth interviews with informants about self-satisfaction experienced by informants in the emergence of a sense of satisfaction with the informant's self-condition or feeling a sense of pride in the new informant, what satisfaction or pride do you feel. Accept oneself as oneself is, no longer compare oneself with others excessively and accept one's own uniqueness and weaknesses, have a positive attitude towards the future, plan and take appropriate actions to achieve life goals and have healthy relationships with others and do not let others determine one's own worth.
4. The feeling of being equal with other individuals in people with non-genetic disabilities in the Tuban Disability Organization is quite good. Based on the results of in-depth interviews with informants about feeling equal with other individuals. Individuals who are able to accept their own conditions, realize that everyone has their own shortcomings and advantages, are easily open with outsiders and people in the home environment, can think positively about the state of their bodies. Most informants said they felt equal to their peers and most informants said they could not build equal feelings with their peers or those around them. Individuals who are unable to accept their own condition, feel dissatisfied with themselves, regret what happened in their past, find it difficult to open up with outsiders, and are isolated and frustrated in interpersonal relationships so that there is no desire to maintain relationships with others.

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