



The Role of Self-Support for Disability Persons as Essence for Peer Counseling

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Abstract

It is important to address discrimination and stigma against disability in Tegal Regency society, which is the basis of this research. Members of the Inclusive Village Forum are residents who actively interact with people with disabilities. Families and communities do not always accept these conditions well. The Inclusive Village Forum was created to help people with disabilities regain confidence, want to develop and progress in their lives. These volunteers serve as the village's social capital to support people with disabilities. The purpose of this study is to find out what disabilities have in strengthening social capital through peer counseling of disabled volunteers in the Inclusive Village Forum. A total of 40 disability volunteers from the Inclusive Village Forum aged 15 to 55 years old were the respondents of this study. The data we obtained using a questionnaire was the respondents' perception of self-support. These results are social capital that will help respondents as a basis for self-understanding as peer counselors.

Keywords: disability; counseling; communication; self-support; inclusive

1. Introduction

In Tegal Regency, disabilities are still stigmatized and discriminated against. This prevents disabled people from self-actualizing. Disabilities can be caused by birth defects, work accidents, or traffic accidents. If a disabled person is born with a disability that is accepted and supported by their family, they will become strong individuals. There is a fear of this support being felt by people with disabilities " *Participants were concerned about the practices that lingered from past attitudes which they thought compromised involvement of people in decision making.* " (Bigby, Whiteside, & Douglas, 2019). Having a family member who has a disability will have an impact on social acceptance. Those who become disabled due to work accidents or accidents usually do not have sufficient family support. People with disabilities who are adults, as well as those who are married and have children, make this even worse. In line with UN SDGs 10, reducing inequality within and between countries, one in five people have experienced discrimination.

Family support is really needed by people with disabilities " Family relationships and dynamics are also critical to understanding the context of family support and intervention approaches. For example, siblings play important roles in the lives of many individuals with disabilities across the life span and frequently assume greater family caregiving roles when

aging parents pass away or are no longer able to provide supports "One of the social capital is a family that is aware of the existence of family members with disabilities (Grossman & Magaña, 2016).. To eliminate stigma and discrimination against disabilities, this social capital is needed.

Community trust in the Inclusive Village Forum, a disabled organization that contributes to society, will encourage communities to accept disabilities. The social capital owned consists of social networks, trust (trust), values, and mutual cooperation. " The use of social capital in development, community empowerment and environmental management is an example of how a modality that relies on utilizing social relations is applied . " (Fathy, 2019)The results of the existence of the Inclusive Village Forum will be strengthened by values and cooperation. " People who have high social capital will open up the possibility of resolving complex problems more easily. With mutual trust, tolerance and cooperation, they can build networks both within their community groups and with other community groups. " (Anyualatha Haridison, 2021). If you look at it from a disabled perspective, it is better to listen to and follow directions, appeals, suggestions and encouragement from fellow disabled people than people who are not disabled.

Therefore, people with disabilities carry out peer counseling, or peer counseling. In the same background, disabled volunteers from the Inclusive Village Forum underwent consultations with their peer counselors. The same condition is also felt. " *Peer counseling is a support process that involves a one-on-one interaction or interaction between members of a group, where the peer counselors provide advice and teach skills to each other within group members*"(Haque, Mhrshahi, & Haider, 2023). Views on disability are different. To help people with disabilities refocus on their lives, people with disabilities can consult with a peer counselor. Those suffering from disabilities can accept themselves again if they receive strong support from peer counselors. The role of *peer counseling* in the position of disabled people with other disabled people. " *The leadership and peer counseling program had an impact on the well-being of peer counselors* " (Carandang et al., 2019). *Peer counseling* among people with disabilities is very important to provide support and understanding to individuals with special needs.

By interacting with peers, people with disabilities can feel more accepted, heard and understood by others with similar experiences. *Peer counseling* allows people to share experiences, coping techniques, and ideas for overcoming problems they may encounter in everyday life. " *It is precisely at this point that Peer Counseling can intervene with its empowerment approach: Consistently, the focus here is on the individual and not on the impairments, deficits, or deviations .*" (Jordan, 2022)Individuals with disabilities can build self-confidence, expand social networks, and feel more motivated to reach their best potential with support from others.

The benefits of peer interaction on the psychological well-being and social development of people with disabilities. " *Managing the public image of the peer counseling program is important, so any stigma is avoided. Also peer counseling should not be an agent of social control; it should empower the recipient to fulfill their own goals. Peers are less likely than professionals to be judgmental and pathologize the behavior of clients, particularly when they are members of an ethnic minority, and perhaps the peer educator could also be from that ethnic minority* " (Topping, 2022). This research provides a better understanding of how peer mentoring can be an important component in creating an inclusive environment and fostering the development

of individuals with special needs. “ Additionally, being a peer counselor was valuable as a vehicle for learning about yourself. As with peer education, peer counseling is of course not confined to children and young people; those of any age can participate, and there is a significant literature on the training and deployment of senior citizens as peer counsellors, to the benefit of both parties. ” (Topping, 2022).

2. Method

In this study, respondents were asked to determine their needs. Members of the Inclusive Village Forum who have disabilities (not mental disabilities) between the ages of 15 and 55 years are included in the category of respondents for this research. The number of respondents was forty. An assessment was carried out on forty people to determine their basic social capital needs. In the research indicators, social capital is described. These results are the basis for readiness in *peer counseling* . This stage selects respondents through purposive sampling which is deliberately chosen to obtain results that match the respondent's criteria. We used a carrying capacity questionnaire consisting of indicators: (1) forgetfulness, (2) remembering to do important things , (3) finding a solution to a problem , (4) completing household tasks , (5) managing money owned , (6) problems faced when participating in community activities , (7) involved in politics and civil society organizations , (8) involved in politics and civil society organizations , (9) providing care or support for others , (10) problems when applying for a job , (11) getting something done at work , (12) getting formal or informal education , and (13) using public or private transportation . Answer choices use a Lickert scale with a range of 1 – 5 from no problem to very problematic.

3. Results and Discussion

3.1. Results

3.1.1. Data Distribution Questions Forgetfulness Problems

The results of the analysis on the scope of the Forgetfulness Problem are presented in detail in the following table:

Table 1 . Respondents' Opinions on the Problem of Forgetfulness

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No problem	13	32.50	32.50	32.50
	Just a Little Problem	8	20.00	20.00	52.50
	Little problem	4	10.00	10.00	62.50
	Problem	10	25.00	25.00	87.50
	Extreme Problem	5	12.50	12.50	100.00
Total		40	100	100	

Source: Processed primary data, 2023

The table shows that the majority of respondents stated that the problem of forgetfulness in daily life was No Problem (32.50%). The element value of the questions about the problem of forgetfulness is 134 with an average value per element of $3.35 \times 20 = 67.00$. Thus, the Community Health Index (IKM) value for the question item about the problem of forgetfulness in daily life was 67.00 in the Poor criteria.

3.1.2. Data Distribution Question Remembering to do important things

The results of the analysis on the scope of Remembering to do important things in detail are presented in the following table:

Table 2. Respondents' opinions about remembering to do important things

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No problem	13	32.50	32.50	32.50
	Just a Little Problem	10	25.00	25.00	57.50
	Little problem	9	22.50	22.50	80.00
	Problem	5	12.50	12.50	92.50
	Extreme Problem	3	7.50	7.50	100.00
Total		40	100	100	

Source: Processed primary data, 2023

The table shows that the majority of respondents stated that remembering to do important things in daily life is no problem (32.50%). The element value of the question about remembering to do important things is 145 with an average value per element of $3.63 \times 20 = 72.50$. Thus, the Community Health Index (IKM) value for the question about remembering to do important things in daily life was 72.50 in the Poor criteria.

3.1.3. Question Data Distribution Finding a solution to a problem

The results of the analysis on the scope of finding a solution to a problem in detail are presented in the following table:

Table 3. Respondents' opinions about finding a solution to a problem

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No problem	18	45.00	45.00	45.00
	Just a Little Problem	11	27.50	27.50	72.50
	Little problem	6	15.00	15.00	87.50
	Problem	4	10.00	10.00	97.50
	Extreme Problem	1	2.50	2.50	100.00
Total		40	100	100	

Source: Processed primary data, 2023

The table shows that the majority of respondents stated that finding a solution to a problem in everyday life was No Problem (45.00%). The element value of the question item about finding a solution to a problem is 161 with an average value per element of $4.03 \times 20 = 80.50$. Thus, the Community Health Index (IKM) value for the question about finding a solution to a problem in everyday life was 80.50 in the Good criteria.

3.1.4. Distribution of Question Data on Completing Household Tasks

The results of the analysis on the scope of completing household tasks in detail are presented in the following table:

Table 4. Respondents' opinions about completing household tasks

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No problem	27	67.50	67.50	67.50
	Just a Little Problem	5	12.50	12.50	80.00
	Little problem	4	10.00	10.00	90.00
	Problem	1	2.50	2.50	92.50
	Extreme Problem	3	7.50	7.50	100.00
	Total	40	100	100	

Source: Processed primary data, 2023

The table shows that the majority of respondents stated that completing household tasks in daily life had no problems (67.50%). The element value of the questions about completing household tasks is 172 with an average value per element of $4.30 \times 20 = 86.00$. Thus, the Community Health Index (IKM) value for the question about completing household tasks in daily life was 86.00 in the Good criteria.

3.1.5. Data Distribution Questions Manage the money you have

The results of the analysis on the scope of managing money held in detail are presented in the following table:

Table 5. Respondents' opinions about managing their money

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No problem	19	47.50	47.50	47.50
	Just a Little Problem	6	15.00	15.00	62.50
	Little problem	7	17.50	17.50	80.00
	Problem	2	5.00	5.00	85.00
	Extreme Problem	6	15.00	15.00	100.00
	Total	40	100	100	

Source: Processed primary data, 2023

The table shows that the majority of respondents stated that managing the money they have in daily life has no problems (47.50%). The element value of the questions about managing your money is 150 with an average value per element of $3.75 \times 20 = 75.00$. Thus, the Community Health Index (IKM) value for the question about managing money in daily life was 75.00 in the Poor criteria.

3.1.6. Question Data Distribution Doing something for relaxation or pleasure

The results of the analysis on the scope of doing something for relaxation or pleasure are presented in detail in the following table:

Table 6. Respondents' opinions about doing something for relaxation or pleasure

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No problem	19	47.50	47.50	47.50
	Just a Little Problem	7	17.50	17.50	65.00
	Little problem	10	25.00	25.00	90.00
	Problem	2	5.00	5.00	95.00
	Extreme Problem	2	5.00	5.00	100.00
	Total	40	100	100	

Source: Processed primary data, 2023

The table shows that the majority of respondents stated that doing something for relaxation or pleasure in daily life was No Problem (47.50%). The element value of the question about doing something for relaxation or pleasure is 159 with an average value per element of $3.98 \times 20 = 79.50$. Thus, the Community Health Index (IKM) value for the question about doing things for relaxation or enjoyment in daily life was 79.50 in the Good criteria.

3.1.7. Distribution of Data Questions Problems faced when participating in community activities

The results of the analysis on the scope of problems faced when participating in community activities are presented in detail in the following table:

Table 7. Respondents' opinions about the problems they face when participating in community activities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No problem	28	70.00	70.00	70.00
	Just a Little Problem	5	12.50	12.50	82.50
	Little problem	2	5.00	5.00	87.50
	Problem	2	5.00	5.00	92.50
	Extreme Problem	3	7.50	7.50	100.00
Total		40	100	100	

Source: Processed primary data, 2023

The table shows that the majority of respondents stated that there were no problems when participating in community activities in their daily lives (70.00%). The element value of questions about problems faced when participating in community activities is 173 with an average value per element of $4.33 \times 20 = 86.50$. Thus, the Community Health Index (IKM) value for questions about problems faced when participating in community activities in daily life was 86.50 in the Good criteria.

3.1.8. Data Distribution Questions Involved in politics and civil society organizations

The results of the analysis on the scope of involvement in politics and civil society organizations are presented in detail in the following table:

Table 8. Respondents' opinions about being involved in politics and civil society organizations

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No problem	27	67.50	67.50	67.50
	Just a Little Problem	7	17.50	17.50	85.00
	Little problem	5	12.50	12.50	97.50
	Problem	1	2.50	2.50	100.00
	Extreme Problem	0	0.00	0.00	100.00
Total		40	100	100	

Source: Processed primary data, 2023

The table shows that the majority of respondents stated that they were involved in politics and civil society organizations in their daily lives. There were no problems (67.50%). The element value of the questions about involvement in politics and civil society organizations is 180 with an average value per element of $4.50 \times 20 = 90.00$. Thus, the Public Health Index

(IKM) value for questions regarding the problem of being involved in politics and civil society organizations in daily life was 90.00 in the Very Good criteria.

3.1.9. Data Distribution Question Providing Care or Support to Others

The results of the analysis on the scope of Providing Care or Support to Others are presented in detail in the following table:

Table 9. Providing Care or Support to Others

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No problem	28	70.00	70.00	70.00
	Just a Little Problem	7	17.50	17.50	87.50
	Little problem	5	12.50	12.50	100.00
	Problem	0	0.00	0.00	100.00
	Extreme Problem	0	0.00	0.00	100.00
Total		40	100	100	

Source: Processed primary data, 2023

The table shows that the majority of respondents stated that providing care or support for other people in daily life was no problem (70.00%). The element value of the question about providing care or support for others is 183 with an average value per element of $4.58 \times 20 = 91.50$. Thus, the Community Health Index (IKM) value for the question about providing care or support for other people in daily life was 91.50 in the Very Good criteria.

3.1.10. Data Distribution of Problem Questions When Applying for Jobs

The results of the analysis on the scope of problems when applying for jobs in detail are presented in the following table:

Table 10. Problems When Applying for Jobs

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No problem	13	32.50	32.50	32.50
	Just a Little Problem	4	10.00	10.00	42.50
	Little problem	4	10.00	10.00	52.50
	Problem	7	17.50	17.50	70.00
	Extreme Problem	12	30.00	30.00	100.00
Total		40	100	100	

Source: Processed primary data, 2023

The table shows that the majority of respondents stated that there were no problems when applying for jobs in everyday life (32.50%). The element value of questions about problems when applying for a job is 119 with an average value per element of $2.98 \times 20 = 59.50$. Thus, the Community Health Index (IKM) value for questions about problems when applying for jobs in everyday life was 59.50 in the Not Good criteria.

3.1.11. Data Distribution Questions Getting Things Done at Work

The results of the analysis on the scope of getting things done at work are presented in detail in the following table:

Table 11. Getting things done at Work

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No problem	20	50.00	50.00	50.00
	Just a Little Problem	7	17.50	17.50	67.50
	Little problem	4	10.00	10.00	77.50
	Problem	5	12.50	12.50	90.00
	Extreme Problem	4	10.00	10.00	100.00
	Total	40	100	100	

Source: Processed primary data, 2023

The table shows that the majority of respondents stated that completing things at work in daily life had no problems (50.00%). The element value of questions about getting things done at work is 154 with an average value per element of $3.85 \times 20 = 77.00$. Thus, the Community Health Index (IKM) value for questions about getting things done at work in daily life was 77.00 in the Good criteria.

3.1.12. Distribution of Question Data on Getting Formal or Informal Education

The results of the analysis on the scope of obtaining formal or informal education are presented in detail in the following table:

Table 12. Getting Formal or Informal Education

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No problem	20	50.00	50.00	50.00
	Just a Little Problem	5	12.50	12.50	62.50
	Little problem	3	7.50	7.50	70.00
	Problem	4	10.00	10.00	80.00
	Extreme Problem	8	20.00	20.00	100.00
	Total	40	100	100	

Source: Processed primary data, 2023

The table shows that the majority of respondents stated that receiving formal or informal education in daily life had no problems (50.00%). The element value of the question item about obtaining formal or informal education is 145 with an average value per element of $3.63 \times 20 = 72.50$. Thus, the Community Health Index (IKM) value for the question about obtaining formal or informal education in daily life was 72.50 in the Poor criteria.

3.1.13. Distribution of Question Data Using Public or Private Transportation

The results of the analysis on the scope of using public or private transportation are presented in detail in the following table:

Table 13. Using Public or Private Transportation

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No problem	17	42.50	42.50	42.50
	Just a Little Problem	3	7.50	7.50	50.00
	Little problem	6	15.00	15.00	65.00
	Problem	7	17.50	17.50	82.50
	Extreme Problem	7	17.50	17.50	100.00
	Total	40	100	100	

Source: Processed primary data, 2023

The table shows that the majority of respondents stated that using public or private transportation in daily life had no problems (42.50%). The element value of the question item about using public or private transportation is 136 with an average value per element of $3.40 \times 20 = 68.00$. Thus, the Community Health Index (IKM) value for the question about using public or private transportation in daily life was 68.00 in the Poor criteria .

3.2. Discussion

Based on the research results, the Community Health Index (IKM) value regarding internal support was calculated using the weighted average value for each scope of internal support. In calculating the public health index for the 26 scopes of support within the self studied. The details of the calculation of this public health index are as follows:

Table 14. Calculation of the Public Health Index (IKM) for Inner Support

No	Scope of Support Within	Value per Service Element	NRR per Element (A)	Weighted Weight (B)	(A) x (B)
1	The Problem of Forgetfulness	134	3.35	0.0385	0.129
2	Remembering to do important things	145	3.63	0.0385	0.140
3	Find a solution to a problem	161	4.03	0.0385	0.155
4	Completing Household Tasks	172	4.30	0.0385	0.166
5	Manage the money you have	150	3.75	0.0385	0.144
6	Doing something for relaxation or enjoyment	159	3.98	0.0385	0.153
7	Problems faced when participating in community activities	173	4.33	0.0385	0.167
8	Get involved in politics and civil society organizations	180	4.50	0.0385	0.173
9	Providing Care or Support to Others	183	4.58	0.0385	0.176
10	Problems When Applying for Jobs	119	2.98	0.0385	0.115
11	Getting things done at Work	154	3.85	0.0385	0.148
12	Getting Formal or Informal Education	145	3.63	0.0385	0.140
13	Using Public or Private Transportation	136	3.40	0.0385	0.131

Source: Primary data, processed 2023

From table 27 above, it can be seen that the public health value (IKM) obtained is 3.922 and the IKM value after conversion = $3.922 \times 20 = 78.44$.

4. Conclusion

The self-supporting capacity indicator for disabled people is the foundation for conducting *peer counseling* . It is important for people with disabilities to have personal support, especially members of the Inclusion Village Forum, which is a gathering place for people with disabilities who want to work. The self-support capacity of disabled people is also social capital that can strengthen the continuity of interaction and communication of disabled organizations. Peer counseling will run well if there is support for people with disabilities who are in good condition and without significant problems.

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