



Mastering Life Skills as Social Rehabilitation of Persons with Disabilities at a Social Institution

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ARTICLE INFO	ABSTRACT
<p>Keywords:</p> <p>Mental health; Social independence; Adult learning; Social security; Sociology of health.</p> <hr/> <p>Article history:</p> <p>Received 2022-11-25 Revised 2022-12-25 Accepted 2022-12-26</p>	<p>The purpose of this study was to find out the function of social rehabilitation services for persons with disabilities at the Social Institution for the rehabilitation of persons with disabilities in Cibabat Cimahi, to find out the implementation of the social rehabilitation program for persons with disabilities, and to find out changes in the behavior of persons with disabilities after receiving the service program at the Social Institutions for persons with disabilities Cibabat Cimahi. This research was conducted using a descriptive method with a qualitative approach. This research resulted from the exposure of informants conducted by interviews, not in the form of numbers. Collecting data in this study utilizing observation, interviews, literature study, and documentation. Data analysis in this study included collecting all data and reducing data to conclusions as a result of the research. Based on this research, clients with disabilities, before entering and not carrying out the service program at the Social Institution for the rehabilitation of persons with disabilities Cibabat Cimahi, most clients have not been able to carry out activities independently in carrying out their daily activities and do not yet have the ability or expertise. After entering and implementing the program, clients with disabilities participate in service programs, namely physical guidance, mental guidance, social guidance, and skills programs which include sewing, mechanics, handicrafts, housekeeping, electrical, carpentry and cosmetology. After participating in the service program, clients with disabilities will be proven whether clients with disabilities can change their behavior for the better.</p>

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1. INTRODUCTION

The 1945 Constitution regulates community life. It is contained in the preamble to the 1945 Constitution which animates all articles, especially those relating to equal status of citizens in law and government, the right to work and a decent living, reflected in the 1945 Constitution Article 27 Paragraph (2): "Every citizen has the right to work and a life worthy of humanity. Freedom of association and assembly, the right to express thoughts orally and in writing, freedom to embrace religion, and the right to education and teaching. The government plays an important role in the progress of a country by providing guarantees for a safe and decent life for every member of society, the right to recognition, guarantees, protection and fair legal certainty and equal treatment before the law."

The existence of the right to a decent living for this community to create social welfare. Social welfare cannot be separated from what has been formulated in Law Number 11 of 2009 concerning social welfare, Article 1 paragraph 1: "Social welfare is the condition of fulfilling the material, spiritual and social needs of citizens so that they can live properly and be able to develop themselves, so that it can carry out its social function" (Khalimah, 2014). Social welfare aims to achieve a prosperous life by achieving basic living standards such as clothing, housing, food, health, and harmonious social relations with the environment (Thompson et al., 2019). To attain reasonable adjustment, especially with the community in their environment, for example, by exploring sources to improve and develop a satisfactory standard of living (Fahrudin, 2014). Thus, it is clear that all people are equal and have rights in life, a gift from the almighty creator. The lack of attention to fulfilling the rights of persons with disabilities is a big question for the Indonesian government. It should be the government's duty to carry out regulations following the law reasonably. Likewise, the fulfillment of guarantees for the rights of persons with disabilities.

The problem of persons with disabilities is complex, the presence of disability, of course, causes mobility problems due to limitations in the function of imperfect organs. These imperfections can hinder persons with disabilities in carrying out their daily lives. Such a situation can lead to a psychologically vulnerable state marked by an unstable emotional attitude of a non-disabled person. The physical problems of persons with disabilities from a person's disability can result in physical impairment in carrying out an activity/movement. Issues related to activities of daily skills. Like psychological and mental problems, having a disability will affect the psychological aspects of the client, affecting the scale of his attitude of not being confident. With real limitations, they have the ability, potential, and talent to be developed (Wai & Lovett, 2021).

Education Problems, low level of education causes a lack of insight into the thinking, knowledge and experience of persons with disabilities. Hence, socialization and adaptation to the environment appear to lack confidence. Social problems in society, where people with disabilities will also have their lives disrupted as long as people with disabilities cannot be independent and always depend on others for their lives. Law No. 4 of 1997 concerning Persons with Disabilities, especially Article 6, states that every person with disabilities has the right to obtain; education in all channels, pathways and levels of education, decent subsistence work following the type and degree of disability, education and ability, equal treatment to play a role in development and enjoy the results.

The result is accessibility within the framework of independence, rehabilitation, social assistance and maintenance of social welfare levels, and equal rights to develop talent. Their abilities and social life, especially for children with disabilities in the family and community environment. In developing the potential or talent of persons with disabilities, it starts with the potential they have so that the results will be a reference for forms and types of training that are suitable for persons with disabilities. In supporting the protection of Persons with Disabilities in West Java, the Provincial Government of West Java has issued Regional Regulation Number: 10 of 2006 concerning the implementation of security for Persons with Disabilities, among others, stated in Article 5, that every aspect of life and livelihood and everyone must recognize, respect and fulfill equality the opportunity; and Article 6, that rehabilitation is directed at optimizing the physical, mental and social functions of Persons with Disabilities so that they can carry out their social functions somewhat following their talents, abilities, education and experience. In the sense of naturally integrating through communication and interaction in social life (Thurm et al., 2019).

The Social Institution for the Rehabilitation of Persons with Disabilities Cibabat of Cimahi has the main task of carrying out studies on technical policy materials in the field of social rehabilitation for persons with disabilities, especially persons with mental, sensory-visual, deaf, and physical disabilities. Organizing as a technical, operational task for the West Java Provincial Social Service, which is the provincial government's affairs in the field of social rehabilitation of persons with disabilities covering aspects of acceptance and counseling, social rehabilitation and controlling the implementation of the main tasks and functions of the Social Institutions for the Rehabilitation of Persons with Disabilities. By holding public service programs and supporting service programs. From this study, it was obtained an illustration that carrying out counseling for persons with disabilities had a fairly positive impact on changing the behavior of persons with disabilities before and after receiving the service program at the orphanage (Renshaw & Chow, 2019). For this reason, it is essential to study what programs or models are implemented at the Cibabat Cimahi Rehabilitation Social Institution for Persons with Disabilities so that researchers can find out changes in persons with disabilities before and after receiving the service program (Mills, 1993).

2. METHOD

The type of data used in this study is qualitative, because the authors obtained the data through interviews and non-participant field observations. Because this research is more in the nature of understanding the social rehabilitation model of persons with disabilities. And the function of implementing the rehabilitation program and changing the behavior of persons with disabilities at the Cibabat Cimahi Social Institution for the Rehabilitation of Persons with Disabilities. In data collection techniques, to further facilitate the ongoing research process, an accurate technique is needed in this study. The author uses several ways of collecting data including observation, interviews, and literature review through books and documentation. The research was conducted at the Social Institution for the Rehabilitation of Persons with Disabilities, located at Jalan General H. Amir Mahmud, No. 331 Cibabat-Cimahi. With reason because researchers are interested in researching about the problems that occur by persons with disabilities who are in the area of West Java Province. In the rehabilitation of persons with disabilities who come from districts and cities in West Java, they are at the West Java Province Social Service, namely at the Social Institution for the Rehabilitation of Persons with Disabilities, located at General H. Amir Mahmud Street, No. 331 Cibabat of Cimahi, West Java, Indonesia.

3. RESULT AND DISCUSSION

Social rehabilitation is a process of integrated physical, mental and social recovery activities to carry out its social functions in the community (Best & Colman, 2019). Meanwhile, rehabilitating persons with disabilities requires basic needs and different treatment according to their disability. The problems faced by persons with disabilities are from environmental and social factors, problems in the social environment can be due to unfair treatment from the family, group, or community environment. As well as facilities and infrastructure that are still limited to carry out activities of daily life. Seeing that persons with disabilities have not been able to live independently in their daily activities, the Social Rehabilitation Institution helps clients with disabilities to minimize the lack of disabilities that exist in clients with disabilities. Social institutions help clients learn to be independent in daily activities and train skills according to the abilities, talents, and interests of clients with disabilities.

Social service is a form of activity that aims to assist individuals in solving their problems. The main function in social services is healing, protection, and rehabilitation. Which aims to restore and develop the ability of someone who experiences social dysfunction to carry out his social functions properly. Social rehabilitation carried out by the orphanage is provided through motivation, training, entrepreneurship coaching, physical guidance, mental guidance, social guidance, skills programs, and support programs.

Growing client awareness

According to the results of an interview with Mrs. Tuti Hodijah, "Persons with disabilities need services aimed at clients to be able to live independently. From the beginning, it was not easy to provide services because the family never released them. At home, clients are pampered, but they are required to be independent in their daily activities. Social institutions here are places to actualize their potential. If the client desires to be provided with social services and rehabilitation, there must be the ability and will be able to progress later" (Interview with Tuti Hodijah, a Social Worker, March 15, 2018).

Social rehabilitation services provided by social rehabilitation institutions for persons with disabilities are carried out by institutions to provide a reference for social rehabilitation services for persons with disabilities. Social rehabilitation is to restore and develop the abilities of persons with disabilities who experience social dysfunction so they can carry out their social functions normally. Social rehabilitation services for persons with disabilities are carried out in the form of motivational guidance provided by social workers in the form of care and parenting, social guidance, physical guidance and mental or spiritual guidance.

Various forms of social rehabilitation services for persons with disabilities are provided so that persons with disabilities can increase their capacity and later become provisions to be better able to overcome the problems they face. Thus, services provided within eight months have been carried out by clients with disabilities to encourage independence and avoid dependence.

Helping clients with disabilities carry out various activities related to daily life

Daily activities in the form of activities such as maintaining cleanliness and discipline, clients with disabilities are guided so they can carry out daily activities independently, such as washing, making beds, cleaning rooms. It's a simple thing but with their physical limitations they are not used to doing it alone, before entering a social institution those who carry out these activities must be assisted by their parents and other families. Whereas in social institutions they have to study independently, even though they have physical deficiencies and limitations they are still assisted by other client friends as explained by a client with disabilities named Rena: "Because I have physical limitations I can't lift my hands when drying clothes it's not possible to like to be helped by a friend" (Interview with Rena, a Client with Physical Disabilities, March 15, 2018).

Even though Rena has physical limitations, she tries to be independent in her daily activities. With a sense of kinship and helping each other, they remind each other in every way to share daily activities, for example the distribution of pickets at the guesthouse, the distribution for cleaning the guesthouse and their rooms are divided according to their physical limitations.

Helping clients of social institutions meet their basic needs

The Social rehabilitation institution for persons with disabilities, fulfills every basic need of clients with disabilities. In the form of basic needs of food, clothing, and boards for free. According to the presentation of Mrs. Mariany Iswara namely: "The needs of clients with disabilities whose needs are met are provided by the social institution free of charge, such as food, beds, uniforms, medical devices. All needs are provided free of charge and clients can get all the services provided by the social institution to rehabilitate persons with disabilities Cibabat Cimahi" (Interview with Mariany Iswara, a civil servant of Social Rehabilitation Section, March 16, 2018).

Hence, in fulfilling the basic needs of clients with disabilities, including physical guidance. In fulfilling the client's basic needs, facilities such as uniforms, shoes, and other needs such as toiletries, toothpaste, towels, and writing utensils are provided. Regarding food needs, clients are guaranteed to eat three times daily to meet their basic needs. Furthermore, the client is given five house facilities in the board area. It includes the chairman of the guest house and other sections to be held accountable for anything related to the client's house. Furthermore, if a client is sick in the health sector, a doctor and medical team are available to treat him. In physical health maintenance activities through physical fitness gymnastics, which are carried out twice a week in the morning from 05.30 to 06.30, and other sports according to the interests and abilities of the client.

Helping clients develop their potential

Develop potential clients by dividing seven skills program majors including sewing, handycraft, hairdressing, mechanic, carpentry, electrical and housekeeping according to the interests and abilities of clients with disabilities. According to Mr. Drs. H. Asiruddin: "In developing the potential of clients with disabilities, it is hoped that clients can be independent with the mental provision and skills provided so that it can become experience for work and to generate income" (Interview with H. Asiruddin, a social worker, March 16, 2018).

According to the presentation of clients with disabilities, Intan Fitria Sri "When I studied computer at school, now I can study again at this social institution. I took part in the housekeeping program" (Interview with Intan Fitria Sari, a client with Disabilities, March 18, 2018). Meanwhile, according to the presentation of clients with disabilities from Rena: "I am here taking part in the handycraft skills program, at home I also like to make shopping bags, mats from recycled coffee plastic wrap, if I have an order I will make it later because I like crafts. Even though I have limitations, I learned to be able to make skills from recycled plastic" (Interview with Rena, a Client with Physical Disabilities, March 15, 2018).

Helping clients behave normatively

With mental guidance, clients with disabilities are guided to behave normatively according to religion and law. With mental guidance it is also intended that clients with disabilities have a strong personality and a healthy mental attitude and commendable morals.

Assist clients in obtaining information

Information that clients with disabilities get about information from social guidance either in groups or individually, from psychologists, and about entrepreneurship. In helping clients obtain information obtained from social guidance. There are several service programs at the Social Institution for the Rehabilitation of Persons with Disabilities, including physical guidance, mental guidance, social guidance, skills programs, and support programs. In this social rehabilitation program, not all people with disabilities are the same because of their different physical limitations and abilities. The results of the interview with Drs. H. Asiruddin: "Social guidance is intended so that clients can adapt to society, and so that clients have expertise in the field of skills following the client's abilities and expertise. There are seven core skills and extracurricular skills. As well as, clients are given physical, mental or spiritual, and social guidance in the form of motivation for clients with disabilities" (Interview with H. Asiruddin, a social worker, March 19, 2018).

Physical guidance has a positive impact, namely being able to form a person's physical and mental condition to be healthy (Garber & Boissonnault, 2010). Physical guidance can spur physical, mental, emotional and social growth and development, stimulate the activities of the circulatory, digestive, respiratory systems, add value to discipline, cooperation, sportsmanship, improve physical and spiritual health and fitness. Physical guidance includes the fulfillment of clothing, food, shelter and health. So that in physical counseling the basic needs of clients with disabilities are fulfilled. In fulfilling the client's basic needs, facilities such as uniforms, shoes and other needs such as toiletries, toothpaste, towels, writing utensils are provided. In terms of food needs, clients are guaranteed to eat 3 times a day so their basic needs are met. Furthermore, the client is given 5 dormitory facilities in the board area. It includes the chairman of the guest house and other sections to be held accountable for anything related to the client's house. Furthermore, if a client is sick in the health sector, there is a doctor and medical team available to treat him. In physical health maintenance activities through physical fitness gymnastics which are carried out twice a week in the morning from 05.30 to 06.30 and other sports according to the interests and abilities of the client (Ostrowsky, 2018).

Health maintenance with the availability of doctors, nurses, physiotherapists and light medicines with the aim of this activity is to provide the ability and care of optimal physical health and fitness. Executors in the physical field are: social workers, doctors, and paramedics, sports instructors. The target is clients with disabilities. Materials for physical guidance include medical examinations, self-care guidance, physical fitness guidance, activity guidance for Daily Living, self-help education, sports guidance, and achievement games. The implementation method is through clinical evaluation activities, coaching guidance, and individual and group training (Loughlin et al., 2018; Terry & Townley, 2019). The steps the client must take in physical guidance are preparation, implementation of program plans, and notification of basic knowledge in the fields of health, sports, mental psychology, discipline, and individual or group practice guidance program monitoring and evaluation as well as the preparation of medical devices, namely blanks for physical guidance, sports equipment, physical guidance evaluation instruments (Hateftabar, 2021).

Physical guidance can also be interpreted as guidance for maintaining the growth and development of clients with disabilities despite having physical limitations. This physical guidance is also related to basic human needs. In fact, humans have heterogeneous basic needs. In meeting basic needs according to existing priorities, client needs based on the intensity of their use are divided into primary, secondary and tertiary needs, while needs according to their nature are physical and spiritual needs. Clients with disabilities have fulfilled their basic needs through the Social Institution for rehabilitating persons with disabilities. Mental or religious guidance is guidance in the form of character-building and religious provision. Mental or spiritual guidance for fostering faith and piety through the provision of religious knowledge and guidance through spirituality, which aims to improve the ability to carry out worship according to one's beliefs and increase religious tolerance as well as forming human morals based on religious teachings to have a moral, virtuous and ethical personality, so that one avoids a disgraceful life (Rosyad, Mubarak, et al., 2021).

Mental guidance is a means to form a person's attitude of mental independence. Mental is all elements of the soul including thoughts, emotions, attitudes and feelings as a whole will determine the style of behavior in dealing with life's problems (Rosyad, Naan, et al., 2021). Mentally healthy people are people whose mental needs are met, so that a person can be independent by feeling the joy of life, feel himself useful, valuable and able to adapt to the environment. Mental guidance also aims for a person to have a strong personality, a healthy mental attitude, and commendable morals. Spiritual mental guidance is a concern of Muslims (Rahman, 2021). To create human beings with noble morals, Islam has taught that soul coaching must be prioritized over coaching other aspects so that good soul will produce good deeds as well (Umarov, 2020).

The mental guidance carried out by the Social Rehabilitation Institution is the implementation of worship guidance, advice on religious tolerance, spiritual lectures, and commemorating religious holidays (Hammarlund et al., 2018). Implementing mental guidance, namely social workers, religious leaders, involving the client's parents and lien through a peer tutoring program (McCauley & Graham, 2020). The target is beneficiaries of clients with disabilities. The activities are routine recitation, venting and counseling, and self-actualization through peer tutors. The implementation method is through guidance on religious recitation and religious lectures, fostering tasks for the dormitory's common good and the environment's moral guidance, and groups through simulation activities to develop spiritual intelligence (Frankenstein & Jahn, 2020). The steps taken are program planning, individual or group guidance, evaluating the development of progress in knowledge, attitudes, skills ordinances of worship, and technical tools for mental guidance evaluation blanks.

4. CONCLUSION

Changes in the behavior of persons with disabilities after receiving a service program at the Social Institution for the Rehabilitation of People with Mental Disabilities at Cibabat Cimahi could be declared successful in providing services to clients with disabilities where clients with disabilities before entering the orphanage clients with disabilities tend to lack confidence and do not yet have the abilities and skills that are appropriate to the physical limitations and talents and interests of clients with disabilities. After entering and receiving services at the institution, clients with disabilities who used to be shy, depressed, lazy, not independent, do not have the skills to become better individuals, cheerful, sociable, diligent, independent, patient, diligent in worship and has the skills that have been given in the skills class following the skills program that is followed. Changes in clients with disabilities are described by several compositions, namely a successful composition is declared successful if clients with disabilities can change their behavior for the better as well as balanced compositions that do not experience good changes or downward changes. So, the composition decreased, the difference became a worse behavior change.

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