

THE HAPPINESS ON THE BLIND MALES OF YOUNG ADULT

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ABSTRACT

This study aims to examine happiness in blind young adult men in the in terms of aspects of happiness. The study uses qualitative research methods using a case study approach with purposive sampling. Methods of collecting data the writer used observation and interviews. Interactive models of Miles and Huberman was used to analyse the data. The research informants were 2 blind men namely WN aged 27 years and AM aged 39 years. The results showed that in aspects a) Satisfaction of the past, WN was satisfied because when he was young he felt happy playing with his friends. He felt lucky to be able to see until the age of 22. Whereas AM did not feel satisfied because he was often ridiculed physically and it caused feeling of inferiority. He often experienced his parents quarreling. AM has experienced blindness since the age of 13 b) Happiness at the present time, WN is unhappy because he is not married yet, unemployed, and difficult to be involved in general activity. AM feels happy because he has better mental fortitude, is married and has 2 children, c) Optimism in the future, WN does not feel optimistic because he is still unable to live independently. He has close friends but he is unable to make living while AM feels optimistic by always thinking positively, feeling able to send his children to colleg, AM starts saving and considers to open a massage service practice at home.

Keywords: *Happiness; Young Adult Men; Blindness.*

INTRODUCTION

Ideally, individuals are created with limbs that complement to help themselves in carrying out daily activities. Individuals who have complete limbs, can easily get something they want. However, many individuals lose a function or some of their bodily functions. Then this will hinder individuals in carrying out daily activities. Individuals who experience a damaged or disturbed state of sensory loss are called visually impaired. Soleh, Abidin, and Ariati (2011) explain that blind people are individuals who experience disability or impaired vision so that it does not function as an optimal channel for receiving information. Even though it is very functional in daily life. Efendi (2009) explains that the sense that is in the top rank is the eye because the eye help the activity while the individual is awake, so much the role of the eye, then with the impairment of the sense of sight the function of visual abilities is lost to record objects and physical events in the surrounding. Blindness experienced by individuals can occur from birth or after birth. Sulthon (2016) for individuals who experience visual impairment after being able to see, the individual feels that there is someone in him who is lacking, feels that his life is depressed, cannot accept himself, blames his fate and psychological effects. These individuals are more lamented about life as a trial and not a few who experience frustration.

Based on the results of a survey conducted by Sayyidah (2015) the number of persons with disabilities in 9 provinces was 299,203 individuals. 67.33% of adults with disabilities do not have skills and jobs. The number of men with disabilities is more than women, which is

57.96%. In line with the research of Harimukhti and Dewi (2014) the problem of blind people that occurs in Indonesia is more experienced by adult individuals. Where according to Hurlock (2012) early adulthood is (18-40 years), middle adulthood (40-60 years), and elderly adults > 60 years.

In general, adulthood is a productive age to work and work. Upton (2012) says entering adulthood is not only about physical maturity or reaching a certain age, but must be economically and psychologically independent. As Schulenberg & Zarret (in Upton, 2012) argues that this transition is not so easy and increasing responsibility and independence in adulthood is proven to be a difficult thing to deal with. Men are more dominant to work to meet the needs of the economy. According to Gilligan's opinion (in Papalia, Old, & Bradley, 2008) reveals that men think more about the priority of honesty and responsibility to others than women.

Though individuals who experience visual impairment according to Delphie (in Harimukhti & Dewi, 2014) are possible to inhibit the tasks of their development. Pleck (in Santrock, 2012) suggests that men will experience stress and be harmed if they do not act as early adults. Even though the adult age individual must undergo development tasks, but with the condition of the blind who have problems arise in carrying out the task of development. This is in line with Harimukhti and Dewi (2014) the main problems of individuals who experience visual impairment in early adulthood, namely the inability to work, inability to live productively, get a life partner, be exiled, and will always depend on these other people. This causes the early adult man will find it difficult to achieve happiness in his life. Then the happiness possessed by early adult men who experience blindness will be hampered.

Researcher conducted research related to happiness in the Indonesian Blind Unity Organization in Banyumas Regency. Based on the results of data held by the Blind Unity Organization (PERTUNI) in Banyumas, it is obtained as follows:

Tabel 1. Member of (PERTUNI) Banyumas, Desember 2018

No	Age	Sex		Sum
		M	F	
1	18-40	12	14	26
2	40-60	25	12	37
3	>60	5	3	8
Total				71

Source: Data Member of PERTUNI Aktif 2018

The first preliminary study was conducted with 37-year-old male informant H who lost sight at the age of 23 due to glaucoma. H felt very confused and sad when he learned that H was experiencing blindness. H still feels sadness with the current conditions and feels different from others. H feels that other people can easily see the activities carried out while H often asks for help from others in carrying out activities. For the future life H hopes to have

someone, has another job and H also wants to have his own home. But H feels his hopes are difficult to realize.

The researcher conducted an interview with the second informant, namely a 27-year-old man who lost his eyesight since he was 11 years old due to severe fever. S feels infuriated, and inferior, does not have enthusiasm to live, often stays at home, and is kept away by her friends. S feels regret in his life and is sad because he is not as free as other people can see, who has a good job, a family and even a partner. S feels pessimistic about living because of limitations, especially getting a partner. Currently S still hopes to have a partner, live independently like opening his own massage services and want to be appreciated by others.

Happiness is defined as positive emotions or positive feelings and positive activities that can not be separated from the scope of forming happiness. Individuals who experience happiness more often show positive emotions than negative emotions. Emotions have elements of feeling, sensory, thought and action. Happy individuals remember more pleasant events Fordyce, (in Putra, Arifin & Hermawati, 2016). Happiness also arises from fulfilling needs or expectations, and is a cause or means of enjoying something. According to Lyubomirsky (in King, et al., 2014) happiness is an element that has various possibilities of unconscious, cognitive, and motivational processes that are unique to how life is interpreted and accepted by individuals. The happiness experienced by an individual depends on the experience and conditions that are experienced. In accordance with the opinion of Saifen and Chuner (2018) happiness is the subjective experience of individuals that is obtained from meeting needs, channeling talents and increasing abilities.

Happiness is the dream and purpose of each individual's life, including individuals who experience physical deficiencies. Supported by research conducted by Umaryadi (2010) that students who experience visual impairment have a concept for happiness even though they are within visual limitations, blind individuals deserve happiness even though they do not get and feel it in the same context. This gives researcher the understanding that happiness is an important thing for each individual, especially for individuals in early adulthood who experience visual impairments having many developmental tasks that must be achieved. So it is necessary to do research on happiness in blind adult men.

Happiness has three aspects and nine indicators according to Seligman (2005) including, Satisfaction of the past (gratitude, forgiveness and forgetting), Happiness in the present (enjoyment, gratification), Optimism in the future (belief, trust, certainty, hope, optimistic).

RESEARCH FOCUS

In this research, the researcher will present a series of research that focus on how happiness in blind adult males is based on aspects of happiness, namely satisfaction with the past, happiness in the present, and optimism in the future

METHODS

This is a qualitative research. qualitative research examines certain social phenomenon truthfully through objective description based on the relevant technique of data collection and data analysis and obtained in natural circumstance (Satori & Komariah, 2011). The research methods is a case study approach. The case study approach that explores real life, limited contemporary systems (case) or limited systems (various cases), through detailed and in-depth data collection involving various sources of information such as observations, interviews, audiovisual materials and documents from various reports and report case descriptions or case themes (Creswell, 2015).

Research Informant

The selection of informants in this study used non probability sampling. The method of selecting informants using samples that are purposive sampling.

Determination of informants in this study was based on the criteria of early adult age according to Hurlock's opinion (18-40 years) and experienced blind people not from birth, members of the Indonesian Blind Association. The number of informants in this study are 2 people.

Method of Data Collection

In this research, Data were collected through interviews and observations. Semi-structured interviews was used. The researcher conducted an interview using interview guidelines. The observation technique used in this study was non-participant observation. Research is not directly involved with research informants.

Method of Data Analysis

The data analysis method used in this study was the interactive models of Miles and Huberman. The interactive model of Miles and Huberman is analytical models that takes place continuously until complete, so that the data is saturated (Sugiyono, 2018). The analytical steps used are data collection, data reduction, data presentation, and conclusion drawing.

RESULT AND DISCUSSION

Table 2. Informant Profile

Characteristic	Informant 1	Informant 2
Nama	WN	AM
Age	27 Year	38 Year
Period of Impairness	4 Year	26 Year
Education	SMA	MA
Profession	-	Massage Therapist

Research Result

1. Informant WN

a. The aspect of satisfaction in the past

Based on the results of interviews with WN, it shows that WN lived a normal life before he suffered visual impairment, played with his peers and entered university until semester 7. as shown on Dialogues below:

"... I was a, normal, like ordinary children. Playing with all my friends, yes, like general, I'm happy. Went to university, having fun until I reached the 7th semester ..."

Research shows that WN feels grateful for his past live because he could see up to his 22.

"...Yes, thank God for the past life, thank God. The meaning is in the sense that after entering PERTUNI, I know that someone experienced blind visions. I feel sorry for the blind since childhood, that I could see until the age of 22."

b. Aspect of happiness at present

The results of the study show that WNs find it difficult to go through life now because it is difficult to carry out far-reaching activities alone even though the WN is eager to go everywhere.

"O ... I need to make a great deal of adaptation. How to mobilize to walk. Because I have not been specifically blind. Yes obstacles like that, so someone needs to accompany me wherever I go. Personal activities at home are still possible, but it's difficult to do activity outside ..."

WN still regrets up until now because before experiencing blindness he use eye drops to frequently and often staring too much in front of the computer screen, because according to the doctor, these are the factors of retention experienced by him.

"..I used to starred to much on the computer screen in a long period. So I suffered glaucoma, said doctor. I often used eye drops. I regreted that I can't keep my eyes condition. I wonder if I could mantain a healthier lifestyle, that would be a different story.."

At present WN feels the difference with individuals who can see, because according to Indonesian citizens who can see, they can easily carry out activities, and easily have partners. Even though WN wants to feel the same way.

"Yes ... it's normal for friends to ride motorbikes and travel easily. It is impossible for me who suffer vision impairment. In term of job, There are friends who teach there that this, it is easy for them to get married. I want to experience the same way as they do.."

The situation of blind people experienced by WN does not have a job, because WN feels that working with other people. they cannot run an independent business as it is difficult to find tools and materials. The dialogue can be seen below:

" It's almost impossible to work for other as I need to go to the workplace. whereas opening my own business is nearly as difficult. I would still need assistance of others in order to prepare the equipment."

c. Present Happiness

The results of the research showed that WN had hopes of owning a business, making money, getting married like his friends.

"Yes, I hope I could open my own business, earn money, get married just like my acquaintance in PERTUNI"

WN wants a partner who can accept the state of the WN and now the WN has a "candidate" but the WN has not yet been confident to marry because he does not have income and are unable to live independently.

"... It is important for a life partner able to accept my situation, which I think I am certainly not too grandiose, because I am aware of my situation. For now, I am on a relationship with the opposite sex, however her parents do not know yet. As a guy, I don't have anything yet. My condition is still like this.."

2. Informant AM

a. Past Satisfaction

The results show that in AM's past life, he was often ridiculed by his friends because they thought his eyes were big and his hands were not straight. AM felt sad because he was physically mocked.

"..short a teasing but now it's forgotten. In the past, if teased, it was as if it were like this, especially about the physical, childhood memories are strong. Mocked bonong the big eyes, his hands are bent..."

The results of the study revealed that before blind people, AM often saw his parents fight, which until now remembered in memory until AM did not want their children to feel the same as AM.

"... more about my inner conflict, which is family conflict. Parents often fight. my father used to go home once a week, or at least. Going home with anger, breaking things, that was embarrassing lah...."

b. Present Happiness

According to the results of the study, AM felt self-confidence because he has ability to feel no pain while being hit..

"I feel nothing when I am beaten so nobody look down on me..."

The results showed that AM felt happy because he had a wife who could see, had 2 children and felt fortunate to have a job.

"Thank God my wife could see. Alhamdulillah, I already have 2 children, I am not inferior to other people who can see. Many of my friends are unemployed and I already have income..."

c. Optimism for the Future

According to research results, AM has many life plans, namely sending children to college, opening jobs and running massage services.

“Plans for the future are many, if the family program is a lot like sending children to college. happy family, beneficial for the community, can share knowledge, can share the container for those who do not have jobs, now starting to collect money to open massage services at home.”

According to the results of the study, AM feels confident of God's decree and thinks positively for a good future.

“Yes .. Just go with the flow. Keep positive thoughts. There is God who regulates the most important life to increase patience and positive thinking.”

DISCUSSION

Basically, the two informants had differences in the lives they lived. The experience of the two informants was different so that the perceived happiness was different. This is in accordance with the opinion of Saifen and Chuner (2018) happiness is an individual's subjective experience that is derived from fulfilling needs, channeling talents and increasing abilities. Happiness means something important for life. Happiness is defined as positive emotions or positive feelings and positive activities that can not be separated from the scope of forming happiness (Seligman, 2005).

1. Past Satisfaction

WN has experienced blindness since 4 years ago, namely when he was 22 years old. Based on research conducted by Sulthon (2016) individuals who experience visual impairment not from birth will be more lamenting life as a trial and they tend to be more frustrated. In contrast to the findings found by researchers, WN felt more fortunate because he was able to see in a long period and entered university until the 7th semester. In addition, a pleasant experience with friends also gives satisfaction to his life and makes him more grateful. In accordance with the opinion of Emmons & Clumber (in Mukhlis & Koentjoro, 2015) grateful is a feeling response to a gift as a form of appreciation that is felt after getting something good. Unlike AM, which can who lost his vision in early age of 13 years old. Before visually impaired, AM experienced an unpleasant experience, such as being ridiculed by his friends and, the inconvenience of the family environment, making AM's life less satisfying. Though the conditions of life greatly affect satisfaction. In line with the opinion of Hurlock (2012) the condition of the individual's life to interact with other people, both in the family and with friends and neighbors in the community will increase life satisfaction.

2. Present Happiness

In present happiness, the two informants experienced differences. WN has not carried out developmental tasks which, according to Santrock (2012) work, look for life

partners, marry and become parents. WN has not got a decent job, is not married, and has difficulty doing living activities because of this limited view in accordance with Harimukhti and Dewi (2014) main problems of individuals who experience visual impairment in early adulthood that is inability to work, inability to live productively, obtain life partners, be exiled and will always depend on the other person. WN also feels different from other people who can see. Other people can work with other people while WNs find it difficult even to open an independent business at home. But from the findings the researchers did, not all early adult blind men cannot carry out developmental tasks. AM can work, get married and have children. It can be said that AM feels more happiness because it can fulfill developmental tasks.

3. Future Optimism

AM has been more organized in thinking about the future. AM has the hope of sending children to school, happy family, and opening personal massage services. This has been proven by AM saving. This is in accordance with the opinion of Luthans, Youssef & Avolio (in Nugroho, Mujiasih & Prihatsanti, 2013) that hope is a positive emotional state to achieve goals and find other ways to achieve goals. As for the future life, WN feels less optimistic. Even to get married still not confident because they do not have income and still feel difficult to work. According to Blood (in Sari, 2013), marriage readiness consisted of emotional readiness, social readiness, role preparedness, age readiness, and financial readiness. Marriage readiness is assumed to be more thought by young adults.

CONCLUSION

Based on the this research, it can be concluded that basically the happiness of the visually impaired man in his early age was influenced by past experiences. A pleasant experience will make you happier. In addition, early adult blind men who can see in a long period will feel more fortunate and grateful. With limitations, early adult blind men can still achieve developmental tasks, such as working, getting married and having children. Early adult blind men who can achieve this development task will feel happiness more. Early adult blind men will also be more optimistic in the future when they are able to think positively and already have income for something they want. Like, being able to send children to school and saving to open a business.

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