

# Hubungan Antara Disabilitas Fisik Pada Tni, Citra Tubuh Dan Harga Diri Dengan Gangguan Mental Emosional Di Pusat Rehabilitasi = The Relationship Between Physical Disabilities In Military, Body Image And Self-Esteem With Mental-Emotional Disorders In Rehabilitation Centers

Desi Widariani, author

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## Abstrak

Pendahuluan: Disabilitas fisik yang terjadi pada TNI merupakan masalah yang terjadi pada fisik, dan psikososial. Perubahan fisik yang awalnya memiliki tubuh yang berfungsi dengan sempurna, namun dapat terjadi disabilitas fisik karena adanya tugas kedinasan, hal ini dapat mempengaruhi konsep diri dari citra tubuh, harga diri pada TNI. Gangguan mental emosional dapat terjadi akibat disabilitas fisik, citra tubuh dan harga diri. Penelitian ini bertujuan untuk mengetahui hubungan antara disabilitas fisik, citra tubuh dan harga diri dengan gangguan mental emosional. Metode: Desain penelitian ini menggunakan desain penelitian korelasi dengan metode kuantitatif dan pendekatan cross sectional. Jumlah responden sebanyak 75 (total sampling) disabilitas fisik pada TNI yang berada di Pusat Rehabilitasi. Data diambil menggunakan kuesioner Disabilitas fisik, Body Image Scale (BIS), Rosenberg's selfesteem scale (RSES) dan Self Reporting Questionnaire (SRQ) – 20. Hasil: Disabilitas fisik sebagian besar termasuk dalam disabilitas fisik tingkat 1 yakni sebanyak 57.3 %, sedangkan disabilitas fisik tingkat 2 sebanyak 40% dan tingkat 3 sebanyak 2,7%. Citra tubuh negatif yang dialami yakni sebanyak 54,7%, sedangkan citra tubuh positif sebanyak 45,3%. Harga diri positif yang dialami yakni sebanyak 80%, sedangkan harga diri negatif sebanyak 20%. Gangguan mental emosional yang dialami yakni sebanyak 46,7%. Karakteristik disabilitas fisik yakni tingkat disabilitas fisik memiliki hubungan yang bermakna terhadap gangguan mental emosional. Citra tubuh memiliki hubungan yang bermakna terhadap gangguan mental emosional dan harga diri juga memiliki hubungan yang bermakna terhadap gangguan mental emosional. Rekomendasi: Hasil penelitian ini diharapkan dapat menjadi dasar pengembangan program pencegahan kejadian gangguan mental emosional

.....Introduction: Physical disability that occurs in the TNI is a problem that occurs both physically and psychosocially. Physical changes that initially have a body that functions perfectly, but physical disabilities can occur due to official duties, this can affect self-concept of body image, self-esteem in the TNI. Emotional mental disorders can occur due to physical disabilities, body image and self-esteem. This study aims to determine the relationship between physical disability, body image and self-esteem with mental-emotional disorders. Methods: The design of this study uses a correlation research design with quantitative methods and a cross sectional approach. The number of respondents was 75 (total sampling) with physical disabilities in the TNI who were in the Rehabilitation Center. Data were collected using a physical disability questionnaire, Body Image Scale (BIS), Rosenberg's self-esteem scale (RSES) and Self Reporting Questionnaire (SRQ) – 20. Results: Most of the physical disabilities are included in level 1 physical disability, namely 57.3%, while physical disabilities level 2 as much as 40% and level 3 as much as 2.7%. The negative body image experienced was 54.7%, while the positive body image was 45.3%. Positive self-esteem experienced is as much as 80%, while negative self-esteem is as much as 20%. Emotional mental disorders experienced by 46.7%. Characteristics of physical disability, namely the level of physical

disability has a significant relationship with mental-emotional disorders. Body image has a significant relationship with emotional mental disorders and self-esteem also has a significant relationship with emotional mental disorders. Recommendation: The results of this study are expected to be the basis for developing programs to prevent mental emotional disorders.