

Strategies for Physical Disabilities: Appropriate Guidance And Counseling Services

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Abstract. *Disability is a term for people who have the ability to live life in a different way. Disabilities consist of various types, one of which is physical disability. People with physical disabilities often experience discrimination and become a marginalized group. This has an impact on the lives of individuals with physical disabilities, even though they have the same rights as God's creatures. As a counselor, it is important to understand appropriate strategies in providing guidance and counseling services to people with physical disabilities. This article contains an exploration of counselors' effective strategies in providing guidance and counseling services to individuals with physical disabilities. This emphasizes the need for tailored approaches to address the unique challenges faced by this population, including physical accessibility and psychological support. The research method that the researcher uses in this article is a qualitative research method with a library study type of research. This method involves analyzing existing literature, such as journals, scientific articles, books, previous research, and other supporting reading sources.*

Key words: Guidance, Counseling, Physical Disabilities

How to Cite: Puspitasari, Nela., Kurniasari, Novia. (2024). Strategies for Physical Disabilities: Appropriate Guidance and Counseling Services. *AGCAF: Annual Guidance and Counseling Academic Forum* (2024), 37-43.

INTRODUCTION

Nowadays, many updates have been formulated in Guidance and Counseling services. Guidance and Counseling Services are developing rapidly with the times as evidenced by the various strategies and effectiveness of services that are considered for every counselee who comes, including individuals or special groups (Fransyaigu, R., & Mulyahati, B., 2023). This, on the one hand, has a positive impact, but is also inseparable from the limitations of the services provided. Special individuals or groups basically have quite different characteristics when compared to individuals or groups in general (Allport, 1962). Special attention, treatment and considerations are also provided to harmonize things that are felt to be lacking in the individual or special group.

One of the special individuals or groups is people with physical disabilities (Villanueva, et al., 2014). Disability or physical disability refers to limitations in a person's physical function, mobility, dexterity, or stamina. This disability can be congenital or acquired due to injury, disease, or aging (Ismail, 2016). Individuals with physical disabilities may require assistive devices or accommodations to participate fully in daily activities and society. It is important for society to be inclusive and accommodating towards individuals with physical disabilities, as well as ensuring that they have equal opportunities and access to various other things (Collins, et al., 2019). This is often the weakness of current individual or special group Guidance and Counseling service interventions, because the services provided do not really focus on highlighting the characteristics and needs of people with physical disabilities, so they generally provide services in general without further identifying specific matters needed for healing or self-development of clients (people with physical disabilities) (Krahn, et al., 2015).

Research conducted by Ednanda (2024) on career guidance strategies as further study planning to complement the understanding of further study of students with disabilities. The results explained that the career guidance strategy given to students with disabilities has several options such as tutoring, special skills guidance (sewing and IT), and providing motivation. Similar research was conducted by Wulandari (2023) on social worker strategies as an effort to increase Career Self Efficacy for people with physical disabilities. The results showed that social worker strategies including vocational guidance, motivation, psychosocial guidance (physical therapy, dance, and music), mental guidance, and spirituality, were able and effective in encouraging and stimulating people with physical disabilities to advance. This strategy is also able to control and regulate their potential or abilities. So that it encourages the achievement of the goals of individuals with physical disabilities.

Apart from that, people with physical disabilities often experience discrimination and become a marginalized group (Krahn, et al., 2015). This has an impact on the lives of individuals with physical disabilities, even though they have the same rights as God's creatures. Counselors, it is important to understand appropriate strategies in providing guidance and counseling services to people with physical disabilities.

Based on the research above, it can be concluded that people with physical disabilities face unique challenges in living their daily lives and achieving their goals (Pendo, E., & Iezzoni, L., 2020). Therefore, guidance and counseling services play an important role in helping them overcome these obstacles and empowering them to reach their maximum potential. By providing the right support, resources and strategies, guidance and counseling services can make a significant difference in the lives of individuals with physical disabilities, helping them build self-confidence, independence and resilience (King, et al., 2024).

This article contains an exploration of counselors' effective strategies in providing guidance and counseling services to individuals with physical disabilities (Livneh, H., & Sherwood, A., 1991). This emphasizes the need for tailored approaches to address the unique challenges faced by this population, including physical accessibility and psychological support. The benefits of articles to science or society are invaluable and can lead to improved interventions and outcomes for individuals with physical disabilities (Kahveci, 2016). The aim of this research article is to explore various strategies and interventions that can be used to support individuals with physical disabilities in achieving their goals and maximizing their potential. By understanding each individual's unique needs and strengths, counselors can tailor approaches to effectively overcome obstacles and promote independence (Carpenter, et al., 1998).

Through ongoing support and encouragement, individuals with physical disabilities can develop the skills and confidence needed to face daily challenges and ultimately live fulfilling lives (Fitria, et al., 2022). This research article also aims to highlight the importance of appropriate care and ongoing support in helping individuals with physical disabilities overcome obstacles, achieve their self-actualization, and encourage the creation of a more inclusive and supportive society.

METHODS

The research method that the researcher uses in this article is a qualitative research method with a library study type of research. This method involves analyzing existing literature, such as journals, scientific articles, books, previous research, and other supporting reading sources, to gain insight into best practices in supporting individuals with physical disabilities. The research examines information with the aim of providing appropriate recommendations for counselors, guidance and counseling teachers, mental health practitioners, and policy makers on how to effectively overcome barriers and encourage the independence of individuals with physical disabilities. Thus, this research article can contribute to ongoing efforts to improve the quality of life of individuals with physical disabilities.

RESULTS AND DISCUSSION

Guidance and Counseling

Guidance and counseling are important components of personal and academic development, providing individuals with the support and guidance necessary to face challenges and make informed decisions (Farozin, et al., 2020). This plays an important role in helping individuals identify their strengths, weaknesses, interests, and talents. This enables individuals to achieve their goals and develop their full potential. Guidance and counseling offer a safe and comfortable space for individuals to explore their thoughts and feelings (Levy, I. P., & Adjapong, E. S., 2020). Guidance and counseling contribute to overall well-being and success in various aspects of individual and group life (Diener, et al., 2017).

The relationship between guidance and counseling and its impact on personal growth and development includes: by providing support and strategies to overcome challenges, guidance and counseling help individuals face difficult situations and make positive changes in their lives. Through the implementation of various counseling theories and techniques, professional helpers (counselors) are able to overcome various problems and help individuals achieve complete self-actualization both in

educational and personal environments. The relationship between guidance and counseling is critical to improving mental health and emotional well-being, which ultimately leads to overall success and life satisfaction.

Physical Disability

Disability is a loan word from the English "disability" which means inability. Disability refers to a limitation or loss of ability to perform tasks in a manner or within limits that are considered normal for humans in general (Sholeh, 2015). Huripah (2014) defines disability as a form of limitation or inability to carry out activities within certain limits or in the ways normally carried out by normal humans in general. Meanwhile, Taylor (2018) uses the term disability to refer to disorders, activity limitations, and participation restrictions experienced by an individual in everyday life. Based on several expert definitions, it can be concluded that disability is a form of limitation that an individual has physically, mentally, intellectually or sensorily, thus preventing him from carrying out activities like humans in general.

Individuals who experience disabilities are referred to as people with disabilities. Republic of Indonesia Law Number 8 of 2016 concerning Persons with Disabilities, Article 1 paragraph (1) explains the definition of persons with disabilities as "any person who experiences physical, intellectual, mental and/or sensory limitations for a long period of time who in interacting with the environment can experience obstacles and difficulties to participate fully and effectively with other citizens based on equal rights." Saputra, et al. (2019) explains the definition of a person with a disability as any individual who has limitations, whether physical, intellectual, mental or sensory over a long period of time and hinders him/herself in interacting with their environment making it difficult to provide effective participation in accordance with the equal rights they have. by each individual. Based on this definition, it can be concluded that people with disabilities are individuals who have long-term limitations, whether physical, mental, intellectual or sensory, which hinder their ability to participate in their environment.

Disabilities are classified into several types according to Tatang (2023), namely physical disabilities (blind, deaf, quadriplegic), emotional and behavioral disabilities (hearing impaired, speech impaired, hyperactive), intellectual disabilities (intelligent, slow learner, special learning difficulties, gifted children, autism, indigo). Meanwhile, Sholeh (2015) classifies types of disabilities into three groups, namely:

1. Physical disability groups, which include the blind, deaf, speech impaired and quadriplegic.
2. Non-physical disability group, which includes the mentally retarded, hyperactive and autistic.
3. Multiple disability groups, namely individuals who experience more than one type of disability.

Physical disabilities refer to physical limitations possessed by an individual that cause obstacles in carrying out their activities. There are several types of physical disabilities according to Reefani (2013), namely:

1. Blind people (disabled with the sense of sight), are individuals who have difficulties or obstacles in their visual system.
2. Deaf (hearing disability), namely individuals whose hearing system has obstacles, either permanent or non-permanent.
3. Impaired speech (speech disability), namely individuals who have obstacles in expressing their thoughts in verbal language, making it difficult for other people to understand.
4. Physical impairment (body disability) is an individual who has a disorder in his or her movement system, the cause of which is a genetic disorder of the neuro-muscular or bone structure, an accident, illness, polio or paralysis.

Guidance and Counseling Service Strategy for People with Physical Disabilities

1. Basic Service

Basic services are a strategy for providing structured services to students that are presented periodically and systematically with the aim of increasing students' abilities and potential or teaching new skills to support developmental tasks (Hariyadi, et al., 2022). This definition is in accordance with that contained in the attachment to Permendikbud No. 11 of 2014 which states that:

"Basic services are defined as the process of providing assistance to all counselees through

classically or group structured experiential preparation activities that are designed and implemented systematically in order to develop effective self-adjustment abilities in accordance with developmental stages and tasks (which are outlined as independence competency standards) .”

Based on this understanding, it can be concluded that basic services are a form of providing assistance to students or counselees which is carried out systematically in classical or group form to develop the ability of students or counselees to adapt according to developmental tasks. The basic forms of services provided by counselors can be in the form of group guidance services, class guidance, or instrument applications (Hariyadi, et al., 2022). Apart from that, basic services also include orientation services, information services and data collection (Aisyah, 2014). Basic services are services that are preventive or curative nature.

For people with physical disabilities, the implementation of basic services is adjusted to the type of physical disability the individual has. For example, for deaf people, basic services such as classical guidance and group guidance are provided using sign language. For people with visual impairments, this can be done with the help of a brailier. For the physically disabled, the implementation of basic services can be adjusted to the physical condition of the students. Basic services are provided as a means to increase the interest and quality of learning for people with disabilities (Syahrul, 2021).

2. Responsive Service

The definition of responsive service is contained in the attachment to Permendikbud No. 111 of 2014 which states that:

"Responsive service is providing assistance to students/counselees who face problems and need immediate help, so that students/counselees do not experience obstacles in the process of achieving their developmental tasks."

Meanwhile, according to Rahmat (2019), responsive services are services provided to students with problems and needs who need quick help and if they do not get help immediately, it can cause disruption to the process of achieving developmental tasks. Responsive services aim to help clients who are having problems related to social, personal, learning or career development.

For people with physical disabilities, providing responsive services is carried out by carrying out individual counseling, group counseling, case transfers or referrals, home visits, consultations, case conferences, or collaboration. Individual counseling and group counseling are the most common types of services provided by counselors. One approach that can be used by counselors in counseling people with physical disabilities is the reality approach. The reality counseling approach emphasizes the client's attitude of being responsible for the current situation. This is in line with research conducted by Putri and Prihwanto (2021) which states that the reality approach (reality therapy) is effective when applied to counseling services for people with visual disabilities.

3. Individual Planning Service

The definition of individual planning services is stated in the attachment to Permendikbud No. 111 of 2014, namely as follows:

"Individual planning services are assistance to students/counselees to be able to formulate and carry out systematic activities related to future planning based on an understanding of their strengths and weaknesses, as well as an understanding of the opportunities and opportunities available in their environment."

Individual planning services are closely related to decision making to support the counselee's potential so that the counselee can make the right career choice for him or herself. Career development for people with physical disabilities is different from career development for individuals in general. The way that can be used to develop careers for people with disabilities is by providing them with special skills (Syahrul, 2021).

Providing these skills takes the form of vocational guidance which is carried out in a complete and integrated manner. For example, sign language guidance for the deaf and brailier

guidance for the blind. Apart from that, providing an understanding of the potential possessed by people with disabilities can also be done in providing individual planning services. For example, sewing skills, handicrafts, singing or automotive skills. Providing these skills is very influential in developing the potential of people with physical disabilities, because apart from being able to help counselors or students with disabilities to understand their potential, they can also determine the career direction they will choose (Syahrul, 2021).

One of the approaches that counselors can choose to help counselees design their career plans is a behaviorist approach combined with motivation theory to help counselees or students with disabilities change behavior patterns during the career planning process and help counselees face all the challenges that arise during the process of their career. (Syahrul, 2021).

4. System Support Service

System support services according to Permendikbud No. 111 of 2014 has the following definition:

"System support is a component of management services and activities, work procedures, infrastructure (for example Information and Communication Technology), and ongoing professional development of counselors or guidance and counseling teachers, which indirectly provides assistance to students/counselees or facilitates smooth development students/counselees and support the effectiveness and efficiency of the implementation of guidance and counseling services."

System support services involve guidance and counseling teachers or counselors to plan and implement guidance and counseling by adapting to existing resources at the educational unit level (Sulalah, et al., 2024). System support is provided as a form of support for counselors in the process of providing guidance and counseling services. Aspects of system support include network development, research and development, and management activities (Aisyah, 2014).

CONCLUSION

Disability or physical disability refers to limitations in a person's physical function, mobility, dexterity, or stamina. Individuals with physical disabilities may require assistive devices or accommodations to participate fully in daily activities and society. It is important for society to be inclusive and accommodating towards individuals with physical disabilities, as well as ensuring that they have equal opportunities and access to various other things. This is often the weakness of current individual or special group Guidance and Counseling service interventions, because the services provided do not really focus on highlighting the characteristics and needs of people with physical disabilities, so they generally provide services in general without further identifying specific matters needed for healing or self-development of clients (people with physical disabilities). Counselors need to use certain strategies in providing guidance and counseling services to people with disabilities. This service is provided by adjusting the type of physical disability the client has. Each type of disability has a different service strategy. Therefore, counselors need to develop their skills in adapting to the process of providing guidance and counseling services to people with disabilities.

Suggestions for further research on the same topic are that researchers can further enrich journal reference sources, previous research that supports the research topic, as well as other literature sources. Researchers can also develop research methods to complement scientific knowledge.

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