

# **PSYCHOLOGICAL WELL-BEING PADA DRIVER OJEK PENYANDANG TUNADAKSA DI DIFA BIKE**

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## **ABSTRAK**

*Setiap manusia pastinya menginginkan dapat dilahirkan dengan kondisi fisik yang sempurna, namun terdapat individu yang dilahirkan dengan keterbatasan fisik atau kekurangan pada anggota tubuh mereka yang disebut disabilitas tunadaksa. Bagi penyandang tunadaksa sulit untuk terlepas dari tindak diskriminasi dalam dunia kerja. Penelitian ini bertujuan untuk mengetahui gambaran psychological well-being pada driver ojek penyandang tunadaksa di difa bike. Subjek dalam penelitian ini yaitu 3 orang laki-laki penyandang tunadaksa bawah karena kecelakaan dan setelah kelahiran. Penelitian ini menggunakan metode penelitian kualitatif dengan teknik pengumpulan data dilakukan dengan wawancara dan observasi. Hasil penelitian menunjukkan bahwa ketiga subjek memenuhi dimensi-dimensi kesejahteraan psikologis yang dikemukakan oleh Ryff (1989) yaitu, penerimaan diri, hubungan positif dengan orang lain, kemandirian, penguasaan lingkungan hidup, tujuan hidup, pertumbuhan pribadi. Ketiga subjek menerima diri kondisi dengan baik, memiliki hubungan hangat dengan rekan kerja dan memiliki empati untuk membantu orang lain, ketiga subjek berusaha tidak terlalu bergantung kepada orang lain, subjek pertama memiliki inisiatif dan keputusan sendiri, ketiga subjek mampu memilih lingkungan yang nyaman serta memilih menghindar ketika berada di lingkungan yang kurang nyaman, subjek ketiga mampu mengatur waktu antara bekerja, sosial, dan keluarga, subjek pertama fleksibel dalam bekerja, subjek kedua menjalani pekerjaan karena dorongan keluarga, subjek ketiga bekerja karena berkaitan dengan sosial, kemampuan ketiga subjek bertambah semenjak bergabung di Difa Bike. Faktor yang mempengaruhi kesejahteraan psikologis dari ketiga subjek adalah faktor kepribadian antara lain agreeableness, extraversion dan conscientiousness, faktor budaya dimana subjek tumbuh dan berkembang di budaya timur, dan dukungan sosial dari dorongan keluarga subjek.*

**Kata kunci:** Driver ojek, Kesejahteraan Psikologis, Tunadaksa

# **PSYCHOLOGICAL WELL-BEING IN OJEK DRIVERS WITH PHYSICAL DISABILITY AT DIFA BIKE**

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## **ABSTRACT**

*It is a common aspiration for individuals to be born with optimal physical attributes; however, some individuals face physical challenges or deficiencies in their limbs, which are classified as disabilities. For those living with disabilities, navigating the workforce often entails confronting discrimination. This research seeks to explore the psychological well-being of motorcycle taxi drivers with disabilities operating difa bikes. The participants in this study consist of three men who have experienced lower limb disabilities resulting from accidents and congenital conditions. Employing a qualitative research methodology, data was gathered through interviews and observational techniques. The findings indicate that all three participants exhibited the dimensions of psychological well-being outlined by Ryff (1989), including self-acceptance, positive interpersonal relationships, autonomy, environmental mastery, purpose in life, and personal development. The three participants responded positively to the condition, built strong relationships with their colleagues, and showed empathy towards others. Additionally, the third participant desires independence, and the first is proactive and confident in making decisions. They have all selected a comfortable work environment and avoided uncomfortable situations. The third participant effectively manages their time between work, social life, and family. The first participant is adaptable in their work, and the second is motivated to work because of their family's support. The third participant is motivated to work due to its social relevance. Since joining Difa Bike, the abilities of all three participants have improved. Various factors, such as personality traits like agreeableness, extraversion, and conscientiousness, influence the three subjects' psychological well-being. Additionally, the cultural environment in which the subjects were raised and developed, particularly in Eastern cultures, plays a role. Furthermore, the support and encouragement from the subjects' family also impact their psychological well-being.*

**Keywords:** *Ojek Drivers, Psychological Well-Being, Physically Disabled*