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Concerns and Self-Confidence of Blind Individuals in Karanganyar

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Abstract: This study aims to determine the relationship between worry and self-confidence of blind individuals at Yayasan Rumah Hebat Karanganyar. This study is a quantitative correlational study. The subjects of this study were 30 blind individuals who are members of Yayasan Rumah Hebat Fatonah aged 16-42 years. The sampling technique used was non-probability sampling with saturated sampling. The data collection technique in this study used two Likert scale instruments consisting of worry and self-confidence questionnaires. The questionnaire used to measure the level of worry of blind individuals was the Worry Domain Questionnaire (WDQ) formulated by Tallis (1992) with significant validity test results (p <.001) in the Pearson Product Moment correlation test where. The results of the WDQ reliability test used Alpha cornbach with a reliability coefficient (α: 0.92). The self-confidence questionnaire used is a used tryout questionnaire based on Guilford's self-confidence theory (1959) with a validity test result of 0.92 in the Aiken's V coefficient test. The self-confidence reliability test uses Alpha cornbach with a correlation coefficient (α: 0.748). The results of the Pearson Product Moment correlation test obtained a calculated r value (0.104) < r table (0.361) with a significance level of p (0.585)> p (0.05), then Ho is accepted and Ha is rejected. So that the worry variable with the self-confidence variable has a very low correlation or is not correlated. Based on the results of the analysis test, there is no relationship between worry and self-confidence of blind individuals at the Rumah Hebat Fatonah Karanganyar Foundation.

Keywords: *Blindness, anxiety, self-confidence*

I. Introduction

Humans have character, nature, and personality that influence the attitudes they show. Human personality develops along with physical, motoric, and mental development. According to Walgito, one aspect of personality that is important for individuals is self-confidence, which functions importantly to actualize their potential (as in Rasyidah, 2015). Lauster explains self-confidence as an attitude or belief in one's own abilities so that one is not anxious in acting, is free to do what one likes, is responsible for every action, is warm and polite when interacting with other individuals, and is able to recognize one's own strengths and weaknesses (as in Hidayati & Savira, 2021).

Self-confidence needs to be possessed by every individual, including individuals with special needs or people with disabilities. People with disabilities sometimes have low levels of self-confidence due to physical, intellectual, mental, or ability conditions that are different from individuals in general. This is in accordance with the opinion of Santrock (2003) who explains that the factors that influence self-confidence are physical appearance, self-concept, relationships with parents, and relationships with peers.

Blind people are individuals whose sense of sight does not function as a channel for receiving information because they experience visual impairments in such a way that they require special services in their education and life. Blind people tend to experience personality disorders such as introversion, neuroticism, frustration, and mental rigidity (Soemantri, 2019). Blind people also have difficulty in forming self-concepts because they experience identity conflicts in their environment. As a result, feelings of fear, anxiety, and even worry arise in facing their environment. In the end, blind individuals become less confident and prefer to be alone or avoid social relationships (Purwaka, 2007).

Mac Leod, Williams & Bekerian explain that worry has many definitions, but in general worry is a cognitive state or thought related to the future/events that have not yet occurred where the final

result is not yet known, this then gives rise to negative thoughts in a person accompanied by anxiety (as in Davey & Tallis, 1994). The objects of worry consist of oneself, those closest to them, society, and even the world. The domain of concern consists of the areas of life concerned, for example concerns about health, work, economy, and even individual relationships with other individuals (Boehnke et al., 1998).

The level of concern can be said to be one of the factors that form a person's self-confidence. An individual's self-confidence is influenced by self-concept, experience, and even the surrounding environment, while concerns are found in almost all aspects of life, starting from oneself, family, health, work, and even concerns about the surrounding environment. This shows that an individual's level of self-confidence can be influenced by the level of concern in certain aspects of life.

Massoni (2014) conducted a study on how concerns can increase the quality of self-confidence showing that individual self-confidence will be lower under high concerns, while self-confidence under low concerns has a higher value. Likewise, research (Christakou et al., 2020) on the concerns and self-confidence of athletes during season competencies. Athletes who have just undergone rehabilitation experience concerns about re-injury when on the field, as a result, athletes are not psychologically ready to return to the field and reduce their confidence to return to competitive play.

Several studies on the relationship between anxiety and individual self-confidence levels show negative results where high anxiety indicates low self-confidence, and vice versa. So far, research on the relationship between anxiety and self-confidence has not been conducted on individuals with disabilities, especially the blind. Based on these problems, this study was conducted to determine the relationship between anxiety and self-confidence in blind individuals.

II. Method

The research design used is a correlational study that aims to determine the relationship between variables. The independent variable in this study is the concerns of blind individuals, while the dependent variable is the self-confidence of blind individuals. The subjects of this study were 30 blind individuals aged 16-42 years. The subjects of this study were selected using saturated sampling which is a type of non-probability sampling. Saturated sampling is a sampling technique used if all members of the population are used as samples (Sugiyono, 2016).

Data on the concerns of blind individuals and data on their self-confidence were collected using a questionnaire technique. The questionnaire used as a data collection technique is a psychological scale instrument of worry and self-confidence with a Likert scale. The psychological scale used is a worry scale called the Worry Domain Questionnaire (WDQ) formulated by Tallis (1992) with 6 worry domains totaling 25 items. The validity test of the WDQ uses the Pearson Product Moment correlation test where all WDQ domains are significantly related ($p < .001$). The reliability test of WDQ used Alpha cornbach with a reliability coefficient (α: 0.92). The self-confidence questionnaire used was a used tryout questionnaire based on Guilford's (1959) self-confidence theory which had 3 main aspects and was developed into 40 statement items. The validity test of the self-confidence instrument used the Aiken's V coefficient test with a test result of 0.92 which was categorized as high. The reliability test of self-confidence used Alpha cornbach with a correlation coefficient (α: 0.748).

The research data were then analyzed using the Pearson Product Moment correlation test which consisted of the normality test of the two samples, the linearity test, the calculation of the correlation coefficient, and the testing of the correlation hypothesis and drawing conclusions (Susetyo, 2012). The Pearson Product Moment correlation test is a correlation test where the data used is interval or ratio data, so the research data needs to be changed first from ordinal data to interval or ratio data. One method that can be used is to transform ordinal data using the Method of Successive Interval (MSI) transformation (Ningsih & Dukalang, 2019).

III. Results and Discussion

This study involved 30 respondents who can be distinguished based on age group, gender, and type of blindness. Based on age group, the research subjects were divided into 3 groups, namely 18 individuals aged 16-25 years, 9 subjects aged 26-35 years, and 3 individuals aged 36-42 years.

Based on gender, 16 individuals were female and 14 individuals were male. Based on the type of blindness, 17 individuals experienced total blindness and 13 individuals experienced low vision.

The data obtained on the concerns of blind individuals were grouped into 5 categories, namely very low, low, medium, high, and very high. The highest percentage of concerns of blind individuals was in the low category, which was 40%. The concern data was then tested for normality with the help of SPSS version 21, the following are the results of the normality test for the concern variable:

Table 1. Results of the Normality Test of the Concern Variables

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	Df	Sig.	Statistic	Df	Sig.
X_W	,102	30	.200*	,979	30	,792

a. *. This is a lower bound of the true significance.
b. Lilliefors Significance Correction

The significance value of the normality test on the worry variable in both the Kolmogorov-Smirkov test and the Shapiro-Wilk test obtained a significance of > 0.05, so the worry variable data is considered to be normally distributed.

The acquisition of self-confidence data for blind individuals is grouped into 5 categories, namely very low, low, medium, high, and very high. The highest percentage of self-confidence for blind individuals is in the high category, which is 80%. The self-confidence data was then tested for normality with the help of SPSS version 21, here are the results of the normality test for the self-confidence variable:

Table 2. Results of the Normality Test of the Self-Confidence Variable

Tests of Normality						
	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	*Df*	*Sig.*	*Statistic*	*df*	*Sig.*
Y_C	,115	30	.200*	,963	30	,359

c. *. This is a lower bound of the true significance.
d. a. Lilliefors Significance Correction

e.

The significance value of the normality test in both the Kolmogorov-Smirkov test and the Shapiro-Wilk test obtained a significance of > 0.05, so the self-confidence variable data is considered to be normally distributed. The worry variable and self-confidence variable data were then tested for linearity assisted by SPSS version 21. The following are the results of the linearity test:

Table 3. Linearity Test Results of Both Variables

ANOVA Table

			Sum of Squares	Df	Mean Square	F	Sig.
Y_X * X_W	Between Groups	(Combined)	3423,800	24	142,658	1,684	,295
		Linearity	41,551	1	41,551	,490	,515
		Deviation from Linearity	3382,249	23	147,054	1,735	,282
	Within Groups		423,667	5	84,733		
	Total		3847,467	29			

Both variables are considered to have a linear relationship if F count < F table with sig. > 0.05. Based on the SPSS output, the df value is known to be (23; 5), the F table value for df (23; 5) is 2.64, then the linearity test shows the results that F count (1.735) < F table (2.64) with sig. 0.282 > 0.05, so that the worry variable with the self-confidence variable has a significant linear relationship.

The worry and self-confidence variable data were then tested using the Pearson Product Moment correlation test with the help of SPSS version 21, here are the results of the correlation test:

Table 4. Pearson Product Moment Correlation Test Results

		X_W	**Y_X**
X_W	Pearson Correlation	1	,104
	Sig. (2-tailed)		,585
	N	30	30
Y_X	Pearson Correlation	,104	1
	Sig. (2-tailed)	,585	
	N	30	30

The correlation results of variables X and Y with 30 subjects are 0.104 with a Sig. value of 0.585. Referring to the correlation coefficient in table 4.20, the r value = 0.104 indicates that variables X and Y have a very low correlation. The Pearson Product Moment correlation test with a significance level of 5% (0.05) is interpreted as the initial hypothesis (Ho) will be accepted if Sig> 0.05, but Ho will be rejected if Sig <0.05. The significance value obtained in the table is 0.585 (p> 0.05), so the decision is to accept H0 where there is no relationship between worry and the level of self-confidence of blind people.

Based on the results of the correlation test, the absence of a correlation between the worry variable and self-confidence can be caused by other factors that play a role in determining the level of worry and self-confidence of blind individuals. Factors that influence anxiety in adults are the presence or absence of intolerance to uncertainty, belief in the functional value of anxiety, age, and gender. Cartwight-Hatton explains that the difference in levels of anxiety in childhood and adolescence is influenced by gender and age (G. C. L. Davey & Wells, 2006). In contrast to Tikkanen (2016) who explains that anxiety in adolescents is influenced by cultural factors and historical contexts that can increase fear in decision making, choices, and motivation. Pinquart & Pfeiffer (2014) explain that the level of anxiety can be influenced by awareness of risk. Some things that are included in the risk are age, female gender, aspects of visual impairment, poor grades at school, psychological resources, and depression.

The growth of self-confidence in each individual is influenced by internal and external factors (Mildawani, 2014). Internal factors that influence self-confidence such as self-concept, self-esteem, physical condition, and life experience. External factors in the development of a person's self-confidence are education, work, and environment or life experience. Santrock explains several factors that can influence self-confidence consisting of physical appearance, self-concept, relationships with parents, and relationships with peers (Hidayati & Savira, 2021). Supported by Hurlocks' opinion that factors that influence the development of self-confidence, especially in adolescence, are parenting, age maturity, gender, physical appearance, family and peer relationships (Dewantoro et al, 2018; Inda, 2017).

Referring to the explanation of factors that influence anxiety and self-confidence, it can be concluded that differences in age, gender, and visual impairment that affect physical appearance affect the level of anxiety and self-confidence of blind individuals. So that the large age range and gender diversity can affect the absence of correlation between anxiety and self-confidence of blind individuals.

Based on field results, there are several causes of the absence of a relationship between anxiety and self-confidence of blind individuals at the Rumah Hebat Fatonah Karanganyar Foundation. The first is the difference in the occurrence of blindness. Some blind members have been blind since birth, but there are also members who become blind after adulthood, either due to accidents, illnesses, or other things. The second is the difference in work done by each blind member. The diversity of ages of RHF Foundation members shows the differences in activities that each member has. Some members are still in school, college, and some are working. The third is the difference in individual status. Some members of the RHF foundation are married, but there are still many who are not married, either because they are in the process of learning (school/college) or in the process of pursuing a career.

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IV. Conclusion

The results of the person product moment correlation test obtained a calculated r value (0.104) < r table (0.361) with a significance level of p (0.585) > p (0.05), then H0 is accepted and Ha is rejected. So it can be stated that the correlation between the worry variable and the self-confidence variable is very low or there is no relationship between the two variables.

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