

ABSTRAK

Hubungan Antara *Perceived Social Support* Dengan *Psychological Well-Being* Pada Penyandang *Low Vision* Dan Menurut Tinjauan Islam

Penelitian ini dilatarbelakangi oleh fenomena bahwa penyandang *low vision* sering mengalami lebih banyak hambatan dalam penerimaan diri dan kemandirian dibanding *totally blind*, sementara dukungan sosial diyakini berperan penting dalam meningkatkan kesejahteraan psikologis mereka. Tujuan dari penelitian ini adalah untuk melihat hubungan antara *perceived social support* dan *psychological well-being* pada penyandang *low vision*. Penelitian ini termasuk dalam penelitian kuantitatif non eksperimental dengan melibatkan 30 orang penyandang *low vision* yang diperoleh dengan teknik *Purposive Sampling*. Penelitian ini menggunakan alat ukur *Multidimensional Scale of Perceived Social Support (MSPSS)* dan *Psychological Well-Being Scale (PWBS)* yang keduanya bersifat multidimensional. Uji korelasi menunjukkan hubungan positif dimensi *family MSPS* dengan dimensi otonomi ($r = 0.379$, $p = 0.039$), dimensi *personal growth* ($r = 0.430$, $p = 0.018$), *purpose in life* ($r = 0.413$, $p = 0.023$), dan dimensi *self-acceptance* ($r = 0.394$, $p = 0.031$) *PWBS*. Terlihat pula hubungan positif yang signifikan antara dimensi *friends MSPSS* dan *positive relation with others PWBS* ($r = 0.382$, $p = 0.031$), serta antara dimensi *significant others (MSPSS)* dan dimensi *self-acceptance PWBS* ($r = 0.381$, $p = 0.038$). Menurut Islam *perceived social support* memiliki hubungan dengan *psychological well-being* pada penyandang *low vision*. Dalam Islam terdapat konsep tolong menolong kepada sesama manusia termasuk dengan penyandang *low vision*. Tolong menolong dapat membantu penyandang *low vision* untuk menerima dirinya, mengembangkan sifat qanaah dan memaksimalkan *psychological well-being*.

Kata Kunci: *Perceived social support, Psychological Well-being, Low Vision.*

ABSTRACT

The Relationship Between Perceived Social Support and Psychological Well-Being Among People with Low Vision According to Islamic Perspective

This study was motivated by the phenomenon that people with low vision often experience more barriers to self-acceptance and independence than those who are totally blind, while social support is believed to play an important role in improving their psychological well-being. The purpose of this study was to examine the relationship between perceived social support and psychological well-being in people with low vision. This study is a non-experimental with quantitative methods research involving 30 individuals with low vision, selected using purposive sampling. This study used the Multidimensional Scale of Perceived Social Support (MSPSS) and the Psychological Well-Being Scale (PWBS), both of which are multidimensional instruments. Correlation tests showed a positive relationship between the family dimension of the MSPSS and the autonomy dimension ($r = 0.379$, $p = 0.039$), the personal growth dimension ($r = 0.430$, $p = 0.018$), purpose in life ($r = 0.413$, $p = 0.023$), and the self-acceptance dimension ($r = 0.394$, $p = 0.031$) PWBS. There was also a significant positive relationship between friends dimension of MSPSS and positive relation with others PWBS ($r = 0.382$, $p = 0.031$), as well as between the significant others dimension of MSPSS and the self-acceptance PWBS dimension ($r = 0.381$, $p = 0.038$). According to Islam, perceived social support is related to psychological well-being in people with low vision. In Islam, there is a concept of helping one another, including people with low vision. Helping one another can help people with low vision to accept themselves, develop the trait of qanaah, and psychological well-being.

Keywords: *Perceived Social Support, Psychological Well-Being, Low Vision.*