

ABSTRACT

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The Self-Adjustment of Young Adults who Totally Blind Accidentally (Miniwaty Halim, M. Psi & Dra. Ninawati, M.M). Undergraduate Program Major in Psychology. Tarumanagara University. (195 pages; R1-R4; A1-A40)

This research aims to find out the self-adjustment of young adults who totally blind accidentally. Self-adjustment is effort who has done by individual to obtain the conformity between demand from himself and demand from his environment.

This research conducted with qualitative methods. Research data derived from in-depth interview techniques to five subjects. Researcher conducted interviews from January 9, 2010 until Mei 13, 2010. Research subjects aged 25 to 33 years old, have been totally blind since aged 22 to 25 years old, have been totally blind at least one years, not have other physical disabilities, and have last educational at least junior high school. Research results showed that all subjects have not all characteristics of effective self-adjustment, such as have an accurate perception of reality, have ability to cope stress, have positive self-image, have ability to express feelings, and have good interpersonal relationships. SB doesn't have a positive self-image fully. FT and DN don't have ability to express their negative feelings. SB, CK, DN, and AS don't have good interpersonal relationships with their opposite sex partner who are not blind.

Keywords: Self-Adjustment, Young Adults, Blind