

***RELATIONAL WELLBEING PADA REMAJA AKHIR PENYANDANG
DISABILITAS INTELEKTUAL : STUDI PHOTOVOICE***

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Abstrak. Penyandang disabilitas intelektual memiliki keterbatasan dari segi intelektual dan perilaku adaptif yang berdampak pada kemandirian, sehingga membuat individu membutuhkan bantuan dari oranglain. Padahal, kemandirian merupakan hal yang penting terutama bagi remaja akhir yang memiliki tanggung jawab untuk mempersiapkan masa depan. Meskipun begitu, penyandang disabilitas intelektual kategori ringan yang masih memiliki kemampuan dalam menjalin relasi dapat mengembangkan potensi untuk berkembang secara mandiri melalui dukungan yang sesuai dengan kondisinya. Dalam hal ini, konteks *relational wellbeing* yang mencakup perasaan keterhubungan, dukungan sosial dan akses lingkungan yang baik dapat membantunya mengurangi ketergantungan, *survive* dan bertumbuh untuk mencapai kesejahteraan. Penelitian mengenai *relational wellbeing* khususnya pada individu dengan disabilitas intelektual masih sangat terbatas, sehingga penelitian ini bertujuan untuk mengeksplorasi pengalaman *relational wellbeing* pada remaja akhir penyandang disabilitas intelektual dengan melibatkan 4 orang remaja akhir penyandang disabilitas intelektual sebagai partisipan dalam penelitian deskriptif kualitatif menggunakan metode *photovoice* yang dianalisis menggunakan analisis tematik. Hasil penelitian ini menemukan 7 tema yaitu perluasan potensi diri, peran suportif orangtua, hubungan interpersonal positif dan negatif, kebutuhan koneksi pertemanan, hambatan psikologis, strategi pengungkapan emosi serta perubahan pola pikir dan perilaku. Tema juga mengandung hal yang unik yaitu adanya *agency* yang kuat, dimensi spiritual, *power dynamic* yang khas. Selain itu, terdapat pengalaman protektif dan berisiko serta suara remaja akhir disabilitas intelektual yang berisi harapan agar bisa membangun *relational wellbeing* yang lebih baik lagi.

Kata kunci : *Disabilitas intelektual, Photovoice, Relational wellbeing, Remaja akhir*

Abstract. Individuals with intellectual disabilities experience limitations in intellectual functioning and adaptive behavior, which affect their independence and often lead to a reliance on others. However, independence is an important developmental task, especially for late adolescent who are expected to take responsibility for preparing their future. Despite these challenges, individuals with mild intellectual disabilities who retain the ability to build relationships may develop their potential for independence when supported in ways that are responsive to their specific needs. In this context, relational wellbeing which encompasses feelings of connectedness, social support, and access to enabling environments can help reduce dependence, foster resilience, and support growth toward a meaningful life. Research on relational wellbeing, particularly among individuals with intellectual disabilities, remains very limited. Therefore, this study aims to explore the experiences of relational wellbeing among late adolescents with intellectual disabilities. The participants of this study were 4 late adolescents with intellectual disabilities. This descriptive qualitative study employed the photovoice method, and the data were analyzed using thematic analysis. The findings revealed seven key themes: The development of personal potential, the supportive role of parents, both positive and negative interpersonal relationships, the need for peer connection, psychological barriers, emotional expression strategies, and changes in mindset and behavior. These themes also revealed several unique and significant findings that distinguish this study from previous literature. Notably, participants demonstrated a strong sense of agency, a salient role of spirituality in shaping relational wellbeing, and distinctive power dynamics within their social environments. In addition, the study identified both protective and risk experience influencing relational wellbeing. The voices of late adolescents with intellectual disabilities articulated their aspirations and needs for building more meaningful, supportive, and inclusive relational experiences.

Keywords: *Intellectual disability, Photovoice, Relational wellbeing, Late adolescents*



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