

## INTISARI

Penyandang disabilitas mental yang sarat stigma kerap dipandang melalui dan logika penyembuhan (*cure*) semata, padahal proses pemulihan mereka sangat bergantung pada relasi dan dukungan sosial berbasis kepedulian/perawatan (*care*). Di Wonogiri, Jawa Tengah, Rumah Pelayanan Sosial Disabilitas Mental (RPSDM) Esti Tomo menjadi ruang di mana praktik *care* dapat tumbuh dari nilai-nilai budaya Jawa yang hidup di tengah masyarakat. Budaya di sini tidak hanya menjadi latar, tetapi sumber etika perawatan yang menuntun cara pegawai mengasuh, mendampingi, dan memberdayakan penerima manfaat (PM). Penelitian ini bertujuan memahami bagaimana praktik *care* berbasis nilai lokal dapat dijalankan serta bagaimana nilai tersebut menjadi dasar bagi proses kemandirian PM.

Penelitian ini dilakukan pada Maret, April, dan Agustus 2025 dengan metode deskriptif kualitatif melalui observasi, wawancara, dan dokumentasi. Observasi dilakukan langsung di panti untuk mengamati perilaku pegawai dan Penerima Manfaat (PM). Wawancara melibatkan delapan pegawai dan tiga PM, sedangkan dokumentasi mencakup aturan serta catatan resmi. Analisis data mengikuti teknik Miles dan Huberman: reduksi data, penyajian data, dan penarikan kesimpulan untuk mengidentifikasi pola dan tema utama secara sistematis.

Hasil penelitian menunjukkan bahwa *ngemong*, *nguwongke wong*, dan *rumangsa handarbeni* menjadi inti praktik *care* di Esti Tomo. *Ngemong* mencerminkan relasi pengasuhan yang menumbuhkan rasa aman dan percaya; *nguwongke wong* merupakan etika *care* yang menjunjung martabat yang memanusiakan PM; sedangkan *rumangsa handarbeni* menumbuhkan rasa memiliki timbal balik dan tanggung jawab bersama. Internalisasi nilai melalui pengalaman sosio-kultural, religius, dan afektif pegawai menjadikan praktik ini konsisten. Hal ini menegaskan bahwa kemandirian PM didukung oleh *care* yang bernapaskan nilai lokal yang menjadi fondasi krusial bagi pelayanan sosial yang manusiawi di tengah modernitas dan prosedur formal.

**Kata Kunci:** *care*, budaya, kemandirian, disabilitas mental

## ***ABSTRACT***

Persons with mental disabilities, who are often burdened by stigma, are frequently viewed solely through the lens of cure and medical recovery. However, their healing process deeply depends on relationships and social support rooted in care. In Wonogiri, Central Java, Rumah Pelayanan Sosial Disabilitas Mental (RPSDM) Esti Tomo serves as a space where care practices emerge from Javanese cultural values embedded in the community. Here, culture functions not merely as a backdrop but as an ethical source of caregiving that guides how staff nurture, accompany, and empower the beneficiaries. This study aims to understand how local-value-based care practices are implemented and how these values form the foundation for beneficiaries' independence.

This research was conducted in March, April, and August 2025 using a qualitative descriptive method through observation, interviews, and documentation. Observations were carried out directly at the institution to examine staff and beneficiaries' behaviors. Interviews involved eight staff members and three beneficiaries, while documentation included institutional regulations and official records. Data analysis followed Miles and Huberman's framework—data reduction, data display, and conclusion drawing—to systematically identify emerging patterns and core themes.

The findings reveal that *ngemong*, *nguwongke wong*, and *rumangsa handarbeni* form the core of care practices at Esti Tomo. *Ngemong* reflects a nurturing relationship that fosters safety and trust; *nguwongke wong* represents an ethics of care that upholds dignity and humanizes beneficiaries; while *rumangsa handarbeni* cultivates mutual belonging and shared responsibility. The internalization of these values through the staff's sociocultural, religious, and affective experiences ensures the continuity of such practices. This study highlights that the independence of persons with mental disabilities is sustained by care practices infused with local values, which serve as a vital foundation for humane social services amid modernity and formal procedures.

**Keywords: care, culture, independence, mental disability**