

## **DAFTAR GAMBAR**

2.1 Kerangka Berfikir.....	24
4.1 Struktur Organisasi SLB Negeri Cangkan Karanganyar.....	41

## PSYCHOLOGICAL WELL-BEING OF BLIND PEOPLE IN SLB CANGAKAN KARANGANYAR

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### ABSTRACT

Psychological well-being describes the psychological health of an individual in carrying out developmental tasks as a human being and helps someone to interpret the difficulties experienced in their life. Blind people shows a decrease in psychological well-being especially related to visual function such as social relations and acceptance of social support.

This study aims to describe and explain the psychological well-being of blind people in SLB Cangakan Karanganyar. The research method belongs to qualitative so it can explain about the psychological well-being of blind people in details. Data collection method covered observation, interview, and documentation. The informants in this study amounted to 7 people namely 5 students as the main informant and 2 people as supporting informants. One of supporting informants was BK teacher.

The conclusion indicates that the psychological well-being of blind people in SLB Cangakan Karanganyar has almost the same of description of psychological experiences. The psychological well-being of the 5 main informants can be seen in the aspects of self-acceptance, independence, self-control of the environment, life goals, and personal development. In general, the role of social support is the most supporting factor in the experience of psychological well-being.

**Keywords:** psychological well-being, blind people

