



## Adversity Quotient of Women with Systemic Lupus

Ahmad Nafi<sup>1</sup>, Lukman Harahap<sup>2</sup>, Galih Fajar Fadillah<sup>3</sup>

<sup>1</sup>*Institut Agama Islam Negeri Kudus, Jawa Tengah, Indonesia*, <sup>2,3</sup>*Universitas Islam*

*Negeri Raden Mas Said Surakarta, Sukoharjo, Jawa Tengah, Indonesia*

<sup>1</sup>*ahmadnafi@iainkudus.ac.id*, <sup>2</sup>*gus.lukman@gmail.com*, <sup>3</sup>*galihfajar@gmail.com*

### Abstract

Adversity Quotient or Power struggle is a capability that is owned odapus women to face the problems and situations most difficult in life. This study aims to describing the supporting factors for women odapus have the adversity quotient for their life at Tittari Surakarta Fondation. Nobody wants to be odapus especially women, but this disease much happened on women. Being odapus for women could be huge problem. They must continuing their life with physical deficiencies. Almost of odapus have same problems. The main problem is how they can life like normal people. Knowing the supporting factors for odapus become important to learn. There are three respondenses in this research. The Instrument for collecting data use deep interview, observation and documentation. Including the result of the research knowing that the believe factor give them support to life. They believe that everthing happened in their life have positive result. Family or support another people around them called the eksternal factor. The eskternal factor help them to increase their self-acceptence.

Keywords : Adversity Quotient , Women, Systemic Lupus Erythematosus

### Introduction

Generally people want to be attractive and accepted by many people. Men or women in their life development will prioritize their appearance. Especially for women, whether they realize it or not, the role of culture contributes to a woman's perspective on appearance. Women always want to have a beautiful and perfect appearance, because women essentially consider themselves to be beautiful individuals (Mutiara, 2017). It is

important for women to show an appearance that can attract the attention of another or being perfect. Facing a dynamic life, being attractive doesn't enough, people must required to be productive even though neglects health matters

Health is the most important factor among the many factors in human life, because being healthy can help them to support a person's life process in various fields. For women who have chronic health diseases, such as lupus, they will be hampered for fulfilling developmental tasks such as establishing relationships, working, socializing, starting a family and so on. Lupus is a chronic autoimmune disease that spreads throughout the body. Which ones the antibodies or immune system in the body usually protect the body from incoming germs and diseases actually turn against the body's own immune (Hamijoyo & Navvara, 2017).

Lupus sufferers are often known as odapus or people with lupus (Tambunan, 2017). Lupus itself is known as a woman's disease because it attacks 90% of women of productive age (15-45 years) and 10% of men and children (Wahyuningsih et al., 2012). This is due to the female hormone estrogen which accelerates the growth rate of lupus. Odapus women who enter early adulthood will be delayed in fulfilling their developmental tasks because of their health condition (Novianty, 2014). This lupus disease cannot be cured or prevented until now, lupus sufferers can only receive treatment by taking medication for life (Hamijoyo & Navvara, 2017).

Almost odapus will changes in physical condition such as getting tired easily, rashes appearing on the face, hair loss, sensitivity to sunlight, swollen body, peeling and scaly skin, pain in the joints and legs, and parts of the body that are difficult to move. These physical changes can make odapus feel unconfident, think negatively about themselves, feel like they are a burden on their family, useless, anxious, inferior, restless and other negative feelings. Facing physical and mental suffering can trigger stress, frustration, depression and many other negative things experienced by female Odapus (Prasetyo & Kustanti, 2015).

Not every people with lupus or odapus being adjustments, survive or even recover from adversity, because they face another life before becoming an odapus. Lupus give a big influence on the social roles. People will respond to stressful situations in different ways. The persistence of an odapus is very necessary to reach the self-actualize of life when an individual is able to achieve his dream, having many part on society, and a lot of people trust them. The ability to face that condition is related to

fighting power or Adversity Quotient (AQ). In responding to their illness, much odapus lack self-confidence and withdrawal on daily life because of their physical condition. According interview with PR (initial name), The chairman of the Tittari Surakarta Foundation, said, that it is very difficult to approach new odapuses because they are very closed off from others, especially strangers.

In pre-research, researchers found that P, who is an odapus at the Tittari Foundation, was able to live side by side with lupus for 14 years and was able to maximize his limitations so that P succeeded becoming a book writer and all of his work discusses lupus which is of course useful for other people, especially for odapus. In this research, there are differences between reality and the researchers found from pre-research interviews, namely that Odapus are able to show the meaningfulness of their lives for the environment, and Odapus are able to show fighting spirit for their lives just like normal people

Researchers also found that H, as one of the odapus, was able to prove that lupus disease would not make him paralyzed for life. Even though H couldn't walk, She Choose to try it not only laying on the bed hole day. H carried out daily activities by sliding on the floors and carried out therapy until he was finally able to walk slowly.

For Odapus to reach self-actualize of life is not easy, especially considering that they are suffering from a disease for which no cure has been found and people are still unfamiliar with this disease. However, with high fighting spirit they continue to reach the peak of life. Based on the background explanation above, researchers are interested in conducting research on how women struggle with lupus disease. Therefore, the researcher formulated this research with the title "Fighting Power of Women Suffering from Systemic Lupus Erythematosus at the Tittari Foundation Surakarta".

### *Methods*

In this research, researchers used descriptive qualitative research. According to Moleong (2001) qualitative research is a research procedure in which data can be taken from field notes, interviews, photos, videotapes, personal documents, memos, or other official documents to be presented in the form of words or images, so as to provide an explanation of the research results. In this research approach, a descriptive approach is used, according to Creswell (Sugiyono, 2010) a descriptive approach is defined as an approach that focuses on narratives, stories, or descriptions of a series of events related

to human experience and the procedures used are usually in the form of restoring, namely retelling stories about experiences. individual, or progressive-regressive, where the researcher begins with an important event in the participant's life. The subject selection technique in this research used purposive sampling with the characteristics 1) Women aged 25-35 years, 2) Suffering from lupus for at least five years, 3) Willing to be research subjects. Based on these criteria, there are three research subjects with the initials P, H and R. The data collection technique uses deeply interviews, observation and scale. To test the validity of the data in this research, researchers used triangulation techniques, in other words triangulation means comparing and checking the degree of trustworthiness of information obtained through different times and tools in qualitative methods (Moleong, 2001). The data analysis techniques used by researchers are data reduction, data display, verification and confirmation of conclusions.

## Discussion

Based on interviews and observations for collecting data. Researchers using data reduction techniques, data display, verification and confirmation. Researchers will describe the adversity quotient and factors supporting the adversity quotient of women who suffering from systemic lupus erythematosus at the Tittari Foundation, Surakarta.

Lupus is a deadly chronic autoimmune disease, so it will affect a person's physical and psychological condition. Lupus sufferers are called odapus, and 90% of lupus sufferers are women. (Hamijoyo & Navvara, 2017). Lupus sufferers often experience physical changes and symptoms that vary from one odapus to another. This condition makes it possible for odapus to strengthen each other and share about their own problems.

Physical changes that usually appear in odapus include skin rashes, joint pain, inflammation, unnatural hair loss. Based on the results of an interview with one of the subjects, these physical problems will have an impact on psychological problems, such as stress, depression, excessive worry, easily giving up, and even having the desire to commit suicide. The desire to commit suicide emerged in subject R since the subject was diagnosed as suffering from lupus. This desire became stronger when the subject learned about lupus, just for curiosity. The desire to commit suicide has decreased since the subject met other odapus. Similar conditions and fate make odapus members strengthen each other.

What was experienced by R, subject H who experienced paralysis, was a little different. Even though he was under pressure because of his limitations, H chose to remain enthusiastic and continue to try to fight these limitations by continuing to be active, even though he was moving around and routinely participating in walking therapy, even though H often fell many times. This shows that subject H has high fighting power by taking the risk of taking part in walking training in limited conditions. In other words, people who have high fighting power tend to respond to problems more constructively (Novianty, 2014)

The physical and psychological suffering that women odapus have to face can trigger stress, depression, frustration, and many other negative things experienced by women odapus (Prasetyo & Kustanti, 2015). The persistence of an odapus is very necessary to reach the peak of life, and the ability to face existing demands is related to fighting power or adversity quotient. The importance of the fighting spirit that everyone must have, especially Odapus, helps them realize the life problems they are facing and try to accept these conditions and gradually try to recover from their problems. Individuals who use the adversity quotient well tend to easily overcome small or large challenges in their daily lives (Sakdiah, 2016)

Fighting power or Adversity Quotient is a person's ability and intelligence in facing difficulties and the ability to survive (Stoltz, 2018). It is also said that fighting power is rooted in how a person perceives and relates to challenges. A person with high fighting power is someone who feels optimistic, empowered, steadfast and has the ability and does not give up in the face of difficulties. Fighting power is one way to deal with dissatisfaction with the efforts made by women's odapus. In this way, fighting power is really needed to face various difficulties in life (Sesanti, 2012)

Fighting power has aspects that can provide an overview of an individual's resilience in facing obstacles or failure and can predict whether he or she remains under control in facing difficult situations or circumstances. According to (Stoltz, 2018) factors that influence the level of fighting power are genetics, education, confidence, productivity, creativity, motivation and perseverance. The confidence factor plays a very important role in shaping Odapus' fighting power. This is clear in subject P who believes that the illness he is receiving is "God's scenario" as His servant or creation P believes that his current condition will benefit other people. So P chose to pursue writing. Apart from the belief that Odapus has, P also recognizes the importance of the support of

those closest to him. Likewise, according to (Zainuddin, 2011) adding that factors that can influence a person's fighting power are the influence of the family environment, the influence of the school environment and the influence of the community environment.

Based on the level of fighting power or adversity quotient, a person can be classified into three groups (in Ashuri, 2018), namely: Quitters with a low level of fighting power, campers with a medium level of fighting power and climbers with a high level of fighting power. However, this grouping does not mean that someone is always at a low or high level, but this grouping only helps provide indications of someone's adversity quotient leveling. In other words, a person's fighting power needs to always be maintained or at least realized, so that the hope is that someone will always have fighting power in the group of climbers.

The results of the analysis show that subjects who are women suffering from systemic lupus erythematosus at the Tittari Surakarta Foundation have varying fighting abilities, this is influenced by several factors, one of the dominant factors is the belief factor. The diversity of fighting power of the three subjects basically boils down to one thing, namely survival. The form of maintaining life that needs to be formed is by trying to accept the disease that one is experiencing. The self-acceptance experienced by Odapus takes different periods of time, after they accept their condition, they will try to adapt, so that they hope to have psychological well-being that tends to be stable. In this regard (Sofa & Darmawanti, 2023) added that Odapus has its own way of achieving psychological well-being.

## **Conclusion**

The adversity quotient of women with lupus or Odapus is related to how they live their lives in a social environment with the limitations they have. The main problem for Odapus is the problem of survival with its limitations, especially physical limitations. The fighting power of Odapus when they are initially diagnosed with lupus can be grouped into the Quitters group or people with low fighting power. However, this grouping can change after Odapus meets other Odapus. Motivation from fellow Odapus and family support makes Odapus sufferers have the fighting power to survive and even work according to the skills they have.

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