

Positive Thinking on Future Anxiety on Hearing Impaired College Students

Dimas Setiawan Santoso
University of Muhammadiyah Malang
dimassethsantoso@yahoo.com

Afitria Rizkiana
University of Muhammadiyah Malang
afitriar@gmail.com

Abstract. Anxiety about the future is a concern about uncertainty in the future that individuals think about their future living conditions. If associated with physical conditions for those which having) Hearing Impairment it is very possible for them to experience future anxiety. In addition, the government also gives less career opportunity to people with disabilities, not to mention discrimination that they must have experienced before also triggered the emergence of future anxiety. This study aims to determine the effect of positive thinking on future anxiety on college students with hearing impairment. This research was using quantitative approach. There are 2 scales used in the study, including the Positive Thinking Scale as much as 21 items and 21 items of Zaleski Future Anxiety. The subjects of this study were 47 hearing impaired college students. Data from questionnaires then analyzed using linear regression on SPSS 23 for windows. The results of this research shows that positive thinking has a significant positive influence on future anxiety as much 43.5%. From these values can be interpreted that, although hearing impaired college students have positive thinking in their minds, the future anxiety is still there and not disappear. Furthermore, positive thinking skill is not significantly help to for reducing the future anxiety, but the it can control the future anxiety level.

Keywords : Positive thinking, future anxiety, hearing impaired, college students

Introduction

Human has ability to think to control their vision in the future. That vision such as career, marriage life, study plan are ahead. However not everyone is able to achieve that dream. Anxiety toward the future that less promising and too high expectations sometimes are not in accordance with the ability to make some people desperate and give up planning for the future (Miloyan, Pachana, & Suddendorf, 2017; Zaleski, 1996). Anxiety is an emotional state that has a disturbing tension, and the rising aspiration about something bad will happen. Freud classified anxiety into three kinds; these are anxiety of neurosis, morale, and realistic (Alwisol, 2012). Zalesky (1996) explains that future anxiety is a scared, unsettled, worried about the event that will be experienced by someone in the future. Future anxiety also happen to the physical disability disabled people such as those whose having hearing impairment.

The definition of physical disabilities is a physiological condition that is not well functioned can which occurred since birth or because of certain event that cause made in doing the activity less maximum someone unoptimal in doing their activity or need a helping device or need a helping device in doing so (Pusat Data dan Informasi Kementrian Kesehatan RI, 2014). Hearing impairment is the inability into hearing well. The way in communicating can be done in sign language, written text and lip movement reading.

People with disabilities or impairment still stigmatized that they cannot catch up the challenge and compete with the "normal" people. Erving Goffman defined stigma as the phenomenon that happen in

individual with something different is discredited by society (Draper, Hawley, McMahon, & Reid, 2012). Indonesia Citizen Census 2010 shows that from total population there are 7,87% people that experiencing having hearing impairment (Data Center and Ministry of Health Information Republic of Indonesia, 2014).

According to constitution number 8 of 2016 (Menkumham, 2016) requires State-Owned Enterprises to employ people of any with a minimum of 2% of the number of employees. Even though the government has regulated the welfare of people with disabilities, this seems to be not well implemented that only a small number of people with disabilities can take part in the program.

Beside the lack of supporting facilities for people with disability also becomes the an obstacles and they are end up to accept this injustice (Papasotiriou & Windle, 2012). Therefore, the ability to think positively is really needed to make people with hearing impairment thrive in their lives so that people underestimate their abilities. Positive thinking makes humans able to see positively from even negative events (Anthony, 2004). Efforts made by getting a college education are of one way to prove that they are able to compete in the working world later. The purpose of this study is to know what is the effect of positive thinking on future anxiety on hear impaired college students.

Literature Review

Future anxiety

Based on psychoanalytic theory, anxiety is the trigger to mankind to activate the defence mechanisms. Freud

classified anxiety into three types, namely neurotic, moral, and realistic anxiety (Alwisol, 2012). Neurosis anxiety is a feeling of anxiousness because of an unknown danger in the future. Moral anxiety is a conflict between ego and super ego, besides this anxiety can arise due to failure to be consistent with what they believe to be morally right.

Realistic anxiety is an unpleasant and non-specific feeling that includes the possibility of the danger itself. anxiety was conceptualized as being focused on future harms and depression on loss and hopelessness about the resolution of problems, future oriented thinking has been considered a central feature of anxiety and depression. Future anxiety refers to the future which is represented by temporal distance which is greater than everyday anxiety (Zaleski, 1996). Future anxiety is understood as a state of fear, uncertainty, fear, concern and worries of unfavorable change in a further personal future.

Positive thinking

Thinking is the process how we perceive, perceiving and Positive thinking is included in the realm of positive psychology which believes that humans have the potential for good that can lead to mental health (Seligman & Csikszentmihalyi, 2000). Positive thinking is one of the cognitive processes that can make people think of good and rational things that can reduce anxiety about unpleasant situations. Developing positive thoughts must involve creative and healthy ways of thinking (Norman & Peale, 2006)

Aspects of Positive Thinking

Albrecht (2007) revealed that there were several aspects assessed by humans who had positive thinking skills, including, positive expectations, realistic adjustment, self affirmation, non judgemental statement. Positive expectations are one form of positive thinking that promotes optimism even when experienced negative experiences or even individual failures still want to try to achieve their goals. Realistic adjustment, relates to one's efforts to adapt to negative feelings and thoughts so that he can move forward and not be constrained by the negative experience. Self affirmation is a way of seeing yourself positively, from the ability, strength, and potential possessed to face any situation. Statement that does not judge. More on describing the situation experienced so that it can know what is faced without negatively assessing the situation.

Methods

Subject in this research are 47 students with hearing impairment of Malang Brawijaya University in CDSS (Center for Disability Studies and Services). Criteria for the subject in this research are (1) active student of Brawijaya university (2) male or female (3) having hearing impairment.

The scale used in this study are Albrecht positive thinking and Zaleski future anxiety scale. On Albrecht positive thinking and Zaleski future anxiety scale, there are 21 items,. The items on these two scales have been

adjusted to the conditions of the research subjects who are college students with hear impairment.

This study uses quantitative methods. Quantitative method is a type of research that uses a certain scale to get research data. The type of research used is explanative as an explanation for the relationship between variables by describing the phenomenon that occurs. The analysis of this research using linear regression by SPSS 23.

There are seven stages of research procedures on the influence of positive thinking on future anxiety. The first is to determine the population that will be the subject of research. Preparing instruments that will be used as a measuring tool. Conduct a survey. Spread the Zalesky future anxiety scale and Albrecht positive thinking scale. Scoring and data analysis using SPSS 23 for windows. Conclusion of research results

Result

The results of this research show that positive thinking has a significant positive influence on future anxiety as much as 43.5%. From these values can be interpreted that, although hearing impaired college students have positive thinking in their minds, the future anxiety is still there and did not disappear. Further explanation, positive thinking skill is not significantly help for reducing the future anxiety, but it can control the future anxiety level. From shows that the magnitude of the influence of positive thinking on future anxiety is as much as 43.5%.

Discussion

Think positive is one of the ways to overcome anxiety toward something that not necessarily happen. Positive thinking is the ability to judge things from the positive side so that positive thinking will increase if there is a combination of abilities and habits to judge everything from a positive side (Albrecht, 2007). Zaleski (1996) revealed that future anxiety is related to a situation where a person concerned over something that is not necessarily happening in the future. Future anxiety can become one of the thing that make some people stressed or even depressed, if they did not believe the skill they had (Miloyan, Pachana, & Suddendorf, 2017).

Related to the condition of the subject who is a student and experiencing hearing loss, then future anxiety is a challenge for their career. although perceptions of those with disability began to change over time, most of them still felt that there was discrimination against their abilities, especially in relation to the working world and competition within (Draper et al., 2012) .

Although the government had been regulated about the number of employees with disabilities that must be employed, the implementation is not optimal and not evenly distributed. Sure the company also has consideration for employees who will be hired, and this is related to the contribution given by its employees. Often people who experience having physical disabilities

especially people with hearing impairment get discriminated from by those around them. Unless they have the ability to amaze impress others and change the perception that people with physical disabilities are able to work and fight thrive in their lives without asking for the mercy of others.

Conclusion

From this study it can be seen that although students with disabilities on hearing have positive thinking skills, the anxiety about the future is still in their minds. Anxiety is not easy to erased. It happened cause their career like, facilities or job portion for them are not well, but from their ability to think positive they are more able to control the level of future anxiety.

Students with hearing impairment are expected to be more active in participating in activities related to their interests and future career plans. These activities can improve their competence in the field of work, so that discrimination in the world of work (working world) can be minimized by their ability and experience.

This research is still far from perfection, for this reason the next researcher needs to improve, develop, and explore deeply what abilities a disabled person has, so that he is able to rise and thrive for his life. Further research can use other methods or perspectives such as the perspective of positive psychology, behavior or humanistic to expand knowledge through other perspective.

Reference

- Albrecht, K. (2007). *Practical Intelligence, The Art and Science of Common Sense. Intelligence.*
- Alwisol. (2012). *Psikologi Kepribadian : Edisi Revisi.* Malang:UMM Press.
- Anthony, R. (2004). *Beyond Positive Thinking.*
- Draper, W., Hawley, C., McMahon, B. T., & Reid, C. A. (2012). Workplace Discrimination And The Record Of Disability. *Journal of Vocational Rehabilitation,* 36(3), 199–206. <https://doi.org/10.3233/JVR-2012-0594>
- Menkumham. (2016). Undang-Undang Republik Indonesia Nomor 8 Tahun 2016 Tentang Penyandang Disabilitas. *Menkumham,* 102. Retrieved from http://www.kemendagri.go.id/media/documents/2016/05/11/u/uu_nomor_8_tahun_2016.pdf
- Miloyan, B., Pachana, N. A., & Suddendorf, T. (2017). Future-Oriented Thought Patterns Associated with Anxiety and Depression in Later Life: The Intriguing Prospects of Prospecction. *Gerontologist,* 57(4), 619–625. <https://doi.org/10.1093/geront/gnv695>
- Norman, B., & Peale, V. (2006). *The Power of Positive Thinking : A Practical Guide To Mastering The Problems Of Everyday Living. Self Motivation.* <https://doi.org/10.1097/PSN.0b013e3182462666>
- Papasotiriou, M., & Windle, J. (2012). The Social Experience Of Physically Disabled Australian University Students. *Disability & Society,* 27(7), 935–947. <https://doi.org/10.1080/09687599.2012.692027>
- Pusat Data dan Informasi Kementerian Kesehatan RI. (2014). *Penyandang Disabilitas Pada Anak.*
- Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist,* 55(1), 5–14. <https://doi.org/10.1037//0003-066x.55.1.5>
- Zaleski, Z. (1996). Future anxiety: Concept, measurement, and preliminary research. *Personality and Individual Differences,* 21(2), 165–174. [https://doi.org/10.1016/0191-8869\(96\)00070-0](https://doi.org/10.1016/0191-8869(96)00070-0)