

ABSTRAK

Penelitian ini bertujuan untuk menganalisis pembentukan konsep diri atlet *paralympic* kontingen Kalimantan Selatan melalui pendampingan pengurus daerah atau *official* NPCI, dengan menggunakan perspektif teori interaksionisme simbolik George Herbert Mead dan Charles Horton Cooley, khususnya konsep *looking-glass self* dan *generalized other*. Latar belakang penelitian berangkat dari fenomena stigma sosial terhadap penyandang disabilitas yang berdampak pada rendahnya kepercayaan diri dan hambatan mereka untuk berpartisipasi dalam kegiatan olahraga. Metode penelitian yang digunakan adalah kualitatif deskriptif, dengan teknik pengumpulan data melalui wawancara mendalam, observasi, dan dokumentasi. Informan penelitian terdiri dari tujuh orang, meliputi lima atlet *paralympic* dan dua pengurus NPCI. Hasil penelitian menunjukkan bahwa pembentukan konsep diri atlet *paralympic* terbentuk melalui interaksi intensif dan konsisten antara *official* dengan atlet, yang mampu mengubah persepsi negatif diri menjadi positif, menumbuhkan rasa percaya diri, serta mendorong partisipasi aktif dalam kegiatan pembinaan dan kompetisi. Pendekatan komunikasi interpersonal yang personal dan berkesinambungan terbukti efektif dalam mematahkan stigma, membangun motivasi, serta mengarahkan atlet pada pencapaian prestasi. Temuan ini memberikan kontribusi teoretis dalam pengembangan kajian interaksionisme simbolik pada konteks disabilitas, serta manfaat praktis bagi organisasi olahraga disabilitas dalam merancang strategi pendampingan dan pembinaan atlet.

Kata kunci: Konsep Diri, Atlet *Paralympic*, Interaksionisme Simbolik, *Looking-Glass Self*, *Generalized Other*, NPCI.

ABSTRACT

Abstract This study aims to analyze the formation of self-concept in Paralympic athletes from the South Kalimantan contingent through mentoring by regional administrators or NPCI officials. This study utilizes the symbolic interactionism theory of George Herbert Mead and Charles Horton Cooley, specifically the concepts of the looking-glass self and the generalized other. The background of the study stems from the phenomenon of social stigma against people with disabilities, which impacts low self-confidence and hinders their participation in sports activities. The research method used was descriptive qualitative, with data collection techniques through in-depth interviews, observation, and documentation. The research informants consisted of seven individuals, including five Paralympic athletes and two NPCI officials. The results indicate that the formation of Paralympic athletes' self-concept is formed through intensive and consistent interactions between officials and athletes, which transform negative self-perceptions into positive ones, foster self-confidence, and encourage active participation in coaching and competition activities. A personal and continuous interpersonal communication approach has proven effective in breaking down stigma, building motivation, and guiding athletes toward achievement. These findings provide theoretical contributions to the development of symbolic interactionism studies in the context of disability, as well as practical benefits for disability sports organizations in designing strategies for mentoring and coaching athletes.

Keywords: Self-Concept, Paralympic Athletes, Symbolic Interactionism, Looking-Glass Self, Generalized Other, NPCI.