

Resilience of Gen-Z people with disabilities against the dark joke phenomenon: Qualitative research

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Abstract: Humor or jokes have become an integral part of social life. The Gen-Z group's response to humor is strange, especially for those above 25 years old. It is often characterized by an absurd and dark sense of humor. This will certainly cause contradictions from many parties, especially for people with disabilities who feel themselves to be the butt of jokes. In responding to dark jokes, a person with a disability uses resilience to maintain their self-actualization in the community. The objectives of this study is analyze the resilience dynamics of Gen-Z people with physical disabilities towards the dark joke phenomenon. The method used in this research is qualitative research with phenomenological design. Data collection was conducted by in-depth interviews with 3 key informants and 3 supporting informants. The results of this study indicate that aspects of resilience that arise include (1) emotion regulation; (2) Reaching out; (3) Impulse control of negative behavior; (4) use of dark jokes; (5) optimism and support from the surrounding environment; (6) self-adjustment; and (7) self-efficacy. People with disabilities also use coping mechanisms as a problem-solving strategy that includes emotion focused coping and problem focused coping. Through resilience and coping owned by people with disabilities, they are able to actualize themselves and accept their physical limitations.

Keywords: Resilience, Gen-Z, Disabilities, Dark Joke

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INTRODUCTION

Humor or jokes have been an integral part of social life since ancient times until now in various parts of the world, including in Indonesia (Dalyan et al., 2022; Damanik & Mulyadi, 2020). This can be seen from several humor-based YouTube channels such as Majelis Lucu which has 2.5 million followers and Suci Kompas TV with 4.1 million followers. Humor is popular because it has an important role in human life, especially in reducing physiological and psychological tension from time to time (Savage et al., 2017). Based on the Big Indonesian Dictionary, Humor means something that is funny, a situation (in stories and so on) that is amusing, antics, and cuteness. More than that, humor is defined as a form of communication that produces emotions and cognitive or affective responses in the listener (Romero & Cruthirds, 2006). By realizing the meaning of humor, the important potential of humor in reducing psychological and physiological stress can be recognized.

According to Forry (2022), Gen-Z humor is strange, especially for those over the age of 25. It is often characterized by an absurd and dark sense of humor. This is also in line with what was stated by UNPAD Communication Science academic, S. Kunto Adi Wibowo, that dark jokes are a generational phenomenon in Gen-Z children (Caesaria & Adit, 2021). In Indonesia, this phenomenon seems to have become a trend for Gen-Z on many social media including Twitter, Instagram, and YouTube (Nugraheni et al., 2024). For example, the case of comedian Dani Aditya who presented humor about his disability to the case of a television program that showed a person with a disability getting a gift in the form of a football (Garjito & Mulyono, 2020). From these cases, a lot of Gen-Z-dominated netizens respond to this as a dark joke or dark humor (Samson & Gross, 2014). This will certainly cause contradictions from many parties, especially for people with disabilities who feel they are the butt of jokes. In fact, people with disabilities can also get a negative stigma that results in stress due to the dark joke (Nilawaty P., 2021). This situation requires people with disabilities to rise from the pressure and must have high resilience to the increasing phenomenon of dark jokes (Etmanski, 2020).

Resilience is an effort that is needed by every person with a disability, if it is associated with the dark joke phenomenon (Fine, 1991). Resilience is an effort used by a person in dealing with circumstances or situations so that a person can survive in bad conditions (Dyer & McGuinness, 1996). According to Reivich & Shatte (2002) resilience is the ability to overcome and adapt to severe events or problems that occur in life. Based on theory Reivich & Shatte (2002) There are also 7 aspects of resilience including (1) emotion regulation, the ability to remain calm under stressful conditions; (2) impulse control, the ability of individuals to control desires, urges, and pressures that arise from within; (3) optimism, when individuals see a bright future; (4) causal analysis, the individual's ability to accurately identify the cause of the problem; (5) empathy, the individual's ability to read the emotional and psychological conditions of others; (6) self-efficacy, the belief that individuals are able to solve the problems we experience; and (7) reaching out, the individual's ability to reach positive aspects of life after the misfortune that befalls. In fulfilling these aspects of resilience, there are factors that play a role in it (Rahman et al., 2024). One of the most important factors is the ability of people with disabilities to use strategies that can help them overcome the dark joke phenomenon amid their physical limitations.

There is not much previous research that specifically discusses resilience for people with disabilities against the dark joke phenomenon. So far, research conducted by Larasati & Norrizki (2022) mentioned that resilience for people with physical disabilities can help in efforts to protect and adapt to the stigma society has about them. This research only focuses on the resilience of people with disabilities in general. Furthermore, research conducted by Zahro & Darmawanti (2022) This study has focused on the resilience of people with physical disabilities to specific phenomena that are definitely negative contexts in the form of bullying. Meanwhile, gray phenomena such as dark jokes still need to be examined more deeply, in people with physical disabilities because research is still rare on this phenomenon.

Based on the problems that have been described, it is very important to analyze resilience in people with disabilities against the phenomenon of dark jokes. The purpose of this research is to analyze the resilience of Gen-Z people with disabilities to the phenomenon of dark jokes. While the expected benefits of this research are (1) adding information and complex scientific deepening regarding the dynamics of the resilience of Gen-Z people with disabilities to the phenomenon of dark jokes so that it can contribute to the science of guidance and counseling; (2) The research results obtained are able to strengthen the results of previous research on the resilience of Gen-Z people with disabilities so as to enrich references related to the variables

studied; (3) Providing information and in-depth understanding of coping strategies through humor in order to increase resilience as individuals who need self-actualization and feelings of wanting to be appreciated in their circles.

METHODS

This research uses a qualitative approach through a phenomenological study, which aims to explore the in-depth experience of individuals related to an event as a form of interaction with their environment. Qualitative research with this type of phenomenology uses in-depth interview techniques in obtaining data (Khan, 2014; Riski Dwi et al., 2023). This phenomenological study will produce qualitative data on the dynamics of resilience of generation Z with physical disabilities they use in dealing with the dark joke phenomenon to achieve life success. The results of this data analysis can later become a recommendation for a coping strategy model for Generation Z people with disabilities in dealing with the dark joke phenomenon or similar situations.

This research was conducted by following the stages of phenomenological research (Sarwono, 2012) which include: (1) determining the research subject; (2) data collection; (3) data analysis; and (4) checking and checking the validity of the findings. These stages can be visualized as follows:

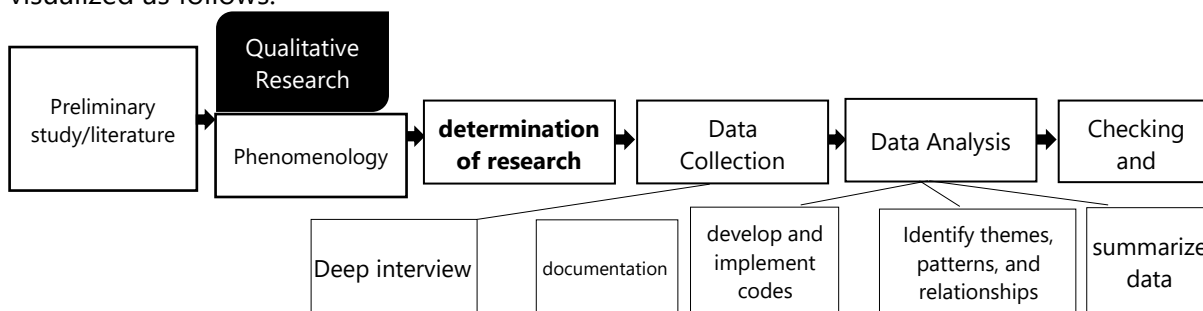


Figure 1. Flow of Research Stages

Data collection for the phenomenological method uses primary data, namely, in-depth interviews and documentation on key and supporting informants. Data collection techniques are carried out through semi-structured interviews so as not to seem rigid in finding data to informants (Edi, 2016). The qualitative data analysis in this research uses the help of qualitative data analysis software with an analysis model from Rahadi (2020) these are (1) developing and applying codes; (2) identifying themes, patterns, and relationships; and (3) summarizing data. While checking the validity of research findings using source triangulation through key informants and supporting informants (Susanto et al., 2023).

In this qualitative research, three informants were involved. The selection of the number of informants is based on a purposive sampling approach, where each informant is purposively selected because they have characteristics that are relevant to the focus of the research, namely resilience and coping strategies in individuals with physical disabilities. The three informants were chosen because their different life experiences provide a rich variety of perspectives to be analyzed in depth.

RESULTS AND DISCUSSION

Result

This research successfully obtained data from three informants who were involved in this research consisting of people with physical disabilities from various backgrounds. The first

informant (Z), aged 24, has been physically disabled since birth and successfully completed his undergraduate education. The second informant (V), also 24 years old, became physically disabled after an accident and is now working. The third informant (N), aged 19, became physically disabled due to an accident but managed to graduate from Vocational High School (SMK). Despite facing physical challenges, all three showed resilience by continuing their education and playing an active role in the workforce. The informants in this study consisted of three informants with details presented in Table 1.

Table 1. Research Informants

No.	Initials Name	Criteria	Age	Status
1.	Zaki	Disability from birth	24 years old	Graduate
2.	Vina	Accidental Disability	24 years old	Work
3.	Nizar	Accidental Disability	19 years old	Graduated from vocational school

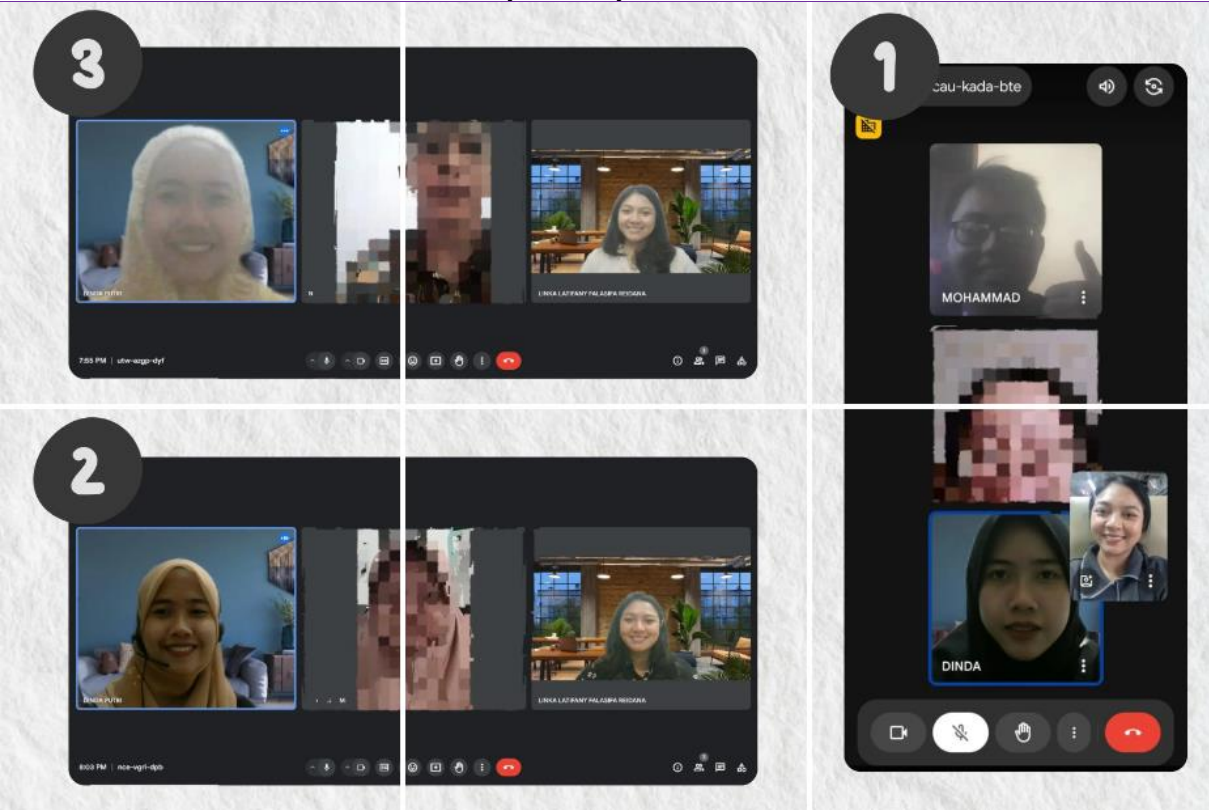


Figure 2. Deep Interview with informant

Discussion

Analysis of Resilience of Gen-Z Persons with Disabilities to the Dark Joke Phenomenon Based on Reivich & Shatte's Theory Analysis

Disability etymologically refers to a person who has difficulty optimizing limb function due to injury, disease, or abnormal growth, resulting in decreased ability to perform certain body movements (Bottomley, 2024). It can also be defined as a disorder or disability of the muscular, skeletal, joint, and nervous systems caused by disease, virus, or accident, either before birth, during birth, or after birth (Pratiwi & Hartosujono, 2017).

Based on the results of interviews conducted with informants with physical disabilities, it was found that resilience efforts emerged when informants had entered the stage of self-acceptance of their limitations. The variety of experiences reflected in the informants' ability to accept and adapt to the limitations of their physical conditions made this research successful

in obtaining an analysis of the resilience of people with disabilities based on the analysis of Reivich & Shatte's theory (Reivich & Shatte, 2002). Various challenges faced by people with physical disabilities in their social life. Feelings that were initially dominated by low self-esteem slowly grew and increased self-acceptance through the support of the people around them. In accepting themselves as a person with a disability, the informants have the same attitude of self-acceptance to live the destiny that God has required of them.

"Kalau merasa berbeda sih setiap saat. Selalu merasa kayak berbeda. Tapi cara menyikapinya yaudah ini diriku dari lahir dan sudah menjadi bagian. Ya lama-lama yaudah toh dari lahir juga udah begini yaudah" --- Interview Zaki, Male, 24 years old (July 05, 2024)

"When I feel different is all the time. I always feel like I'm different. But the way I deal with it is that this is who I was born to be and it's part of me. Yes, it's been like this since I was born" -- Interview Zaki, Male, 24 years old (July 05, 2024)

"Karena ini sudah menjadi takdir saya. Dulu kurang bersyukur, sekarang lebih bersyukur dengan keadaan gini jadi sering melihat hal-hal yang gak saya lihat, Jadi tahu mana yang benar-benar sayang dan nolong kita" --- Interview Vina, Female, 24 years old (July 29, 2024)

"Because this has become my destiny. I used to be less grateful, now I'm more grateful for this situation so I often see things that I didn't see, so I know which ones really love and help us" --- Interview Vina, Female, 24 years old (July 29, 2024)

"Saya terus mencoba terbiasa karena tidak ada yang tahu takdir Tuhan" - Interview Nizar, Male, 19 years old (August 05, 2024)

"I keep trying to get used to it because no one knows God's destiny" - Interview Nizar, Male, 19 years old (August 05, 2024)

Based on the quotes from the in-depth interviews above, it can be seen that self-acceptance is closely related to understanding and adjusting to personal conditions and destiny. Self-acceptance in the three informants involves the process of recognizing and adapting to circumstances and personal beliefs about destiny which ultimately helps them feel more peaceful and get support from their surroundings. In general, another negative view that society has of people with disabilities relates to their independence (Zaelani et al., 2022). This limitation in independence causes people with disabilities to have low self-esteem and self-acceptance. The process of self-acceptance for people with disabilities is not an easy thing to do in the process. (Agustina & Valentina, 2023). However, with positive self-acceptance, people with disabilities can gain benefits such as adjusting to the environment, focusing on their abilities, being able to face challenges, and understanding themselves better.

The interview results show that the informants' resilience is formed from a deep acceptance of their physical conditions that have been experienced since birth. Their ability to adapt to life's challenges, especially when they have to live independently when they graduate from school, reflects their emotional and mental resilience. The three informants in this study have gone through a tough adaptation process, especially when they have to interact with a new environment that does not always understand their needs as a disabled person. Social support from friends in the disability community also played an important role in building her resilience. This support helps him to feel accepted and not considered different so that he is able to live his life with more confidence despite his limitations. As for the bad experience experienced by informant Zaki who had experienced discrimination in the form of excessive attention, the informant was able to deal with it calmly and did not let it affect his view of himself. The informants' ability to accept their condition, even though they sometimes feel inferior to their limitations, shows a strong level of resilience. The informants were able to reaffirm to

themselves that their physical condition is part of who they are and they continue to try to adjust and develop in any situation.

Reivich & Shatte (2002) emphasize a person's ability to rise and adapt well in the face of stress, adversity, trauma, or significant life changes including emotion regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out. Based on the findings of the analysis of resilience dynamics obtained from this study, it shows that the aspects of resilience that arise include (1) emotion regulation; (2) Reaching out; (3) Impulse control of negative behavior; (4) use of dark jokes; (5) optimism and support from the surrounding environment; (6) self-adjustment; and (7) self-efficacy. There are 2 aspects of resilience from Reivich & Shatte's (2002) theory that are not owned by informants in this study, which include (1) causal analysis; and (2) empathy. However, the experience in responding to and accepting dark jokes is a new finding as a form of resilience for people with disabilities as a form of self-acceptance. The results of deep interviews on the resilience of Gen-Z people with physical disabilities can be shown in the following figure 3.

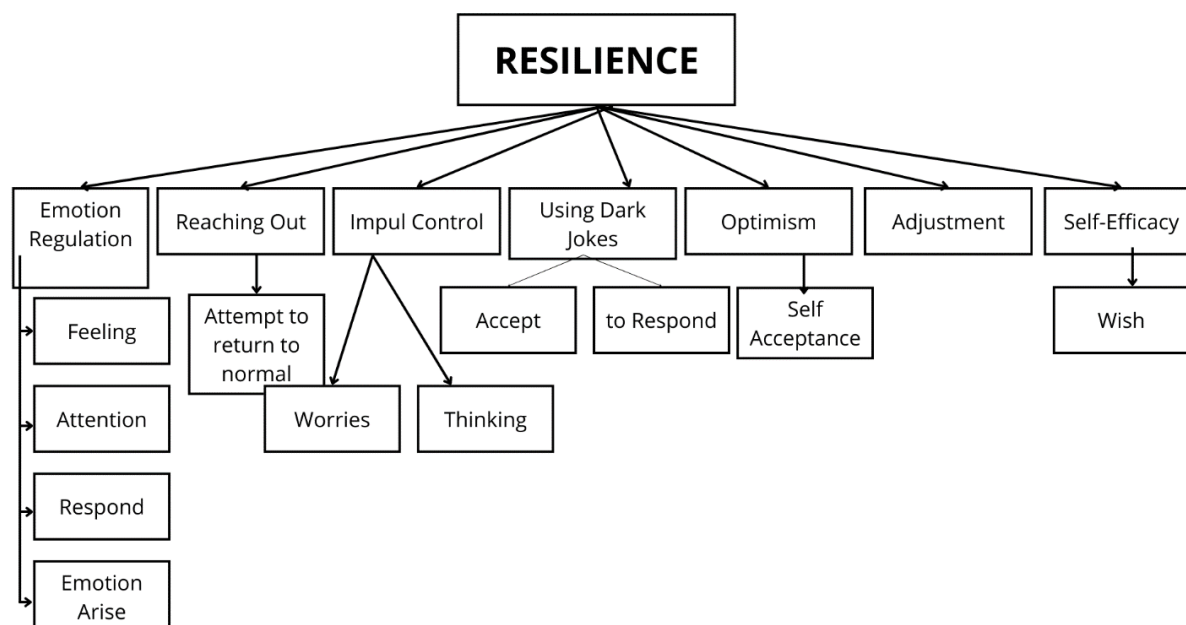


Figure 3. Resilience of people with physical disabilities

The figure above illustrates the concept of resilience which consists of several aspects that make up a person's ability to adapt and rise from life's challenges. The resilience found is divided into several aspects, namely; (1) Emotion Regulation: This process involves several stages such as Feeling (feeling emotions), Attention (paying attention to emotions that arise), Respond (responding to emotions in an appropriate way), and Emotion Arise (the emergence of emotions that need to be managed). Emotion regulation is the ability to understand, manage, and express emotions in a healthy manner in difficult situations that are being faced; (2) Reaching Out (Seeking Support): Resilient people with disabilities are able to Attempt to Return to Normal by seeking support from others or the surrounding environment. This is an important part of resilience as it creates a social support network that helps them through difficult times; (3) Impulse Control: In difficult situations, the ability to control impulses is crucial. A person with strong resilience can manage worries and negative thinking that may arise, so that they are not hasty in taking actions that could make things worse; (4) Using Dark Jokes: One of the strategies used by resilient individuals is to accept the situation (Accept) and use

humor such as dark jokes as a way to Respond to the challenges they face. Humor is considered a defense mechanism that helps in dealing with difficult situations in a lighter way; (5) Optimism: Individuals with high resilience tend to have a strong belief that things will get better. This is supported by Self Acceptance, which allows a person to accept his or her circumstances, both strengths and weaknesses, and remain optimistic about the future; (6) Adjustment: The ability to adapt or adjust to changes that occur. Resilient individuals can flexibly adapt to challenging environments and situations, maintaining their mental and emotional balance; (7) Self-Efficacy: Individuals with strong resilience have Wishes that encourage them to believe in their own ability to face challenges. This self-efficacy reinforces the belief that they are able to control the outcome of difficult situations and are able to achieve their goals (Maddux, 1995).

The resilience ability of an individual is also influenced by several factors (Hendriani, 2022). These factors are internal factors or factors that come from within the individual and external factors, namely factors from outside the individual. The three factors that influence resilience are a) Individual factors, namely factors from within the individual itself, such as cognitive abilities, emotional regulation, self-concept and self-esteem. b) Family factors, namely support from the closest family. c) Community factors which include the community environment around the subject.

The ability of resilience in individuals with disabilities with the results of in-depth interviews with informants found that resilience is influenced by various internal and external factors. Internal factors include cognitive ability, emotion regulation, self-concept, and self-esteem that affect how they face life challenges. Z, who has been disabled since birth, demonstrated resilience through her good emotional regulation and ability to stay focused on her goals until she graduated from undergraduate school. V, who became disabled after an accident, was able to bounce back and adapt to new situations thanks to his good emotional regulation and belief in himself to keep working. N, who lost physical mobility due to an accident in junior high school, also demonstrated resilience through a strong self-concept, which helped her complete her vocational education despite physical challenges. In addition, external factors such as family support also greatly influenced their resilience. Z's family provided consistent emotional encouragement, while V and N received encouragement and assistance from their families which helped in the post-accident adjustment process. A supportive friendship environment also plays an important role in shaping resilience, providing a sense of connectedness and social support that is indispensable in difficult situations. The combination of these internal and external factors enabled the three informants to develop strong resilience and move on despite being faced with significant physical challenges. Through this study, it is suggested that future research develop interventions that are more focused on individualized and participatory approaches, so as to address the specific needs of people with disabilities and strengthen their involvement in the process of recovery and self-development (Shiozaki et al., 2024).

CONCLUSION

This study reveals that the most prominent aspects of resilience in informants include emotion regulation, impulse control, self-efficacy, and the ability to reach out or seek support after experiencing difficulties. Resilience in dealing with the dark joke phenomenon is strongly influenced by self-acceptance. The three informants who are generation Z with a disability demonstrate the ability to accept their physical limitations and adapt to the social challenges they face on a daily basis. This self-acceptance does not happen instantly, but through a gradual process involving life experiences and support from the surrounding environment. Social support from family, friends and the disability community plays an important role in

helping them develop self-understanding and acceptance. In the end, they are able to live their daily lives with more peace of mind and confidence, although they still experience emotional challenges due to their physical limitations. Emotional support from close people also helps them feel less alone, which in turn reduces the negative impact of the dark jokes they often experience.

This study reveals that the most prominent aspects of resilience in informants include emotion regulation, impulse control, self-efficacy, and the ability to reach out or seek support after experiencing difficulties. Although dark jokes can basically cause feelings of discomfort, in some cases, this dark humor is actually adopted by people with disabilities as a coping mechanism to deal with social pressure. This shows that dark jokes are not always negative, but can be a tool to relieve tension and build mental resilience. However, two aspects of resilience from Reivich & Shatte's theory, namely causal analysis and empathy, were not found in many informants. These findings provide new insights that humor, especially dark jokes, can be a way for people with disabilities to strengthen their resilience, especially in the context of facing social stigma.

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