

Self-Acceptance and Resilience toward Life Meaning in Adolescents with Physical Disabilities

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ABSTRACT: This study aims to investigate the influence of self-acceptance and resilience on the meaning in life among adolescents with physical disabilities. A quantitative approach with a multiple regression design was employed. The study involved 100 adolescents with physical disabilities aged 15–18 years, selected through purposive sampling. The instruments used were the Berger Self-Acceptance Scale ($\alpha = 0,959$), Connor-Davidson Resilience Scale (CD-RISC) ($\alpha = 0,944$) dan Meaning in Life Questionnaire ($\alpha = 0,837$). The results of the multiple regression analysis indicated that the proposed hypothesis was supported. Self-acceptance and resilience simultaneously influenced the meaning in life, with an R^2 value of .376 and a significance level of .000 ($p < .05$). Partially, self-acceptance contributed 8.88%, while resilience contributed 28.72% to the meaning in life. The findings suggest that both self-acceptance and resilience significantly affect the meaning in life among adolescents with physical disabilities, with resilience serving as the more dominant predictor.

KEYWORDS: Self-Acceptance, Resilience, Meaning in Life, Adolescents with Physical Disabilities, Multiple Linear Regression, Quantitative Research

I. INTRODUCTION

Adolescence, often regarded as a period of identity exploration, does not always proceed smoothly for everyone. Upon entering this stage, adolescents typically experience a period of emotional turbulence commonly referred to as a time of *storm and stress*. During this phase, they actively construct their self-identity while simultaneously striving to build positive social relationships with peers (Auliya & Setiyowati, 2024). Unlike their typically developing counterparts, adolescents with physical disabilities are often marginalized and face significant challenges in forming their identities due to the physical limitations they encounter (Agustina & Valentina, 2023). As a result, the sense of being accepted by others—regardless of their limitations—and being involved in important decision-making processes plays a crucial role in shaping the lives of adolescents with physical disabilities (Natasya et al., 2024).

As adolescents with physical disabilities, there are various factors that influence their developmental aspects in navigating life. These individuals often experience feelings of inferiority and a lack of self-confidence. This is primarily due to their inability to participate in social activities in the same manner as their peers. The social stigma they face further deteriorates their psychological well-being, and their physical limitations contribute to a sense of being different and unaccepted. Feelings of guilt and shame are also commonly reported, as they often perceive themselves as burdens to those around them. Their inability to actively engage like most adolescents, combined with limited environmental support, renders them vulnerable to experiencing a crisis in meaning in life.

Meaning in life is influenced by several factors, including one's humanistic qualities, the depth of interpersonal relationships, and the capacity to derive meaning from life experiences, particularly in the context of overcoming and accepting suffering (Bastaman, 2007). Furthermore, other influential factors in the development of life meaning include self-acceptance (Hariningrum & Barus, 2024) and resilience (Ostafin & Proulx, 2020). Self-acceptance and resilience emerge as prominent constructs that offer a solid foundation for developing psychological interventions aimed at enhancing individuals' quality of life and sense of meaning.

Individuals who have achieved self-acceptance are more likely to grow and develop, establish meaningful relationships with others and themselves, and accept both their own and others' shortcomings as part of life. This is because they believe that every individual is unique and possesses both strengths and weaknesses (Wulandari & Sulistiawati, 2016). In addition to self-acceptance, resilience also plays a crucial role in the process of finding meaning in life, especially in personal growth (Sudirman & Saifuddin,

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2020). Through resilience, individuals can recover from adversity, learn from their experiences, and discover deeper meaning in life (Purnomo et al., 2020).

Previous studies have identified both supportive and contradictory findings regarding the relationship between self-acceptance, resilience, and meaning in life. However, the findings remain inconclusive and do not yet provide a comprehensive understanding—particularly among adolescents with physical disabilities. In reality, many adolescents with physical disabilities perceive their lives as unfortunate, which contributes to difficulties in finding meaning in life. In fact, a sense of meaning can guide these adolescents toward a higher quality of life and well-being. The absence of such meaning may result in various psychological problems and a decline in overall well-being among this population.

Based on this background, the main research question posed is: "Do self-acceptance and resilience serve as predictors of meaning in life among adolescents with physical disabilities?" The purpose of this study is to examine self-acceptance and resilience as predictors of meaning in life among adolescents with physical disabilities. This research offers theoretical contributions, as it is expected to provide new insights into how self-acceptance and resilience relate to meaning in life in adolescents with physical disabilities. It aims to enrich the scientific literature in the fields of clinical and developmental psychology. Practically, the study is intended to serve as an educational resource on the importance of self-acceptance and resilience in fostering meaning in life, offering valuable insights for parents and institutions working with adolescents with physical disabilities.

II. CONCEPTUAL FRAMEWORK

Meaning In Life

Frankl (2004) explains that meaning in life is a powerful motivational force that drives individuals to engage in purposeful activities, pursue goals, cope with life's challenges, and express gratitude for all life experiences. Meaning in life consists of four core aspects. The first is freedom of will, referring to an individual's capacity to respond to life conditions—biologically, psychologically, and socially. The second is the will to meaning, which represents a natural human instinct to become a person of value, both to oneself and to the community. The third is meaning in life itself, referring to something deeply valuable and personally significant that gives life direction and purpose (Frankl, 2004). Meaning in life is influenced by both self-acceptance and resilience, which help individuals face adversity and discover personal significance in their life experiences (Dumaris & Rahayu, 2019).

Self-Acceptance

Self-acceptance is the attitude of evaluating oneself and one's circumstances objectively, including the willingness to accept all aspects of oneself, both strengths and weaknesses (Shereer, 1949; Hall & Lindzey, 2010). Self-acceptance consists of several key aspects, such as behaving according to one's own norms and life standards, having confidence in one's abilities and being optimistic in facing life, taking responsibility for one's behavior, accepting praise and criticism objectively, not feeling guilty about personal shortcomings, perceiving oneself as valuable and equal to others, thinking positively and not assuming others reject them, not considering oneself different from others, and not feeling ashamed or inferior (Shereer, 1949; Hall & Lindzey, 2010).

Resilience

Connor and Davidson (2003) define resilience as an individual's ability to grow and thrive even in adverse situations. Resilience consists of five main aspects. The first is *Personal competence; high standards and tenacity*, which reflects an individual's belief in their ability to achieve goals despite setbacks or failures. The second is *Trust in one's instincts; tolerance of negative affect; strengthening effects of stress*, which refers to an individual's calmness and confidence in making decisions during difficult times. The third is *Positive acceptance of change and secure relationships*, which relates to the ability to adapt positively and maintain strong interpersonal bonds during hardships. The fourth is *Control and goal orientation*, indicating the individual's capacity to maintain self-control and work toward goals. Lastly, *Spiritual influences* refer to an individual's motivation to persevere, grounded in a belief in God and destiny.

III. HYPOTHESIS

Dynamics of Relationships Between Variables

The dynamics of this study focus on the relationship between self-acceptance, resilience, and meaning in life among adolescents with physical disabilities. Self-acceptance is closely linked to meaning in life, as individuals who accept themselves are more likely to recognize their strengths and weaknesses, actualize their inner potential, and develop themselves in ways that help them find meaning in life. This enables them to continue living without losing their sense of purpose (Dumaris & Rahayu, 2019). Bastaman (2007) also emphasized that self-acceptance is a fundamental step that allows individuals to transform an initially meaningless

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experience into a meaningful one. Meaning in life can be shaped by various factors such as an environment free from obstacles, positive emotional states, self-understanding, supportive social attitudes, realistic hopes, and psychological endurance (Hurlock, 1991). Resilience enables individuals to not give up in the face of limitations, to regulate their emotions effectively, and to develop healthy coping mechanisms for emotional challenges (Haddadi et al., 2021). Furthermore, resilience helps individuals stay focused on their goals and appreciate what they have—including social support and small daily achievements—which ultimately contributes to their sense of meaning in life (Platsidou & Daniilidou, 2021). Self-acceptance and resilience have been found to influence the development of meaning in life (Dumaris & Rahayu, 2019). Dumaris and Rahayu (2019) discovered a positive correlation between self-acceptance, resilience, and meaning in life among individuals with physical disabilities. This suggests that self-acceptance and resilience assist individuals in attaining a meaningful life. Thus, it can be concluded that both self-acceptance and resilience are related to the experience of meaning in life—when individuals are able to accept themselves and possess psychological resilience, they are more likely to discover purpose in their life journey. Conversely, lacking self-acceptance and resilience may hinder their ability to find meaning in life.

Research Model

Based on previous research, the researcher developed a research model as shown in Figure 1.

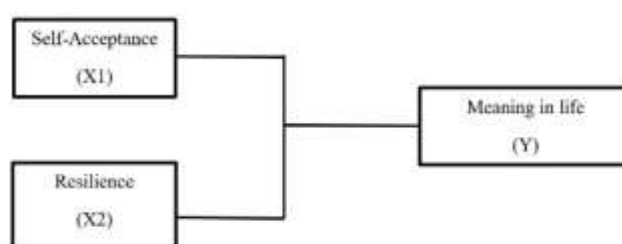


Figure 1. Research Model of The Study

IV. METHODOLOGY

Sample and Procedures

The respondents in this study consisted of 100 adolescents with physical disabilities. The data collection technique employed in this research was non-probability sampling using the purposive sampling method, in which participants were selected based on specific criteria relevant to the research objectives (Sugiyono, 2018). The respondents included 68 males and 32 females, aged between 15 and 18 years, with participant demographics presented as follows:

Instruments

Participants in this study were asked to complete a questionnaire containing statements related to self-acceptance, resilience, and meaning in life. This study employed three main measurement instruments to assess the research variables. Self-acceptance was measured using the Berger Self-Acceptance Scale, which was developed based on the aspects of self-acceptance proposed by Sheerer. The scale consists of 36 statements and includes aspects such as belief in one's abilities and optimism in facing life, positive thinking and viewing oneself as valuable and equal to others, absence of shame or inferiority, willingness to take responsibility for one's behavior, acting according to personal norms and life standards, the ability to accept praise and criticism objectively, and not feeling guilty about shortcomings or denying one's strengths. This scale uses a four-point Likert scale, where higher scores indicate higher levels of self-acceptance.

Resilience was measured using the Connor-Davidson Resilience Scale (CD-RISC), which comprises 25 favorable items based on five key aspects: personal competence, high standards and tenacity; trust in one's instincts, tolerance of negative affect, and the strengthening effects of stress; positive acceptance of change and secure relationships; control and purpose; and spiritual influences. This scale also uses a four-point Likert scale.

Meanwhile, meaning in life was assessed using the Meaning in Life Questionnaire, which consists of 10 items—nine favorable and one unfavorable. This scale was developed by Steger et al. (2006), based on the aspects of meaning in life proposed by Frankl, and was translated into Indonesian by Tanesib and Huwae (2023). The aspects measured include freedom of will, the will to find meaning, and the presence of meaning. This instrument also uses a four-point Likert scale.

Data Analysis Method

The data in this study were analyzed using multiple regression analysis techniques. The research hypothesis was tested using multiple correlation analysis by examining the F Change value, which aims to assess the simultaneous relationship between self-acceptance and resilience with meaning in life. Prior to hypothesis testing, assumption tests were conducted, including tests for

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normality, linearity, multicollinearity, and heteroscedasticity. The data analysis process was carried out using the IBM Statistical Program for Social Science (SPSS) for Windows version 26.

V. RESULTS

Table 4.1 Demographic Information of Study Participants

No	Participant Classification	Description	N	Percentage
1	Gender	Male	68	68%
		Female	32	32%
		Total	100	100%
2	Age	15 years old	12	12%
		16 years old	27	27%
		17 years old	29	29%
		18 years old	32	32%
		Total	100	100%
3	Type of Disability	Amputation	28	28%
		Dwarfism	22	22%
		Flaccid paralysis	22	22%
		Speech Impaired	15	15%
		Hearing impaired	7	7%
		Leprosy	3	3%
		Asthma	3	3%
		Total	100	100%
4	Cause of Disability	Congenital	61	61%
		Accident	39	39%
		Total	100	100%

Validity and Reliability of the Measurement Model

The results of the item discrimination and reliability tests indicated that all research instruments were both valid and reliable. The item discrimination test for the self-acceptance scale was conducted in two rounds. In the first round, five items (items 5, 6, 8, 11, and 12) did not pass the selection criteria. In the second round, the remaining 31 items were retained with a reliability coefficient of 0.959, and item discrimination values ranged from 0.318 to 0.781. The item discrimination test for the resilience scale was conducted in a single round, in which all 25 items passed, yielding a reliability coefficient of 0.944 and item-total correlations ranging from 0.301 to 0.825. Similarly, the item discrimination test for the meaning in life scale was conducted in one round, with all 10 items retained. The scale showed a reliability coefficient of 0.837 and item-total correlations ranging from 0.362 to 0.788. These results confirm that all three research instruments are valid and reliable.

Normality Test

The normality test was conducted using the Kolmogorov-Smirnov test, with the criterion that if the significance value is greater than 0.05, it indicates no significant difference between the observed data and a standard normal distribution, thereby confirming that the data are normally distributed. Based on the results of the normality test in this study, the significance value was 0.153 ($p > 0.05$), indicating that the data are normally distributed.

Linearity Test

The linearity test was conducted to assess the integrity of the relationship between the independent and dependent variables. In other words, this test determines whether a linear relationship exists between the independent and dependent variables. The results of the linearity test showed an F value for deviation from linearity of 0.947 with a significance value of 0.554 ($p > 0.05$), indicating that self-acceptance and meaning in life among adolescents with physical disabilities have a linear relationship. Additionally, the F value for deviation from linearity between resilience and meaning in life was 1.587 with a significance value of 0.060 ($p > 0.05$), also indicating a linear relationship. Therefore, both variables meet the linearity assumption and are suitable for further analysis.

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Multicollinearity Test

Based on the results of the multicollinearity test, the tolerance values for both independent variables were 0.985 and 0.985 (> 0.10), and the Variance Inflation Factor (VIF) values were 1.015 and 1.015 (< 10.00). These results indicate that there is no multicollinearity between the independent variables.

Heteroskedasticity Test

Based on the results of the heteroskedasticity test shown in Table 4.9, the significance value for the self-acceptance variable was 0.999 ($p > 0.05$), and for the resilience variable, it was 0.129 ($p > 0.05$). These results indicate that there is no indication of heteroskedasticity in the regression model.

Hypothesis Testing

Based on the results of the determination test, the R square value was 0.376 ($p < 0.05$), indicating that self-acceptance and resilience jointly contribute 37.6% to the variance in meaning in life.

The regression analysis showed an F value of 29.234 with a significance level of 0.000 ($p < 0.05$), suggesting that self-acceptance and resilience are significant predictors of meaning in life. The t-test results revealed that self-acceptance had a significance value of 0.001 ($p < 0.05$), indicating a significant effect on meaning in life. Similarly, resilience had a significance value of 0.002 ($p < 0.05$), also indicating a significant effect on meaning in life. The regression coefficient for the effect of self-acceptance on meaning in life was 3.312 with a significance of 0.001 ($p < 0.05$), confirming a significant positive influence. For resilience, the regression coefficient was 6.432 with a significance of 0.000 ($p < 0.05$), indicating a significant and stronger effect on meaning in life. Based on the effective contribution analysis, the effective contribution (EC) of self-acceptance to meaning in life was 8.88%, while the EC of resilience was 28.72%. These values were calculated by considering both the correlation and regression coefficients of each independent variable. The total effective contribution of both variables sums to 37.6%, consistent with the R square value. It can be concluded that resilience has a more dominant influence on meaning in life compared to self-acceptance.

VI. DISCUSSION

The results of this study indicate that the proposed hypothesis is accepted, meaning that self-acceptance and resilience simultaneously serve as predictors of meaning in life among adolescents with physical disabilities. This is evidenced by the results of the multiple regression analysis, in which the coefficient of determination shows that self-acceptance and resilience together significantly influence meaning in life, with a significance value of 0.000 ($p < 0.05$) and a coefficient of determination (R^2) of 0.376. This suggests that meaning in life among individuals—particularly adolescents with physical disabilities—is shaped by a combination of the ability to fully accept oneself and the ability to withstand and adapt to complex life stressors.

These findings are consistent with the study by Dumaris and Rahayu (2019), which found that self-acceptance and resilience jointly have a significant positive effect on meaning in life. Specifically, adolescents in orphanages with higher levels of self-acceptance and resilience are more likely to develop a strong sense of meaning in life. This is further supported by Frankl's (2006) theory of logotherapy, which posits that humans possess a fundamental drive to find meaning in life, often through suffering and struggle. In the context of physical disability, the experience of facing limitations can become a source of meaning when individuals possess sufficient self-acceptance and resilience (Andriani, 2023).

The partial analysis further demonstrates that self-acceptance has a significant effect on meaning in life. In other words, self-acceptance independently functions as a predictor of meaning in life. This means that individuals who are able to accept themselves—including their shortcomings, limitations, and imperfect life experiences—tend to be more capable of finding meaning in life. In this study, self-acceptance among adolescents with physical disabilities was categorized as high, with 92% of participants scoring in the high range. This indicates that these adolescents are capable of accepting their condition positively, acknowledging their limitations, valuing themselves, and managing negative emotions such as shame and inferiority.

Self-acceptance also plays a role in contributing to meaning in life, with an effective contribution of 8.88%. Although this contribution is lower than that of resilience, it nonetheless highlights the importance of self-acceptance in the formation of life meaning. Adolescents with high levels of self-acceptance tend to exhibit a positive attitude toward their physical and psychological conditions. According to Zuriah (2024), self-acceptance enables individuals to develop a holistic and realistic understanding of themselves, which in turn fosters peace and acceptance of life circumstances. In this context, meaning in life is not solely shaped by external experiences but also by an individual's internal qualities in interpreting and responding to life in a positive and constructive manner (Qomariyah & Priyanggarsi, 2024).

A study by Khairunnisa (2020) on adolescents in orphanages in Pati City showed a significant positive relationship between self-acceptance and meaning in life, where individuals with high self-acceptance tended to experience greater life meaning. Similar results were reported by Hariningrum and Barus (2024), who found that among university students, self-acceptance significantly

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correlated with meaning in life. Self-acceptance provides a foundation for developing a realistic perspective on the future and setting meaningful life goals (Putri, 2018). From a humanistic psychology perspective, self-acceptance is a key aspect of self-actualization—when individuals are able to fully accept themselves, they are more open to pursuing and experiencing what gives their life meaning (Distina & Kumail, 2019).

In addition to self-acceptance, resilience also has a significant influence on meaning in life. In other words, resilience independently serves as a predictor of meaning in life. This means that the ability of individuals to cope with pressure and persist in challenging situations is an important factor in finding and shaping life meaning. In this study, resilience among adolescents with physical disabilities was categorized as high (93%), indicating that these adolescents have a strong capacity to recover from adversity, adapt to challenges, and maintain enthusiasm for life. They are able to face obstacles with a positive attitude, are not easily discouraged, demonstrate self-control, and have a clear life purpose.

Resilience contributes substantially to meaning in life, with an effective contribution of 28.75%, indicating that resilience is the dominant predictor in shaping perceptions of life meaning among adolescents with physical disabilities. Resilient adolescents are able to bounce back from hardship, adjust to change, and manage stress and social pressure related to their disabilities (Nadeak, 2020). This aligns with the theory proposed by Reivich and Shatté (2022), who describe resilience as an individual's ability to cope with stress and challenges while maintaining psychological well-being in the face of trauma. Resilient individuals possess cognitive and emotional flexibility that allows them to reinterpret difficult situations as opportunities for growth.

Research by Widyastuti and Ramdhani (2021) also found a significant positive relationship between resilience and meaning in life among university students during the pandemic, where individuals with high psychological resilience were better able to maintain a sense of life meaning despite uncertainty and stress. Similarly, Sari and Wardani (2023) found that resilience among adolescents with physical disabilities not only facilitates adaptation to physical limitations but also strengthens their sense of purpose and meaning in daily life.

Although the results of this study present a positive picture of the role of self-acceptance and resilience in meaning in life among adolescents with physical disabilities, it is important to acknowledge the influence of external factors on their psychosocial dynamics. Social stigma, limited accessibility, and inadequate institutional support can hinder the achievement of meaningful life experiences. Therefore, ongoing efforts from various sectors are needed to create a more inclusive environment that enables adolescents with physical disabilities to thrive and develop optimally.

VII. CONCLUSIONS

Based on the findings of this study, it can be concluded that self-acceptance and resilience simultaneously serve as significant predictors of meaning in life among adolescents with physical disabilities. The results of the multiple regression analysis show that these two variables contribute substantially, with a significance value of 0.000 ($p < 0.05$) and a coefficient of determination (R^2) of 0.376. Partially, resilience contributes more to meaning in life compared to self-acceptance, accounting for 28.75% and 8.84% respectively. This indicates that resilience plays a more dominant role than self-acceptance in shaping meaning in life. Nevertheless, both variables contribute significantly, suggesting that the ability to recover from adversity and to fully accept oneself are both essential in the process of finding meaning in life.

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