

Pilay Ako! Eh Ano Naman?:

**Resilience and Life Satisfaction of Institutionalized Physically Disabled
Person**

An Undergraduate Thesis Presented to the Faculty of Behavioral Sciences

De La Salle University – Dasmariñas

Dasmariñas, Cavite

In Partial Fulfilment of the requirements for the Degree in Bachelor of

Arts in Psychology

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ABSTRACT

Name of Institution: De La Salle University – Dasmariñas

Address: Bagong Bayan, Dasmariñas City, Cavite

Title: Pilay Ako! Eh Ano Naman?: Resilience and Life satisfaction of Institutionalized Physically Disabled Person

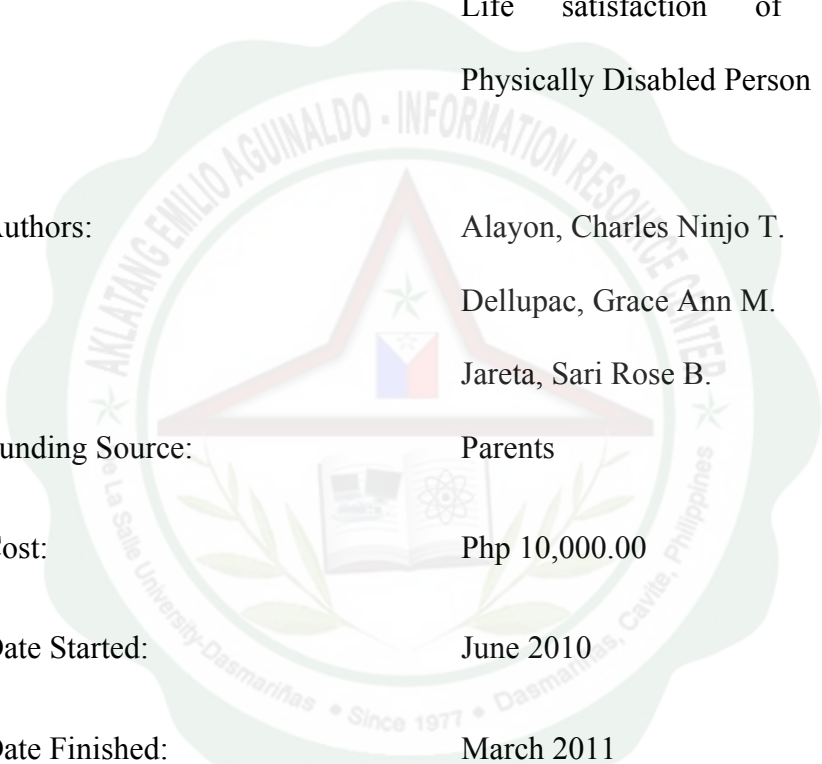
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Scope and Coverage:

The study focused on finding out the relationship between the level of resiliency and the life satisfaction of institutionalized physically disabled person. There are a total of 30 institutionalized physically disabled people from Tahanang Walang Hagdanan Institution in Cainta, Rizal who participated in the study.

Methodology:

The study used purposive sampling in selecting the participants who are physically disabled in Tahanang Walang Hagdan. The Descriptive Correlation Method Research Design was used in the study. The quantitative data collected were analyzed using the Pearson-r correlation method with the aid of SPSS.

Major Findings:

1. There are thirty (30) respondents who participated in the study. Nineteen (19) are females and Eleven (11) are males. The mean age of the respondents is 41 years old; the mean year of being disabled of the respondents is 30 years; and the mean year of being in the institution is 13 years.
2. The result shows that 19 respondents or 63.33% of them are very highly resilient; 6 respondents or 20% of them are highly resilient; 5 respondents or 16.67% of them are slow but adequate. None of the respondents got a range score of 41-50 and 40 and below which is interpreted as struggling and

seeking for help. The total mean score of 82.07 is interpreted as the respondents are very highly resilient. The mean was used to identify the level of resiliency of the respondents.

3. The results show that 10 respondents or 33.33% of them are slightly satisfied; 7 respondents or 26.67% of them are extremely satisfied; also 9 respondents or 30% of them are satisfied; 3 respondents or 6.67% are slightly dissatisfied; 1 respondent or 3.33% is dissatisfied. The total mean score of 26.67 is interpreted that the respondents are satisfied. The mean was used to identify the level of resiliency of the respondents.
4. The level of correlation between resilience and life satisfaction of the respondents is 0.034, significant at 0.05 level. Therefore, the null hypothesis is rejected. This goes to show that there is significant relationship between the variables on the respondents.

Conclusions:

Based on the findings, the researchers conclude that:

1. The respondents gathered a resilience mean score of 82.07 which is interpreted as very resilient. Therefore, these individuals already know how to regain stability and already learned to become flexible when life is knocked off track, cope with problems much easier, and be competent to

do a certain task. Also, most individuals are very resilient because of the full support of the institution that respondents were currently working with.

2. The respondents gathered a life satisfaction mean score of 26.67 which is interpreted as satisfied. Therefore, these people who scored in this range are feeling very good about their lives though not fully. There could be some areas that might not be enough for them (Diener, 2006). Challenges and growth might explain why individuals are satisfied.
3. The level of correlation between resilience and life satisfaction of the respondents is 0.034, significant at 0.05 level. Therefore, the null hypothesis is rejected. This goes to show that there is a significant relationship between the variables on the respondents. Resilience and life satisfaction are both significant to the life of a person. Despite of problems that happened to them, there is always recovery and contentment to live life to the fullest. Using their own talents and skills is a way to show that they had already recovered and cope with to their problems specifically to their disability. They attest that they have a purpose and have contentment in life.

Recommendations:

The researchers recommend the following:

For future researchers:

1. Future researchers should give more time for the respondents in answering the questionnaires to have more valid answers.
2. Future researchers may try having other respondents outside the institution for a better study.
3. Future researchers may have as many respondents as possible to come up with a strong and comprehensive result.
4. Future researchers may give more appropriate compensation for the respondents because this may result in full participation and cooperation between the researchers and the respondents.
5. Future researchers should have more time dealing with the respondents so that rapport will be established during the study.

For the respondents/institution:

1. Through this study, the institution may spread awareness about the level of resiliency and life satisfaction to the respondents and people around the institution.
2. The institution should have workshops or team building activities about resiliency to enhance their ability.
3. The respondents should be cooperative and responsive to the programs that the institution may provide.

4. The respondents should learn how to become sociable, optimistic, and contented to the things that God has given them in order for them to be resilient and satisfied.



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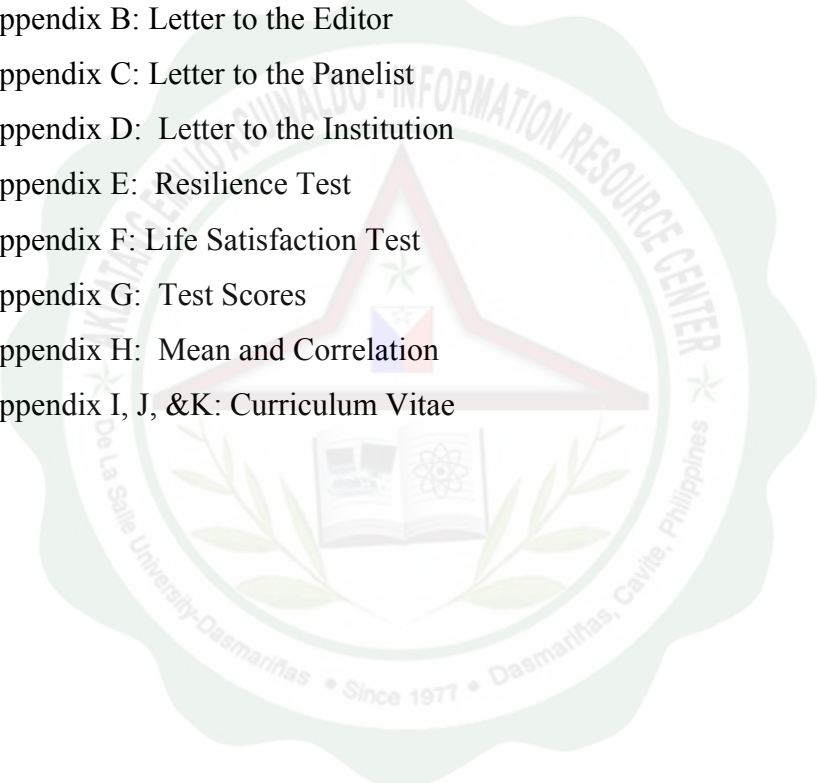
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