KMAN PUBLISHING INSTITUTE
Journal Website

Article history:
Received 03 December 2024
Revised 11 February 2025
Accepted 23 February 2025
Published online 07 March 2025

KMAN Counseling & Psychology Nexus

Volume 3, pp 1-10

E-ISSN: 3041-9026

How Perceived Independence Affects Life Satisfaction Through Motivation in Individuals with Acquired Disabilities

Sophia. Lee[1], Michael. Anderson[2*]

[1] Department of Psychology and Counseling, Stanford University, Stanford, USA
[2] Department of Clinical Psychology, Harvard University, Cambridge, USA

*** Corresponding author email address**: manderson@harvard.edu

A r t i c l e I n f o

Article type:
Original Research
Section:
Rehabilitation Counseling

How to cite this article:
Lee, S., & Anderson, M., (2025). How Perceived Independence Affects Life Satisfaction Through Motivation in Individuals with Acquired Disabilities. *KMAN Conseling and Psychology Nexus, 3*, 1-10.
http://doi.org/10.61838/kman.rc.psynexus.3.6

A B S T R A C T

This study aimed to examine how perceived independence affects life satisfaction through the mediating role of motivation in individuals with acquired disabilities. The research employed a descriptive correlational design with a sample of 400 individuals with acquired disabilities from the United States. Participants were selected based on the Morgan and Krejcie sample size determination table and completed three standardized instruments: the Perceived Independence Scale (PIS), the Behavioral Regulation in Exercise Questionnaire-2 (BREQ-2) adapted for general motivation, and the Satisfaction With Life Scale (SWLS). Data were analyzed using SPSS-27 for descriptive statistics and Pearson correlations, and AMOS-21 for Structural Equation Modeling (SEM). Assumptions of normality, linearity, multicollinearity, and homoscedasticity were confirmed prior to analysis. Descriptive results indicated moderately high levels of perceived independence (M = 43.26, SD = 6.87), motivation (M = 58.74, SD = 9.42), and life satisfaction (M = 24.51, SD = 5.63). Pearson correlation showed that perceived independence was positively associated with both motivation ($r = .58$, $p < .001$) and life satisfaction ($r = .52$, $p < .001$), and motivation was strongly correlated with life satisfaction ($r = .61$, $p < .001$). SEM analysis confirmed the model's good fit ($\chi^2/df = 2.34$, CFI = 0.97, RMSEA = 0.058) and demonstrated that motivation significantly mediated the relationship between perceived independence and life satisfaction. The total effect of perceived independence on life satisfaction was $\beta = .58$, including both direct ($\beta = .31$) and indirect ($\beta = .27$) effects through motivation. Perceived independence significantly contributes to life satisfaction in individuals with acquired disabilities, both directly and indirectly through enhanced motivation. These findings underscore the importance of fostering autonomy and self-determined motivation in rehabilitation and psychosocial interventions to improve the well-being of this population.

Keywords: *Perceived independence; Motivation; Life satisfaction; Acquired disabilities.*

1. Introduction

Numerous studies have demonstrated that individuals with disabilities often report lower life satisfaction compared to their non-disabled peers, largely due to the challenges associated with physical limitations, societal stigma, and reduced participation in meaningful activities (Adamove, 2017; Grabowska & Antczak, 2023). The sudden nature of acquiring a disability, whether through injury, illness, or progressive disease, can intensify the psychological burden, leading to significant shifts in identity, autonomy, and daily routines (Infurna & Wiest, 2016). These disruptions often reduce opportunities for fulfilling life roles and goals, thereby impairing overall life satisfaction (Fan et al., 2022). However, the extent of this impact varies considerably among individuals, suggesting the presence of mediating and moderating variables that shape the experience of life satisfaction following disability.

Among these variables, perceived independence—the subjective sense of autonomy and self-determination—has emerged as a key predictor of psychological well-being in individuals with physical impairments. Research indicates that when individuals perceive themselves as capable of directing their own lives, even within the constraints of a disability, they report higher levels of life satisfaction (Ahn et al., 2021; Ji & Han, 2023). This perception of independence is not solely dependent on physical function but is deeply rooted in psychological and social dimensions, including self-efficacy, control over decision-making, and environmental supports (Chen et al., 2020; Park, 2021). Importantly, perceived independence is also shaped by contextual factors such as access to assistive technology, family involvement, and community participation (Fan et al., 2022; Kim et al., 2020).

Motivation is another crucial factor that influences how individuals with disabilities adapt to life changes and pursue meaningful goals. The self-determination theory posits that intrinsic motivation—acting based on internal values and interests—plays a critical role in fostering well-being, particularly in populations facing external limitations (Choi et al., 2023; Moser, 2025). In the context of disability, motivation helps individuals engage in rehabilitation, participate in social and occupational activities, and strive toward personal goals despite physical barriers (Kim et al., 2018; Shim et al., 2023). Studies have shown that higher levels of autonomous motivation are associated with increased life satisfaction and better psychological outcomes among individuals with various types of disabilities (Lee et al., 2022; Smedema et al., 2021). Conversely, when motivation is undermined—whether by external pressures, low self-worth, or lack of opportunities—individuals are more likely to experience depressive symptoms and reduced satisfaction with life (Li et al., 2021; Wang et al., 2020).

The interplay between perceived independence and motivation has significant implications for life satisfaction. Perceived independence can serve as a foundation for intrinsic motivation, as individuals who feel in control of their lives are more likely to pursue activities aligned with their values and interests. This alignment, in turn, reinforces a sense of purpose and satisfaction (Kim & Kim, 2024; Shin, 2022). Moreover, motivation may mediate the relationship between perceived independence and life satisfaction, offering a pathway through which autonomy translates into subjective well-being. For instance, one study found that individuals with disabilities who reported higher self-regulation and personal goal orientation also experienced greater life satisfaction, even in the presence of severe physical impairments (Mainella & Smedema, 2021; Serdiuk & Kuprieieva, 2022). Another study highlighted the role of motivation in rehabilitation settings, where participants' perception of progress and independence significantly influenced their psychological recovery and life outlook (Kim & Park, 2022).

The impact of perceived independence and motivation on life satisfaction is also influenced by social support systems, such as family strength, peer relationships, and professional care. Social environments that promote autonomy and reinforce self-worth can significantly boost motivational engagement and psychological adjustment (Kim & Kim, 2024; Yoo & Lee, 2023). For example, communication with healthcare professionals and active involvement in treatment decisions have been linked to increased life satisfaction among people with disabilities (Kim & Kim, 2024). Additionally, participation in leisure and recreational activities, especially those that foster self-expression and skill development, has been found to enhance both motivation and subjective well-being (Kim et al., 2018; Türkçapar, 2016). These findings suggest that the integration of personal, motivational, and environmental factors is essential to fully understand how individuals with acquired disabilities experience life satisfaction.

Employment and job satisfaction also play vital roles in shaping life satisfaction among individuals with disabilities. Studies have shown that meaningful employment contributes not only to financial stability but also to identity formation, social integration, and psychological

E-ISSN: 3041-9026

empowerment (Ji & Han, 2023; Kesselmayer et al., 2025). In particular, core self-evaluations—beliefs about one's competence, control, and self-worth—have been found to influence both motivation and satisfaction with life, often through the mediating effects of job satisfaction and perceived social support (Kesselmayer et al., 2025; Smedema et al., 2021). These psychosocial mechanisms emphasize the importance of workplace inclusion and accommodations that promote autonomy and engagement for employees with disabilities.

Several studies have proposed theoretical and empirical models to explain the relationships between disability, psychological resources, and life satisfaction. For example, a serial mediation model demonstrated that optimism and mental health could mediate the relationship between disability-related stress and life satisfaction, underscoring the complex pathways through which internal and external factors interact (Lee et al., 2022). Similarly, research on older adults with functional disabilities found that community participation both mediated and moderated the relationship between physical limitations and life satisfaction, highlighting the protective role of active social engagement (Chen et al., 2020). These findings align with broader models of resilience and adjustment, which emphasize the dynamic interplay between stressors, coping resources, and personal strengths (Infurna & Wiest, 2016; Moser, 2025).

Despite these advances, few studies have specifically examined how perceived independence influences life satisfaction through motivational pathways in individuals with acquired disabilities. Much of the existing literature focuses on either congenital disabilities or general predictors of well-being, often overlooking the unique psychological challenges faced by those who acquire a disability later in life. This gap is significant, as the transition from an able-bodied identity to one shaped by physical limitations can trigger complex emotional, cognitive, and behavioral adaptations (Adamove, 2017; Ahn et al., 2021). Addressing this gap is essential for designing effective interventions and policies that support this population in regaining a sense of autonomy and purpose.

To fill this gap, the present study aims to examine the mediating role of motivation in the relationship between perceived independence and life satisfaction among individuals with acquired disabilities.

2. Methods and Materials

2.1. Study Design and Participants

This study employed a descriptive correlational research design to investigate how perceived independence affects life satisfaction through motivation in individuals with acquired disabilities. The sample consisted of 400 participants, with the sample size determined based on the Morgan and Krejcie table for determining sample sizes from a known population. Participants were recruited from various rehabilitation centers and support groups across the United States, ensuring a diverse representation of individuals with acquired disabilities. Inclusion criteria required participants to be adults (aged 18 and above) with a documented acquired disability (e.g., spinal cord injury, stroke, traumatic brain injury) for at least six months. The final sample was selected through a convenience sampling method, ensuring voluntary participation. The study aimed to achieve a balanced representation of gender, age, and disability type.

2.2. Measures

2.2.1. Life Satisfaction

The Satisfaction With Life Scale (SWLS), developed by Diener, Emmons, Larsen, and Griffin in 1985, is a widely used instrument for assessing the cognitive component of subjective well-being. The scale consists of 5 items that measure global life satisfaction rather than specific domains such as health or income. Respondents rate each item on a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree), yielding a total score between 5 and 35, with higher scores indicating greater life satisfaction. The SWLS is unidimensional and does not include subscales. The scale has been validated in numerous populations, including individuals with disabilities, and has shown excellent internal consistency (Cronbach's alpha typically above .80) and test-retest reliability, confirming its appropriateness for both clinical and research settings (Fekih-Romdhane et al., 2023; Özer et al., 2023; Supervía et al., 2023).

2.2.2. Perceived Independence

Perceived independence in individuals with disabilities can be effectively measured using the Perceived Independence Scale (PIS) developed by Finlayson, Impey, and Nicolle in 2000. This scale was specifically designed to capture subjective experiences of independence in individuals with physical disabilities. The PIS includes 12

items rated on a 5-point Likert scale ranging from 1 (not at all true) to 5 (completely true), with total scores ranging from 12 to 60. The scale encompasses aspects of autonomy in daily functioning, decision-making, and psychological self-determination, but does not have formal subscales. Higher scores indicate greater perceived independence. Studies have demonstrated the scale's strong content and construct validity, as well as high internal consistency (Cronbach's alpha above .85), making it a reliable and valid tool for research in rehabilitation and psychological health.

2.2.3. Motivation

Motivation can be assessed using the Behavioral Regulation in Exercise Questionnaire-2 (BREQ-2), adapted for general motivation contexts by Markland and Tobin in 2004 based on the original work by Ryan and Deci within the framework of Self-Determination Theory. Although originally designed for exercise behavior, the BREQ-2 has been widely adapted and validated across various domains, including health, education, and rehabilitation. It includes 19 items across five subscales: amotivation, external regulation, introjected regulation, identified regulation, and intrinsic motivation. Each item is rated on a 5-point Likert scale from 0 (not true for me) to 4 (very true for me), with higher subscale scores indicating stronger endorsement of that type of regulation. The BREQ-2 has demonstrated strong factorial validity and internal consistency, with Cronbach's alpha coefficients typically exceeding .70 for each subscale, and its validity has been confirmed in studies involving individuals with chronic health conditions and disabilities (Karaman & Watson, 2017; Purhossein et al., 2018).

2.3. Data Analysis

Data were analyzed using both Pearson correlation and Structural Equation Modeling (SEM). Pearson correlation was used to examine the relationships between the dependent variable, life satisfaction, and each of the independent variables (perceived independence and motivation). This analysis was conducted using SPSS-27 to determine the strength and direction of these associations. To further explore the direct and indirect effects between the variables, Structural Equation Modeling (SEM) was performed using AMOS-21. SEM allowed for a more comprehensive understanding of the relationships by testing the hypothesized model and evaluating the fit of the data to the proposed theoretical framework. The goodness-of-fit indices, including the Chi-square, Comparative Fit Index (CFI), and Root Mean Square Error of Approximation (RMSEA), were used to assess the adequacy of the model. This dual approach of correlational analysis and SEM provides a robust methodology for understanding the complex interplay between perceived independence, motivation, and life satisfaction in individuals with acquired disabilities.

3. Findings and Results

The sample consisted of 400 participants, with a gender distribution of 196 (49.0%) males and 204 (51.0%) females. Regarding age, 58 participants (14.5%) were between the ages of 18 and 29, 112 participants (28.0%) were between 30 and 39, 134 participants (33.5%) were between 40 and 49, and 96 participants (24.0%) were aged 50 and above. In terms of disability type, 172 participants (43.0%) reported having a spinal cord injury, 118 participants (29.5%) had a stroke, and 110 participants (27.5%) had a traumatic brain injury. Additionally, the majority of participants (332, 83.0%) had been living with their disability for more than one year, while 68 participants (17.0%) had experienced their disability for less than one year.

Table 1

Descriptive Statistics for Study Variables

Variable	Mean (M)	Standard Deviation (SD)
Perceived Independence	43.26	6.87
Motivation	58.74	9.42
Life Satisfaction	24.51	5.63

Participants reported moderately high perceived independence (M = 43.26, SD = 6.87) based on the Perceived Independence Scale (range: 12–60). Motivation levels, assessed using the adapted BREQ-2, were also relatively high (M = 58.74, SD = 9.42, range approximately 0–76), indicating a strong presence of self-determined motivation. Life satisfaction, measured with the SWLS (range: 5–35), had a mean score of 24.51 (SD = 5.63),

suggesting a generally positive evaluation of life among individuals with acquired disabilities (Table 1).

Prior to conducting the data analysis, several assumptions were checked and confirmed. First, the normality of the data was assessed using skewness and kurtosis values, which were within the acceptable range of ±2 for all variables. The skewness values ranged from -0.235 to 0.112, and the kurtosis values ranged from -0.879 to 0.678, indicating that the data approximated a normal distribution. Second, linearity was examined through scatterplots, which showed linear relationships between the variables. Multicollinearity was checked by calculating the Variance Inflation Factor (VIF), with all VIF values being below 3.0, confirming the absence of multicollinearity. Lastly, homoscedasticity was confirmed using a scatterplot of residuals versus predicted values, which showed no clear pattern. These results confirmed that the assumptions for Pearson correlation and Structural Equation Modeling (SEM) were met.

Table 2

Pearson Correlations Between Study Variables

Variable	1	2	3
1. Perceived Independence	—		
2. Motivation	.58** (p < .001)	—	
3. Life Satisfaction	.52** (p < .001)	.61** (p < .001)	—

Correlation analysis revealed significant positive relationships among all key variables. Perceived independence was positively correlated with motivation (r = .58, p < .001) and life satisfaction (r = .52, p < .001). Additionally, motivation was significantly correlated with life satisfaction (r = .61, p < .001), suggesting that individuals who perceive themselves as more independent and motivated also report greater life satisfaction (Table 2).

Table 3

Model Fit Indices for the Structural Equation Model

Fit Index	Value	Acceptable Threshold
Chi-Square (χ^2)	112.37	—
Degrees of Freedom (df)	48	—
χ^2/df	2.34	< 3.00
GFI	0.96	≥ 0.90
AGFI	0.93	≥ 0.90
CFI	0.97	≥ 0.95
RMSEA	0.058	≤ 0.08
TLI	0.95	≥ 0.95

The SEM demonstrated good model fit. The Chi-square value was 112.37 with 48 degrees of freedom, resulting in a χ^2/df ratio of 2.34, which is within the acceptable range. Other fit indices were also strong: GFI = 0.96, AGFI = 0.93, CFI = 0.97, TLI = 0.95, and RMSEA = 0.058. These results indicate that the hypothesized model provides a satisfactory fit to the data (Table 3).

Table 4

Direct, Indirect, and Total Effects in the Structural Model

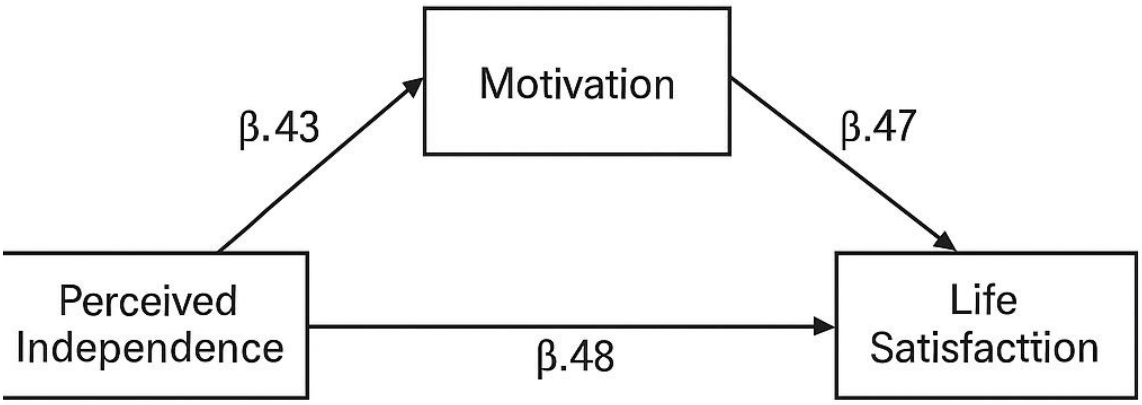
Path	b	S.E.	β	p
Perceived Independence → Motivation	0.76	0.08	.58	< .001
Motivation → Life Satisfaction	0.42	0.05	.47	< .001
Perceived Independence → Life Satisfaction	0.29	0.06	.31	< .001
Perceived Independence → Life Satisfaction (Indirect)	0.32	0.04	.27	< .001
Perceived Independence → Life Satisfaction (Total)	0.61	—	.58	< .001

KMAN-CPN
KMAN-Counseling & Psychology Nexus
E-ISSN: 3041-9026

The structural model revealed significant direct effects from perceived independence to motivation (b = 0.76, β = .58, p < .001), and from motivation to life satisfaction (b = 0.42, β = .47, p < .001). There was also a significant direct effect of perceived independence on life satisfaction (b = 0.29, β = .31, p < .001). In addition, the indirect path from perceived independence to life satisfaction via motivation was significant (b = 0.32, β = .27, p < .001), indicating a meaningful mediating role of motivation. The total effect of perceived independence on life satisfaction was substantial (b = 0.61, β = .58, p < .001), highlighting the combined direct and indirect influence of perceived autonomy on well-being (Table 4).

Figure 1

Model with Beta Coefficients



4. Discussion and Conclusion

The present study explored how perceived independence influences life satisfaction through motivation in individuals with acquired disabilities. Using a descriptive correlational design and data from 400 participants in the United States, the study employed Pearson correlation and Structural Equation Modeling (SEM) to examine direct and indirect relationships among the variables. The findings revealed significant positive correlations between perceived independence and life satisfaction, and between motivation and life satisfaction. Furthermore, SEM analysis confirmed that motivation significantly mediated the relationship between perceived independence and life satisfaction. These results support the proposed theoretical model and highlight the central role of motivation in the well-being of individuals with acquired disabilities.

The significant positive correlation between perceived independence and life satisfaction aligns with prior research emphasizing the importance of autonomy and control in the psychological adjustment of individuals with disabilities. Previous studies have shown that individuals who perceive themselves as independent are more likely to experience a greater sense of competence, self-worth, and agency, which in turn enhances overall life satisfaction (Ahn et al., 2021; Chen et al., 2020; Ji & Han, 2023). These findings are consistent with the current results, suggesting that perceived independence functions as a psychological resource that enables individuals to maintain a positive outlook on life despite physical limitations. For individuals with acquired disabilities, this sense of independence may also reflect successful adaptation and acceptance of their condition, a process that has been found to promote resilience and subjective well-being (Adamove, 2017; Fan et al., 2022).

The results also indicate that motivation is significantly and positively related to life satisfaction, a finding that resonates with self-determination theory, which posits that intrinsic motivation fosters greater psychological well-being (Choi et al., 2023; Moser, 2025). In this study, individuals who reported higher levels of motivation, particularly self-determined forms of motivation, were more likely to report higher life satisfaction. These findings are consistent with previous research showing that motivation enables individuals with disabilities to pursue meaningful goals, engage in rehabilitation, and maintain social participation—all of which contribute to enhanced quality of life (Kim et al., 2018; Lee et al., 2022; Park, 2021). In particular, studies have found that when individuals are motivated to engage in leisure, work, or educational activities, they experience greater psychological empowerment and reduced emotional

distress, ultimately leading to increased life satisfaction (Kim et al., 2020; Shin, 2022).

Importantly, the mediating role of motivation in the relationship between perceived independence and life satisfaction underscores the complex mechanisms through which autonomy influences well-being. This finding suggests that individuals who perceive themselves as independent may be more likely to develop and sustain motivation, which in turn enhances life satisfaction. Previous research supports this pathway by demonstrating that autonomy is a critical antecedent to self-determined motivation, which then drives engagement and personal growth (Kim & Park, 2022; Smedema et al., 2021). Moreover, studies on the psychological adjustment of individuals with physical disabilities have emphasized the importance of motivational processes in translating perceived control and autonomy into long-term well-being outcomes (Kesselmayer et al., 2025; Mainella & Smedema, 2021). The current findings extend this body of literature by confirming this mediational mechanism specifically within a population of individuals with acquired disabilities, who often face distinct psychological and social challenges compared to those with congenital conditions.

The study's findings also align with research highlighting the broader contextual factors that shape the experience of independence, motivation, and life satisfaction. For example, participation in community activities, access to supportive social environments, and effective communication with healthcare professionals have all been shown to enhance both perceived autonomy and motivational engagement (Kim & Kim, 2024; Shim et al., 2023; Yoo & Lee, 2023). These external factors contribute to a sense of empowerment and competence, further facilitating the internal processes that support life satisfaction. In particular, when individuals are embedded in supportive networks that encourage goal-setting and self-expression, their motivation is likely to flourish, reinforcing the link between independence and subjective well-being (Lee et al., 2022; Serdiuk & Kuprieieva, 2022).

Furthermore, the study adds to a growing body of literature emphasizing the importance of psychological and emotional variables in understanding life satisfaction among individuals with disabilities. For example, previous studies have shown that depression, anxiety, and stress are negatively associated with life satisfaction, suggesting that internal states significantly mediate the effects of external limitations (Bibi et al., 2024; Li et al., 2021). In this context, motivation may function as a psychological buffer, helping individuals overcome negative emotional states and maintain engagement with life. By identifying motivation as a mediating factor, the current study contributes to the development of more nuanced models of adaptation that integrate both psychological resilience and contextual supports (Grabowska & Antczak, 2023; Wang et al., 2020).

In addition, the role of employment and occupational identity should not be overlooked. Several studies have reported that job satisfaction, perceived workplace inclusion, and core self-evaluations are significant predictors of life satisfaction in people with disabilities (Ji & Han, 2023; Kesselmayer et al., 2025). These findings suggest that opportunities to exercise independence and develop motivation in vocational settings may be especially important for sustaining psychological well-being. Similarly, interventions that focus on goal-setting, vocational training, and supported employment have been found to enhance both motivation and satisfaction with life (Choi et al., 2023; Smedema et al., 2021). The current findings suggest that these types of interventions may be particularly effective when they target both perceived autonomy and intrinsic motivation as mechanisms of change.

Moreover, research on optimism, self-esteem, and core self-evaluations further supports the study's conclusions. For example, studies have found that psychological traits such as optimism and self-worth mediate the effects of disability-related stress on life satisfaction, highlighting the importance of inner resources in the adaptation process (Lee et al., 2022; Shin, 2022). These results are consistent with the current study, which positions motivation as a key psychological mechanism through which individuals maintain well-being in the face of adversity. This perspective is supported by research showing that even in the presence of significant functional impairments, individuals can achieve high levels of life satisfaction when they experience personal control and meaningful engagement (Chen et al., 2020; Türkçapar, 2016).

The implications of these findings are both theoretical and practical. Theoretically, the results support models of psychological adaptation that emphasize the interplay between autonomy, motivation, and well-being. These models suggest that interventions aiming to enhance life satisfaction should not focus solely on physical rehabilitation or symptom management but should also address psychological empowerment and motivational support (Infurna & Wiest, 2016; Moser, 2025). Practically, the findings offer clear guidance for clinicians,

policymakers, and rehabilitation professionals who aim to improve the quality of life for individuals with acquired disabilities.

Despite the valuable contributions of this study, several limitations must be acknowledged. First, the use of a cross-sectional design limits the ability to make causal inferences about the relationships between perceived independence, motivation, and life satisfaction. Longitudinal research is needed to examine how these variables interact over time and whether changes in perceived independence or motivation predict shifts in life satisfaction. Second, the study relied on self-reported data, which may be influenced by social desirability bias or individual differences in self-awareness. Third, although the sample was diverse in terms of disability type, all participants were based in the United States, which may limit the generalizability of the findings to other cultural or healthcare contexts. Finally, the study focused only on perceived independence and motivation as predictors, while other potentially important factors such as coping style, resilience, or access to resources were not assessed.

Future studies should employ longitudinal designs to track changes in perceived independence, motivation, and life satisfaction over time, particularly in the critical period following the onset of disability. Such research would provide a more dynamic understanding of the adaptation process and help identify critical intervention points. Additionally, qualitative studies could explore the lived experiences of individuals with acquired disabilities to better understand the subjective meaning of independence and motivation. It would also be valuable to examine other mediators or moderators, such as coping strategies, emotional regulation, and environmental supports, to develop a more comprehensive model of well-being. Expanding the research to include participants from diverse cultural and socioeconomic backgrounds would further enhance the applicability of the findings.

Practitioners working with individuals with acquired disabilities should focus on enhancing perceived independence through interventions that support autonomy, such as self-directed goal setting, skills training, and environmental modifications. Motivational enhancement strategies—such as motivational interviewing, strengths-based coaching, and purpose-driven rehabilitation planning—can also play a critical role in improving psychological outcomes. Rehabilitation programs should aim to create opportunities for meaningful engagement, whether through employment, education, or community participation. Building supportive environments that reinforce self-efficacy and intrinsic motivation can significantly enhance life satisfaction. Ultimately, a holistic approach that addresses both functional and psychological needs is essential for promoting long-term well-being in individuals adapting to life with a disability.

Authors' Contributions

Authors contributed equally to this article.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

Acknowledgments

We would like to express our gratitude to all individuals helped us to do the project.

Declaration of Interest

The authors report no conflict of interest.

Funding

According to the authors, this article has no financial support.

Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

References

Adamove, J. (2017). Subjective Health, Life Satisfaction and Attachment in Young Adults With Physical Disability and in General Population. *E-Pedagogium*, *17*(3), 88-99. https://doi.org/10.5507/epd.2017.039

Ahn, H.-Y., Lee, K., & So, Y.-H. (2021). The Mediating Effect of Disability Acceptance in Individuals With Spinal Cord Injury Participating in Sport for All. *International journal of environmental research and public health*, *18*(20), 10883. https://doi.org/10.3390/ijerph182010883

Bibi, Z., Shahzadi, M., Arshad, A., Ayyaz, S., & Ayoub, I. (2024). Depression, Anxiety and Stress as a Predictor of Low Life Satisfaction in Physically Handicapped People. *Pakistan*

Journal of Humanities and Social Sciences, 3221-3229. https://doi.org/10.52131/pjhss.2024.v12i4.2558

Chen, X., Muller, V., Lee, B., Wu, J.-R., Iwanaga, K., & Lee, D. (2020). Community Participation as Both a Mediator and Moderator for the Relationship Between Functional Disability and Life Satisfaction of Individuals With Fibromyalgia. *Journal of Applied Rehabilitation Counseling*, *51*(1), 31-41. https://doi.org/10.1891/jarc-d-19-00010

Choi, H., Kim, Y., Lee, M., & Seo, Y. (2023). Reciprocal Causal Relationships Between Self-Esteem and Life Satisfaction in Elderly With Disabilities by Age Group. *The Society for Cognitive Enhancement and Intervention*, *14*(4), 165-192. https://doi.org/10.21197/jcei.14.4.9

Fan, H., Qi, R., Peng, Z., Zhang, X., & Coyte, P. C. (2022). The Contribution of Alternative Types of Care on Life Satisfaction Among Disabled Older Persons in China. *Ageing and Society*, *44*(1), 122-138. https://doi.org/10.1017/s0144686x22000101

Fekih-Romdhane, F., Sawma, T., Obeïd, S., & Hallit, S. (2023). Self-Critical Perfectionism Mediates the Relationship Between Self-Esteem and Satisfaction With Life in Lebanese University Students. *BMC psychology*, *11*(1). https://doi.org/10.1186/s40359-023-01040-6

Grabowska, I., & Antczak, R. (2023). Life Satisfaction of People With Disabilities and Public Policy in EU Countries. https://doi.org/10.21203/rs.3.rs-3507750/v1

Infurna, F. J., & Wiest, M. (2016). The Effect of Disability Onset Across the Adult Life Span. *The Journals of Gerontology Series B*, *73*(5), 755-766. https://doi.org/10.1093/geronb/gbw055

Ji, Y., & Han, J.-H. (2023). The Effects of Job Satisfaction on the Life Satisfaction of Individuals With Disabilities. *The Institute of Management and Economy Research*, *14*(1), 427-437. https://doi.org/10.32599/apjb.14.1.202303.427

Karaman, M. A., & Watson, J. C. (2017). Examining associations among achievement motivation, locus of control, academic stress, and life satisfaction: A comparison of U.S. and International undergraduate students. *Personality and individual differences*, *111*, 106-110. https://doi.org/10.1016/j.paid.2017.02.006

Kesselmayer, R. F., Mainella, A. M. K., Smedema, S. M., & Villanueva, P. C. (2025). The Mediating Effects of Disability Impact, Job Satisfaction, and Social Support in the Relationship Between Core Self-Evaluations and Life Satisfaction in Employed People With Disabilities. *Journal of Applied Rehabilitation Counseling*, *56*(1), 42-56. https://doi.org/10.1891/jarc-2024-0024

Kim, A.-S., & Kim, H. (2024). The Effect of Communication With Healthcare Professionals on the Life Satisfaction of Individuals With Disabilities: Focused on the Mediating Effect of Family Strength. *Korean Academy Welfare Counseling*, *13*(1), 269-288. https://doi.org/10.20497/jwce.2024.13.1.269

Kim, J., Kim, J., & Han, A. (2020). Leisure-Time Physical Activity, Coping and Life Satisfaction Among Korean Individuals With Physical Disabilities. *Health Promotion International*, *36*(3), 774-783. https://doi.org/10.1093/heapro/daaa080

Kim, J., Kim, M., & Han, A. (2018). Exploring the Relationship Between Types of Leisure Activities and Life Satisfaction, Health Perception, and Social Support Among Korean Individuals With Physical Disabilities. *American Journal of Health Behavior*, *42*(4), 34-44. https://doi.org/10.5993/ajhb.42.4.4

Kim, Y. T., & Park, D. B. (2022). Analysis of Factors Affecting Life Satisfaction of Retired Disabled People - Comparison Following Non-Disabled Group and Disability Characteristics. *Korean Society of Educational Gerontology*, *8*(2), 131-154. https://doi.org/10.31748/kseg.2022.8.2.131

Lee, B., Reyes, A., Rumrill, S., & Bishop, M. (2022). The Intermediary Role of Optimism and Mental Health in the Relationship Between Disability-Related Stress and Life Satisfaction: A Serial Mediation Model. *Rehabilitation Counseling Bulletin*, *67*(1), 3-11. https://doi.org/10.1177/00343552221080434

Li, A., Wang, D., Lin, S., Chu, M., Huang, S., Lee, C. Y., & Chiang, Y. C. (2021). Depression and Life Satisfaction Among Middle-Aged and Older Adults: Mediation Effect of Functional Disability. *Frontiers in psychology*, *12*. https://doi.org/10.3389/fpsyg.2021.755220

Mainella, A. M. K., & Smedema, S. M. (2021). Sexual Health Education and Life Satisfaction for People With Congenital Neurological Disabilities. *Rehabilitation Counseling Bulletin*, *66*(1), 46-57. https://doi.org/10.1177/00343552211031870

Moser, C. (2025). Correlates of Self-Reported Life Satisfaction Among Autistic Youth With and Without Intellectual Disability. *Autism*. https://doi.org/10.1177/13623613251327347

Özer, Ö., Özkan, O., Özmen, S., & Ercoban, N. (2023). Investigation of the effect of COVID-19 perceived risk on death anxiety, satisfaction with life, and psychological well-being. *OMEGA-Journal of Death and Dying*, *87*(2), 572-590. https://doi.org/10.1177/00302228211026169

Park, E. Y. (2021). Internet Use and Life Satisfaction in Individuals With Physical Disabilities. *Journal of Developmental and Physical Disabilities*, *34*(3), 529-546. https://doi.org/10.1007/s10882-021-09813-w

Purhossein, R., Ehsani, S., Ensanimehr, N., & Nabizadeh, R. (2018). Investigating the relationship between the satisfaction of basic psychological needs and satisfaction with life: the mediating role of motivation and psychological capital. *Educational Psychology*, *14*(50), 71-87. https://doi.org/10.22054/jep.2019.38898.2548

Serdiuk, L., & Kuprieieva, O. (2022). Relationship Between Life Satisfaction With Fundamental Assumption. 189-193. https://doi.org/10.31108/7.2022.38

Shim, H., Lee, W. S., & Moon, J. (2023). The Relationships Between Food, Recreation Expense, Subjective Health, and Life Satisfaction: Case of Korean People With Disability. *Sustainability*, *15*(11), 9099. https://doi.org/10.3390/su15119099

Shin, Y. I. (2022). The Effects of Economic Characteristics and Health Characteristics on Life Satisfaction of Employed Persons With Developmental Disabilities: Mediating Effect of Self-Esteem. *Forum of Public Safety and Culture*, *17*, 299-315. https://doi.org/10.52902/kjsc.2022.17.299

Smedema, S. M., Lee, D., & Bhattarai, M. (2021). An Examination of the Relationship of Core Self-Evaluations and Life Satisfaction in College Students With Disabilities. *Rehabilitation Counseling Bulletin*, *65*(2), 129-139. https://doi.org/10.1177/0034355221993569

Supervía, P. U., Bordás, C. S., Robres, A. Q., Blasco, R. L., & Cosculluela, C. L. (2023). Empathy, self-esteem and satisfaction with life in adolescent. *Children and Youth Services Review*, *144*, 106755. https://doi.org/10.1016/j.childyouth.2022.106755

Türkçapar, Ü. (2016). Examination of Swimming Exercises' Effects on Disabled Individuals' Life Satisfaction Levels. *International Journal of Sport Culture and Science*, *4*(18), 631-631. https://doi.org/10.14486/intjscs586

Wang, M.-H., Brooks, J., Iwanaga, K., Wu, J.-R., Chen, X., Lee, B., Rumrill, S., & Chan, F. (2020). Reducing the Effect of Functional Disability on Life Satisfaction Among Persons

With a Lived Experience of an Infectious Viral Disease in Taiwan: A Tri-Mediation Model. *Rehabilitation Counseling Bulletin*, *65*(3), 238-248. https://doi.org/10.1177/0034355220980826

Yoo, H. J., & Lee, H. (2023). Influence of Family Strength on Life Satisfaction of Individuals Who Have a Sibling With Disability: Mediating Effect of Disability Acceptance. *Nursing and Health Sciences*, *25*(3), 424-433. https://doi.org/10.1111/nhs.13040