

Gratitude and Mental Well-being in Individuals with Physical Disabilities: The Mediating Role of Coping Competence

Shamsa Siddiq*, Farhana Kazmi, and Owais Ahmad

Department of Psychology, Hazara University Mansehra, Pakistan

Abstract

The current study examined the mediating role of coping competence in the relationship between gratitude and mental well-being in individuals with physical disabilities. The study used a correlational research design and enrolled a purposive sample of 390 individuals with physical disabilities. The sample was taken from three centers in Abbottabad city, Pakistan and its age ranged between 18 to 37 years ($M = 27.07$, $SD = 5.51$). The Mental Health Continuum Short Form (MHC-SF), the Gratitude Questionnaire, and the Coping Competence Questionnaire (CCQ) were used for assessment. Results indicated a significant positive relationship between gratitude, mental well-being, and coping competence among individuals with physical disabilities. Additionally, coping competence was found to significantly mediate in the relationship between gratitude and mental well-being. The analysis also revealed that females exhibited higher levels of coping competence and mental well-being. Furthermore, age and family monthly income were found to significantly influence the mental well-being of individuals with physical disabilities. This study is important because its findings may encourage mental and, and medical health professionals to develop gratitude-based training programs for individuals with physical disabilities.

Keywords: coping competence, gratitude, mental well-being, physical disability