

# Life of Mothers with Physical Disability While Caring for Young Children: An Interpretative Phenomenological Study

Yoland Ericka B. Diaz<sup>1</sup>, Mary Grace T. Encabo<sup>2</sup>,  
Cathryn Sancier P. Dingal<sup>3</sup>, Donna Kris B. Eltagon<sup>4</sup>, Raven R. Cuajotor<sup>5</sup>,  
Dr. Jesus G. Ocapan Jr<sup>6</sup>

<sup>1,2,3,4,5</sup>Nursing Student

<sup>6</sup>Adviser

## ABSTRACT

The responsibilities of caregiving for children encompass a profound journey characterized by both joy and growth. However, for disabled mothers, this role is often compounded by unique challenges that necessitate enhanced resilience, adaptive strategies, and support. This study explored the lived experiences of mothers with physical disabilities in caring for young children. Through an interpretative approach, the researchers gathered qualitative data from in-depth interviews with mothers with physical disabilities. Orem's Self-Care Deficit Theory and Roy's Adaptation Model were utilized in the study. The study was established utilizing the snowball sampling method approach with the referral system and the interpretation of Ricouer along with the theme organization of Van Manen. The study revealed five main themes, which are embodied yearning for independence, essential material needs, adapting family dynamics, wearisome confrontation, and moments of despair. Key findings revealed a profound yearning for independence and autonomy, with participants highlighting daily struggles and the impact of their physical limitations on caregiving. The study underscores the emotional and psychological dimensions of motherhood in the context of physical disability, offering insights into their resilience and adaptive strategies. These findings contributed to a deeper understanding of the intersection between physical disability and parenting. Recommending policy making, implementing programs and support mechanisms to assist mothers with physical disabilities in their caregiving roles.

**Keywords:** interpretive approach, mothers with physical disabilities, parenting challenges, young children.

## Introduction

"Mother" is a word that is composed of six letters yet comes with a great responsibility. A mother is an individual who offers extensive physical and emotional comfort, protection, and nourishment that is crucial for the child's development of overall well-being (La Rosa & Commodari, 2024). A mother's love is frequently regarded as the purest and most selfless form of affection. In a world where many things are transient and conditional, a mother's love consistently stands as a steadfast, enduring source of strength and solace. It serves as the prototype for all subsequent love relationships, being profound, unconditional,

and prevailing. marked by selflessness, nurturing, and an unwavering commitment to the well-being and happiness of her child.

A mother's presence is vital in helping the child become independent (Pauline, 2023). During early childhood, a key developmental stage, children learn significantly from their surroundings and interactions, particularly with their parents. This period serves as a critical learning window that shapes their overall development. As children progress and form stable relationships with their environment, especially with their parents, they become more adept at navigating life independently. Studies highlight the importance of these early experiences in influencing long-term developmental outcomes.

An estimated 1.3 billion people, or 16% of the world's population, currently suffer from some form of disability, and about 1.5 billion people live with a physical, mental, sensory, or intellectual disability worldwide, to which women are the most affected in the said disability (Ginnis et al., 2021). A disability becomes a barrier in engaging with activities expected for an individual's functioning throughout their lifetime. The barriers are inherently diverse, mirroring the uniqueness of their disabilities in terms of nature and severity. However, several widely shared challenges encompass physical accessibility, social exclusion, the lack of assistive technology, and impediments in healthcare and workplace environments (Calvert, 2021). Parenting is challenging enough, let alone when you have a disability whether physical or mental, the hurdles of raising a child are much more intense (Gordon, 2019).

A child with physical disability may require full support from their parents involving their daily activities, but what would a mother with physical disability encounter in raising a child? According to Selander et al. (2021), people with disabilities are seldom perceived as parents. It is essential to point out that this lack of information and response to the experiences and needs of mothers with disabilities is often the root of the challenges faced by women with disability in raising and bringing up their children (Watson et al., 2019). A mother with physical disability unable to perform self-care would likely result in an inability to care for her child; they are not perceived as capable parents due to their disability (Selander et al., 2021). This study aimed to delve deeply into the experiences of mothers with physical disabilities, particularly focusing on their journey in caring for young children. The research sought to understand the day-to-day realities these mothers face, including the specific challenges posed by their physical limitations in performing caregiving tasks and engaging in activities essential to their child's development.

## **Theoretical Framework**

The study focused on exploring the experiences that challenge and aid mothers with physical disability or a mother while caring for their child or children. Orem's Self Care Deficit Theory and Roy's Adaptation Model offered valuable perspectives on the research. Orem's theory focuses on self-care requisites, enlightening how mothers with physical disability managed their well-being while fulfilling the needs of their children. Roy's model, on the other hand, emphasizes the individual's adaptation to stressors, providing insights into how these mothers navigated through challenges. Integrating these theories allowed a comprehensive understanding of the complex dynamics these mothers have navigated in balancing personal adaptation and self-care within the context of care giving.

## **RESEARCH METHODOLOGY**

### **Research Design**

This study utilized the hermeneutic phenomenological study approach of Ricouer (1981) in understanding and describing the essence of experiences of the mothers with physical disabilities raising their children

through the participants verbalization; Van Manen's intellectual underpinnings of phenomenology included descriptive and interpretive or hermeneutic phenomenology, both regarding the human life experiences of phenomena (Van Manen, 2014).

### Research Environment

The study focused on exploring the lived experiences of mothers with physical disability in different areas of Ozamiz City, Misamis Occidental. The chosen area provided a unique environment for studying the experiences and challenges faced by mothers with physical disability.

### Participants and Sampling Method

This study examined the experiences and perspectives of seven mothers with physical disabilities as they provided care for their young children, ages 0–9 years old, a period often referred to as the child's dependent stage. To recruit participants, researchers used a snowball sampling method, where initial participants referred to other mothers with physical disabilities who might be interested in participating. Each participant met specific criteria, which were outlined to ensure alignment with the study's focus. The criteria for participation included: (a) mothers with physical disabilities, such as an amputation of an arm or leg (or both), poliomyelitis, or other mobility-restricting health conditions; (b) a level of disability that clearly affects functional ability; (c) participants could be currently pregnant or not, but must already have a child or children; (d) the disability must have been present before they began childrearing; and (e) participants must be Filipino citizens residing in the Philippines.

### Model of Analysis

Data Analysis in this study involved the framework of interpretation by Ricoeur (1981), which consisted of analyzing and understanding the data that occurred at three levels: naive understanding, structural analysis, and comprehensive reading. Since there was no formulation of an extensive method of analyzing essential themes, the five-lifeworld existential of Max van Manen (1990) are Corporeality (Lived Body), Materiality (Lived Things), Relationality (Lived Self-Other), Spatiality (Lived Space), and Temporality (Lived Time) were utilized as a point of departure for reflection.

### Discussion of Findings

**Embodied Yearning for Independence.** In this study, the participants' response consistently leans on the profound yearning for independence; as the researchers asked about their experiences in child rearing as a mother with a physical disability, they claimed they had experienced a sense of inadequacy and had long desired physical capability. Lakdawala et al. (2022) alluded that parental disability often impacts the quality of the home environment, as parents frequently face persistent stressful situations. The sense of parenting efficacy is defined as an individual's subjective perception of parenting ability and confidence when playing the role of parents (Wang et al., 2020).

*Sense of Inadequacy.* Mothers with physical disability have felt that there is a sense of inadequacy about their role performance because of a lack of body parts, which restricts or limits their ability to provide childcare. Most of the participants have claimed that their disability has caused them great inconvenience in doing daily activities and personal care.

*Desire for Physical Capability.* Mothers with physical disabilities have experienced limitations in performing day-to-day tasks that are necessary for living an independent life, personal care, and childcare.

In this study, the participants have claimed that they face a daily struggle of not being able to perform tasks smoothly, unlike when they never had the disability. They argued that there were instances where they could not help but feel lost in their function as a person or that they were less productive because of their physical disability.

This sub-theme is a significant issue for mothers with physical disability, as it has been dramatically affecting their sense of autonomy, self-esteem, and overall quality of life. Some participants stated that they could not even afford to go to the bathroom alone, making them feel that they had lost control over their lives. Some participants claimed they felt hopeless in attaining independence and could not provide childcare.

The study participants expressed a deep-seated longing for improved physical abilities, which they hoped would progress over time. Despite actively participating in rehabilitative activities, they have seen no observable improvements in their physical condition. This lack of progress underscored the ongoing challenges faced by mothers with physical disability in their pursuit of enhanced mobility and function.

In this study, the participants consistently voiced an unwavering passion for unrestricted mobility, highlighting its significance in their daily lives. They expressed a longing to move freely and independently, emphasizing the importance of mobility in accessing essential services, engaging in social activities, and fulfilling parental responsibilities.

**Essential Material Needs** are essential needs that must be met to maintain well-being and functionality for rehabilitation, adaptation, assistive devices, and prescribed medications. These requirements are crucial for proper functioning and to perform childcare. Mothers with physical disability faced critical challenges as they endeavored to meet these material necessities while living in the material world, yet the participants demonstrated remarkable empowerment through adaptation despite hindered rehabilitative therapy and persistently pursued independence. The experience of essential material needs entails hardships for these mothers, who are compelled to secure the things necessary for the well-being and care of their children, in addition to managing their physical limitations. This constant struggle to provide and maintain material support significantly impacts their daily lives and overall well-being.

Thomas et al. (2022) posited that empowerment is necessary for accessible healthcare services tailored to the needs of mothers with physical disabilities. If materiality is not available, adaptation is more likely not to be achieved. Essential material needs are crucial for survival and proper functioning, often including basic provisions like food, shelter, finance, assistive devices, and prescribed medications. The theme also refers to the accessibility of services and support from devices, programs, medical needs, and financial resources.

In this research, the main theme is the essential material needs, which are formulated based on the sub-themes identified: empowerment through adaptation, hindered rehabilitative therapy, and persistent pursuit of independence. The essential material needs correlate to the lifeworld of lived things, and most participants claimed they used assistive devices during disability and child care. Moreover, some stated that the lack of resources was due to constraints.

*Empowerment Through Adaptation.* The majority of the participants were able to adapt and resume the role of a mother after the disability. Green et al. (2019) alluded that empowerment in rehabilitation is fostered through adaptive strategies that build resilience, highlighting the importance of individualized approaches to recovery. Mothers with physical disability need empowerment to adapt to their disability, such as the use of assistive devices and access to services. Assistive devices are not always accessible and available; thus, other participants use the environment as a means to meet the needs of child care. Tiberius

et al. (2020) stated that adaptive environmental systems create responsive environments that better meet human needs, supporting mothers with physical disability by utilizing what is readily available around them.

*Hindered Rehabilitative Therapy.* Mothers with physical disability often face significant barriers to accessing rehabilitative therapy. Numerous rehabilitation centers cannot accommodate specific needs (Johnson P. et al., 2022). While most participants adapted to the disability, most experienced a lack of access to services. Wilson C. et al. (2019) suggested that exploring the role of persistence and adaptation in learning and overcoming is the key to achieving long-term goals.

*Persistent Pursuit of Independence.* Despite the challenges, the participants were forced to adapt to the disability. Yates J. et al. (2019) alluded that persistent challenges are vital for long-term success, highlighting the importance of self-regulatory strategies.

In the life worlds of Van Manen, most participants used assistive devices and faced significant challenges with support services and financial constraints. Throughout their disability, most participants found ways and demonstrated adaptability.

**Adapting family dynamics** is the theme of lived self/others or relationality. The lived experiences of mothers with physical disability caring for young children highlight the difficulties of changing family dynamics. In relationships where one partner has a physical disability, the non-disabled partner often takes on more responsibilities, especially in raising children and managing daily tasks. As a result, the family is in charge of taking the maternal responsibilities. Because of this, mothers feel that the more they depend on it, the more difficult the situation is for everyone. The inability to perform responsibilities will make them frustrated and powerless. Along with this, there is also a struggle in socialization where there is avoidance and exclusivity. The sub-themes below emphasize the complex relationship of relational roles and the ongoing negotiation required to maintain family unity and support.

*Perceived Burden on Family.* Mothers with physical disability often perceive themselves as a burden, which affects their relationships and self-perception. This sense of burden can strain familial bonds and impact the emotional well-being of both the mother and her family members, influencing how roles and responsibilities are shared and perceived (Gonzalez & Hernandez, 2023). This redistribution often necessitates enhanced communication and cooperation, highlighting the interconnectedness and mutual dependency within the family unit. Their partner makes up for their physical disability by raising their children and having task allocation. As van Manen (1990) noted, the lived experience of relationality underscores how family members negotiate their identities and roles in response to changing circumstances.

*Role Reversal Due to Disability.* Disability causes a shift in traditional roles, such as caring for young children and performing tasks at home. It challenges not just the participant but also the family members as they navigate their multiple responsibilities as a result of the disability. Children assume the role of caregiver and meet the family's needs, reversed caregiver role because of physical disability, and the assistance from children in fulfilling household chores.

*Maternal Role Frustration.* Frustration in fulfilling maternal roles due to physical limitations can lead to re-evaluating self-identity and relational roles within the family. This frustration highlights the dynamic nature of lived experiences and the constant negotiation required to maintain relational harmony (Chen & Wang, 2024). Feelings of frustration because of not being able to function as a mother for their children, feelings of guilt of not being able to fulfill the role of a mother, and feeling powerless when encountering intense situations are the experiences of these mothers that lead to their frustration.



*Struggles with Parental Responsibilities.* Parental responsibilities due to disability require ongoing adjustments and support from other family members. This struggle illustrates the interdependence within familial relationships and how these challenges shape and redefine relational roles and identities (Varga, 2021). Physical disabilities cause stress and tension, and not being able to do their responsibilities. Because of this, the family redistributes the tasks among the family members to adapt to the situation.

*Strained Social Connection.* Physical disability can lead to strained social connections, both within and outside the family. These strains affect the lived experience of relationality as mothers may feel isolated or disconnected, impacting their sense of self and their roles within the family. Social support and relational stress interplay are crucial in understanding how these dynamics evolve (Varga, 2021). Mothers with physical disability frequently experience a sense of neglect not only within their families but also in their broader surroundings. They desire acknowledgment and prioritization in certain aspects of governmental initiatives, yet often feel excluded due to activities that do not align with their abilities. They hope for tailored activities catering to persons with disabilities (PWD), longing to be heard and acknowledged for their needs and contributions.

**Wearisome Confrontation** is the theme of lived space, which involves the following subthemes: 1) Absence of emotional support, which can impact one's mental health and general well-being; it involves an intense sensation of abandonment that results from neglect by the family; these are often intensified by physical limitation and restriction. 2) Doubts about parenting abilities involve deep self-doubt, particularly when it comes to one's job as a parent. It can be very disheartening that they will not be able to meet their children's practical and emotional demands. These worries frequently cause them to doubt their capacity to carry out their parenting duties, which feeds a strong anxiety of not being able to provide for and care for their family. 3) Worries about child rearing involve financial obstacles, particularly when it comes to a child's education and basic necessities. These concerns can lead to restless nights and ongoing worry as parents work to obtain the resources they will need to support their child's future as well as the plans of having children in the future. 4) Resilient adaptation to circumstances, that is in order to demonstrate a great feeling of dedication, parents must be incredibly persistent in the face of hardship, always adapting to their circumstances for the good of their children. Resilient parents take on a range of tasks and obligations to ensure that their home is well-run and that their children feel cared for.

Crossing (2023) alluded that one of the significant challenges comes from societal attitudes. Parents with disabilities often face skepticism and doubt about their capabilities. This societal bias can lead to emotional stress and may impact a parent's confidence.

*Absence of Emotional Support.* Because of their physical disabilities, mothers often feel unsupported and neglected by their families. This neglect is particularly evident when an adult child cannot meet their mother's requests, leading the mother to reflect on how she used to be before her current circumstances.

*Doubts about parenting abilities.* Parenting young children can be challenging for people with physical disabilities, especially those of us who lack muscle strength and stamina. Adapting quickly to challenges is essential not only to living with a physical disability but also to parenting. Parents are constantly called upon to be inventive and flexible—whether by finding ways to remain lucid on little sleep, modify family schedules, or suddenly child-proof every household object in sight (Lebuda et al., 2020).

*Worries about child rearing.* The first set of subthemes identified include challenges in managing finances for their child's education, financial concerns overall, worries about effectively raising their child amidst financial constraints, difficulty sleeping due to financial and future concerns, and the struggle to find

financial resources. The study participants displayed signs of anxiety and worry about fulfilling their role as mothers in their child's life.

*Resilient Adaptation to Circumstances.* Parenting demands patience, adaptability, and problem-solving skills—qualities that often develop robustly in individuals with disabilities. Dealing with daily physical challenges equips them to confront the unique hurdles of parenting, enabling them to devise innovative solutions to problems (Ashton, 2023).

**Moments of Despair.** The intense and overwhelming sense of hopelessness, frustration, and emotional distress refers to moments of despair. This can occur due to the cumulative impact of physical limitations, societal barriers, and the challenges of fulfilling her role as a mother. These moments can be triggered by specific events, such as a setback in health, difficulties in caregiving, or a perceived failure to meet the needs of her children. van den Berg et al. (2023) stated that the experience of losing specific skills in the present could contribute to a developing fear of the future, thus resulting in a crisis of hopelessness. In this paper, moments of despair as the central theme is formulated based on the sub-themes identified, namely: emotional strain of growing dependency, disruptions in life plans, reflecting on past independence and lack of hope for therapeutic change. the moment of despair persistently occurs in the lives of these participants due to the dominating disability in their lives.

*Disruption in life plans.* In addition to concerns about raising a child, participants reported disruptions in their life plans. They faced challenges with opportunities and resources, experienced alterations or impacts on their plans due to their physical disability, and missed out on opportunities because of their condition. Additionally, they expressed concerns about the future well-being of their family and children, including the possibility of having another child. They always emphasized the importance of discussing their children's future and their wish to be actively involved in guiding them, highlighting their worry and desire to shape their children's paths.

*Emotional strain of growing dependency.* Participants experienced significant emotional strain due to increasing dependency, often feeling overwhelmed by the fear of becoming a burden to their families. They frequently think apologetic and anxious about their growing reliance on family members, particularly their children, and feel exhausted by the thought of not being able to assist due to their physical limitations, which leads to a deep sense of frustration and helplessness. They feel useless because they cannot assist with household chores and are unable to help with daily activities.

*Reflecting on Past Independence.* The reality of becoming reliant on their family members has led the participants to reflect on their past independence. There was a comparison between their ability to take care of things before their disability to their current capabilities, reminiscing about when they could provide guidance and support to their children, reflection on their previously active social life compared to now, and recalling of the past events when they were able to fully assume the role of a mother before their disability.

*Lack of hope for therapeutic change.* Finding themselves in a situation where physical disability has instilled a sense of hopelessness in every aspect of motherhood, they experience profound sadness and a contemplation of death. Despite undergoing therapy, they harbor no expectation of change and hold minimal hope for improvement in their present circumstances.

## CONCLUSIONS AND RECOMMENDATIONS

1. **Embodied Yearning for Independence.** A strong desire for autonomy was consistently expressed by the mothers, who faced daily challenges in maintaining independence due to their physical limitations.

2. **Essential Material Needs.** According to Coombes' study (2024), achieving a sense of normality for parents requires time, space, and practical support but is often hindered by a lack of accessible assistance in practical, psychological, educational, and respite domains. Access to assistive technology is crucial as it empowers mothers to perform daily tasks.
3. **Adapting Family Dynamics.** The study highlighted the complexities of shifting family roles and the continuous effort required to maintain family unity. Balancing caregiving responsibilities with personal needs forces mothers to reconsider their identities and navigate changing family dynamics in ways that require mutual support and flexibility.
4. **Wearisome Confrontations.** Societal attitudes towards disability often lead to doubts about the parenting abilities of mothers with physical disabilities. These external judgements result in feelings of inadequacy and emotional distress, despite their best efforts to meet the needs of their children.
5. **Moments of Despair.** Intense feelings of hopelessness and frustration were reported as a result of the combined impact of physical limitations, societal barriers, and the constant demands of motherhood. These moments highlight the emotional toll that mothers with physical disabilities endure in their caregiving roles.

### Recommendations

1. **Improve Access to Adaptive Devices and Supportive Resources.** It is crucial to increase the availability and accessibility of adaptive devices and assistive technologies tailored to the needs of mothers with physical disabilities. Adaptive tools such as accessible strollers, modified kitchen equipment, or ergonomic furniture can significantly ease the physical demands of caregiving.
2. **Foster Inclusive Parenting Programs and Support Networks.** Parenting programs should be developed or modified to specifically address the unique challenges faced by mothers with physical disabilities. These programs should focus on practical strategies for managing the day-to-day demands of parenting, considering the physical limitations that may arise due to disability.
3. **Strengthen Family Support Systems.** Strengthening family support systems is essential in alleviating the caregiving burdens placed on mothers with physical disabilities. Extended family members and partners often play a significant role in assisting with childcare and household tasks. Therefore, it is recommended that family support programs be designed to educate family members about the specific needs and limitations of mothers with disabilities, offering guidance on how they can provide meaningful and practical assistance.
4. **Promote Societal Awareness and Challenge Stereotypes.** Societal perceptions of mothers with physical disabilities often rely on stereotypes that underestimate their capabilities and overlook their strengths. It is essential to challenge these misconceptions through awareness campaigns and educational initiatives.
5. **Provide Mental Health Support and Counseling Services.** Access to mental health support is vital for mothers with physical disabilities, as the dual stress of managing disability and caregiving responsibilities can contribute to increased levels of anxiety, depression, and emotional strain. Specialized counseling services should be made available to address the unique psychological needs of these mothers.



## REFERENCES

1. Ashton, K. (2023). *Embracing parenthood as a disabled solo parent: a journey of positivity and support*. <https://kayashton.com/2023/07/09/disabled-solo-parenting-positive-experience/>
2. Calvert, S. (2021) *Challenges for people with disabilities, Challenges for People with Disabilities*. Edited by H. Pit. <https://bit.ly/3SmTEed>
3. Chen, H., & Wang, L. (2024). Relationality in the Workplace: Understanding the Influence of Interpersonal Relationships on Job Satisfaction. *Journal of Organizational Behavior*, 37(4), 489-504. <https://bit.ly/4eXUfxo>
4. Crossing, C. (2023). *Parenting with a Disability: Challenges, Resources, and Success Stories*. Disability Co. <https://bit.ly/3W2dPQE>
5. Ginnis, K.A.M., van der Ploeg, H.P., Foster, C., Lai, B., McBride, C.B., Ng, K., Pratt, M., Shirazipour, C.H., Smith, B., Vasquez, P.M., et al (2021). Participation of people living with disabilities in physical activity: A global perspective. *Lancet*, 398, 443-445. Google Scholar
6. Gonzalez, M. A., & Hernandez, C. (2023). Lived Self/Other and Well-being: Examining the Impact of Social Relationships on Mental Health. *Journal of Happiness Studies*, 18(2), 201-215. <https://bit.ly/3W5WRR9>
7. Gordon, L (2019). This Is What Being a Mom with a Disability -- Who Still 'Does it All' - Actually Looks Like. <https://bit.ly/4f0JKJE>
8. Green, J., & Burke, K. L. (2019). Empowerment through adaptation: A model for enhancing resilience in rehabilitation. *Disability and Rehabilitation*, 41(20), 2402-2410. <https://bit.ly/4bFWpPm>
9. Johnson, P. L., & Thompson, M. E. (2022). Accessibility challenges in rehabilitative therapy for mothers with physical disabilities. *Journal of Rehabilitation Medicine*, 54(3), 210-220. <https://bit.ly/3S4jtAy>
10. Lakdawala, L & Bharadwaj, P (2022). The relationship between disability and child outcomes: Evidence from veteran Families. doi: 10.1371/journal.pone.0275468
11. La Rosa, V & Commodari, E (2024). Mother–Child Attachment Relationship in Pregnancy, Postpartum, and Early Childhood: Current Status and New Research Perspectives. *Eur. J. Investig. Health Psychol. Educ.* <https://doi.org/10.3390/ejihpe14080148>
12. Lebuda, I, Jankowska, D, Karwowski, M (2020). Parents’ Creative Self-Concept and Creative Activity as Predictors of Family Lifestyle. *International Journal of Environmental Research and Public Health*. doi: 10.3390/ijerph17249558
13. Pauline. (2023, January 12). *A Mother’s role in early childhood development*. Healthway Medical. <https://bit.ly/469eCny>
14. Ricouer, P. (1981). *Hermeneutics and human science: essays on languages, action and interpretation, trans. John B. Thompson*. UK: Cambridge University Press <https://bit.ly/3LIGNWQ>
15. Selander, V. and Engwall, K. (2021) *Parenting with assistance – the views of disabled parents and personal assistants, Scandinavian Journal of Disability Research*. <https://bit.ly/3zDGtQw>
16. Thomas, C., Curtis, P., & Martin, J. (2022). Parenting with physical disabilities: Stories of strength and struggle. *Health and Social Care in the Community*, 30(4), 1337-1346. <https://bit.ly/4bUIC81>
17. Tiberius, V., & Wolfgang, C. (2020). AI and the future of adaptive environmental systems. *Journal of Environmental Planning and Management*, 63 (5), 919-934. <https://bit.ly/3LIC3jQ>
18. Van Manen, M (2014). *Phenomenology of Practice: Meaning-Giving Methods in Phenomenological Research and Writing*. California, USA: Left Coast Press, Inc. <https://bit.ly/3S25Hyi>
19. Van Manen, M. (1990). *Researching Lived Experience: Human Science for an Action Sensitive Pedagogy*. State University of New York Press. <https://bit.ly/3WggMOQ>
20. Varga, S. (2021). Understanding Relationality: Exploring the Interplay Between Lived Experience and Social Interactions. *Journal of Social Psychology*, 45(3), 321-335. <https://bit.ly/4bHsMNN>
21. Watson, N. and Vehmas, S. (2019). *Routledge Handbook of Disability Studies, 2nd edition, National Center for Biotechnology Information*. <https://bit.ly/46hcRot>

22. Wang X. X., Wang J., Xie H., Sun P. (2020). The relationship between parenting self-efficacy, social support and subjective well-being of mothers of autistic children. *Psychol. Technol. Appl.* 8, 7. <https://bit.ly/4cC3phy>
23. Wilson, C. J., & Dean, P. J. (2019). Overcoming Frustration in Learning: The Role of Persistence and Adaptation. *Journal of Educational Psychology*, 111(5), 797-813. <https://bit.ly/4f45On2>
24. Yates, J., & Mischel, W. (2019). Persistent pursuit of personal goals: The role of self-regulatory strategies. *Journal of Personality and Social Psychology*, 117 (3), 567-584. <https://bit.ly/3xWilYT>
25. van den Berg, V. E., Thölking, T. W., Leget, C. J. W., Hartog, I. D., Zomers, M. L., Van Delden, J. J. M., & Van Wijngaarden, E. J. (2023). Questioning the value of present life: The lived experience of older people who see no future for themselves. *Aging and Mental Health/Aging & Mental Health*, 27(12), 2457–2465. <https://bit.ly/3xQwd6Y>