

## **Acceptance and Commitment Therapy to Increase Resilience in Early Adult People with Limb Impairment**

**Alvin Adrian Nahusuly  
Samsunuwiyat Mar'at  
Sandi Kartasasmita  
University of Tarumanagara**

### **Abstract**

This study aims to know the effectiveness of Acceptance and Commitment Therapy improving resilience among person with limb impairment. Resilience is one's ability to rise from the adversity that occurs in the course of his life. Resilience characteristics that serve as a reference are self-competence, tolerance and response to stress, and self-acceptance. This resilience ability is important for person with limb impairment, especially those caused by physical trauma. Person with disabilities in this study are individuals who have impairment or loss of their limb. The participants involved in this study is divided into survey sample and intervention sample. Survey sample of 13 people given resilience scale, CD-RISC 10. Two people for intervention sample taken from the survey sample that has the lowest resilience level. All samples were obtained from the social homeless of disabled in East Jakarta and South Jakarta, with purposive sampling technique. Research data were analyzed by qualitative method. The results of this study show an increase in the dimensions of personal competence, tolerance and response to stress, and self-acceptance. Thus, Acceptance and Commitment Therapy is effective to improve the resilience of person with limb impairment.

**Keywords:** *Resilience, Person with Limb Impairment, Early Adult, Acceptance and Commitment Therapy.*