

# **IMPLEMENTATION OF POSITIVE PSYCHOLOGY INTERVENTIONS IN IMPROVING SUBJECTIVE WELL BEING ON INDIVIDUAL WITH PHYSICAL DISABILITY DUE TO ACCIDENTS**

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## **Abstract**

Everyone wants a perfect physical state to be able to live optimally, but in fact some of them are having disability. Physical disability can be caused by several things, one of them is an accident. Individuals will experience changes drastically in some aspects of life that may affect their subjective well being condition. One of the interventions that can be used to improve subjective well being (SWB) is positive psychology interventions (PPIs). This study was conducted to see the effect of PPIs (count your blessings, using your strength, and best possible self) in increasing the SWB on individuals with physical disability due to accidents. The sample in this study amounted to four people with an age range of 44 to 66 years old, but after a psychological examination, one of the participants was unable to follow the intervention sessions due to illness and had to return home. Sampling is done by non probability sampling technique, which is purposive sampling with research design, one group pre test design - post test design. After the T-Test statistic analysis using SPSS, the results showed a significant difference if measured by satisfaction with life scale (SWLS) ( $p = 0.004 < 0.05$ ). Otherwise, no significant differences were shown when measured using positive affect and negative affect scale PANAS, with positive affect ( $p = 0.12 > 0.05$ ) and negative affect ( $p = 0.17 > 0.05$ ) and measured by oxford happiness questionnaire (OHQ) ( $p = 0.19 > 0.05$ ).

**Keywords:** Positive Psychology Interventions, Subjective Well Being, and Individuals with Physical Disabilities due to Accidents