

Psychological Pain and its Relationship to Meaning in Life Among a Sample of Diabetic Patients Undergoing Amputation: A Field Study in the City of Laghouat

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Received:18./07/2025

Accepted: 09./01/2026

Published:26./01/2026

Abstract:

This study examined the correlational relationship between psychological pain and meaning in life among diabetic patients who had undergone amputation. Data were collected using two psychometrically validated instruments measuring psychological pain and meaning in life, administered to a sample of 30 amputee diabetic patients at the 240-Bed General Hospital in Laghouat. A descriptive correlational research design was adopted, and the data were analyzed using SPSS. The findings indicated a statistically significant positive correlation between psychological pain and meaning in life among the study participants. In addition, the results showed no statistically significant gender differences in psychological pain or in meaning in life among diabetic patients with amputations.

Keywords: psychological pain, meaning in life, diabetic patients, Amputees.

1. INTRODUCTION

Human health is constantly vulnerable to chronic and serious diseases. Among these, diabetes stands out as one of the most prevalent and dangerous illnesses of our time. Its incurability and extensive long-term effects contribute to this severity, as it weakens vital organs like the heart, kidneys, and impairs hearing. Furthermore, diabetes can trigger various psychological disturbances such as anxiety, depression, stress, and feelings of frustration due to perceived failure and an inability to achieve goals and aspirations. This significantly contributes to the psychological pain that often accompanies a loss of meaning in life. Diabetes is considered a psychosomatic illness, meaning it both affects and is affected by an individual's psychological state. It can manifest as a reflection of repressed internal conflicts. Moreover, a diabetes diagnosis imposes significant health restrictions and obligations on patients, including dietary limitations and restrictions on daily activities. These constraints can lead to feelings of inadequacy, impacting a patient's future outlook and diminishing their sense of meaning in life. The human psyche is complex and interconnected, and scholars throughout history have striven to interpret and explain it, addressing various aspects of human experience. Psychological pain is a phenomenon no less significant than physical pain; it plays a crucial role in triggering organic conditions, which can manifest as physical disorders such as diabetes, asthma, stomach ulcers, high blood pressure, and colitis, among other diseases that cause psychological distress. Meaning in life is a relatively modern psychological concept, notably highlighted by Viktor Frankl. He emphasized its importance, stating that humans possess an inherent, fundamental drive to search for meaning. This search is the primary motivator for human beings, and all other motivations ultimately lead to it. When this drive is obstructed or frustrated, it leads to a loss of meaning. Meaning in life encompasses the goals and aspirations an individual strives to achieve, along with their adherence to hope and a positive outlook toward the future. This is facilitated by their ability to make decisions and exercise freedom of choice, enabling them to understand and uncover the meaning of their existence and avoid falling into meaninglessness. Indeed, the presence of meaning in life is an absolute necessity for an individual's well-being. Conversely, diabetes

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diagnosis can lead to a decrease in an individual's sense of meaning in life due to the psychological impact of the disease. Various factors, including disease severity and type, can contribute to this decline in meaning. Meaning in life plays a fundamental role in human existence, serving as a powerful, long-term source of motivation. It acts as a compass, guiding an individual's life in positive directions and shaping all their behaviors, whether positive or negative.

2. Research Problem

Daily events and situations, inherent to human experience, frequently act as sources of psychological stressors. Individuals are compelled to confront these pressures, which significantly impact their psychological and physical well-being, as well as their behavioral, cognitive, emotional, and physiological functioning. These stressors can precipitate numerous psychological disturbances, giving rise to various psychosomatic illnesses such as diabetes, heart disease, gastric disorders, and irritable bowel syndrome, among other conditions directly linked to psychological distress. This ultimately results in psychological pain, an experience often challenging to articulate or express. Individuals find it difficult to convey these sensations to others, as psychological pain is a complex, subjective, and intensely unpleasant emotional state.

In severe cases, psychological pain can lead to a profound sense of helplessness. Human behavior and activities are responses to internal drives, needs, and desires. When individuals successfully fulfill these, they achieve psychological adjustment. Conversely, unmet desires can lead to internal conflict, manifesting as behaviors indicative of a lack of meaning in life. These manifestations vary according to individual characteristics and societal context. What might be tolerable pain for one individual could be overwhelming for another, completely dominating their experience and leading to a pervasive feeling of worthlessness and an absence of joy in life. Such experiences often foster feelings of social isolation and an inability to adapt to social norms. These escalating emotional burdens increase an

individual's susceptibility to various physical ailments, often stemming from chronic stress and diverse life pressures, which can result in physical harm rooted in psychological causes. This stress can manifest as different physical pains and disorders of psychological origin, driven by anxiety and depression. A particularly significant example is the stress-induced disruption of blood sugar regulation within the body, resulting from the pancreas's compromised function due to these disturbances.

All these pains and negative emotions intensify suffering and physical discomfort. Pain is understood as a psychological experience that affects family life, depriving individuals of their professional pursuits, healthy relationships, social connections, and mental well-being. It can also lead to depression, anxiety, anger, and social isolation, thereby impacting the meaning an individual with diabetes and amputation finds in their life. This is corroborated by the study conducted by Brahimia and Bouchallag (2016), which aimed to assess psychological pain in a sample of cancer patients and found high levels of depression, low anxiety, and moderate stress.

Psychological pain significantly influences patients' lives, their acceptance of their condition, their life satisfaction, and their evaluation of their quality of life. Diabetes, like other physical illnesses, induces specific mood and emotional states. Diabetic patients, especially following diagnosis, often experience stress, sadness, or anger while attempting to cope with the disease. While this is a natural response, it can unfortunately elevate blood sugar levels, leading to further stress and depression. Therefore, it is crucial to guide patients at this stage to identify the precise source of their anger—whether it stems from fear, helplessness, or a loss of control. Subsequently, efforts should focus on overcoming this anger by helping the patient discover meaning in life, a responsibility that falls upon psychological practitioners in general and psychiatric clinics attending to diabetic patients.

A body of prior research and studies confirms that individuals with diabetes experience various symptoms indicative of a loss of meaning in life, such as depressive responses and feelings of denial. Patients might express disbelief, saying, "I don't believe it," or "There might be a mistake in the diagnosis." Denial is also evident when a patient repeatedly states, "I'll go to the doctor later. Diabetes isn't serious. I don't have time to enjoy life." However, it is

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imperative to convince them to accept their condition, as continued denial risks inaction in managing the disease and preserving mental health.

Meaning in life is a crucial variable in individuals' lives, given its strong association with positive psychological well-being and its reflection in emotional, physical, and social aspects of life. This aligns with the World Health Organization's definition, which posits that meaning in life is an individual's perception of their position in life within the context of their culture and values, and the degree to which this aligns or misaligns with their goals, expectations, values, and concerns related to their physical health, psychological state, level of independence, social relationships, personal beliefs, and overall relationship with their environment.

The absence of this meaning is referred to as meaninglessness or existential vacuum, as noted by Frankl, leading to a loss of energy and motivation for significant life activities. Conversely, the presence of meaning acts as a buffer against life's stresses and frustrations, correlating positively with sound personality and mental health. The void resulting from meaninglessness often manifests as pessimism, frustration, introversion, psychological tension, and feelings of inadequacy, leading to a negative outlook on life. Consequently, individuals may resort to suicide as a perceived solution to their suffering and to alleviate their pain.

From this context, the current study emerged, seeking to measure the level of psychological pain and its relationship to meaning in life among a sample of diabetic patients. The study's problem is defined by the following questions:

Is there a statistically significant relationship between psychological pain and meaning in life among a sample of diabetic patients who have undergone amputation?

- ✓ Are there statistically significant gender differences in psychological pain among a sample of diabetic patients who have undergone amputation?
- ✓ Are there statistically significant gender differences in meaning in life among a sample of diabetic patients who have undergone amputation?

2.1 Study Hypotheses

- ✓ There is a statistically significant relationship between psychological pain and meaning in life among a sample of diabetic patients who have undergone amputation.
- ✓ There are statistically significant gender differences in psychological pain among a sample of diabetic patients who have undergone amputation.
- ✓ There are statistically significant gender differences in meaning in life among a sample of diabetic patients who have undergone amputation.

2.2 Study Objectives

- ✓ To investigate the relationship between psychological pain and meaning in life among a sample of diabetic patients who have undergone amputation.
- ✓ To identify gender differences in psychological pain among a sample of diabetic patients who have undergone amputation.
- ✓ To identify gender differences in meaning in life among a sample of diabetic patients who have undergone amputation.

2.3 Significance of the Study

The significance of this study stems from several key contributions:

- ✓ **Enriching Scientific Research:** This study aims to enrich scientific literature in this field. A review of available psychological theoretical literature indicates a scarcity of studies investigating the relationship between psychological pain and meaning in life specifically in diabetic patients who have undergone amputation.
- ✓ **Informing Interventions:** The findings of this study will provide valuable insights to relevant professionals and specialists, enabling them to propose effective therapeutic and guidance programs aimed at reducing psychological pain and improving the mental well-being related to meaning in life in this patient population.
- ✓ **Providing Psychological Information:** This research will contribute essential psychological information for all

individuals providing psychological or medical services to these patients.

2.4 Study Definitions

- ✓ Psychological Pain: According to the International Association for the Study of Pain, psychological pain is an unpleasant emotional experience of sensation and feelings associated with actual or potential tissue damage, or described in terms of such damage (Mezwar & Hammadi, 2022, p. 588).
- ✓ Operational Definition (in this study): Psychologically, it refers to the collection of negative thoughts experienced by a diabetic patient due to the amputation of a limb, represented by the score obtained by the participant on the psychological pain scale used in the current study.
- ✓ Meaning in Life: This is a state that individuals strive to achieve, imbuing their lives with value and purpose worth living for, and it arises from the fulfillment of their fundamental drive, which is the will to meaning (Al-Azzawi, 2015, p. 368).
- ✓ Operational Definition (in this study): It is defined as a psychologically purposeful state that an individual seeks to attain, allowing their life to feel comfortably meaningful despite their diagnosis of diabetes and having undergone amputation. This is represented by the score obtained by the diabetic patients with amputation in the sample on the meaning in life scale administered in our study.
- ✓ Diabetes: A serious chronic disease that occurs when the pancreas does not produce enough insulin, a hormone that regulates blood sugar (glucose) levels.
- ✓ Amputees (in this study): These are individuals within the study sample who have undergone the amputation of a body part as a result of chronic diabetes and who responded to the measurement instruments applied in our study.

3. Research Methodology and Procedures

3.1 Study Methodology

Given the specific nature of this study, which investigates the relationship between psychological pain and meaning in life, we adopted the descriptive correlational approach. This methodology is best suited for studying phenomena as they exist in reality, providing an accurate description of their characteristics, magnitude, and the degree of their association with other existing phenomena. This is achieved through the collection, classification, and organization of information, expressed both quantitatively and qualitatively, thereby facilitating an understanding of the relationships between the phenomenon under study and other related phenomena (Decca, 2011, p. 43).

3.2 Study Sample

A sample is not merely a subset of the research population; rather, it is carefully constructed following specific scientific rules and considerations to ensure that its findings can be generalized to the larger original population. Therefore, a sample can be defined as "the study population from which field data are collected; it is a part of the whole, or in other words, a representative group of individuals from the population on which the study is conducted" (Al-Issawi, 1997, p. 152). Samples have become fundamental in numerous theoretical and scientific studies, as researchers rely on them for their efficiency in saving time, effort, and financial resources. In this study, a random sample of 30 individuals was utilized.

3.3. Description of Data Collection Instruments

Psychological Pain Scale: The psychological pain scale used is based on the Depression, Anxiety, and Stress Scale (DASS), developed by Lovibond in 1980. The original version comprised 42 items, with a subsequent shorter version of 21 items released to reduce administration time. The DASS-21 consists of three subscales, each containing 7 items. This scale has been applied to adults and seniors aged 18 to 64 years, and elderly individuals aged 65 years and above. It has been translated and validated in several languages, including Chinese, Malaysian, Italian, Spanish, and Australian.

For the purpose of this study, the scale was translated by researcher Brahimia Jihad in 2018 as part of her doctoral dissertation (Third Cycle,

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Institutional Psychopathology) titled "Healthcare and its Relationship to Psychological Pain in Cancer Patients in Algeria."

Scoring Key:

The DASS is scored using a 4-point Likert scale, ranging from 0 to 3. Responses are based on the following options: "Does not apply to me at all," "Applies to me to some extent," "Applies to me to a large extent," and "Applies to me completely." Scores for these alternatives range from 0 to 3 points, with the minimum possible score on the scale being 0 and the maximum being 63. The researcher translated the scale from English to Arabic and then back-translated it from Arabic to colloquial Arabic to verify the accuracy of the translation. The scale consists of 21 items distributed as follows:

Table No. (01) illustrates the items and dimensions of the
Psychological Pain Scale.

Dimension	Items
Depression	.21 ,17 ,16 ,13 ,10 ,5 , 3
Anxiety	.20 ,19 ,15 ,9 ,7 ,4 , 2
Stress	.18 ,14 ,12 ,11 ,8 ,6 , 1

Prepared by the Researcher

Meaning in Life Scale

The Meaning in Life Scale was developed by Haroun Tawfik El-Rashidy in 1998. Researcher Gaballah Yamina (2016) adapted this scale for the Algerian environment as part of her doctoral study titled "Meaning in Life and its Relationship to Certain Psychological Variables – Psychological Loneliness and Life Satisfaction – in Unmarried Women." The scale consists of 32 items distributed across six dimensions, as illustrated in the following table:

Table No. (02) illustrates the items and dimensions of the Meaning in

Life Scale.

Dimensions	items/statements
Life Goals	4·16·18·21·22·23·32
Positive Attachment to Life	5·6·7·8·15·13·11·10
Existential Realization	9·12·26·27
Existential Richness	30·25·19
Quality of Life	21·3·14·17·20
Existential Satisfaction	24·28·29·31

Prepared by the Researcher

The scale comprises 32 statements, each with three corresponding numbers to indicate how well the statement aligns with the participant's feelings.

Scoring for the scale is as follows: one point is awarded if the item is answered with "1," two points if answered with "2," and three points if answered with "3." The maximum possible score on the scale is 96 points, and the minimum is 32 points (Gaballah, 2016, p. 204).

3.4 Psychometric Properties of the Measurement Instruments

The discriminant validity coefficient was calculated using the extreme groups comparison method.

Table No. (03) Illustrates the Discriminant Validity of the Psychological Pain Scale Using the Extreme Groups Comparison Method

Group	N°	Mean	Standard Deviation	t-value	degrees of freedom	Significance Level
Lower Group	6	36.54	2.48	08.513	10	0.000 Significance
Higher Group	6	46.48	3.36			

Prepared by the researcher based on SPSS outputs

The table above indicates that the t-value is 8.513 with 10 degrees of freedom and a significance level of 0.000. This demonstrates that the t-value is statistically significant at the 0.01 level. Therefore, the test exhibits an acceptable degree of discriminant validity and is suitable for application.

Scale Reliability

Test reliability refers to an instrument consistently yielding the same results when re-administered to the same sample under identical conditions. The researchers calculated the reliability coefficient using Cronbach's Alpha.

Table No. (04) Illustrates the Reliability of the Psychological Pain Scale using Cronbach's Alpha

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Number of Items	Cronbach's Alpha
21	0.80

Prepared by the researcher based on SPSS outputs

Based on the results presented above, it is evident that the scale demonstrates high reliability, with a coefficient of 0.80. This level of reliability allows for its appropriate application to the individuals in our study sample.

Validity of the Meaning in Life Scale

The discriminant validity coefficient was calculated using the extreme groups comparison method. The following table,

Table No. (05) Illustrates the Discriminant Validity of the Meaning in Life Scale Using the Extreme Groups Comparison Method

Group	N°	Mean	Standard Deviation	t-value	degrees of freedom	Significance Level (p)
Lower Group	6	48.14	2.25	7.44	10	0.000 Significance
Higher Group	6	52.35	3.30			

Prepared by the researcher based on SPSS outputs

The table above indicates that the t-value is 7.442 with 10 degrees of freedom and a significance level of 0.000. This demonstrates that the t-value is statistically significant at the 0.01 level. Therefore, the test exhibits an acceptable degree of discriminant validity and is suitable for application.

Scale Reliability

Test reliability refers to an instrument consistently yielding the same results when re-administered to the same sample under identical conditions. The researchers calculated the reliability coefficient using Cronbach's Alpha. The following table,

Table No. (06) Illustrates the Reliability of the Meaning in Life Scale using Cronbach's Alpha

Number of Items	Cronbach's Alpha
32	0.72

Prepared by the researcher based on SPSS outputs

The results presented above indicate that the scale demonstrates above-

average reliability, with a coefficient of 0.60. This level of reliability allows for its appropriate application to the individuals in our study sample.

3.5 Presentation and Analysis of Results

Results for Hypothesis One

Hypothesis Reminder: There is a statistically significant correlational relationship between psychological pain and meaning in life among a sample of diabetic patients who have undergone amputation.

To verify this hypothesis, the researcher calculated Pearson's correlation coefficient between the study variables. The tables below present the results obtained from the statistical analysis.

Statistically significant at 0.01 level.

Table No. (07): Illustrates the Relationship between Psychological Pain and Meaning in Life

**p < 0.01 (Significant at the 0.01 level) *p < 0.05 (Significant at the 0.05 level)	Sample (N)	Mean	Standard Deviation	Correlation Coefficient
Psychological Pain	<i>30</i>	<i>53.71</i>	<i>19.25</i>	<i>0.57</i>
Meaning of Life		<i>51.09</i>	<i>17.68</i>	

Prepared by the researcher based on SPSS outputs

The table above demonstrates a strong, positive, and statistically significant correlation ($r = 0.57$, $p < 0.01$) between psychological pain and meaning in life among the study participants. This finding supports the hypothesis of a correlational relationship between these two variables.

Gender Differences in Psychological Pain Among Diabetic Patients Undergoing Amputation

The second hypothesis posited that statistically significant differences exist in psychological pain among diabetic patients who have undergone amputation, attributable to gender. To investigate this, the researcher subjected the hypothesis to statistical analysis.

Table N° 8 illustrates the significance of gender differences on the psychological pain scale.

Gender	Variable	Mean	Standard Deviation	t-value	degrees of freedom	Significance (p)

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Psychological Pain	Males	21	37.71	5.51	0.269	29	0.79
	Females	09	35.58	7.52			

Our analysis of the second hypothesis revealed no statistically significant differences ($\alpha=0.05$) in psychological pain between genders. The mean scores for males ($M=37.71$, $SD=5.51$) and females ($M=35.58$, $SD=7.52$) were quite similar, indicating that gender does not appear to be a significant factor in psychological pain within our sample.

The third hypothesis proposed that statistically significant differences exist in the meaning in life among diabetic patients who have undergone amputation, attributable to gender. To assess this, the researcher performed a statistical analysis.

Table N° 9 illustrates the significance of gender differences on the Meaning of Life Scale.

	Gender	Variable	Mean	Standard Deviation	t-value	degrees of freedom	Significance (p)
Meaning in Life	Males	21	47.33	4.63	1.66	29	0.855
	Females	09	45.50	4.62	1.67		

The analysis of the third hypothesis indicated no statistically significant differences ($\alpha=0.05$) in meaning in life between genders. The mean scores for males ($M=47.33$, $SD=4.63$) and females ($M=45.50$, $SD=4.62$) were remarkably similar, suggesting that gender does not appear to be a determining factor in an individual's sense of meaning in life within this sample.

3.6 Discussion of Results

Discussion of Hypothesis 1: Relationship Between Psychological Pain and Meaning in Life

The first hypothesis posited a statistically significant relationship between psychological pain and meaning in life among diabetic patients who have undergone amputation. Our statistical analysis confirmed a strong, positive

correlation between these variables.

The researcher attributes this finding to the nature of psychological pain, which encompasses feelings of stress, depression, helplessness, and anxiety. This aligns with Sharp's cognitive model of psychological pain, which posits that individuals' responses to pain, including their perceptions and thoughts, significantly influence their experience. This model suggests that various interactions can become influential factors, similar to stressors and helplessness. Furthermore, physiological arousal can persist even without organic sensory input. Avoidance and safety behaviors may prevent the disconfirmation of affirming cognitions and beliefs. Concurrently, anxiety and distress might perpetuate involuntary arousal, reinforcing beliefs that this arousal is real and indicative of harm. Moreover, anxiety and depression can increase the likelihood of cognitive errors or negative appraisals, leading to persistent avoidance and a continuous cycle of distress.

Similarly, the concept of meaning in life is crucial. As Alfred Adler emphasized, humans can only truly live if they perceive meaning in their existence. We interact with things not merely as they are, but through what they signify to us; we engage with them through our self-perceptions. Even the essence of our daily experiences is influenced by our human perspective. For instance, wood holds meaning for us as humans, just as a stone's meaning is derived from its role as an influencing factor in human life. Any attempt to disregard the meanings inherent in circumstances would lead to misfortune and isolation, rendering actions meaningless for oneself and others. Ultimately, no human can escape meaning; our understanding of reality is shaped by the meaning we assign to facts, not simply by what they are, but by our interpretation.

Adler also argued that human life is defined by goals, and individuals construct their life's purpose through future expectations. He viewed meaning in life as a clear message encompassing shared goals between an individual and their relationships with others, serving as a source of benefit in addressing challenges related to companionship, family, and work. This connection between psychological pain and meaning in life is summarized by Sharp's model, which suggests that individuals' responses to pain, encompassing their cognitions, perceptions, and thoughts related to

psychological pain, can lead to feelings of loneliness and helplessness, thereby diminishing their sense of meaning in life.

Discussion of Hypothesis 2: Gender Differences in Psychological Pain

The second hypothesis proposed statistically significant gender differences in psychological pain among diabetic patients who have undergone amputation. However, our statistical analysis found no significant differences in psychological pain between genders.

The researcher posits that gender is not a primary determinant of psychological pain. This observation was consistent during the application of the study's instruments, as both genders exhibited depressive responses and expressed their physical suffering from a psychosocial perspective. Chronic pain, defined as an unpleasant physical and emotional experience resulting from permanent organic injuries or an underlying illness, persists over extended periods. While patients can often accurately localize and describe fluctuations in its intensity, the physiological origin of chronic pain largely remains unknown. An individual's pain is considered chronic if it extends beyond six months (Nawwar, 2021, p. 425).

The behavioral theory's explanation of psychological pain does not differentiate between genders. Fordyce developed a model to explain pain based on an operant conditioning framework, suggesting that behavior responds to environmental influences. Behaviors followed by reinforcers tend to increase in frequency and repetition, while behaviors that are ignored or punished may initially increase but then rapidly decrease. Fordyce specifically linked pain behavior to environmental responses; for example, a person experiencing pain who exhibits pain behaviors like grimacing might receive positive reinforcement in the form of sympathy. Conversely, if pain behaviors are ignored, adaptive behaviors (well behaviors) such as maintaining exercise and an active lifestyle become more apparent. Over time, these positive behaviors are expected to increase, leading to an improvement in pain, in contrast to the former scenario where individual activity diminishes and pain intensifies.

Discussion of Hypothesis 3: Gender Differences in Meaning in Life

The third hypothesis suggested statistically significant gender differences in meaning in life among diabetic patients who have undergone amputation. Nevertheless, our statistical analysis revealed no significant differences in meaning in life based on gender.

The researcher attributes this finding to the understanding that meaning in life is shaped by concepts that vary from individual to individual, rather than between genders. This aligns with Frankl's theory, which asserts that the meaning of life differs from person to person, and even within the same person from day to day and hour to hour. Therefore, we should not seek an abstract meaning of life; each individual has their unique task or mission, which imposes specific responsibilities that only they can fulfill. One person cannot replace another, and their life cannot be duplicated. Thus, an individual's life task is unique, as is their opportunity to achieve it (Frankl, 1982, p. 147).

Frankl summarized his theory with three core tenets:

- ✓ Freedom of Will: Despite inherent limitations such as genetics and environment, individuals possess the freedom to make choices in confronting various situations. Thus, freedom here signifies the capacity for choice, which varies from person to person and from situation to situation.
- ✓ Will to Meaning: This second pillar of Frankl's theory emphasizes an individual's pursuit of a tangible and concrete meaning in personal existence. Therefore, individuals must strive diligently for a purpose worth living for, as this helps them remain resilient even in the most adverse circumstances.
- ✓ Meaning of Life: The third pillar states that life inherently holds complete and unconditional meaning under all circumstances and conditions. Individuals find meaning in life through their creations, experiences gained from the surrounding world, or by confronting pivotal life situations (Khudair, 2016, p. 399).

4. CONCLUSION

This modest research, which explored two contemporary cognitive variables in positive psychology, has highlighted the significant attention this

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topic receives from researchers and professionals in the field, particularly when focusing on a vulnerable segment of society. Few of us have been spared painful shocks in life, whether from accidents or physical ailments, where the source of pain is often evident. However, psychological pain is more challenging to pinpoint, often stemming from an accumulation of negative emotions, or the loss of a loved one or parent. We frequently endure these traumas without realizing they are the root cause of our psychological distress, having become so accustomed to them that we fail to recognize something is amiss, even when we genuinely feel unwell. The meaning of life varies from person to person, and even for the same individual, it can shift from day to day and hour to hour. Consequently, our primary concern is not the general meaning of life, but rather its specific meaning to each individual. The term "meaning of life" was introduced by Viktor Frankl and is considered a fundamental concept in positive psychology. Discovering and understanding life's meaning is essential for every individual to achieve psychological well-being and stability. In an effort to address the remaining questions posed in the problem statement, and to comprehensively explore the variables of psychological pain and meaning in life, the study's instruments were applied, data was analyzed quantitatively and qualitatively in light of the hypotheses. The findings revealed a positive correlational relationship between psychological pain and meaning in life among a sample of diabetic patients who had undergone amputation. Additionally, the study found no statistically significant differences in psychological pain or meaning in life based on gender.

In light of these findings, several recommendations are put forth:

- ✓ Emphasize the importance of meaning in life as a crucial construct contributing significantly to life's purpose. This includes developing and implementing guidance programs aimed at enhancing and embracing meaning in life.
- ✓ Conduct similar studies on diverse segments of the population.
- ✓ Organize public awareness events by specialized organizations to increase understanding of achieving meaning in life.

- ✓ Increase attention to individuals with diabetes before the disease progresses and exacerbates, and explore the spiritual dimension and its associated variables within this group.
- ✓ Improve community awareness regarding the importance of psychological and social support for diabetic patients.
- ✓ Provide necessary psychological care for this population in specialized centers and hospitals.
- ✓ Educate patients about the nature, risks, and complications of their condition, and strategies for living with it.
- ✓ Mitigate the intensity of stress, anxiety, and depression that contribute to psychological pain.

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