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# Resilience of Children with Disabilities and Culturally Responsive Parenting: A Narrative Literature Review Based on the Javanese Value of “*Nrimo ing Pandum*”

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## Abstract

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### Kata Kunci:

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This study aims to examine the dynamics of resilience among individuals with disabilities and to formulate a culturally responsive parenting model based on the Javanese value of *Nrimo ing Pandum*. This study employed a qualitative approach using a narrative literature study method by analyzing relevant books, scientific articles, journals, and proceedings. The findings indicate that individuals with disabilities face various psychological and social barriers that may undermine their self-confidence, resilience, and self-concept. Parenting and family support play an important role in strengthening resilience, self-concept, and children's capacity to develop their potential. The value of *Nrimo ing Pandum*, which emphasizes acceptance, gratitude, patience, and adaptive responses to life circumstances, provides a culturally relevant foundation for developing a parenting approach that integrates acceptance with empowerment. Based on these findings, this study proposes the *Nrimo ing Pandum* based Democratic Empowering Parenting model as a culturally responsive parenting approach that may support resilience, independence, and positive developmental outcomes among children with disabilities. This proposition is theoretically grounded in the alignment between the values of *Nrimo ing Pandum* and democratic and empowering parenting principles that foster autonomy, participation, and adaptive development. Further empirical research is needed to develop, validate, and examine the effectiveness of the proposed model.

[Penelitian ini bertujuan untuk mengkaji dinamika resiliensi individu dengan disabilitas serta merumuskan model pengasuhan yang responsif terhadap konteks budaya berdasarkan nilai Jawa *Nrimo ing Pandum*. Penelitian ini menggunakan pendekatan kualitatif dengan metode studi naratif literatur melalui analisis terhadap buku, artikel ilmiah, jurnal, dan prosiding yang relevan. Hasil kajian menunjukkan bahwa individu dengan disabilitas menghadapi berbagai hambatan psikologis dan sosial yang dapat mempengaruhi kepercayaan diri, resiliensi, dan konsep diri. Pola pengasuhan dan dukungan keluarga berperan penting dalam memperkuat resiliensi, konsep diri, serta kemampuan anak dalam mengembangkan potensinya. Nilai *Nrimo ing Pandum* yang menekankan penerimaan, rasa syukur, kesabaran, dan sikap adaptif terhadap keadaan kehidupan dapat menjadi landasan budaya yang relevan dalam mengembangkan pola pengasuhan yang memadukan penerimaan dengan pemberdayaan. Berdasarkan temuan tersebut, penelitian ini menyarankan model *Democratic Empowering Parenting* berbasis *Nrimo ing Pandum* sebagai pendekatan pengasuhan yang responsif terhadap budaya dan

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berpotensi mendukung resiliensi, kemandirian, serta perkembangan positif anak dengan disabilitas. Model ini didasarkan pada keselarasan teoretis antara nilai *Nrimo ing Pandum* dengan prinsip pengasuhan demokratis dan pemberdayaan yang mendorong otonomi, partisipasi, dan perkembangan adaptif. Penelitian empiris lebih lanjut diperlukan untuk mengembangkan, memvalidasi, dan menguji efektivitas model yang diusulkan.]

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## Introduction

Individuals with disabilities face various challenges in their lives (Pratama and Armaini, 2021). People with disabilities continue to encounter multiple barriers in achieving success in many aspects of life, including discrimination, limited educational and employment opportunities, and negative societal attitudes. Despite these challenges, many individuals with disabilities demonstrate remarkable resilience that enables them to adapt, pursue their goals, and contribute meaningfully to society. According to Ballou et al., (2025) individuals with disabilities tend to experience psychological problems such as loneliness, low self-esteem, and lack of self-confidence. These psychological issues can hinder individuals with disabilities from developing optimally (Pinals et al., 2022). Furthermore, the societal perception that people with disabilities cannot achieve success in life further plunges children and parents into deep sadness and despair (Chen et al., 2026).

Javanese society highly values cultural values that have been passed down through generations and are used to guide behavior within the community (Pambudi, 2016; Maharani, 2018). One Javanese cultural value relevant to the concept of self-acceptance is *Nrimo ing Pandum* (Nugroho, 2018). *Nrimo ing Pandum* is an attitude of complete acceptance of past, present, and future events. The practice of accepting the value of tolerance (*Nrimo ing Pandum*) is an effort to reduce disappointment over disappointing events (Endraswara, 2003; Prayekti, 2019). The value of accepting the value of tolerance (*Nrimo ing Pandum*) does not imply apathy, but rather requires hard work, the results of which are then entrusted to God (Pambudi, 2016). In the context of parenting children with disabilities, this value may help parents develop greater self-acceptance regarding their child's condition, reduce feelings of disappointment, guilt, or unrealistic expectations, and foster a more supportive emotional climate within the family (Hikmah, et al., 2026). Such acceptance can enable parents to respond to their children's needs with greater patience, empathy, and consistency, rather than focusing primarily on perceived limitations. Moreover, the emphasis on continued effort alongside acceptance encourages parents to remain actively involved in supporting their children's development and independence. Internalizing the value of accepting the value of tolerance (*Nrimo ing Pandum*) is predicted to increase parents' self-acceptance of children with disabilities, thereby enabling them to provide supportive parenting styles for their development.

The life journeys of individuals with disabilities are often marked by obstacles that require mental resilience and strong adaptability. Numerous studies have revealed that psychological factors such as self-empowerment, social support, and coping strategies contribute significantly to their success in life (Kurniyawan et al., 2023; Munir, 2025). However, a comprehensive understanding of how the dynamics of this resilience develop in daily life remains elusive. Furthermore, family parenting styles significantly influence the character development and preparedness of children with disabilities to face life's challenges. However, studies on parenting patterns based on Nusantara cultural values particularly the principle of *Nrimo ing Pandum* are still rarely explored as a reference for adaptive parenting that respects the diversity of children's

conditions. Hendriani (2018) identified protective factors that play a role in the development of resilience among people with disabilities, but did not elaborate on how these factors work together within a comprehensive framework. Wahyuni, et al., (2025) demonstrated that religious values play a crucial role in shaping the self-resilience of people with disabilities; however, this study focused solely on the individual dimension and did not link it to the family context as a support unit. Meanwhile, Stefani and Marbun (2026) highlight the importance of rebuilding family self-esteem as the foundation of family resilience for families with a member with a disability, however, they have not explained how this process relates to the individual protective factors or religious values identified in previous studies.

Although previous studies have extensively examined resilience among individuals with disabilities, parenting styles, and the psychological meaning of the Javanese philosophy of *Nrimo ing Pandum* as separate topics, limited attention has been given to integrating these three perspectives into a comprehensive conceptual framework. Therefore, an in-depth literature review is needed to map the dynamics of the mental resilience of people with disabilities and identify parenting models that align with the cultural context. This research can contribute to the development of family support and strategies to improve the success of children with disabilities. Moreover, few studies have investigated how the values of *Nrimo ing Pandum* can be translated into practical parenting strategies that simultaneously promote parental acceptance, children's resilience, and life success among individuals with disabilities (Hendriani, 2018; Stefani and Marbun, 2026). In this study resilience refers to the capacity of individuals with disabilities to adapt to, cope with, and recover from psychological, social, and environmental challenges while maintaining positive functioning and continuing their developmental efforts. However, existing studies have predominantly examined resilience, parenting practices, and the psychological meaning of *Nrimo ing Pandum* as separate areas of inquiry.

The specific gap lies in the limited integration of these perspectives to explain how culturally grounded parenting can support the development of resilience among children with disabilities. In particular, limited attention has been given to translating the principles of *Nrimo ing Pandum* into concrete parenting practices that combine acceptance, parental responsiveness, autonomy, and empowerment. Therefore, this narrative literature review synthesizes findings on (1) resilience among individuals with disabilities, (2) parenting factors associated with resilience and independence, (3) the cultural values of *Nrimo ing Pandum*, and (4) democratic and empowering parenting principles. Therefore, this narrative literature review addresses this gap by synthesizing evidence on resilience and parenting while proposing a Democratic Parenting Approach Based on the Values of *Nrimo ing Pandum* as a culturally relevant framework to support the optimal development and long-term success of individuals with disabilities.

## Method

This study employed a qualitative literature review with a narrative approach to synthesize relevant literature on resilience among individuals with disabilities, parenting practices, and the cultural value of *Nrimo ing Pandum* (Azizah & Purwoko, 2005; Khusniyah et al., 2023). The data analyzed consists of secondary data obtained from books, scientific articles, and other publications related to the focus of the research (Ansori et al., 2019). This study was not designed as a systematic literature review, therefore, it did not follow a systematic review protocol such as PRISMA. A narrative literature review was selected because the purpose of this study was to critically synthesize and conceptually integrate findings from diverse sources to develop a culturally relevant parenting framework.

The literature was identified through searches of Google Scholar, Scopus, and Garuda using combinations of the keywords “*Nrimo ing Pandum*,” “Javanese cultural values,” “parenting,” “democratic parenting,” “empowering parenting,” “disability,” and “resilience”. The search focused primarily on publications from 2016–2026. Sources were included when they discussed resilience, parenting, disability, Javanese cultural values, or concepts relevant to the development of the proposed parenting framework. Publications that were unrelated to the research focus, duplicated,

or lacked sufficient relevance to the conceptual synthesis were excluded. The selection focused on literature relevant to the research topic and included theoretical and empirical studies published within the specified period, while seminal references were retained where necessary to support the theoretical foundation. After the relevance screening process, 15 articles were selected and analyzed in the literature review. The selected literature was analyzed through thematic synthesis by identifying recurring concepts, comparing findings across studies, and integrating related findings into broader themes. The analysis focused on protective factors of resilience, parenting practices that support autonomy and development, the meaning of *Nrimo ing Pandum*, and the potential integration of these concepts

The research process was conducted in several stages, namely: (1) identifying and selecting relevant literature sources; (2) processing data by reviewing and extracting information from references that met the research needs; (3) compiling and presenting the findings in narrative form; (4) conducting an abstraction process to produce comprehensive and integrated information; (5) interpreting the analyzed findings; and (6) drawing conclusions to conclude the research process.

This series of steps can be visualized through the following research process flowchart.

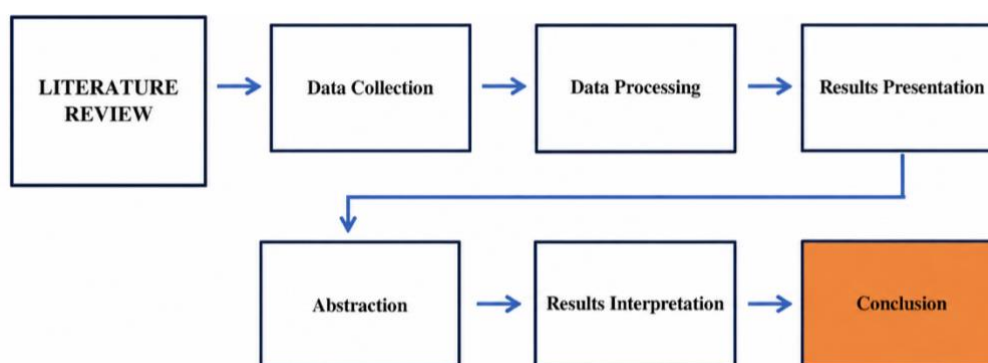


**Figure 1. Flowchart of the Literature Review Research Phases**

In this study, data were obtained from a variety of literature sources that were thoroughly reviewed, including books and reputable scientific journals. The literature used included books, scientific articles, journals, and conference proceedings that provided information relevant to the topic and scope of the study. Data collection was conducted by reviewing these various references using a literature review approach.

The data analysis technique used was content analysis, which involves analyzing the content of reading materials such as books, articles, and journals. The analysis procedure involved selecting, classifying, comparing, and synthesizing various pieces of information to arrive at findings consistent with the focus of the study. The 15 articles were synthesized into four thematic groups. The first group, disability and resilience, highlights individual and environmental protective factors, including social support, religiosity, self-awareness, coping, and access to supportive resources. The second group, parenting and resilience, indicates that parental acceptance, positive perceptions, support, communication, and opportunities for autonomy are important in supporting children's development. The third group, *Nrimo ing Pandum* and Javanese cultural values, emphasizes acceptance, patience, reflective coping, and continued effort in responding to life circumstances. The fourth group, culturally responsive and empowering parenting, highlights the importance of adapting parenting practices to children's needs while promoting participation, autonomy, and empowerment. To ensure data accuracy and minimize potential errors, verification was performed through re-reading and cross-checking against the source materials. Thus, the consistency of the research process was maintained, resulting in an analysis that is academically sound.

## Result

### The Resilience of Individuals with Disabilities

Resilience is an individual's ability to overcome difficulties in order to survive. People with low resilience are prone to becoming easily discouraged, giving in to circumstances, and refusing to work hard to get through life (Berg dkk., 2019). When assessing a person's resilience, there are four dimensions that need to be identified: (1) control, (2) origin and ownership, (3) reach, and (4) endurance (Pratisti & Aprianingsih, 2018). An individual's resilience varies greatly from one person to another. This also applies to individuals with disabilities. The resilience demonstrated by individuals without disabilities differs from that of individuals with disabilities, as People with disabilities may require substantial adaptive resources to navigate structural and interpersonal barriers. This is also supported by a statement from (Dwi Aprianingsih & Pratisti, 2018) which states that individuals with disabilities are more likely to have low resilience due to their differences, which cause them to lack self-confidence. Therefore, it is necessary to enhance the resilience of individuals with disabilities as effectively as possible. One way to do this is through the influence of those closest to them, such as their parents' parenting style. With the right parenting style, an individual's resilience can increase (Dewi & Fadillah, 2020). Resilience among individuals with disabilities can be understood as the capacity to adapt to, cope with, and maintain positive functioning when facing physical, psychological, social, and environmental challenges. Across the reviewed literature, resilience is not determined by individual characteristics alone but emerges from the interaction between internal protective factors and external environmental support. Hendriani (2018), for example, identified religiosity, willingness to learn, self-identity, social support, psychological intervention, inspirational figures, and accessible facilities as protective factors. Similarly, Wahyuni et al. (2025) demonstrated the contribution of religiosity to the resilience of individuals with disabilities, while Stefani and Marbun (2026) emphasized family meaning-making and family self-esteem as foundations of family resilience.

So, these findings indicate that resilience is strengthened when individuals with disabilities experience both internal psychological resources and an environment that recognizes, accepts, and supports their capacity to develop. This synthesis is important because it shifts the understanding of resilience from an individual trait to a relational and contextual process, in which family support and parenting can become important mechanisms for translating protective factors into everyday adaptive functioning.

### Parenting Styles

Raising children is a parental effort to develop a child's potential and personality. Children who receive good and appropriate parenting will develop good character, and that is how it should be. Therefore, parents need to choose the right parenting style to shape their children's character (Ayun, 2017). There are three types of parenting styles commonly practiced by parents: (1) authoritarian, (2) democratic, and (3) permissive. The permissive parenting style involves parents allowing children to do whatever they want without any binding rules. The authoritarian parenting style involves parents imposing strict rules and absolute limits on children without giving them the opportunity to participate in decision-making. Meanwhile, the democratic parenting style teaches children to value freedom though not absolute freedom and to recognize that there are certain limits they must obey (Fitriani, 2015). Within these three types, there are several positive parenting strategies according to Anisah (2017) such as creating a safe and comfortable home environment, helping children express themselves realistically while learning, involving children in various activities at home, and encouraging them to play educational games. According to Hurlock (2014) There are several factors that influence parenting styles, namely (1) parental personality, (2) beliefs, and (3) similarities to the parenting styles the parents were raised with.

### "*Nrimo ing Pandum*" Culture Value

"*Nrimo ing Pandum*" has a philosophical meaning to accept and not complain about one's shortcomings. The three psychological aspects that form the philosophy of "*Nrimo ing Pandum*" are gratitude, patience, and acceptance (Maharani, 2018). Gratitude is a positive emotion in response

to God's abundant blessings that influences a person's behavior within their community (Nugroho, 2018). Patience is a core value that individuals rely on when facing a problem while angry (Prayekti, 2019). Meanwhile, *nrimo* is the belief that humans are merely living their lives and that God is the one who decides (Nuraini dkk., 2021). The attitude of "*Nrimo ing Pandum*" is deeply ingrained in the social consciousness and is well-suited to be internalized by students with a Javanese cultural background (Nugroho, 2018; Prayekti, 2019).

Based on Endraswara (2003) A fundamental trait of Javanese people is an "attitude of acceptance," which involves approaching everything in accordance with one's spiritual awareness, without grumbling (expressing disagreement behind someone's back). This value can be applied in counseling, where acceptance of circumstances does not mean acceptance of injustice or limitation. If they want to achieve more, they must put in more effort (Putri, 2018). The results of applying the value of *Nrimo ing Pandum* include the ability to see the positive side of an event, deepening one's sense of surrender to God, and fostering inner strength. The value of *Nrimo ing Pandum* is not an attitude of apathy, but rather a commitment to hard work, the results of which are then entrusted to God (Pambudi, 2016).

### **Culturally Based Parenting Approach of "*Nrimo ing Pandum*" for Children with Disabilities**

According to Adnan (2018) Parenting styles are categorized as (1) authoritarian; (2) democratic; (3) neglectful; and (4) permissive. A healthy parenting style within the family can provide a strong foundation for the development of emotions, behavior, personality, moral and social values, and character formation (Hermawan, 2018). Each parenting style will have a different impact depending on the child's development. Parental rejection of a child with a disability can lead to inappropriate parenting practices (Susanto, 2018). Therefore, efforts toward acceptance are needed first in order to establish good parenting practices that support optimal development in children with disabilities.

The value of "*Nrimo ing Pandum*" carries the philosophical meaning of accepting and not complaining about one's shortcomings, while emphasizing gratitude, patience, and acceptance. (Maharani, 2018). The application of the "*Nrimo ing Pandum*" cultural philosophy in developing a parenting model is expected to help individuals with disabilities thrive and achieve success in life. Effective parenting of children with disabilities can help nurture their talents and interests (Pratama & Armaini, 2021).

### **Discussion**

The findings of this literature review indicate that parenting plays a central role in shaping resilience among individuals with disabilities. Across the 15 reviewed studies, parenting styles characterized by warmth, autonomy support, emotional responsiveness, and encouragement consistently contribute to positive psychosocial outcomes, including higher self-esteem, stronger self-efficacy, greater psychological well-being, and resilience. These findings align with resilience theory, which emphasizes that resilience is not merely an individual trait but a dynamic process resulting from continuous interactions between personal strengths and supportive environmental systems. Among these systems, the family represents the earliest and most influential protective factor in fostering adaptive development.

This literature review demonstrates that resilience is a fundamental psychological resource enabling individuals with disabilities to adapt to adversity and achieve meaningful success in life. The reviewed studies consistently indicate that individuals with disabilities experience greater psychological and social challenges than individuals without disabilities due to discrimination, stigma, environmental barriers, and limited opportunities. Consequently, resilience becomes an essential protective factor that enables them to maintain psychological well-being, continue pursuing life goals, and overcome obstacles.

The literature further shows that resilience is multidimensional, encompassing control, origin and ownership, reach, and endurance (Pratisti & Aprianingsih, 2018). Parents who adopt a democratic and empowering parenting style provide an environment in which children with

disabilities are encouraged to participate in decision-making, express their emotions openly, and gradually develop independence. Such parenting strengthens children's sense of competence while simultaneously fostering emotional security. This balance is particularly important because children with disabilities frequently encounter social stigma, discrimination, and environmental barriers that may undermine their confidence. When parents consistently communicate acceptance and confidence in their children's abilities, children become more likely to perceive themselves as capable individuals rather than as victims of their limitations. Consequently, they develop greater resilience in facing adversity and become more willing to pursue educational, occupational, and personal achievements.

An important finding emerging from this review is that democratic parenting alone may not fully address the unique psychological challenges experienced by children with disabilities, particularly within collectivistic societies where cultural values strongly influence family interactions. Therefore, this study proposes the Democratic Parenting Model Based on "*Nrimo ing Pandum*", integrating evidence-based parenting principles with local cultural wisdom derived from Javanese philosophy. Within Javanese culture, "*Nrimo ing Pandum*" is often misunderstood as passive resignation or fatalistic acceptance. However, philosophical interpretations emphasize that "*nrimo*" represents mindful acceptance of realities that cannot be changed while maintaining commitment to continuous personal effort. Likewise, "*pandum*" refers not merely to one's allotted destiny but to the unique life circumstances entrusted to each individual.

In contrast, authoritarian parenting may unintentionally reinforce children's dependence because decisions are predominantly controlled by parents, leaving children with limited opportunities to develop autonomy and problem-solving skills. Likewise, permissive parenting may fail to provide the structure necessary for children to develop responsibility and self-regulation. For children with disabilities, both extremes can hinder resilience development because resilience requires opportunities to experience manageable challenges, make decisions, and learn from failures. Therefore, democratic parenting appears to be the parenting style most consistent with resilience development because it simultaneously nurtures emotional security and personal competence. However, this review also indicates that parenting practices cannot be separated from the cultural values embraced by families. Parenting behaviors are influenced by parents' personalities, beliefs, and cultural backgrounds (Hurlock, 2014). Consequently, parenting interventions developed in Western contexts may require cultural adaptation before being effectively implemented in collectivistic societies such as Indonesia. In this regard, the Javanese philosophy of "*Nrimo ing Pandum*" provides an important cultural foundation for strengthening parenting among families raising children with disabilities.

Raising children is a parental effort to develop a child's potential and personality. Children who receive good and appropriate parenting will develop good character, and that is how it should be. Therefore, it is essential for parents to choose the right parenting style to shape their children's character (Ayun, 2017). There are three types of parenting styles commonly practiced by parents: (1) authoritarian, (2) democratic, and (3) permissive. The permissive parenting style involves parents allowing children to do whatever they want without any binding rules. The authoritarian parenting style involves parents imposing strict rules and absolute limits on children without giving them the opportunity to participate in decision-making. Meanwhile, the democratic parenting style teaches children to value freedom though not absolute freedom and to recognize that there are certain limits they must obey (Fitriani, 2015). Within these three types, there are several positive parenting strategies according to Anisah (2017) such as creating a safe and comfortable home environment, helping children express themselves realistically while learning, involving children in various activities at home, and encouraging them to play educational games. Hurlock (2014) It states that there are several factors that influence child-rearing practices, namely (1) parental personality, (2) beliefs, and (3) similarities with the child-rearing practices the parents were raised with.

"*Nrimo ing Pandum*" has a philosophical meaning: to accept and not complain about one's shortcomings. The three psychological aspects that form the philosophy of "*Nrimo ing Pandum*" are gratitude, patience, and acceptance (Maharani, 2018). Gratitude is a positive emotion in response

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Ultimately, resilience should not merely be understood as the ability to survive adversity but also as the capacity to transform challenges into opportunities for personal growth and meaningful achievement. Through parenting that combines emotional acceptance, democratic support, empowerment, and the values of *Nrimo ing Pandum*, children with disabilities are more likely to develop positive self-concepts, confidence, perseverance, and adaptive coping strategies. These qualities enable them not only to overcome the challenges associated with disability but also to achieve success, contribute to society, and lead meaningful and fulfilling lives.

## Conclusion

Based on the literature review, it can be concluded that individuals with disabilities face complex challenges, both physical, social, and psychological. These various obstacles can reduce self-confidence, diminish adaptability, and hinder the achievement of life success. However, research shows that resilience and environmental support, especially from family, are key factors in strengthening their capacity to face adversity. The resilience of people with disabilities does not develop instantly but develops through life experiences, social interactions, and the parenting styles they receive from an early age. Parenting styles have been shown to play a fundamental role in developing the character, independence, and self-confidence of children with disabilities. Of the various parenting models, democratic parenting, which balances support, guidance, and opportunities for children to express themselves and make decisions, democratic parenting appears theoretically compatible with the development of autonomy and resilience among children with disabilities. The integration of *Nrimo ing Pandum* provides a culturally contextualized formulation that requires empirical testing to supporting the optimal development of children with special needs. When this parenting style is combined with the Javanese cultural value of *Nrimo ing Pandum*, the parenting process becomes more contextual, reassuring, and strengthens self-acceptance in both children and parents. The value of *Nrimo ing Pandum*, which emphasizes gratitude, patience, and sincere acceptance of life's conditions, not only helps parents manage their emotions and accept their children's circumstances, but also guides them to continue striving despite their limitations.

Therefore, this study recommends the Democratic Empowering Parenting Model Based on *Nrimo ing Pandum*, a parenting style that combines the principles of empowerment, strengthening independence, and internalizing local cultural values. This model is believed to strengthen the spirit of struggle, increase self-acceptance, and encourage children with disabilities to develop toward meaningful life success. Thus, this study contributes to the development of a more adaptive, humanistic, and culturally appropriate parenting approach, while also opening up opportunities for further, more empirical research on its implementation in family and educational contexts. However, this study has several limitations. First, it is based on a literature review and does not involve empirical testing of the proposed parenting model. Second, the available literature specifically examining *Nrimo ing Pandum* within parenting for children with disabilities remains limited. Therefore, the proposed model should be understood as a conceptual framework rather

than an empirically validated intervention. Future research should develop and validate the model through expert assessment and empirical studies involving parents and children with disabilities, and examine its effects on parental acceptance, children's resilience, autonomy, and independence across diverse disability and family contexts.

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