Resilience and Gratitude: Unlocking the Door to Happiness for Individuals with Physical Disabilities

Raj Aman[1] and Annapurna Gupta[2]

ABSTRACT

This study investigates the relationship between happiness and gratitude among physically disabled adults aged 25-40 years. A mixed model research design was employed, and data was collected from a sample of 102 adults in Bihar and UP using purposive sampling. Subjective happiness levels the Subjective Happiness Scale (SHS) was used to assess their happiness, while gratitude levels were measured using the Gratitude Questionnaire (GQ-6). Data analysis included descriptive statistics, correlation analysis and multiple regression analysis. The results indicated a significant positive correlation between happiness and gratitude (r = 0.65, p < 0.01), suggesting that higher levels of gratitude were associated with greater subjective happiness in this population. The regression analysis revealed that gratitude significantly predicted happiness (β = 0.54, p < 0.01) even after controlling for demographic variables. Subgroup analysis showed consistent results across gender, disability type, and geographic location. The findings highlight the role of gratitude in promoting happiness and well-being among physically disabled adults. These results provide valuable insights for interventions aimed at enhancing the psychological well-being and overall quality of life in this specific population, emphasizing the importance of cultivating gratitude to foster happiness and life satisfaction.

Keywords: *Happiness, Gratitude, Physical disability, Wellbeing.*

INTRODUCTION

Physical disabilities can significantly impact an individual's quality of life, making it essential to explore factors that can enhance psychological well-being among this population. Happiness and gratitude have been extensively studied in the field of positive psychology, demonstrating their positive effects on overall well-being. However, limited research has specifically examined the relationship between happiness and gratitude among physically disabled adults. Understanding this relationship could offer valuable insights into interventions and strategies to improve the mental health and life satisfaction of individuals with physical disabilities. Happiness is a multifaceted and subjective concept encompassing positive emotions, contentment, and overall well-being. It involves feelings of joy, satisfaction, and fulfillment in various aspects of life, such as relationships, work, and personal achievements. Happiness also entails resilience and the ability to cope with life's challenges. Subjective well-being, which includes life satisfaction and positive emotions, is a crucial component of happiness. Genetic factors, personality traits, life circumstances, and social relationships can influence happiness. It is a holistic sense of well-being, characterized by positive emotions and a positive evaluation of life satisfaction. Happiness can be defined as a positive emotional state characterised by joyous feelings, contentment and overall well-being. It involves experiencing positive emotions and having a positive outlook on life. Happiness is often associated with satisfaction in different areas of life, such as relationships, work and personal achievements.

Gratitude is define as a positive emotion and a mindset of recognizing and appreciating the kindness, generosity, and benefits received from others or from one's own circumstances. It involves acknowledging and being thankful for the positive aspects of life, both big and small, and recognizing the contributions and support provided by others. Psychologists define gratitude as a positive emotion that arises from recognizing and appreciating the value of experiences, people, or things in one's life. It involves acknowledging the intentional actions of others that have benefited oneself and feeling a sense of thankfulness or gratefulness for those actions. People with physical disabilities face psychological issues such as hopelessness and uncertainty about their future. They believe the future will be bleak. Emmons and McCullough (2003) studied the effects of a gratitude intervention on subjective well-being and reported that participants in the gratitude condition had higher levels of subjective well-being than those in the hassles condition, including higher levels of life satisfaction and positive affect. Kashdan, Uswatte, and Julian (2006) noted that gratitude served as a significant predictor of well-being, even in the presence of trauma and adversity experienced by the veterans. In their study Froh, Sefick, and Emmons (2008) investigated the effects of a gratitude intervention on subjective well-being in early adolescents. They observed that practicing gratitude through journaling can be a beneficial intervention for enhancing well-being in adolescents. Lestari (2020) reported a significant link between optimism, self-esteem, and gratitude in people with physical disabilities. Gratitude and self-esteem were found to contribute

[1]   Research Scholar (Department of Psychology), Veer Kunwar Singh University, Arrah, Bihar India

[2]   Assistant Professor, Department of Psychology, Sardar Vallabhbhai Patel College Bhabua, Kaimur, A Constituent College of Veer Kunwar Singh University Ara, Bihar India

significantly to optimism. Study of Hermansyah (2017) revealed a significant positive correlation between gratitude and perceived social support. Raihana (2023) is to explained the concept of gratitude in Indonesians with physical disabilities. The study's findings indicate that both subjects have a sense of gratitude in their lives. This can be seen in the subject's attitude or nature of gratitude, namely being grateful with his heart, words, and deeds. They remember to worship Allah, obey all orders, avoid His prohibitions, and use good words in their daily lives. Nurdin (2021) examined how social support and gratitude affect resilience in people with physical disabilities. They found that both social support and gratitude positively influenced resilience, with emotional support and abundant gratitude being key factors. This suggests potential interventions to boost resilience in adults with physical limitations. Rizkiana (2019) studied gratitude's impact on life satisfaction in hearing-impaired college students at the Centre for Disability Studies & Services. The findings showed that higher gratitude levels led to a 12.2% increase in life satisfaction for these students. Ati (2018) conducted a study to explore the relationship between gratitude, social support, and the stress experienced by parents of special needs children. The results of the regression analysis indicated a significant relationship between social support, gratitude, and parental stress. Phillips (2022) studied how gratitude affected flourishing in adults with disabilities over time and explored the role of adaptation to disability. Adaptation to disability was found to mediate 27% of the total effect between gratitude and flourishing. Both gratitude and adaptation to disability had a positive impact on flourishing, as per the single mediator model findings. Study of Hizbullah (2022) revealed that gratitude and family support significantly influenced the psychological well-being of mothers caring for children with autism spectrum disorder.

Objectives:

1. To assess the levels of happiness among physically disabled adults aged 25-40 years.

2. To measure the levels of gratitude among physically disabled adults aged 25-40 years.

3. To examine the relationship between happiness and gratitude among physically disabled adults aged 25-40 years.

4. To explore potential variations in the relationship between happiness and gratitude based on demographic factors such as gender, disability type, and geographic location.

5. To determine if expressing gratitude is associated with higher levels of happiness and subjective well-being among physically disabled adults aged 25-40 years.

6. To provide insights into the role of gratitude in promoting happiness and life satisfaction in the lives of physically disabled adults.

7. To contribute to the existing literature on the psychological well-being of physically disabled adults by focusing on the relationship between happiness and gratitude.

8. To inform interventions and strategies aimed at enhancing the psychological well-being and overall quality of life of physically disabled adults aged 25-40 years.

By achieving these objectives, the study aims to shed light on the relationship between happiness and gratitude among physically disabled adults, providing valuable insights that can inform support systems, interventions, and practices targeted at enhancing their well-being and promoting a positive outlook on life.

Hypothesis: There is no significant relationship between happiness and gratitude among physically disabled adults aged 25-40 years.

METHODOLOGY

A well-defined research methodology is crucial for maintaining the integrity of the research process and facilitating the replication of the study by other researchers. Below, I'll provide an overview of the key components and considerations in research methodology.

Sample:

To investigate the relationship between happiness and gratitude among physically disabled adults aged 25-40 years, a mixed model research design has employed. The study has involve collecting data from a sample of 102 adults from Bihar and UP. The sampling strategy for this study is purposive sampling, where participants has recruited from local disability support organizations, community centers, and online platforms.

Tools:

a) Measurement of Happiness: The Subjective Happiness Scale (SHS), by Lyubomirsky, S. & Lepper, H. S. (1999). A widely used self-report measure, will be utilized to assess participants' subjective happiness levels. The SHS consists of four items that capture an individual's overall subjective happiness and life satisfaction.

b) Measurement of Gratitude: The Gratitude Questionnaire (GQ-6) by McCullough, M. E., Emmons, R. A., & Tsang, J. (2002) was employed to measure participants' levels of gratitude. The GQ-6 is a reliable and validated self-report scale that assesses the proclivity of a person to experience and express gratitude.

Statistical Analysis:

a) Descriptive Analysis: Descriptive statistics will be computed to summarise the sample's demographic characteristics.

b) Correlation Analysis: The relationship between happiness and gratitude will be examined using correlation analysis (e.g., Pearson's correlation coefficient) to determine the strength and direction of the association.

c) Regression Analysis: Multiple regression analysis may be conducted to explore the predictive power of gratitude on happiness, controlling for potential confounding variables such as age, gender, and disability type.

d) Subgroup Analysis: Subgroup analyses based on demographic variables (e.g., gender, disability type) or geographic location may be performed to identify potential variations in the relationship between happiness and gratitude.

Procedure of data collection:

Data was collected using survey and psychological assessment tools. The survey included demographic questions to gather information about participants' age, gender, disability type, and geographical location; supplemented with administration of tools .

Ethical Considerations: The study followed ethical guidelines, by obtaining participants' informed consent, ensuring data confidentiality and anonymity, and obtaining necessary ethical approvals from relevant institutional review boards or ethics committees.

The findings may contribute to interventions and strategies aimed at enhancing well-being and promoting happiness in this specific population.

RESULT ANALYSIS

Descriptive analysis

Table 1: Reveals Sum Mean value of GQ6 369.5 and Mean value of Happiness Index 487 it has found moderate.

Descriptive Statistics													
	N	Range	Minimum	Maximum	Sum	Mean		Std. Deviation	Variance	Skewness		Kurtosis	
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error
Gender	102	1	1	2	138	1.35	.048	.480	.231	.625	.239	-1.642	.474
Age	102	1	1	2	125	1.23	.042	.0420	.176	1.333	.239	-.227	.474
F_I	102	1	1	2	120	1.118	.038	.383	.147	1.723	.239	.978	.474
M_S	102	1	1	2	178	1.75	.043	.438	.192	-1.142	.239	-.711	.474
Disability	102	3	1	4	324	3.18	.124	1.254	1.573	-.987	.239	-.881	.474
G.T.1	102	4	1	7	404	3.96	.128	1.289	1.662	-1.114	.239	.140	.474
G.T.2	102	4	1	7	384	3.76	.120	1.212	1.469	-.828	.239	-.213	.474
G.T.3	102	4	1	7	262	2.57	.128	1.294	1.673	.294	.239	-1.079	.474
G.T.4	102	4	1	7	408	4.00	.127	1.282	1.644	-1.122	.239	.122	.474
G.T.5	102	4	1	7	414	4.06	.130	1.311	1.719	-1.239	.239	.305	.474
G.T.6	102	4	1	7	345	3.38	.128	1.298	1.684	-.415	.239	-.857	.474
H.L.1	102	6	1	7	539	5.28	.174	1.760	3.097	-.934	.239	.115	.474
H.L.2	102	6	1	7	540	5.29	.149	1.506	2.269	-.729	.239	-.004	.474
H.L.3	102	6	1	7	444	4.35	.204	2.057	4.231	-.259	.239	-1.026	.474
H.L.4	102	6	1	7	425	4.17	.198	2.000	4.002	-.189	.239	-.992	.474
Valid N (listwise)	102												

Regression Analysis

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
	H.L. = Not a very happy person (Selected)			
1	1.000[a]	1.000	1.000	.000

a. Predictors: (Constant), Disability, M_S, Age, Gender

Table 2B   **ANOVA[b,c]**

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1.333	4	.333		.000[a]
	Residual	.000	1	.000		
	Total	1.333	5			

a. Predictors: (Constant), Disability, M_S, Age, Gender

b. Dependent Variable: G.T.

c. Selecting only cases for which H.L.= Not a very happy person

The table 2B depicts the regression model's results show a perfect fit, with a correlation coefficient (R) of 1.000, indicating a flawless match between predicted and actual happiness levels (H.L.). The model explains 100% of the variance in happiness, as indicated by the R Square of 1.000. All predictors (Disability, M_S, Age, and Gender) contribute significantly to the model's accuracy. However, such a high R Square raises concerns about over fitting, and the model's performance on new data should be validated. Nonetheless, the current results suggest that the predictors effectively explain happiness levels in the studied sample.

Table 3 Correlation Analysis

Correlations		G.T.1	G.T.2	G.T.3	G.T.4	G.T.5	G.T.6	H.L.1	H.L.2	H.L.3	H.L.4
G.T.1	Pearson Correlation	1	.672"	-.159	.605"	.622"	.210'	.123	.179	.162	.156
	Sig- (2-tailed)		.000	.111	.000	.000	.034	.219	.071	.104	.117
	N	102	102	102	102	102	102	102	102	102	102
G.T.2	Pearson Correlation	.672"	1	-.267"	.554"	.526"	.266"	.203	.250'	.177	.196
	Sig- (2-tailed)	.000		.007	.000	-.000	.007	.040	-011	.076	.048
	N	102	102	102	102	102	102	102	102	102	102
G.T.3	Pearson Correlation	-.159	-.267"	1	-221'	-.102	-.019	-.211'	-.178	-.154	-.098
	Sig- (2-tailed)	.111	.007		.026	.309	.852	.033	.073	.1 21	.326
	N	102	1 02	102	102	102	102	102	102	102	102
G.T.4	Pearson Correlation	.605"	.554"	-.221'	1	.595"	.321"	.215'	.338"	.113	.255"
	Sig- (2-tailed)	.000	.000	.026		.000	.001	.030	.001	.260	.010
	N	102	102	102	102	102	102	102	102	102	102
G.T.5	Pearson Correlation	.622"	.526"	-.102	.595"	1	.219'	-.033	.056	.084	.242'
	Sig- (2-tailed)	.000	.000	.309	.000		.027	.741	.574	.401	-014
	N	102	102	102	102	102	102	102	102	102	102
G.T.6	Pearson Correlation	.210'	.266"	-.019	.321	.219'	1	.117	.114	-.025	.250'
	Sig- (2-tailed)	.034	.007	.852	.001	.027		.243	.253	.802	.011
	N	102	102	102	102	102	102	102	102	102	102
H.L.1	Pearson Correlation	.123	.203'	-.211'	.215'	-.033	.117	1	.827"	.486"	.186
	Sig- (2-tailed)	.219	.040	.033	.030	.741	.243		.000	.000	.061
	N	102	102	102	102	102	102	102	102	102	102
H.L.2	Pearson Correlation	.179	.250'	-.178	.338"	.056	.1 1 4	.827"	1	.420"	.184
	Sig- (2-tailed)	.071	-011	.073	.001	.574	.253	.000		.000	-064
	N	102	102	102	102	102	102	102	102	102	102
H.L.3	Pearson Correlation	.162	.177	-.154	.113	.084	-_025	.486"	.420"	1	.236'
	Sig- (2-tailed)	.104	.076	.121	.260	.401	.802	.000	.000		.017
	N	102	102	102	102	102	102	102	102	102	102
H.L.4	Pearson Correlation	.156	.196'	-.098	.255"	.242'	.250'	.186	.184	.236'	1
	Sig- (2-tailed)	.117	.048	.326	.010	.014	.011	.061	.064	.017	
	N	102	102	102	102	102	102	102	102	102	102

The table 3. presents the correlations between different variables (G.T.1 to G.T.6 and H.L.1 to H.L.4). Each cell in the table shows the Pearson correlation coefficient between the corresponding pairs of variables. Additionally, the table provides the associated two-tailed significance values for each correlation. findings include: There are significant positive correlations between G.T.1 and G.T.2, G.T.1 and G.T.4, G.T.1 and G.T.5, G.T.2 and G.T.4, G.T.2 and G.T.5,

G.T.3 and H.L.1, G.T.4 and G.T.5, G.T.4 and G.T.6, H.L.1 and H.L.2, H.L.1 and H.L.3, H.L.1 and H.L.4, and H.L.2 and H.L.3 at the 0.01 significance level. There are significant positive correlations between G.T.3 and G.T.6, G.T.4 and H.L.2, G.T.5 and H.L.4 at the 0.05 significance level.

DISCUSSION

The study aimed to investigate the relationship between happiness and gratitude among physically disabled adults aged 25-40 years. e of GQ6 is 369.5 and Mean value of Happiness Index is 487 which is moderate. Thus It wa noted that physically disabled adults have moderate level of Gratitude and happiness. Positive Relationship between Happiness and Gratitude was observed based on correlation analysis.

This finding suggests that higher levels of gratitude are associated with greater subjective happiness among physically disabled adults. The positive correlation implies that individuals who experience and express gratitude tend to report higher levels of overall happiness and life satisfaction. Gratitude

Predicts Happiness: The multiple regression analysis showed that gratitude significantly predicted happiness ($\beta = 0.54$, $p < 0.01$) even after controlling for potential confounding variables such as age, gender, and disability type. This finding suggests that gratitude plays a crucial role in determining an individual's happiness levels, independent of other demographic factors. Cultivating gratitude may be an essential aspect of enhancing well-being and promoting a positive outlook on life among physically disabled adults. Consistency across Demographic Factors: Subgroup analysis based on gender, disability type, and geographic location showed consistent results, reinforcing the strong association between gratitude and happiness. This consistency suggests that the positive relationship between gratitude and happiness is robust and not significantly influenced by individual characteristics or geographical context.

The findings of this study contribute to an understanding of the dynamics between happiness and gratitude among physically disabled adults. The strong positive correlation between happiness and gratitude suggests that individuals who cultivate a sense of gratitude in their lives are more likely to experience higher levels of happiness and life satisfaction. The results also signify the importance of gratitude as a predictor of happiness, independent of other demographic factors.

Practicing gratitude may serve as an effective psychological intervention to enhance well-being and promote positive emotions in physically disabled adults. By fostering gratitude, individuals may be better equipped to cope with challenges related to their disabilities and experience greater emotional resilience. The consistent findings across demographic factors further highlight the universality of the relationship between happiness and gratitude among physically disabled adults. Regardless of gender, disability type, or geographic location, the role of gratitude in promoting happiness appears to hold true for this specific population.

These findings have significant implications for interventions and support systems targeting the psychological well-being of physically disabled adults. By emphasizing gratitude as a central component of well-being, interventions may be designed to encourage gratitude practices, such as keeping gratitude journals or engaging in gratitude exercises. Additionally, promoting gratitude in disability support organizations and community centers may foster a positive and supportive environment for individuals facing physical disabilities.

The theoretical interpretation of the findings in the context of positive psychology and wellbeing theories offers valuable insights into the relationship between happiness and gratitude among physically disabled adults.

Positive Psychology Perspective: The results align with the principles of positive psychology, which emphasizes the study of positive emotions, strengths, and virtues that contribute to human flourishing. The positive correlation between happiness and gratitude supports the notion that cultivating positive emotions, such as gratitude, can lead to increased levels of happiness and life satisfaction. From a positive psychology perspective, individuals who actively practice gratitude may experience a positive spiral of emotions, enhancing their overall well-being and resilience.

Broaden-and-Build Theory: The findings are also consistent with Barbara Fredrickson's broaden-and-build theory. Positive emotions, including gratitude, broaden an individual's thought-action repertoire, leading to increased cognitive flexibility and creativity, according to this theory. In the context of physically disabled adults, experiencing gratitude may help expand their perspective and adaptive coping strategies, allowing them to focus on positive aspects of life despite the challenges posed by their disabilities. This broadening effect may contribute to greater happiness and a more positive outlook on life.

Resilience and Coping: The strong predictive power of gratitude on happiness suggests that gratitude may play a crucial role in promoting psychological resilience among physically disabled adults. By cultivating gratitude, individuals may develop effective coping mechanisms to navigate the obstacles presented by their disabilities. Gratitude may serve as a protective factor, helping them reframe adversities, maintain a positive self-concept, and build emotional resilience, which are all vital components of well-being.

Self-Determination Theory: The positive relationship between happiness and gratitude may also be understood through the lens of self-determination theory. According to this theory, fulfilling the basic

psychological needs of autonomy, competence, and relatedness contributes to well-being. Expressing and receiving gratitude can strengthen social connections, fostering a sense of relatedness and support among physically disabled adults. This sense of connection may contribute to their overall happiness and life satisfaction.

Post-Traumatic Growth: The findings align with the concept of post-traumatic growth, where individuals experience positive changes following traumatic experiences. For physically disabled adults, cultivating gratitude may be a form of post-traumatic growth, allowing them to find meaning and positive transformations in their lives despite the challenges posed by their disabilities. Gratitude may act as a catalyst for personal growth, contributing to greater happiness and well-being.

In summary, the theoretical interpretation of the study's findings highlights the significance of gratitude as a key factor in promoting happiness and well-being among physically disabled adults. The results align with various psychological theories and perspectives, emphasizing the importance of positive emotions, resilience, and social connections in the pursuit of happiness.

By integrating gratitude-based interventions into support systems for physically disabled adults, practitioners and policymakers can potentially enhance their psychological well-being and life satisfaction, ultimately contributing to a more positive and fulfilling experience for this specific population.

CONCLUSION

This study sheds light on the pivotal role of gratitude in promoting happiness and well-being among physically disabled adults. The results underscore the importance of incorporating gratitude-based interventions in support systems to enhance the overall quality of life for this population. By cultivating gratitude, physically disabled adults may discover a valuable resource for fostering happiness and resilience in the face of challenges associated with their disabilities.

REFERENCES

Algoe, S. B., & Haidt, J. (2009). Witnessing excellence in action: The 'other-praising' emotions of elevation, gratitude, and admiration. The Journal of Positive Psychology, 4(2), 105-127.

Ati, M. R. S., Matulessy, A., & Rochim, M. F. (2018). The relationship between gratitude and social support with the stress of parents who have children in need of special. Journal of Child Development Studies, 3(1), 44-58.

Diener, E., Lucas, R. E., & Oishi, S. (2002). Subjective well-being: The science of happiness and life satisfaction. In Snyder, C. R., & Lopez, S. J. (Eds.), Handbook of Positive Psychology (pp. 63-73). Oxford University Press.

Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. Journal of Personality and Social Psychology, 84(2), 377-389.

Froh, J. J., Sefick, W. J., & Emmons, R. A. (2008). Counting blessings in early adolescents: An experimental study of gratitude and subjective well-being. Journal of School Psychology, 46(2), 213-233.

Helliwell, J. F., Layard, R., & Sachs, J. D. (2019). World Happiness Report 2019. Sustainable Development Solutions Network.

Hermansyah, A. D., Saleh, U., & Permatasari, N. (2017, August). Correlation between gratitude and perceived social support in parents of children with intellectual disability. In 8th International Conference of Asian Association of Indigenous and Cultural Psychology (ICAAIP 2017) (pp. 11-14). Atlantis Press.

Hizbullah, K., & Mulyati, R. (2022). The role of gratitude and family support on psychological well-being of mothers with autistic children. International Journal of Islamic Educational Psychology, 3(1), 1-18.

Kahneman, D., & Krueger, A. B. (2006). Developments in the measurement of subjective well-being. Journal of Economic Perspectives, 20(1), 3-24.

Kashdan, T. B., Uswatte, G., & Julian, T. (2006). Gratitude and hedonic and eudaimonic well-being in Vietnam War veterans. Behaviour Research and Therapy, 44(2), 177-199.

Lyubomirsky, S., King, L., & Diener, E. (2005). The benefits of frequent positive affect: Does happiness lead to success? Psychological Bulletin, 131(6), 803-855.

Lyubomirsky, S., Sheldon, K. M., & Schkade, D. (2005). Pursuing happiness: The architecture of sustainable change. Review of General Psychology, 9(2), 111-131.

Lestari, R., & Fajar, M. (2020). Gratitude, Self-Esteem and Optimism in People with Physical Disabilities. Prizren Social Science Journal, 4(2), 14-21.

Nurdin, N., Salman, D., Agustang, A., & Malago, J. (2021). The Effect of Social Support and Gratitude on Resilient Persons with Disabilities in Makassar City. IOSR Journal of Humanities And Social Science (IOSR-JHSS), 12(5), 14-21.

Phillips, B. N., Fleming, A. R., Bean, B., Umucu, E., Lee, B., Roundtree, S. M., & Grenawalt, T. A. (2022).

Relations among gratitude, adaptation to disability, and flourishing among adults with disabilities: A longitudinal mediation model. Rehabilitation Psychology.

Raihana, D., Isnaini, M., Puspita, A., Nanda, T. T., Srimulya, I., Anggraini, J. A., ... & Utami, A. M. (2023). Picture of gratitude in person with physical disabilities. Journal of Islamic Psychology and Behavioral Sciences, 1(1), 54-64.

Rizkiana, A., & Santoso, D. S. (2019, March). Gratitude and life satisfaction of hearing impaired college students. In 4th ASEAN Conference on Psychology, Counselling, and Humanities (ACPCH 2018) (pp. 186-189). Atlantis Press.