

Suffering, Mental Health, and the Role of Logotherapy

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Abstract: This study explores the role of suffering within Viktor Frankl's logotherapy framework and examines its application to modern mental health care and daily life. Logotherapy, which emphasizes finding meaning through suffering, contrasts with other therapeutic approaches that focus primarily on symptom relief or cognitive restructuring. By highlighting the central tenet that individuals can choose their attitude toward suffering and find purpose in adversity, this study delves into how logotherapy aids patients in clinical settings, particularly those experiencing existential crises, chronic illness, or trauma. It also addresses criticisms of the approach, including its focus on individual responsibility and the limited empirical support for its efficacy in treating severe mental health disorders. Furthermore, the research integrates a spiritual dimension, considering how logotherapy's principles align with broader philosophical and religious concepts of suffering and redemption. Ultimately, this study contributes to understanding how meaning-making can serve as a valuable psychological tool, offering insights for both clinical practice and personal coping strategies. Implications for research, practice, and theory are discussed, critically evaluating logotherapy's role in contemporary therapeutic interventions.

Keywords: logotherapy, suffering, existential therapy, mental health, tragic optimism, psychological resilience.

I. INTRODUCTION

Suffering is an intrinsic part of the human experience, yet its role in psychological healing and personal growth is often overlooked in traditional therapeutic models. Logotherapy, developed by psychiatrist Viktor Frankl, emerged as a groundbreaking existential psychotherapy based on Frankl's bitter experiences in Nazi concentration camps. Frankl's observations of fellow prisoners led him to conclude that the critical factor in surviving extreme hardship was not physical strength but the ability to find meaning in suffering (Frankl, 2006). Frankl's approach is anchored in the "will to meaning," which asserts that human beings are primarily motivated by a search for purpose and meaning in their lives (Gans, 2023). This theory was a departure from the predominant psychological frameworks of the time, such as Sigmund Freud's focus on the "will to pleasure" and Alfred Adler's emphasis on the "will to power." For Frankl, meaning transcended pleasure and power, making it a fundamental component of psychological health (Schulenberg et al., 2016).

One of Frankl's most important contributions is his redefinition of suffering within the framework of meaning. In a world where suffering is often viewed negatively as something to be avoided, Frankl challenged this notion by arguing that suffering can be a profound source of meaning. He believed that when individuals cannot change their external circumstances, they retain the freedom to choose their response to suffering. This response can turn even the harshest experiences into personal growth and transformation opportunities. By finding meaning in suffering, individuals can endure and transcend their hardships (Frankl, 2006). Frankl often referred to Nietzsche's assertion that "he who has a "why" to live for can bear almost any how," underscoring the critical role of purpose in surviving adversity (Wong, 2012).

Logotherapy's existential and meaning-centered approach distinctly differs from other psychology schools that dominated the 20th century. Freud's psychoanalysis, with its focus on the unconscious mind and the pursuit of pleasure, sought to alleviate mental suffering by addressing unresolved internal conflicts and traumas. Adler's psychology, on the other hand, emphasized the "will to power" and personal superiority, focusing on overcoming feelings of inferiority and striving for success (Corey, 2017). Unlike these approaches, logotherapy places meaning as the central pillar of psychological

wellbeing, asserting that even in unavoidable suffering, humans can find a sense of purpose that enables them to overcome their despair. Frankl's theory has had enduring relevance, particularly in existential psychology, trauma therapy, and palliative care, where finding meaning in suffering has proven to be a valuable therapeutic tool (Breitbart et al., 2015).

Viktor Frankl's logotherapy presents a unique perspective on suffering by asserting that it can be a powerful source of meaning, resilience, and transcendence. When rooted in existential philosophy, logotherapy helps individuals confront life's unavoidable challenges by finding purpose even during suffering. This approach contrasts with more symptom-focused therapies, such as cognitive-behavioral therapy (CBT) or psychodynamic therapy, which emphasize reducing distress and improving mental wellbeing through the resolution of internal conflicts (Schulenberg et al., 2016). Instead, logotherapy advocates for an attitudinal change toward suffering, encouraging individuals to embrace it as an opportunity for self-growth and fulfillment. One of the central tenets of logotherapy is the belief that even in the face of inevitable suffering, individuals retain the freedom to choose their attitude. Frankl referred to this as the last of human freedoms, suggesting that while suffering may be outside of a person's control, their response reflects personal agency and purpose (Frankl, 2006). This idea is especially relevant in modern therapeutic settings where individuals grapple with chronic illness, grief, trauma, or existential crises. By helping patients reframe their pain in a meaningful context, logotherapy enables them to transcend their suffering and find a sense of purpose in their lives. This therapeutic approach also emphasizes self-transcendence, or the idea of looking beyond one's immediate circumstances to serve others or fulfill a higher purpose, which can be particularly helpful for those experiencing despair. Even though a plethora of studies exist regarding suffering and logotherapy, literature still needs to fill a gap in understanding its effectiveness and addressing its various criticisms.

Purpose of the Study. The study aims to explore the effectiveness and relevance of logotherapy in modern therapeutic practices, particularly in helping individuals make sense of suffering. It explores the core principles of logotherapy, including the "will to meaning," the role of existential frustration, and Frankl's concept of "tragic optimism," which is the ability to remain optimistic in the face of suffering (MasterClass, 2022). This research reviewed historical applications of logotherapy and contemporary uses, focusing on its role in clinical settings and personal development.

Problem Statement. In the context of modern mental health challenges, individuals often struggle to find meaning in their suffering, which exacerbates feelings of hopelessness, anxiety, and depression. While traditional therapeutic approaches focus on symptom alleviation, there is a growing need to explore meaning-centered therapies like Viktor Frankl's logotherapy, which emphasizes the 'will to meaning' as a primary motivating force in human life. The challenge remains, however, in understanding how effectively logotherapy can be applied in contemporary clinical settings and everyday life to foster resilience, psychological wellbeing, and coping mechanisms. This study seeks to address the gap by exploring how logotherapy's principles can aid individuals in finding meaning during suffering, contributing to improved mental health outcomes.

Research Question. *"How does logotherapy enhance mental health by helping individuals find meaning in everyday struggles and suffering, and how can it be applied as a therapeutic tool for improving resilience and wellbeing in daily life?"*

The premise of this qualitative study is that logotherapy significantly alters individuals' perceptions of suffering, leading to enhanced personal meaning and psychological resilience. Specifically, it posits that participants who engage with logotherapy will articulate a deeper understanding of their suffering, reframe their experiences positively, and demonstrate improved coping strategies compared to those who do not utilize a meaning-centered approach informed by Viktor Frankl's assertion that the quest for meaning is a fundamental human drive and that suffering can be a pathway to finding purpose (Frankl, 2006). Additionally, research suggests that individuals who can articulate meaning in their suffering are more likely to experience improved mental health outcomes and enhanced wellbeing (Wong, 2012; Schulenberg et al., 2016). Thus, this study explores how logotherapy's emphasis on meaning-making can facilitate resilience in the face of suffering and contribute to a transformative therapeutic process.

II. CONCEPTUAL FRAMEWORK AND LITERATURE REVIEW

A. Conceptual Framework

Logotherapy is fundamentally linked to existential psychology and is grounded in Viktor Frankl's theory of meaning, which draws heavily on philosophical and psychological ideas about human existence. Existentialism is a philosophy that

focuses on human freedom, responsibility, and the search for meaning (Tilila, 2023). Existential thinkers like Søren Kierkegaard and Friedrich Nietzsche discussed the individual's role in creating meaning in a seemingly indifferent or chaotic world. Frankl, influenced by these ideas, proposed that the primary motivation in life is not pleasure or power but the pursuit of meaning.

Logotherapy

Logotherapy is grounded in existential analysis and is based on the premise that the primary human drive is not pleasure or power but meaning. In the context of this study, logotherapy serves as a fundamental framework for understanding how individuals find meaning in suffering, ultimately transforming hardship into a source of growth. Frankl argued that suffering is an inevitable part of life, but by finding meaning in it, individuals can transcend their suffering and achieve psychological and spiritual wellbeing. This concept aligns with the study's goal of exploring how people, even when faced with difficult or adverse circumstances, can use meaning-making to cope, survive, and thrive. Frankl's experiences in concentration camps and his subsequent development of logotherapy demonstrated that individuals who can find meaning in suffering are often able to endure it more effectively. This concept is particularly relevant in the therapeutic context, where helping individuals discover meaning can significantly improve their mental health and wellbeing (Frankl, 2006; Vos et al., 2022).

Logotherapy's emphasis on meaning as a central driver of human behavior provides the basis for exploring suffering as more than just a negative experience to be avoided. Instead, it allows the study to investigate how individuals interpret and find purpose in suffering, making it a potential catalyst for personal growth. As a therapeutic approach, logotherapy can offer individuals practical tools to reinterpret their life experiences, particularly beneficial in clinical settings and everyday life. The study aims to build on Frankl's foundational work, exploring the application of logotherapy in both mental health contexts and daily coping strategies. Logotherapy is also influenced by phenomenology, a branch of philosophy that emphasizes direct or lived experience and how individuals perceive and give meaning to the world (Zigon et al., 2021, 2023). Frankl's emphasis on subjective experiences and how individuals interpret their existence aligns with phenomenological thinking. Frankl coined the term "neurogenic neuroses" to describe psychological problems that arise from existential crises or the lack of meaning in life (Frankl & DuBois, 2024). He believed that when people fail to find meaning in their lives, they experience profound despair or psychological disorders. This concept is particularly central to logotherapy's clinical application, where therapists help clients rediscover or create meaning in their lives. Frankl also emphasized self-transcendence, the idea that individuals can rise above their circumstances by finding meaning outside themselves, often through acts of love, work, or personal growth. Self-transcendence contrasts with more introspective approaches in psychoanalysis and is a central principle in logotherapy.

Existential Psychology

Existential psychology serves as the broader theoretical context for the study, framing suffering within the larger not just how people survive difficult circumstances but also how they may find meaning and fulfillment in themes of human existence, free will, and the search for meaning. Existential psychology emphasizes the unique challenges of human consciousness, such as the awareness of mortality, freedom, isolation, and meaninglessness. According to existential psychologists, suffering is an intrinsic part of human life, but it is through this suffering that individuals can engage in meaningful self-reflection and growth. In this way, existential psychology complements logotherapy by providing the philosophical underpinnings for understanding suffering as a transformative experience. The existential psychology's framework also aligns with the study by exploring how existential crisis moments, when individuals question their life's purpose or meaning, can lead to growth when navigated through meaning-making. As part of the study's exploration of mental health and resilience, existential psychology allows for a nuanced discussion on how people navigate feelings of emptiness or frustration when life's meaning appears elusive. The idea that suffering can be a vehicle for greater existential awareness is a critical tenet in existential psychology and logotherapy, thus providing a cohesive lens for analyzing suffering in therapeutic contexts. Batthyány (2021) revisited Viktor Frankl's principles in contemporary contexts, showing the ongoing relevance of logotherapy in dealing with modern life stressors, including burnout, trauma, and personal crises. This study delves into practical approaches for applying logotherapy's existential perspectives to everyday challenges.

Frankl's Key Concepts

Frankl's key concepts deployed in the study included:

Will to Meaning: Central to Frankl's logotherapy, the "will to meaning" suggests that the primary motivating factor for human beings is the desire to find meaning in life. This concept will be a focal point in the study, as it helps explain why

individuals who face suffering seek to make sense of it. Frankl believed that the absence of meaning leads to existential frustration, a key concept for understanding today's mental health crises. Research has demonstrated that individuals who identify a sense of purpose tend to exhibit greater psychological well-being, resilience, and life satisfaction (Schnitker et al., 2019).

Existential Frustration: Frankl described existential frustration as the despair or dissatisfaction that occurs when individuals cannot find meaning. In this study, existential frustration will be examined as a precursor to personal growth. According to Frankl, existential frustration is not necessarily pathological but can serve as an opportunity for development. This concept is particularly relevant in therapeutic settings, where helping clients navigate their existential frustration can be a gateway to discovering more profound meaning in their lives. The study will explore how individuals may interpret existential frustration differently based on their circumstances and how it can be addressed through logotherapy to improve well-being (Frankl, 2006).

Tragic Optimism: Tragic optimism refers to the ability to remain hopeful and find meaning despite suffering, loss, or tragedy. Frankl introduced this concept to illustrate how individuals can endure dark times by maintaining a positive attitude and finding meaning in their suffering. Tragic optimism will be a crucial concept in the study as it underscores the idea that adversity can be met with resilience and growth. The study explores how individuals practicing tragic optimism cope with suffering, drawing on clinical and real-life examples to show how meaning-making can transform their experiences. As a parallel to Frankl's tragic optimism, Franz (2020) coined the term "Tragic triad" about logotherapy to consist of (1) turning suffering into a human achievement and accomplishment, (2) deriving from guilt the opportunity to change oneself for the better, and (3) deriving from life's transitoriness an incentive to take responsible action." In contrast to other therapeutic models that might focus on eliminating pain or discomfort, tragic optimism invites individuals to embrace life's difficulties as opportunities for personal development (Joseph & Linley, 2006; Mead et al., 2021).

The integration of logotherapy, existential psychology, and Frankl's critical concepts in this study offers a comprehensive framework for understanding suffering and its transformative potential. By focusing on meaning-making, personal responsibility, and hope, the study explores how individuals can navigate hardships and emerge with a greater sense of purpose. The alignment of these theoretical frameworks with the study's objectives enhances its relevance to clinical practice and everyday resilience-building strategies.

B. Review of Related Literature

The literature on logotherapy is vast and offers significant insights into its practice and application. Logotherapy centers on the premise that human beings are motivated by a "will to meaning" and that the discovery of meaning in life, primarily through suffering, is central to wellbeing. This existential framework has been widely discussed, applied, and critiqued in various fields, including psychology, medicine, palliative care, and trauma therapy. In *Man's Search for Meaning* (Frankl, 2006), Frankl outlines the core principles of logotherapy, emphasizing that even in the direst situations, such as his experience in Nazi concentration camps, individuals can find meaning. He argues that life has meaning under all conditions, and pursuing this meaning is essential to human existence. As Frankl explains, Logotherapy helps individuals confront their existential void, guiding them to discover meaning in their suffering. Schulenberg and Buchanan (2017) expanded on this concept by discussing logotherapy's practical applications in modern mental health treatment, noting its potential to address existential crises in therapy. The authors discussed how meaning-based interventions, such as those in logotherapy, are effective for individuals suffering from trauma, depression, and anxiety, mainly when the source of distress stems from a lack of purpose. Schulenberg et al. (2016) also highlighted how logotherapy has been successfully integrated into cognitive-behavioral therapies, enhancing coping strategies by focusing on meaning rather than symptom reduction alone.

Recent research continues to explore the applications of logotherapy across various contexts, highlighting its impact on mental health and wellbeing. One recent study in 2021, for instance, applied logotherapy in clinical settings to address trauma and existential crises, demonstrating that patients who engaged in meaning-centered therapy showed significant improvements in psychological wellbeing. The study emphasizes that logotherapy's focus on the "will to meaning" provides individuals with a framework to reinterpret suffering as an opportunity for growth and personal development, fostering resilience during crises (Jankowski et al., 2021). Hosseini et al. (2023) found mobile-based logotherapy interventions effective in reducing depressive symptoms and suicidal ideation. This study demonstrated how logotherapy

can complement other treatments, providing a structured way for patients to derive meaning from their experiences, particularly when faced with chronic illness or loss.

Recent works confirm that logotherapy's focus on meaning-making helps individuals navigate suffering, making it a crucial framework for mental health treatment, resilience-building, and personal growth in adversity. Russo-Netzer (2022) investigated the role of meaning-making in confronting existential challenges such as illness and grief. Logotherapy provides a framework for people to reconstruct meaning during difficult situations, enhancing their resilience and emotional wellbeing. Rahgozar and Gimenez (2020) studied immigrants' mental health status using logotherapy interventions. The authors noted that logotherapy interventions are based on three primary techniques: paradoxical intention, deflection, and Socratic dialogue. Paradoxical intention attempts to help clients face their worst fears. The technique works by establishing the anticipatory anxiety that the immigrant is suffering from that is making it hard for them to move forward. They are then guided to overcome their anxiety without medications.

On the other hand, deflection posits that people with mental health problems are hyper-reflective and internalize themselves. The deflection technique helps to deflect internalization and assists in seeking external meaning in experiences and behaviors. Lastly, the Socratic dialogue technique is an interview-based therapy that lets clients take personal responsibility for their life's meaning and purpose. A similar technique was used by Breitbart et al. (2015), who explored the role of logotherapy in palliative care and showed how meaning-centered psychotherapy is used to support terminally ill patients. Studies within the realm of palliative care highlight the role of logotherapy in improving patients' quality of life by helping them focus on their purpose despite terminal illness. Like the Rahgozar studies, the technique benefits patients and provides emotional support to families, enhancing coping mechanisms and resilience through a meaning-centered lens (Wong, 2020). When applied to palliative care, logotherapy helps individuals cope with the fear of death and the perceived loss of purpose, empowering them to find meaning in their final stages of life. Logotherapy has proven effective in cases where traditional psychotherapies fall short, as they often neglect the spiritual and existential dimensions of human suffering.

Application for Everyday Living

Logotherapy provides valuable insights and practical applications for coping with daily challenges and enhancing survival in difficult circumstances. At its core, logotherapy emphasizes that finding meaning in life is essential for psychological wellbeing, particularly during hardships. One of the primary applications of logotherapy is finding meaning in suffering. Frankl argued that even in adversity, individuals can discover meaning. This perspective can be implemented in everyday life by reinterpreting challenges as opportunities for growth or learning. For example, someone experiencing job loss might view this setback as a chance to explore new career paths or pursue long-held passions. Research supports this idea, indicating that individuals who perceive meaning in their suffering report better mental health outcomes (Schnitker et al., 2019). Logotherapy also encourages individuals to take personal responsibility for their lives and choices, empowering them to shape their futures rather than feeling victimized by their circumstances. This empowerment can manifest through setting personal goals, making proactive decisions, and taking small, actionable steps toward desired outcomes. Studies have shown that personal responsibility significantly contributes to life satisfaction and emotional resilience (Wong, 2012).

Another essential aspect of logotherapy is the concept of self-transcendence, which involves focusing on something greater than oneself. This can be expressed through community service, helping others, or pursuing causes that resonate with one's values. Engaging in altruistic behaviors has been linked to increased happiness and fulfillment, supporting the notion that self-transcendence fosters a more profound sense of purpose (Dunn et al., 2008). Cultivating hope is another critical component of logotherapy, as maintaining a hopeful outlook can help individuals cope with current difficulties. Visualization, positive affirmations, and gratitude journaling can promote a hopeful mindset. Research indicates that individuals with higher levels of hope tend to experience better psychological health and wellbeing (Cheung & Cheung, 2020).

Furthermore, setting and pursuing meaningful goals is a fundamental aspect of logotherapy, enabling individuals to identify what truly matters to them, whether it pertains to relationships, career aspirations, or personal growth. Research has shown a positive correlation between goal-setting and overall life satisfaction (Locke & Latham, 2002). Individuals can cultivate resilience by focusing on meaning, personal responsibility, self-transcendence, hope, and goal-setting,

allowing them to navigate life's challenges with greater strength and purpose. Applying logotherapy can significantly transform individuals' approaches to adversity, enhancing their overall well-being.

Limitations of Logotherapy

Despite its philosophical richness and application in existential crises, logotherapy has limitations. Critics argue that its focus on meaning-making may be too abstract for patients dealing with severe mental health conditions like major depressive disorder or schizophrenia, where symptom relief is often the primary concern (Wong, 2012). Furthermore, the emphasis on individual responsibility can be problematic for individuals facing systemic oppression or trauma, where external factors significantly influence their ability to cope with suffering. In such cases, patients may need a more nuanced approach that addresses their internal world and the external conditions contributing to their distress.

Nevertheless, logotherapy remains a valuable therapeutic tool, particularly for individuals seeking deeper existential understanding and resilience. However, the literature also highlights specific gaps and criticisms. Some scholars, such as DeMarinis (2008), argue that logotherapy's focus on meaning is not always sufficient for addressing the complexities of modern mental health disorders. Critics point out that while logotherapy offers valuable existential insights, it may not adequately address severe psychological issues, such as those stemming from biochemical imbalances or trauma that requires more intensive psychological intervention. Others have raised concerns about the difficulty in empirically measuring meaning, which challenges the quantification of logotherapy's effectiveness in clinical practice (Batthyány & Guttman, 2006).

In addition to its psychological framework, logotherapy also intersects with the spiritual dimensions of human existence, particularly in exploring meaning in suffering. Frankl's work draws on religious and philosophical traditions that emphasize the redemptive power of suffering, aligning with Christian, Buddhist, and other spiritual teachings that view hardship as an opportunity for spiritual growth and enlightenment (Breitbart et al., 2015). This spiritual component of logotherapy allows individuals to explore psychological resilience and the broader metaphysical implications of suffering, making it a holistic approach to coping with life's challenges.

In conclusion, the literature surrounding logotherapy demonstrates its unique contribution to mental health and existential psychology. It is particularly valuable in contexts where individuals are struggling with existential despair or seeking purpose, though its application to severe mental health disorders may require integration with other therapeutic modalities.

III. METHODOLOGY

The study aimed to explore the effectiveness and relevance of logotherapy in modern therapeutic practices, particularly in helping individuals make sense of suffering. It explored the core principles of logotherapy, including the "will to meaning," the role of existential frustration, and Frankl's concept of "tragic optimism," which is the ability to remain optimistic in the face of suffering. This research reviewed both historical applications of logotherapy and contemporary uses, focusing on its role in clinical settings and the individual's personal development.

Article Search Strategy

I searched for related articles in educational databases such as PsycINFO, JSTOR, PubMed, and ScienceDirect. I searched journals, including the Journal of Clinical Psychology, Journal of Mental Health, and Behavioral Therapy. I used the basic and advanced search protocols with relevant keywords. I also applied the Boolean search methodology using operators like "AND," "OR," and "NOT," queries were constructed to combine or exclude specific terms. An example search might include terms like "suffering" AND "logotherapy," NOT "psychotherapy," which would retrieve articles focusing specifically on suffering and logotherapy while excluding those related to psychotherapy.

To further narrow the search, I included peer-reviewed in the filter and adjusted the publication range to within five years to date, allowing some seminal studies in logotherapy. Out of the several articles suggested, I carefully picked out the sixteen most relevant articles for synthesis using Noyes' (2009) Adaptation for Modified Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) Model, and the PRISMA guidelines for qualitative evidence synthesis (QES). The model is widely used to help researchers and reviewers identify, select, and assess relevant studies, as well as to report findings clearly and systematically (Noye, 2009). Noyes's (2009) adaptation of PRISMA for qualitative research allows for the rigorous and transparent synthesis of qualitative data. It shifts the focus from quantitative measures to

qualitative themes, ensuring that systematic reviews involving qualitative studies are conducted with the same level of rigor as quantitative ones but tailored to the unique needs of qualitative research.

Below are the critical features of Noyes's (2009) PRISMA Adaptation for Qualitative Research:

Incorporation of Qualitative Methodologies (IQM): Noyes et al. emphasized that in qualitative systematic reviews, the focus is not on statistical outcomes but on synthesizing themes, patterns, and concepts. This required adjusting PRISMA to account for narrative, interpretative, and thematic findings.

Enhanced Screening and Selection Process (ESSP): Noyes adapted the PRISMA flow diagram to include more detailed steps for selecting qualitative studies. The criteria focus on methodological quality (e.g., trustworthiness, credibility) rather than quantitative measures like sample or effect size.

Data Extraction Focused on Themes (DEFT): Instead of quantitative data extraction, the adaptation emphasizes capturing key themes, participant quotes, and researchers' interpretations. These thematic elements are synthesized across studies to identify common patterns or divergent experiences.

Risk of Bias for Qualitative Studies (RBQS): In their adaptation, Noyes introduced methods to assess the risk of bias specific to qualitative research. This involves evaluating the studies' credibility, dependability, and transferability rather than the usual metrics of bias applicable to quantitative trials.

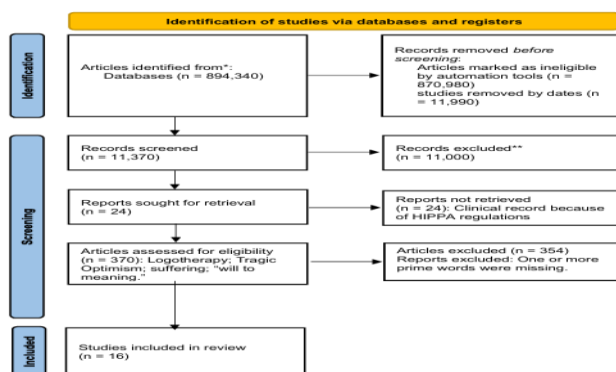
Narrative Synthesis and Thematic Analysis (NSTA): The PRISMA framework for qualitative research under Noyes's adaptation encourages researchers to provide detailed narrative accounts, developing "analytical themes" from the primary descriptive themes found in the qualitative studies. Thematic synthesis or meta-ethnography is preferred over meta-analysis or statistical synthesis.

Transparent Reporting (TR): Noyes's adaptation stresses the importance of transparent reporting in qualitative systematic reviews. Each step of the review process, from search strategies and inclusion criteria to theme development and final synthesis, must be documented, just as it is in quantitative reviews.

IV. RESULTS

Figure 1 below shows the results of the article selection process using the PRISMA flow diagram. The PRISMA Flow Diagram is an essential tool that graphically depicts the study selection process. It consists of four stages: Identification, which is the total number of records identified through database searches and other sources; Screening, which is the number of records screened based on titles and abstracts after duplicates have been removed; Eligibility - the number of full-text articles assessed for eligibility and the reasons for excluding any articles at this stage; and Included, which is the number of studies that were included in the final qualitative and/or quantitative synthesis. This visual representation helps to clarify how many studies were considered at each step and why some were excluded.

Fig. 1. Article selection process



*Consider, if feasible to do so, reporting the number of records identified from each database or register searched (rather than the total number across all databases/registers).

**If automation tools were used, indicate how many records were excluded by a human and how many were excluded by automation tools.

From: Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. *BMJ* 2021;372:n71. doi: 10.1136/bmj.n71

*Overall number of articles from databases searched at one time **Articles removed by filters and manually.

Source: MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. (2021). The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. *BMJ* 2021;372:n71. <https://doi.org/10.1136/bmj.n71>

Table 1. Articles showing the level of compliance with Noye's (2009) selection criteria

Articles	IQM	ESSP	DEFT	RBQS	NSTA	TR	Total (%)
Cheung, S. K., & Cheung, H. Y. (2020).	x	x	x	x	x	x	6/6 (100%)
Frankl, V. E., & Dubois, J. M. (2024).	x	x	x		x	x	5/6 (83.3%)
Gans, S. (2023).	x		x		x	x	4/6 (67%)
Lehto, R. H., & Stein, K. F. (2019).	x	x	x	x	x	x	6/6 (100%)
Mead, et al. (2021).	x		x		x	x	4/6 (67%)
Rahgozar, S., & Giménez-Llort, L. (2020).	x	x	x		x	x	5/6 (83.3%)
Schnitker, S. A., et al. (2019).	x	x	x	x	x	x	6/6 (100%)
Schnitker, et al. (2019).	x			x	x	x	4/6 (67%)
Schnitker, et al. (2019).	x	x	x		x	x	5/6 (83.3%)
Schulenberg, S. E., et al. (2016).	x		x	x	x	x	5/6 (83.3%)
Wong, P. T. P. (2012).	x	x			x	x	4/6 (67%)
Wong, P. T. P., Ivtzan, I., & Lomas, T. (2021).	x		x	x	x	x	5/6 (83.3%)
Malik, L., & Khurana, H. (2023).	x	x	x		x	x	5/6 (83.3%)
Maurits, R. H., Hatta, M. I., & Suhana, S. (2023).	x	x	x		x	x	5/6 (83.3%)
Dieser, R. B. (2023).	x		x	x	x	x	5/6 (83.3%)
Wong, P. T. P. (2020).	x	x	x	x	x	x	6/6 (100%)

Note: IQM - Incorporation of Qualitative Methodologies; ESSP - Enhanced Screening and Selection Process; DEFT – Data Extraction Focused on Themes; RBQS - Risk of Bias for Qualitative Studies; NSTA - Narrative Synthesis and Thematic Analysis; TR - Transparent Reporting

Table 1 presents the articles in the synthesis, evaluating their adherence to Noye's (2009) adapted qualitative PRISMA model for article selection. The analysis revealed that over fifty percent of the selected studies demonstrated compliance with the prescribed selection criteria, highlighting a substantial level of alignment with the model's standards. The lowest compliance percentage was 67 percent, and the highest was 100 percent. On average, all the articles met the scrutiny requirements and were deemed appropriate for the analysis and synthesis.

V. DISCUSSION

The overall research question was: *"How does logotherapy enhance mental health by helping individuals find meaning in everyday struggles and suffering, and how can it be applied as a therapeutic tool for improving resilience and wellbeing in daily life?"*

The study aimed to explore how logotherapy can enhance mental health by helping individuals find meaning in everyday struggles and suffering. Grounded in Viktor Frankl's existential analysis, the core premise of logotherapy is that humans are motivated by a "will to meaning," which allows them to endure even the harshest of circumstances by finding personal significance in their suffering. This contrasts with other therapeutic frameworks like Freudian psychoanalysis, which emphasizes the pursuit of pleasure, and Adler's psychology, which focuses on the will to power. Instead, logotherapy places meaning at the forefront of psychological wellbeing and personal resilience, particularly in response to suffering.

The research highlights that suffering, often viewed as inherently harmful, can serve as a pathway to personal growth if individuals are guided to reinterpret their challenges as meaningful. Studies by Schnitker et al. (2019) support this, showing that individuals who can ascribe meaning to their suffering tend to exhibit better mental health outcomes. This recontextualization process aligns with the core logotherapeutic concept of "tragic optimism," where individuals maintain hope and resilience despite life's inevitable pain and adversity (Frankl, 1985).

Logotherapy also emphasizes personal responsibility, suggesting that people can choose how they respond to circumstances. Research supported the idea that this sense of personal agency fosters emotional resilience and satisfaction (Wong, 2012). Moreover, logotherapy's focus on self-transcendence, which is finding a purpose beyond oneself, has increased psychological wellbeing, mainly through altruistic behaviors (Dunn et al., 2008). Additionally, the cultivation of hope, a central tenet of logotherapy, has been associated with better-coping strategies and mental health outcomes, as demonstrated by Cheung and Cheung (2020).

Logotherapy, as a meaning-centered therapeutic approach, is primarily known for its application in coping with suffering, but its principles also have broad applications for enhancing overall mental health. Developed by Viktor Frankl, logotherapy is grounded in the belief that humans are driven by a "will to meaning" and that mental well-being is deeply connected to pursuing and realizing purpose. While suffering is a key focus, the application of logotherapy extends beyond managing adversity to improving various aspects of mental health, such as anxiety, depression, and existential crises.

Enhancing Mental Health Through Logotherapy:

Logotherapy's focus on meaning helps individuals address existential concerns, a factor often linked to anxiety, depression, and feelings of emptiness. Research suggests that when people find purpose in their lives, they are better equipped to manage not only distress but also routine challenges that can impact mental health. For instance, meaning-making has been shown to enhance life satisfaction and emotional resilience in various life circumstances, from career transitions to relationship difficulties (Cheung & Cheung, 2020). This broader application is significant for general mental health treatment. In therapy sessions, individuals are encouraged to reflect on their values, priorities, and the aspects of life that give them meaning. As a result, they can begin to align their daily actions and long-term goals with these core values, leading to an improved sense of purpose, motivation, and self-worth. This approach is particularly effective in addressing common mental health issues like depression, where a lack of perceived meaning often exacerbates symptoms. By fostering a sense of meaning, logotherapy helps to counter the pervasive sense of hopelessness that often accompanies mental health disorders.

Application in Career, Relationships, and Wellbeing:

Logotherapy's emphasis on meaning can also be applied to other areas beyond suffering, including career development, personal relationships, and overall wellbeing. Frankl (1985) highlighted that even without significant adversity, individuals could feel a void or existential vacuum when they lack a clear sense of meaning in their professional or personal lives. This void often manifests as boredom, dissatisfaction, or a general sense of futility, which can harm mental health.

In career development, for example, logotherapy can guide individuals in finding purpose in their work, whether by reframing daily tasks as contributing to a greater good or aligning career choices with personal values. A study by Schnitker et al. (2019) demonstrated that meaning-making in professional settings not only improves job satisfaction but also contributes to emotional wellbeing. By integrating meaning-based approaches into career counseling, individuals can develop resilience in the face of professional setbacks and maintain a positive outlook even during challenging times.

Similarly, logotherapy can help individuals understand the importance of meaningful connections in personal relationships. Relationships are often a source of stress or conflict, but by viewing them as opportunities to contribute to the wellbeing of others, individuals can transform these challenges into meaningful interactions. This aligns with Frankl's concept that meaning can be found in love and relationships, reinforcing the importance of emotional bonds as a critical component of mental health.

Building Resilience and Enhancing Overall Wellbeing:

Logotherapy has also been identified as an effective tool for building resilience across various areas of life. Resilience, or the ability to recover from difficulties, is deeply tied to one's sense of meaning. Cheung and Cheung (2020) found that

individuals who engaged in meaning-making practices displayed greater psychological resilience, particularly in the face of everyday challenges. Whether these challenges are related to career, relationships, or personal growth, the ability to derive meaning from them serves as a protective factor against mental health decline.

By integrating logotherapy with other therapeutic approaches, such as cognitive-behavioral therapy (CBT) and mindfulness practices, individuals can develop a toolkit for managing stress and improving mental health. For example, while CBT focuses on altering negative thought patterns, logotherapy helps individuals identify the deeper meaning behind their thoughts and actions, creating a more holistic approach to mental health care. This combination has proven effective in treating conditions such as anxiety and depression, where both cognitive restructuring and existential reflection are needed (Wong, 2012).

In conclusion, this study demonstrates that logotherapy offers a unique, meaning-centered approach to mental health by helping individuals find purpose in their suffering, thus enhancing resilience and overall wellbeing. By applying Frankl's concepts of "will to meaning" and "tragic optimism," individuals can develop coping strategies that align with their values, empowering them to face adversity with hope and purpose. The application of logotherapy in clinical and everyday settings offers a significant therapeutic tool for addressing modern mental health challenges. However, further research is required to fully explore its potential across diverse populations and contexts.

Logotherapy offers a dynamic framework for improving mental health by helping individuals find meaning in everyday struggles, whether those struggles are rooted in suffering or more routine challenges like career dissatisfaction and relationship conflicts. Its focus on meaning-making enhances resilience and provides individuals with a more profound sense of purpose, contributing to overall wellbeing. As studies continue to explore the applications of logotherapy in diverse contexts, it remains a valuable therapeutic tool that can be applied to various aspects of daily life beyond suffering.

Significance of Findings:

The significance of this study lies in its potential to deepen the understanding of the role of logotherapy in enhancing mental health through meaning-making in the face of suffering. As Viktor Frankl emphasized, searching for meaning is a fundamental human drive that can lead to psychological resilience, particularly during challenging times (Frankl, 1963). By synthesizing existing literature on logotherapy, this study aims to highlight how individuals can derive personal meaning from their struggles, which fosters emotional wellbeing and encourages personal growth. This perspective is crucial in an age where mental health issues are on the rise, underscoring the need for therapeutic approaches that empower individuals to reframe their experiences in a more positive light (Schnitker et al., 2019).

Furthermore, the study contributes to psychology by contrasting logotherapy with other therapeutic approaches, such as psychoanalysis and behaviorism, which primarily focus on pleasure or power as motivators for human behavior (Wong, 2012). The findings can inform clinical practices by foregrounding meaning-making as a central theme in coping with suffering, enabling mental health professionals to adopt more holistic treatment strategies that align with patients' intrinsic motivations. This alignment could enhance therapeutic outcomes by fostering a greater sense of agency and purpose among individuals experiencing mental health challenges (Cheung & Cheung, 2020).

Finally, this research has broader implications for society as it seeks to cultivate a culture that values resilience and meaning-making. In a world increasingly characterized by rapid change and uncertainty, individuals who understand the importance of finding meaning are better equipped to navigate adversity (Locke & Latham, 2002). This knowledge synthesis adds to the academic discourse on logotherapy and existential psychology. It offers practical insights that individuals can apply in their lives, promoting overall well-being and community resilience. Ultimately, this study aims to bridge the gap between theoretical understanding and practical application, facilitating a more meaningful approach to mental health in everyday life.

Trustworthiness:

Recent studies on trustworthiness in qualitative research have emphasized the importance of credibility, dependability, transferability, and confirmability, particularly in content synthesis. As a method that draws on multiple qualitative studies, content synthesis requires meticulous attention to these elements to ensure that the synthesized conclusions are valid and reliable. One recent study highlights that credibility is enhanced by using multiple data collection and analysis (triangulation) and checking findings with study participants, ensuring that the results accurately reflect their experiences (Forero et al., 2018). However, various articles were synthesized in this study, and participants were not used. Articles

were selected based on specific inclusion and exclusion criteria using Noye's (2009) modified PRISMA model for qualitative studies, which ensures transparency and rigor in qualitative research.

Another critical element for trustworthiness is dependability, which has been demonstrated using clear, detailed documentation (audit trails) that allows other researchers to follow the research process (Thomas & Magilvy, 2019). Dependability was enhanced by meticulously outlining the study process described and prescribed by the PRISMA model. Transferability, another crucial component, is achieved when researchers provide detailed descriptions of the context, which allows others to determine how applicable the findings are in their settings. This is particularly significant in content synthesis, where the findings from various contexts are pooled together to form general conclusions (Yin, 2018). Transferability was facilitated by peer checking or debriefing. Peer checking or peer debriefing is an essential strategy for establishing trustworthiness in qualitative research. This method involves sharing the study's findings or interpretations with peers familiar with the research methods but independent of the study itself. The goal is for peers to critically assess the researcher's conclusions, methods, and biases to ensure the data's interpretations are credible and well-grounded (Nowell et al., 2017).

I shared the study's findings and interpretations with peers, but they were independent of the study. Peer debriefing also enhanced the credibility of the research by providing an external check, which can reveal blind spots or biases that the primary researcher may not have noticed. It also helps ensure that the research is not solely a product of the researcher's perspective but has been scrutinized by others with expertise in the area. Studies have found peer debriefing is particularly effective in uncovering assumptions, methodological flaws, or alternative interpretations that can refine and strengthen the final analysis (Spall, 1998). Moreover, this practice also aligns with the broader goal of confirmability, one of the critical criteria for trustworthiness in qualitative research. By involving others in the research process through peer checking, the findings become less subjective, offering a more objective view that stems from the data rather than the researcher's interpretations alone (Creswell & Poth, 2018).

Finally, confirmability is strengthened by reflexive practices where researchers reflect on their biases and ensure that findings are derived from the data rather than their personal interpretations (Lincoln & Guba, 2018). A recent review of qualitative synthesis practices has stressed that without these reflexive practices, the risk of bias in content synthesis can increase, diminishing the validity of the research (Hadi & Closs, 2016). No personal interpretations were injected into the study that could have generated bias.

Limitations of the Study:

As with any content synthesis, I relied on secondary sources, which can introduce several challenges, including 1) source quality variation. Since content synthesis aggregates findings from multiple studies, the conclusions drawn highly depend on the quality of the included sources. If the selected studies vary in methodological rigor, sample size, or bias, this may influence the strength or reliability of the synthesis. The study may inadvertently conclude less robust studies. 2) Incomplete or Inconsistent Data. The available literature may not cover all relevant aspects of the research question, leading to potential gaps in understanding. For instance, research on logotherapy might focus on demographics or settings but lack sufficient evidence in others, such as non-Western contexts or populations with different mental health challenges. This limits the generalizability and completeness of the synthesized findings. 3) Publication Bias. Content synthesis is often influenced by the availability of published research, which might skew results due to publication bias, which is the tendency for studies with positive or significant findings to be published more often than those with null or negative results. This bias can distort the conclusions drawn from the synthesis, leading to overrepresenting certain outcomes while underrepresenting contradictory or less conclusive studies. 4) Subjectivity in Synthesis. Although content synthesis seeks to integrate findings from various studies, selecting, interpreting, and combining data involves subjective decisions. Researchers might prioritize different themes, interpret the same studies in varying ways, or draw different conclusions based on their perspectives or the theoretical frameworks they choose to apply. This can affect the reproducibility and objectivity of the study's conclusions. By acknowledging these limitations, future content synthesis studies can aim to enhance transparency in source selection and critically appraise the quality and relevance of the included literature.

Gaps for Future Research:

Identifying gaps in the research on logotherapy and its application in mental health opens avenues for future exploration. One significant gap is the need for empirical studies that specifically evaluate the long-term effects of logotherapy interventions on various populations. While existing research has demonstrated the efficacy of logotherapy in specific

contexts, such as chronic illness or trauma recovery (Frankl, 1985; Wong, 2012), there is limited longitudinal data to assess its enduring impact on mental health and wellbeing over time. Future studies could focus on diverse demographic groups, including adolescents, the elderly, and those from varying cultural backgrounds, to understand how logotherapy principles can be adapted and integrated into different therapeutic practices.

Another gap is the exploration of how logotherapy interacts with other therapeutic modalities. While logotherapy offers unique insights into meaning-making, it could be beneficial to investigate its synergistic effects when combined with cognitive-behavioral therapy (CBT), mindfulness practices, or other existential therapies (Schnitker et al., 2019). Research examining how logotherapy can enhance or complement these approaches may lead to the development of integrated treatment protocols that maximize therapeutic outcomes for individuals facing mental health challenges.

Additionally, studies are needed that examine the mechanisms through which logotherapy facilitates meaning making in different contexts. Understanding the specific cognitive and emotional processes involved in finding meaning during suffering could inform more tailored interventions (Cheung & Cheung, 2020). Qualitative research could explore the personal narratives of individuals engaged with logotherapy, providing insights into their lived experiences and the factors that contribute to their ability to find meaning in adversity.

Addressing these gaps through future research can deepen our understanding of logotherapy's role in mental health, potentially leading to more effective therapeutic practices that harness the power of meaning in navigating life's challenges. The exploration of logotherapy in diverse contexts, its integration with other therapeutic modalities, and the mechanisms of meaning-making all hold promise for advancing the field and improving individual wellbeing.

Implications of the Study

The study has implications for the following:

Implication for Theory

The implications for theory arising from the study of logotherapy are significant, particularly in psychology, existential philosophy, and mental health. Logotherapy's emphasis on meaning as a central tenet challenges traditional psychological theories that prioritize pleasure (as in Freudian psychoanalysis) or power (as in Adlerian psychology) as primary motivators of human behavior (Frankl, 1985). This shift toward a meaning-centered framework enriches the understanding of human motivation and aligns with contemporary discussions in existential psychology, which underscores the importance of free will and personal responsibility in shaping one's life experience (Yalom, 1980; Wong, 2012).

Furthermore, logotherapy's concepts, such as "tragic optimism" and the "will to meaning," provide a theoretical basis for exploring how individuals can cope with suffering and adversity. This perspective can serve as a counter-narrative to more deterministic views of mental health that may overlook the role of agency and meaning-making in recovery processes (Yalom, 1980). By positioning suffering as an opportunity for growth rather than merely a negative state, logotherapy aligns with recent research suggesting that finding meaning in adversity is linked to enhanced psychological resilience (Park & Folkman, 1997). Thus, logotherapy offers practical applications and contributes to a more nuanced theoretical landscape that embraces human agency in the face of suffering.

The implications for theory also extend to interdisciplinary connections, integrating insights from philosophy, theology, and ethics. Logotherapy invites a dialogue between psychological theories and existential questions about the meaning of life, purpose, and the human condition. This holistic approach can enhance the development of therapeutic models that prioritize client narratives and personal values, fostering a deeper understanding of human experience (Schnitker et al., 2019). As research continues to validate the principles of logotherapy, its theoretical framework can inform and enrich various disciplines, ultimately leading to more comprehensive mental health and wellbeing models. The study of logotherapy provides crucial theoretical insights into the significance of meaning in human existence, offering a valuable lens through which to understand suffering, resilience, and personal growth. As such, it informs both practical applications in mental health and broader discussions in philosophical and ethical contexts.

Implication for Practice

The implications for practice in applying logotherapy in therapeutic and everyday contexts are substantial. Firstly, mental health professionals can integrate logotherapy principles into their therapeutic frameworks, emphasizing the importance of meaning-making as a central component of mental wellbeing. By encouraging clients to explore their unique values

and life purposes, therapists can help individuals reinterpret their experiences and find meaning even in suffering (Frankl, 1985). This approach can be particularly beneficial for clients facing existential crises or chronic stress, as it empowers them to take control of their narratives and foster resilience (Wong, 2012).

Secondly, educators and community leaders can apply logotherapeutic concepts to promote psychological wellbeing within their programs. Students can be encouraged to pursue their passions and identify personal goals by incorporating discussions about meaning and purpose in educational settings. This could involve creating workshops or initiatives focusing on personal development and goal-setting, which research indicates correlates positively with life satisfaction and emotional resilience (Locke & Latham, 2002). Additionally, fostering a sense of community and social responsibility can help individuals find fulfillment through self-transcendence, a crucial aspect of Frankl's teachings (Dunn et al., 2008).

Lastly, organizations can adopt logotherapy principles to enhance workplace culture and employee wellbeing. Organizations can boost morale and productivity by creating an environment that values personal responsibility and encourages employees to pursue meaningful goals aligned with their values. Implementing programs that support professional development and volunteerism can further instill a sense of purpose, thus promoting a more resilient workforce (Cheung & Cheung, 2020). Applying logotherapy in various practices can lead to profound changes in how individuals perceive their struggles, enabling them to cultivate resilience and enhance overall well-being. Logotherapy offers practical frameworks that can be applied across various settings to foster meaning, responsibility, and resilience. Its integration into therapeutic practices, educational initiatives, and organizational cultures can give individuals the tools to navigate life's challenges more effectively.

Implication for Future Research

The implications for future research on logotherapy and its application in mental health are significant and multifaceted. Firstly, there is a need for longitudinal studies that explore the long-term effects of logotherapy on individuals facing chronic mental health challenges. Existing literature primarily focuses on short-term outcomes, and a more in-depth analysis could shed light on how the principles of logotherapy sustain meaning-making over time, particularly in diverse populations (Schnitker et al., 2019; Wong, 2012).

Secondly, future research could benefit from qualitative studies that delve into the personal narratives and experiences of individuals who have applied logotherapy in their daily lives. Understanding how individuals interpret and integrate the concepts of logotherapy such as the "will to meaning" and "tragic optimism"—into their coping strategies could provide valuable insights into its efficacy and adaptability across different cultural and socio-economic contexts (Frankl, 1985; Wong, 2012). Additionally, exploring how these concepts resonate with various demographic groups could help tailor interventions and enhance accessibility.

Finally, exploring the integration of logotherapy with other therapeutic modalities presents an exciting avenue for research. For instance, investigating how logotherapy can complement cognitive-behavioral therapy (CBT) or mindfulness practices may lead to a more holistic approach to mental health treatment (Cheung & Cheung, 2020; Dunn et al., 2008). Such interdisciplinary studies could also address the typical limitations of each approach while providing a comprehensive framework for understanding and enhancing resilience in the face of suffering. Future research on logotherapy should focus on longitudinal studies, qualitative narratives, and interdisciplinary integrations to deepen our understanding of its role in mental health. This comprehensive exploration can contribute to refining therapeutic practices and enhancing individuals' abilities to find meaning in their daily struggles.

VI. RECOMMENDATIONS

Based on the findings from the study on logotherapy, several recommendations emerge for its application in both clinical and everyday contexts, as well as for future research. One key recommendation is to incorporate logotherapy into mental health treatment programs, emphasizing its focus on finding meaning in life, especially amid suffering. This integration can be particularly beneficial for patients facing chronic illness, grief, trauma, or existential crises, as it encourages a shift in focus from suffering to personal growth and empowerment. Mental health professionals would benefit from additional training in logotherapy techniques, enabling them to incorporate these methods alongside cognitive-behavioral and mindfulness approaches (Frankl, 1985; Wong, 2012).

Another significant recommendation is to adopt holistic approaches to well-being by applying logotherapy in conjunction with other therapeutic methods. Current research highlights potential synergies between logotherapy, cognitive-behavioral

therapy, and mindfulness, suggesting that combining these therapies can more effectively address a range of emotional and cognitive challenges. By providing patients with a diverse toolkit of techniques, practitioners can enhance their clients' resilience and ability to navigate life's adversities, blending the meaning-centered focus of logotherapy with cognitive restructuring methods (Schnitker et al., 2019).

Educational and preventive programs should also incorporate logotherapy principles, particularly in mental health, personal development, and resilience-building. We can promote emotional intelligence, purpose-driven living, and mental wellness by introducing meaning-centered thinking in schools, workplaces, and community organizations. Programs that teach individuals how to find meaning even in adverse situations can serve as preventive measures against anxiety, depression, and burnout, particularly in high-stress environments such as healthcare, education, and corporate settings. Lastly, future research should explore the application of logotherapy across diverse populations through cross-cultural and longitudinal studies to assess its effectiveness over time. Investigating how meaning-making processes vary across cultural and socio-economic groups may reveal necessary adaptations for interventions. Furthermore, research into the neurological and psychological mechanisms underlying meaning-making in logotherapy could offer valuable insights into how individuals can transform suffering into personal growth (Park & Folkman, 1997).

VII. CONCLUSION

This study highlights the significance of logotherapy as a valuable framework for understanding and coping with suffering in our daily lives. Developed by Viktor Frankl, logotherapy emphasizes the search for meaning as a central human motivation, particularly during challenging times. By framing suffering not as an insurmountable obstacle but an opportunity for personal growth and self-discovery, individuals can cultivate resilience and navigate adversity with a greater sense of purpose. The principles of logotherapy, such as finding meaning in suffering, embracing personal responsibility, and fostering self-transcendence, offer practical strategies for enhancing psychological wellbeing.

Moreover, the implications of this study extend to both clinical practice and future research. Mental health professionals can benefit from integrating logotherapeutic approaches into their interventions, providing clients with tools to make sense of their experiences and foster a hopeful outlook. Additionally, ongoing research is needed to explore the applications of logotherapy in diverse contexts and its effectiveness across various populations. By addressing these areas, we can further enrich our understanding of how meaning-making can be a powerful tool in overcoming life's challenges.

Ultimately, the findings underscore the relevance of logotherapy in contemporary mental health discourse, reinforcing the notion that the quest for meaning is essential for survival and a fulfilling and enriched life. As we continue to navigate the complexities of human existence, embracing the insights of logotherapy may help us transform suffering into a catalyst for growth, enabling individuals to thrive in the face of adversity.

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