

# A study of mental health and life satisfaction of physically challenged person

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## Abstract

The aim of the present investigation is to study the concept of rehabilitation for the disabled keeping a focus on the physically challenged, and list out the activities, programs, institutional structure and initiatives taken by the Government of India for the same and the incentives extended to physically challenged persons. The research concludes by reiterating the importance of individual need assessment and mentioning new initiatives proposed on Low Vision services in the approved 11<sup>th</sup> plan under National Programme for Control of Blindness. The goal of medicine is to promote, preserve, and restore health when it is impaired and to minimize suffering and distress. Successful prevention depends upon knowledge of causation, dynamics of transmission, identification of risk factors and risk groups, availability of prophylactic or early detection and treatment measures, an organization for applying these measure to appropriate persons or groups and continuous evaluation and development of procedures applied.

**Keywords :** Mental health , Life satisfaction, Physically challenged

## Introduction

**Handicap** is a disadvantage, for a given individual, resulting from impairment or a disability, which prevents the fulfillment of a role that is considered normal (depending on age, sex and social and cultural factors), for that individual.

### **Types of Disability:**

The term “disability” broadly describes impairment in a person’s ability to function, caused by changes in various subsystems of the body, or to mental health. The degree of disability may range from mild to moderate, serves, or profound. A person may also

have multiple disabilities

### **Orthopedically handicapped:**

The orthopedically handicapped are those who have a physical defect or deformity which causes in interference with normal functioning of the bones, muscles and joints.

It is of three kinds namely :

#### **(b) Speech and Hearing Impaired:**

##### **Deaf:**

The deaf are those in whom the sense of hearing is non-functional for the ordinary purposes of life. Generally, a loss of hearing at 70 decibels or above at 500, 1000 or 2000 frequencies will make residual hearing non-functional:

Those in whom the sense of hearing is non-functional for the ordinary purpose of life. They may have been born deaf or they may have acquired deafness after learning language and speed.

#### **(c) Visual Impairment:**

As per definition adopted by National Sample Survey Organization a person with visual disability is one who does not have light perception, when both eyes are taken together, or if a person has light perception but could not currently count fingers of a hand (after best possible correction with spectacles) from a distance of 3 meters in good day-light

#### **(d) Mental Retardation:**

Mental retardation is a condition of arrested or incomplete development of the mind, which is especially characterized by impairment of skills manifested during the development period which contributed to the overall level of intelligence, i.e., cognitive, language, motor and social abilities.

#### **(e) Multiple Disabilities (In case more than one disability):**

Multiple disabilities means a combination of two or more disabilities as defined in Persons with Disabilities (Equal Opportunities, Protection of Right and Full Participation) Act, 1995. It was set up in 1998 abilities namely; Locomotors disability

including leprosy cured, Blindness /Low vision, Speech & Hearing impairment, Mental Retardation and Mental Illness.

## **Objectives**

The following are the basic objectives of the present study:

1. To compare orthopedically handicapped and normal in terms of level of stress.
2. To compare hearing handicapped with normal in terms of stress.
3. To compare orthopedically handicapped and hearing handicapped in terms of stress.

## **Hypothesis**

On basis of above mentioned objectives and review of literature following hypotheses are formulated:

1. It is likely that orthopedically handicapped will differ significantly from normal in terms of level of stress.
2. It is likely that hearing handicapped will differ significantly from normal in terms of level of stress.
3. It is likely that orthopedically handicapped and hearing handicapped will differ significantly in terms of their level of stress.

## **SAMPLE**

The sample consisted of 100 orthopedically handicapped persons and 100 hearing handicapped persons equal in sex ratio (orthopedically 50 male and 50 female and hearing handicapped 50 male and 50 females). The handicapped persons are educable and trainable and selected from various rehabilitation centers of Patna Town. The normals (N = 200) are their family members or relatives. The normal respondents are equal in sex ratio to which handicapped belong. The age groups are ranged from 15 to 50 years. In other respect, other than the required condition the subjects has matched so far as practicable.

**Tools used:**

In accordance to the mentioned research objective and hypothesis following research tools were used :

- Singh Personal Stress Source Inventory (SPSSI)
- Case Record Sheet

**Procedure:**

Visited different handicapped rehabilitation centers of Patna town for the data collection. The study under reference was conducted in two phases. In the first phase data were collected from male respondents belonging to handicapped rehabilitation centre of Patna town. In the second phase data were collected from female respondents of the same centers. With the permission of Head of the handicapped rehabilitation centers, Approached to male and female persons of different handicap rehabilitation centre of Patna Town. Established a rapport with the samples and also explained the importance and significance of beneficial for them, organization and for the society. Tooked them into his confidence and assured that their responses not exposed to anyone, its kepted confidential. For the purpose of this study distributed three scales to the respondents and asked them to give their responses. Besides, a brief interview of respondents was taken in this regards.

**RESULT & findings:**

**Table 1.1: Table showing the difference between stress and anxiety scores about physically challenged persons (male and female) of two groups of residing persons one from orthopedically handicapped persons and other from normal persons.**

Subject	N	Mean	SD	t-ratio	df	LS**
Orthopedically Handicapped	100	13.42	2.58	10.72	198	0.01

Normal	100	9.38	2.74			
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- $df = (N_1 - 1) + (N_2 - 1)$       \*\*LS = Level of significance

- **Table 1.2: Table showing the difference between hearing handicapped and normal level of Stress and Anxiety:**

Subject	N	Mean	SD	t-ratio	df	LS**
Hearing Handicapped	100	32.39	2.73	14.54	198	0.01
Normal	100	19.22	5.29			

**Table 1.3: Table showing the difference between stress and anxiety of two groups i.e. orthopedically handicapped and hearing handicapped persons in which one from rural background and the other from urban background male and female persons:**

Subject	N	Mean	SD	t-ratio	df	Sig.
Orthopedically Handicapped	100	10.16	1.32	12.62	198	0.01
Hearing handicapped	100	7.51	1.63			

## Conclusions:

The study has thus finding lead to the following conclusions:

1. Orthopedically handicapped persons are significantly feeling more stress and anxiety than normal persons.
2. Hearing handicapped persons are significantly feeling more stress and anxiety than normal persons.
3. Hearing handicapped persons are significantly superior in stress and anxiety and less adjustment level and life satisfaction than orthopedically handicapped persons.

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