

Psychosocial Status of Differently Abled Persons in Tamilnadu - An Empirical Study

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Abstract: This Paper introduces the descriptive Survey of the depression, anxiety and stress among the differently abled persons. Disability is an important public health problem especially in developing countries like India. The problem will increase in future because of increase in trend of non-communicable diseases and change in age structure with an increase in life expectancy. The issues are different in developed and developing countries and rehabilitation measures should be targeted according to the needs of the disabled with community participation. In India, a majority of the disabled resides in rural areas where accessibility, availability and utilization of rehabilitation services and its cost-effectiveness are the major issues to be considered. Research on disability burden, appropriate intervention strategies and their implementation to the present context in India is a big challenge. This paper endeavors to provide the related reviews pertaining to the psychosocial status of the differently abled and establishes the possible research gaps. Even though several studies have been conducted in chosen field hardly few studies attempt to explore the psychosocial status of the differently abled persons at Vocational Rehabilitation center, Guindy, Tamil Nadu, India.

Keywords: Disabled, rehabilitation, Vocational Rehabilitation center (VRC), developing countries

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I. INTRODUCTION

"Psychological intervention can help a person with a new form of disability to progress through the stages of disability and assist them with resolving any difficulties they may experience along the way."

Disability in India is common public health problem, Out of 121 crore populations (2011), around 2.21% percentage of peoples are affected with disability. Government of India has taken the initiatives for welfare of disabled persons and their essentials. Information's on their socio demographic profile is essential along with their functional status to identify the needs. Functional status data is essential for determining the social needs of persons with disabilities, such as provision of assistive technology for the use of the employment or education. These data will help to identify outcome that maximize the participation of the differently abled persons in all area of social life from transportation and communication, to participation in community life. Government is making efforts to stream line the disabled by introducing various measures and schemes.

II. REVIEW OF LITERATURE

Vikrant Mishra and A. Singh (2012) took up a study where they compared the Self- Concept and Self-Confidence of the Sighted Children and the Visually Impaired Children. The descriptive survey method of research was followed in the present study. Total sample of 200 students which consisted 100 sighted and 100 Visually-Impaired children studying in the different schools of Delhi were selected for the study. **Vancampfort, et al., (2012)** investigated the reproducibility of the Euro fit Physical Fitness test battery in patients with schizophrenia or schizoaffective disorder. Secondary aims were to assess clinical and demographic characteristics that correlate with the performance on the Euro fit and evaluation of the feasibility of the test. Fifty patients with schizophrenia or schizoaffective disorder (mean age of 32.9±9.5years) with a mean Body Mass Index (BMI) of 26.1±6.0kg/m² performed two Euro fit tests administered within 3days. All Euro fit items showed good reproducibility with intra-class correlation coefficients ranging from 0.72 for Flamingo Balance to 0.98 for Standing Broad Jump Test...

Kasomo Daniel (2012) conducted a Psychological Assessment of Visual Impaired Children in integrated and special schools. In Kenya there was a provision for Visual Impairment Children to include them in the integrated school. Very few researches had been done regarding the benefit of integrated program on

Visual Impaired Children. The researcher used the ex-post-facto design to compare the Self-Concept of 20 blind children in classes 5 to 7 who had been placed in integrated (N = 10) and special (N = 10) schools. Self-Concept was measured with a Self-Concept scale developed by the researchers based on existing Self-Concept scales especially the Piers-Harris Children's Self-Concept Scale and the Tennessee Self-Concept Scale. **Kavita Chaudhary (2012)** carried out a study to find out the attitude and behavior of normal students as well as physically disabled student and compared both variables between physically disabled and normal students. The study was conducted on 200 students from special school and from general schools. In which 100 physically disabled students and 100 normal students were selected in the study. Self-made questionnaire and picture frustration test were used as tools for data collection. The study was essentially a descriptive exploratory research.

III. RESEARCH METHODOLOGY

Aim and Objectives:

- To describe the Socio demographic details of the differently abled persons in VRC
- To find out the Depression, Anxiety and stress status of the differently abled persons in VRC.
- To assess the associations between related Socio demographic variables with Depression, Anxiety and Stress of the disability.
- To study and analyse different kinds of challenges being faced by the trainees at the training centres and their prospects after successful completion of training.

IV. SCOPE AND SIGNIFICANT OF THE STUDY

The scope of the study will be to explore the psycho social status and related aspects like employment. The disabled constitute about the one-tenth population of the world. It is not only inhuman but also uneconomical to discard their economic potentiality and consider them as a burden on the society. Due to the psycho-social barrier, vast productive potential of the country goes unrecognized and therefore, unutilized. Scholars in various disciplines owe a duty to rouse the social conscience so that a positive approach is adopted. For a disabled man, a wide variety of factors determines his status in a given society. This study will ensure that disabled children in VRC units are monitored effectively and they get the best out of VRC's services ensuring their balanced psycho social status. This study will also enable the government to implement policies needed to improve the psycho social status of these marginalized children. The study was conducted with in differently abled persons at VRC in Chennai. In which 147 physically disabled students were selected in the study. Self-made questionnaire related to Socio demographic variables with Depression, Anxiety and Stress Status of the disability as tools for data collection.

Research Design

Descriptive research design has been used for the present study focused on describing the psychosocial status of differently abled persons in Vocational rehabilitation Center, Chennai.

Hypotheses Formulated for the Study

To fulfill the above objectives the following hypotheses have been formulated and included in this study as:

- H_{1,1} There is significant relationship between Age and Depression status of differently abled persons
- H_{1,2} There is significant relationship between Age and Anxiety status of differently abled persons
- H_{1,3} There is significant relationship between Age and Stress status of differently abled persons
- H_{1,4} There is significant difference between Area of Domicile with regards to Depression status of differently abled persons
- H_{1,5} There is significant difference between Area of Domicile with regards to Anxiety status of differently abled persons
- H_{1,6} There is significant difference between Area of Domicile with regards to Stress status of differently abled persons
- H_{1,7} There is significant difference among the Type of Family with regards to Depression status of differently abled persons
- H_{1,8} There is significant difference among the Type of Family with regards to Anxiety status of differently abled persons
- H_{1,9} There is significant difference among the Type of Family with regards to Stress status of differently abled persons
- H_{1,10} There is significant relationship between the level of Depression and the level of Anxiety
- H_{1,11} There is significant relationship between the level of Anxiety and the level of Stress
- H_{1,12} There is significant relationship between the level of Stress and the level of Depression.

Tools of Data Collection

- Structured questionnaires are explained and collected the Socio Demographic Details of the Differently abled persons.
- During their training programme the questionnaires were explained to them and summarized their replies and data's.
- The summarized answers of the questionnaire are exported in to SPSS software and analysis and interpretation was executed.

Analysis and Interpretations

The analysis and interpretation deals with the study of the observations involved in the collected data and the results are integrated as table wise and compare the results as:

Table -1: Distribution of Respondents by Gender

S.NO	GENDER	No.OF RESPONDENTS (n :147)	PERCENTAGE
1	Male	139	94.6%
2	Female	8	5.4%

Table-1 explains that the study equipped with both gender of which number as (94.6 %) were male and very less number of the respondents (5.4 %) were female respondents.

Table -2: Distribution of Respondents by Their Age

S.NO	TYPE OF FAMILY	NO. OF RESPONDENTS (n :147)	PERCENTAGE
1	15-25 Years	123	83.7
2	26-30 Years	16	10.9
3	31-40 Years	8	5.4

Table-2 illustrates about the distribution of the respondents based on Their age, that majority (83.7%) of the respondents are in the age group of 15-25 years. 10.9 % of the respondents are in the age group of 26-30 years and (5.4 %) of the respondents are in the age group of 31-40 years.

Table -3: Distribution of Respondents by Area of Domicile

S.NO	AREA OF DOMICILE	No.OF RESPONDENTS (n :147)	PERCENTAGE
1	Rural	37	25.2
2	Urban	110	74.8

Table-3 illustrates about the Area of Domicile of the respondents based on their living. Majority of the respondents (74.8 %) were hail from Urban and rest one fourth of the respondents (25.2 %) were hail from Rural Area.

Table -4: Distribution of Respondents by Type of Family

S.NO	TYPE OF FAMILY	NO. OF RESPONDENTS (n :147)	PERCENTAGE
1	Nuclear	113	76.9
2	Joint	20	13.6
3	Extended	14	9.5

Table-4 illustrates about the distribution of the respondents based on Type of Family. Three fourth of the respondents (76.9 %) were in Nuclear Family and merger amount of (13.6 %) Joint family and small amount (9.5%) of the respondents belongs to Extended Family.

Table -5: Distribution of Respondents by Their Community

S.NO	COMMUNITY	No. OF RESPONDENTS (n :147)	PERCENTAGE
1	BC	78	53.1
2	SC	12	8.2
3	Others	57	38.8

Table-5 Illustrates about the distribution of the respondents by their community majority (53%) of the respondents was BC, 38.8% were belonging to other community and only 8.2% were SC.

Table-6: Distribution of Respondents by Their Family Reaction towards the Disabled

S. No	Variables	Frequency (n:147)	Percent
I	How does your family react to the illness in terms of finance		
	More Caring	105	71.4
	Blaming	24	16.3
	Avoiding	18	12.2
II	How long have been disabled		
	By Birth	46	31.3
	Up to 5 Yrs.	41	27.9
	up to 10 Yrs.	38	25.9
III	How do you assess your present situation?		
	Worse	8	5.4
	Better	4	2.7
	Fine	135	91.8
IV	Loss of income of any other member of the family affected by the patient's illness .To what extent is the family finance affected?		
	Severely	15	10.2
	Moderately	85	57.8
	Not at all	47	32.0
V	Expenditure incurred due to patient's illnesses and treatment .How has this affected family finances		
	Severely	14	9.5
	Moderately	87	59.2
	Not at all	46	31.3
VI	Loans taken or saving spent .How much is the family affected?		
	Severely	12	8.2
	Moderately	37	25.2
	Not at all	96	66.7

Table-6: The above table shows the distribution of respondents by their family reaction towards the disabled. 71.4 % of the respondents recorded family members are caring, 31% of the respondents replied that they disability was identified by birth, 91.8 % of the respondents had an opinion they are fine in their present situation.

Table-7: Distribution of Respondents by their opinion about Effectiveness of the Training

S. No	Variables	Frequency (n:147)	Percent
I	Are you availed any financial assistance from the government?		
	Yes	52	35.4
	No	96	64.6
II	Vocational Training Given by VRC is helped me for career choice		
	Yes	141	96.9
	No	6	4.1
III	Career choice of the differently abled persons are vast in VRC		
	Yes	143	97.3
	No	4	2.7
IV	VRC is playing major role in the advocacy of career choice for the differently abled persons		
	Yes	147	100
	No	-	-
V	VRC is supporting the Differently abled for the self-employment		
	Yes	139	94.6
	No	8	5.4

Table -7: Illustrates about the distribution of respondents based on their opinion about effectiveness of the Training. Majority of the respondents 64.6% are not availed any financial assistance from the government.96.9% of the respondents had an opinion that VRC helped for their career choice. All the respondents agreed that VRC is playing major role in the advocacy of career choice for the differently abled persons and 94.6% of the responded VRC is supporting the differently abled for the self-employment.

Table-8: Distribution of Respondents by their Outcome of the Training

S. No	Variables	Frequency (n:147)	Percent
I	Career Guidance and Counseling Process was regular in VRC		
	Yes	141	96.9
	No	6	4.1
II	Are you satisfied with the training given by VRC?		
	Yes	111	75.5
	No	36	24.5
III	Are you assured that the training will fetch you a reasonable Job?		
	Yes	120	81.6
	No	27	18.4

Table-8: Illustrates about the distribution of respondents based on their opinion about Outcome of the Training. Majority of the respondents 96.9% were agreed that career guidance and counseling process was regular in VRC.75.5% of the respondents were satisfied with the training given by VRC and 81.6 of the respondents are believe that they will get a good Job.

Table-9: ‘Z’ Test between Respondents of Area of Domicile with Regards to Various Dimensions of Psychosocial Status of Differently Abled Persons

S.NO	DIMENSIONS		\bar{X}	S.D.	df	STATISTICAL INFERENCE
1	DEPRESSION	Urban	27.8909	7.21409	145	z = 2.439 P<0.05 Significant
		Rural	31.2162	7.05587		
2	ANXIETY	Urban	29.7545	7.79106	145	z = 4.670 P<0.05 Significant
		Rural	36.5676	7.31642		
3	STRESS	Urban	30.6091	6.21052	145	z = 3.397 P<0.05 Significant
		Rural	34.6486	6.39972		

Table -9: The statistical inference explains that there is a significant difference between the Area of Domicile with regards to psychosocial status of the differently abled persons. There is high significant difference between the Area of Domicile, against the Depression, Anxiety and Stress.

Table-10: One way Analysis of respondents with regard to various among the type of Family and Psychosocial Status of Differently Abled Persons

SOURCES		SS	DF	MS	\bar{X}	STATISTICAL INFERENCE
DEPRESSION	Between Groups	636.229	2	318.114	G1=28.6018 G2=25.5500 G3=34.2857	F= 6.420 P<0.05 Significant
	Within Groups	7134.887	144	49.548		
ANXIETY	Between Groups	567.517	2	283.758	G1=31.0531 G2=29.7000 G3=37.3571	F= 4.412 P<0.05 Significant
	Within Groups	9261.096	144	64.313		
STRESS	Between Groups	900.828	2	450.414	G1=31.6018 G2=27.4000 G3=37.8571	F= 12.402 P<0.05 Significant
	Within Groups	5229.594	144	36.317		

G1=Nuclear Family, G2=Joint Family, G3=Extended

Table-11: One way Analysis of respondents with regard to various among Monthly Income and Psychosocial Status of Differently Abled Persons

SOURCES		SS	DF	MS	\bar{X}	STATISTICAL INFERENCE
DEPRESSION	Between Groups	770.688	3	256.896	G1=29.5479 G2=28.4800	F= 5.248 P<0.05 Significant
	Within Groups	7000.428	143	48.954	G3=34.0833 G4=25.5405	
ANXIETY	Between Groups	870.420	3	290.140	G1=32.0685 G2=30.6400	F= 4.632 P<0.05 Significant
	Within Groups	8958.192	143	62.645	G3=38.1667 G4=28.6757	
STRESS	Between Groups	766.140	3	255.380	G1=32.0137 G2=32.3200	F= 6.808 P<0.05 Significant
	Within Groups	5364.282	143	37.512	G3=37.3333 G4=28.5405	

G1=Rs.5000-10000, G2=Rs.10001-15000, G3=Rs.15001-20000, G4= None

Table-12: One way Analysis of respondents with regard to various among Education and Psychosocial Status of Differently Abled Persons

SOURCES		SS	DF	MS	\bar{X}	STATISTICAL INFERENCE
DEPRESSION	Between Groups	639.946	3	213.315	G1=25.8000 G2=29.5849	F= 4.278 P<0.05 Significant
	Within Groups	7131.169	143	49.868	G3=24.9167 G4=33.0000	
ANXIETY	Between Groups	861.531	3	287.171	G1=23.8000 G2=32.7075	F= 4.580 P<0.05 Significant
	Within Groups	8967.082	143	62.707	G3=30.0833 G4=28.4286	
STRESS	Between Groups	844.938	3	281.646	G1=28.0000 G2=33.1038	F= 7.620 P<0.05 Significant
	Within Groups	5285.483	143	36.961	G3=27.3750 G4=29.0000	

G1=Primary, G2=High School, G3=Higher Secondary, G4= Diploma

Table -10 to 12: The above tables infers that there is significant difference between the socio economic level of the individuals with overall achievement score, regarding the factors involved in the measurement, component statistically explains the area of interest and interest in dramatics show significantly difference between the socioeconomic levels on the respondents.

Table -13 Chi –Square Test for Community of the Respondents and Psychosocial Status of the of Differently Abled Persons

DIMENSIONS	COMMUNITY	PSYCHOSOCIAL STATUS			STATISTICAL INFERENCE
		LOW	MODERATE	HIGH	
DEPRESSION	BC	4	14	60	x ² =60.691 df = 6 P < 0.05 Significant
	SC	2	2	8	
	OTHERS	22	21	14	
ANXIETY	BC	4	2	72	x ² =13.313 df = 4 P < 0.05 Significant
	SC	1	2	9	
	OTHERS	4	8	45	
STRESS	BC	8	23	47	x ² =43.662 df = 6 P < 0.05 Significant
	SC	9	0	3	
	OTHERS	14	35	8	

Table -13: Statistical Inference explains that there is a significant difference between the community and with regards to psychosocial status of the differently abled persons. There is high significant difference between the Community, against the Depression, Anxiety and Stress.

Table -14 Karl Pearson’s Co-efficient of Correlation between Number of Children and Psychosocial Status of Differently Abled Persons

VARIABLES	CORRELATION COEFFICIENT	STATISTICAL INFERENCE
Number of Children and Depression	0.215	P > 0.05 Not Significant
Number of Children and Anxiety	0.244	P < 0.05 Significant
Number of Children and Stress	0.170	P < 0.05 Significant

Table -14: Statistical Inference explains that there is a significant difference between the Number of Children with regards to psychosocial status of the differently abled persons. There is high significant difference between the No of children against the Depression, Anxiety and Stress.

Table -15 Karl Pearson’s Co-efficient of Correlation between Monthly Income of the Respondents and Psychosocial Status of Differently Abled Persons

VARIABLES	CORRELATION COEFFICIENT	STATISTICAL INFERENCE
Monthly Income and Depression	-0.198	P < 0.05 Significant
Monthly Income and Anxiety	-0.138	P > 0.05 Not Significant
Monthly Income and Stress	0.193	P < 0.05 Significant

Table -15: Statistical Inference explains that there is a significant difference between the Monthly Income with regards to psychosocial status of the differently abled persons. There is high significant difference between the Monthly Income against the Depression, Anxiety and Stress.

V. SUGGESTION

In light of the findings of this descriptive study, the following recommendations are made to ensure effective and right level of achievement towards the development of the training centers for the differently abled persons:

1. This study has focused on the psychosocial status of the differently abled persons and has identified that the differently abled persons do experience high levels of depression, anxiety and stress. A qualitative study can be done in future to find out the specific reasons for the stress, depression and anxiety for the differently abled persons.
2. Differently abled persons were focused in this present study. Studies can be carried out including more number of female and training staff and professional, who is mostly involved to the welfare of the differently abled person’s development.
3. Only VRC training for differently abled persons were included in this present study, a future study can be conducted by comparing the more training centers, which care about the training of the differently abled persons and training staff about the depression, anxiety and stress.
4. To get better understanding on urban and rural settings, a comparative study can be carried out in other locations and districts in Tamilnadu.
5. Studies can be done on experimental models such as to ease the psychological problems for differently abled persons.

VI. CONCLUSION

The psychosocial status of the differently abled persons was taken with a view to understand the socio-demographic profile and psychological variables namely depression, anxiety and stress. All relevant literature reviews pertaining to the study were collected and recorded in a chronological order. Based on the vocational rehabilitation center visit and discussion with respondents and training staffs, the feasibility of conducting the study was ascertained. These systematically processed and analyzed data were presented. More than 3/4th of the respondents experience severe to extremely severe level of depression, anxiety and stress. Based on the above review the researcher came out with implication in order to improve the social and psychological conditions among the differently abled persons.

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