



PSYCHOSOCIAL PROBLEMS OF THE CHILDREN WITH VISUAL IMPAIRMENT IN SALEM DISTRICT

D.Sowdeswari*	Ph.D Scholar, Department of Social Work, Bharathiar University, Coimbatore. Pursued Master of Social Work(MSW), Department of Social Work, Amrita Vishwa Vidhyapeetham, Coimbatore. *Corresponding Author
Mrs. K. Umamaheswari	Assistant Professor, Department of Social Work, Amrita Vishwa Vidhyapeetham, Coimbatore.
Dr. F.X.Lovelina Little Flower	Professor and Head, Department of Social Work, Bharathiar University, Coimbatore.

ABSTRACT INTRODUCTION:

A Descriptive research study had been conducted to assess the psychosocial problems of children with visual impairment in Salem District.

objectives : To assess the psychosocial problems of children with visual impairment .

To know the association between psychosocial problems and selected socio demographic factors of children with visual impairment .

METHODS: Census method of sampling is used. Total of all 63 children with visual impairment from the age group of 11 to 18 years in Salem district are taken as respondents.

RESULTS: Results of the study reveal that 23.8% of the respondents have mild, 15.9% of the respondents have moderate and 1.6% of the respondents have severe level of depression, 14.3% of the respondents have mild, 6.3% of the respondents have moderate and 3.2% of the respondents have severe level of anxiety, 11.1% of the respondents have mild and 7.9% of the respondents have moderate level of stress. Majority 69.8% of the respondents have medium and 14.3% of the respondents have lower level of emotional adjustment

Through this study it is evident that less than half of the respondents are facing psychological problems and majority of the respondents are facing social problems.

IMPLICATIONS FOR PRACTITIONERS: The Inclusive education of the children with visual impairment along with the normal children reduces the numbers of children facing psychosocial problems.

The special Trainers and the school social workers are very essential for providing early assessment and intervention and to help the children with visual impairment to get good quality of life and happiest childhood.

KEYWORDS : Children with Visual Impairment, Depression, Anxiety, Stress, Emotional adjustment problem

INTRODUCTION

Globally 18.9 million are with visual impairment under 15 years of age. In India 25% are blind, 10% of people have significant visual loss. Children become visually impaired either by birth or get developed in the early years of their lives .

Generally children are in the vulnerable group, among them the children with disability are even more vulnerable when compared to the normal group of children as they face many struggles and risks in their everyday of life. Childhood disability is quite difficult and painful where the differently abled children and their family members faces more difficulties in understanding and making themselves adopt to the surroundings and environment in spite of their disabilities. So it becomes a difficult task for every child with disability to first understand about their physical condition and to learn the alternative ways to lead their life with more confidence and will power . Children with disabilities faces physical problems in their life which stays longer throughout their life or for the shorter period whatever may be the physical condition they suffer from physical problems in their childhood days which has the adverse effects of causing psychological, emotional, social, economic, environmental problems. So it is to be properly noted and taken care of by protecting the children from becoming sufferers to other group of problems apart from their physical illness. Life quality of the differently abled children is to be maintained optimally in order to help the child to face their challenging life in the normal world.

VISUALIMPAIRMENT:

The emerging global health priority in today's world is the child disability. Vision Impairment can occur at any age group.the Children having impaired conditions, difficulties and deficiencies present in their visual organs are regarded as the children with blindness or low vision.

This form of visual condition creates the requirement for the special provisions to the children with blindness or low vision.

Visual condition of the children remains the same throughout their life.

Some conditions might cause vision problem only for the shorter period of time whereas other conditions might get worse over time resulting in poor vision or blindness when the child grows older. When a child can't see all the things that one should be able to see in their age it is regarded as the low vision. These visual conditions include low vision, blurred vision, or the loss of side vision or may not be able to see and identify the colours. visual impairment typically calls for the change in life style and solid support system .

In the various forms of disability vision impairment has the highest range of difficulty , problems and risks because without vision the world becomes dark and one cannot see what is happening around the world . Without vision it is strange situation and time for the children where they will be very much eager and interested to know what is happening around them as they can feel the environment with their other senses of hearing , smelling , touching etc...So it makes the children with visual impairment to feel for their disability which affects their mental health as they start thinking negatively about their life. Children with visual impairment adopts acceptance, trust, positive avoidance, minimization, independence, control etc.

PSYCHOSOCIAL PROBLEMS:

Psychosocial problems is the combination of the both psychological and social problems which in turn affects the psychosocial development in the life of the individual . The psychological problems are anxiety , stress, frustration , aggression, depression etc...The social problems are adjustmental problem, interpersonal problem , coping problem etc....This forms of psychosocial problems affects the normal and social functioning of the individuals. Vision loss not only causes physiological challenges but also brings in significant psychological and social challenges . This become more worser for visually impaired children where their mental health is affected which affects the holistic development of the children .

The psychological and social problems selected for this study are depression, anxiety, stress and emotional adjustmental problem.

A Descriptive study is done to assess the selected psychosocial

problems faced by the children with blindness or low vision from 11 - 18 in the Salem.

OBJECTIVES:

- To understand the socio demographic factors of the visually impaired children in the Salem district.
- To know the psychological problems faced by the visually impaired children .
- To know the social problems faced by the visually impaired children .

To find the association between the psychological problems and the selected socio demographic factors.

To find the association between the social problems and the selected socio demographic factors.

RESEARCH METHODOLOGY

This study is conducted to know and understand the psychosocial problems of the children with blindness or low vision in the Salem district, Tamil Nadu, India.

The Descriptive type of research design is used for this research study. This research design is used to know and understand about the socio demographic factors of the children with blindness or low vision from 11 - 18 in the Salem. This also helps to know the selected psychosocial problems [Depression , Anxiety , Stress and Adolescent emotional adjustment problem]being faced by the children with blindness or low vision.

UNIVERSE

The universe selected for this study is the children with visual impairment in the Salem district .

SAMPLING

63 respondents of the children with blindness or low vision within 11 - 18 years are taken as samples for the research study.

From 1 government blind school and 4government schools under Inclusive education in the Salem district, Tamil Nadu, India. Census method of sampling is done both for the respondents and also for the schools where the entire available population of children with visual impairment from the age group of 11 to 18 years from all the schools in the Salem district where they are studying are taken as respondents.

INCLUSIVE CRITERIA

The children with blindness or low vision from (11 - 18) are selected. Children with blindness or low vision only from the Salem district are included.

EXCLUSIVE CRITERIA

- Differently abled children of other categories are excluded
- The children with visual impairment from 0 to 10 years are excluded.

TOOLS FOR DATA COLLECTION

- Interview schedule is used for data collection .

PART-1:

Socio demographic factors

In this part the researcher prepared certain number of structured questions to know the socio demographic condition of the children with visual impairment .

PART-2:

Depression Anxiety Stress Scale [DASS] S 21

- Lovibond

This scale is used to know the psychological problems that the children with visual impairment face . The psychological problems selected are Depression , Anxiety and Stress .

PART-3:

Adolescent Emotional Adjusment Scale

-Dr.R.V Patil

This scale is used to know the social problem that the children with blindness or low vision face. The social problem selected is emotional adjustmental problem .

SOURCES OF DATA COLLECTION:

Primary Data :

The researcher collected data from the children with vision loss through direct method of Interview Schedule .

Only after obtaining the required informed consent from the children with visual impairment, their parents & teachers data had been collected from the respondents.

Secondary Data :

Secondary data is collected through Review of literature ,Internet articles ,journals.

RESULT

Results of the study reveal the major findings as,

- One fourth of the respondents are between the age of 11-12 .
- 38.1% of the children are females.
- In this research 74.6% are doing their higher secondary education.
- 96.8 % are Hindus.
- The majority 69.3 % lives with their parents.
- 34.9 % belongs to rural area.
- The causes of visual impairment of 100 % is due to optic nerve problem.
- 44.4 % have the history of visual impairment in their family.
- 38.1 % are still continuing their course of treatment.
- The majority 63.5 % are with partial visual impairment .
- 30.2 % on set of visual impairment is from the age group of 6 to 11 years.
- The majority parents of the respondents are illiterate.
- The majority of the father' occupation of the respondents is daily wages and the mother's are housewife.
- The majority of 79.4 % parents monthly income of the respondents is from 5000-8000.
- 9.5 % do not have siblings.
- 23.8 % have mild depression, 15.9 % have moderate depression level & 1.6 % have severe depression level.
- 14.3 % have mild anxiety, 6.3 % have modest anxiety and 3.2 % have severe anxiety.
- 11.1 percent of the respondents have mild stress and 7.9 % have moderate stress,
- Majority 69.8 % have medium emotional adjustment and 14.3 % have lower emotional adjustment.
- The computed chi square value shows that there association between
- psychological problem and selected factors of the respondents, viz,depression and gender, depression and type of vision condition, anxiety & type of vision condition, depression & onset of vision condition.
- Here lies an association between social problem and selected factor viz, adolescent emotional adjustment level and gender.

Table 1 Distribution Of Respondents Based On Their Level Of Depression

	Frequency	Percent
Normal: 0-9	37	58.7
Mild: 10-13	15	23.8
Moderate: 14-20	10	15.9
Severe: 21-27	1	1.6
Total	63	100.0

It shows that in this research study, 23.8 percent of the respondents have mild level of depression which implies that visually impaired children with mild level of depression are in vulnerable situation and are prone to reach severe level in future.

Table 2 Distribuition Of Respondents Based On Their Level Of Emotional Adjustments.

	Frequency	Percent
High: 0 to 11	9	15.9
Medium: 12 to 22	47	69.8
Low: 23 to 33	7	14.3
Total	63	100.0

In this research study the majority 69.8 percent of the respondents have medium emotional adjustment level which implies that visually impaired children with medium emotional adjustment are in vulnerable situation and are prone to reach severe level in future.

This research study reveals as, children with blindness are low vision psychological problems depression, anxiety and stress and social

problems adolescent emotional adjustment. The psychosocial problems are caused due to various socio demographic factors and there also lies an association between the psychosocial problems and selected factors.

This research study shows that the children with visual impairment from 11 to 18 years of age in Salem district faces all four [normal, mild, moderate and severe] levels of psychological problems which are depression, anxiety and stress and all three [High, medium and lower] levels of social problem which is adolescent emotional adjustmental problems.

SUGGESTIONS AND IMPLICATIONS

The thorough knowledge of their type of visual impairment and its prognosis is necessary for better psychological self acceptance and self care.

The Inclusive education along with normal children reduces the numbers of visually impaired children facing psychosocial problems.

The children with visual impairment facing psychosocial problem will be reduced if the children have good and proper social supportive groups like family, schools, friends and other community groups.

The proper guidance can be provided to each and every child individually at the school to attain good psychosocial development.

Motivation, encouragement and positive words from the family members, teachers and from the society also helps the children to have good psychosocial condition.

CONCLUSION

Thus this research study is mainly conducted to assess the psychosocial problems of the children with visual impairment from age group between 11 – 18.

In the Salem district. After detailed analysis and experience of the researcher, findings revealed as following result. Nearly half of the respondents have mild, moderate and severe level of psychological problems which are depression, anxiety and stress. Majority of the respondents have medium level of emotional adjustment. This reveals that they are facing psychosocial problems. The overall experience of conducting the study was informational. The response of the participants to the study was an encouraging hand for the researcher. The childhood is the foundation in every individual's life where it should always be the strongest one for the holistic development of all the human beings. This study establishes relationship between impaired psychosocial condition with the visual impairment in the children. There is The impact of psychosocial burden will be longstanding, which may ruin the future of young minds. The importance and the need for mental health awareness are on rise. Especially for the children with blindness or low vision, psychosocial status is highly neglected. The special educator, trainer and school social workers plays a major role in providing early assessment and early intervention of the psychosocial problems. It helps the children with blindness or low vision to have the happiest childhood and good quality of life. This study throws light on the area of betterment of quality of life for the children with blindness or low vision.

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