



COMPARISON OF EMOTIONAL STABILITY OVERALL ADJUSTMENT AND AUTONOMY AMONG DIFFERENTLY ABLED PERSONS

Physical Education

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ABSTRACT

An attempt has been made to investigate the Emotional Stability Overall Adjustment and Autonomy among the differently abled persons and compare them in respects to the variables. Among differently abled persons, hearing impaired, visually impaired and orthopedically impaired (individuals having orthopedically defects in upper limbs) persons are taken under consideration. Forty subjects of each category namely hearing impaired, visually impaired and orthopedically impaired students were selected within the age range of twelve to eighteen years for the study. Emotional stability overall adjustment and autonomy were measured Mental Health Battery by Singha and Gupta. The data were analyzed through the statistic of Analysis of Variance (ANOVA). The results indicated that the visually impaired persons were superior in Overall Adjustment than hearing impaired and orthopedically impaired persons. Again orthopedically impaired persons were superior in overall adjustment than hearing impaired persons. On the other hand, hearing impaired persons had higher score than orthopedically impaired and visually impaired persons in respect to emotional stability and autonomy.

KEYWORDS

Emotional Stability, Overall Adjustment, Autonomy, Hearing Impaired, Visually Impaired, Orthopedically Impaired etc.

INTRODUCTION

Emotional Stability is the ability of an individual to withstand stress, strains, failures and difficulties of day to day life without becoming anxious, nervous, tense and emotionally upset (Singh et al, 2014). The characteristics associated with emotional stability are stable emotions and self-image, even tempered, dealing successfully in diverse conditions, following strict schedule to feel in control, feeling contended with life and accepting one's circumstances, ability to cope up with adversity and safe living environment.

Over-all Adjustment refers to adapting, regulating and adjusting in various aspects of life like education, health, social, emotional and cultural at home, school, society and workplace. It helps in maintaining equilibrium between the needs and obstacles (Shaffer, 1948). The identifying characteristics associated over all adjustment are adapting in various aspects of like education and social health at home, school and society, maintaining balance in different life situations, positive attitude towards life, balance between work and family, tackling with fear, anxiety and stress, forming positive relationship and dealing effectively with challenges of life.

Autonomy is the quality of an individual of being having independence, self-determination and freedom. Soares & Rebelo (2017) explained it as the ability of an individual to be governed by his own principles and laws and can respond freely in any situation. The characteristics associated with autonomy are independence, self-determination, freedom, organization and contribution to the society.

The present study is an attempt on the part of the investigator to determine the emotional stability, overall adjustment and autonomy among hearing impaired, visually impaired and orthopedically impaired persons and compare them with the variables, so that effort can be made in the right direction to integrate them with other people of the society.

Statement of the problem

The problem of the study was to investigate the emotional stability overall adjustment and autonomy of the hearing impaired, visually impaired and orthopedically impaired persons and also compared them in respects to the variables.

Delimitations

1. The study was delimited to the boys and girls of twelve to eighteen years old.
2. The subjects were selected from the different schools of West Bengal.

Limitations

1. The subjects were of special population. So, there may be any snag during communication with the subjects. It was beyond of the investigator's control.
2. The subjects were from different socio-economic status, different mode of living as well as have different personality characters.

Hence uniform response might not be occurred which were another limitation of the study.

3. During test taken, same response might not be obtained from all the subjects. It was also the limitation of this study.

Significance of the Study

1. This study will provide descriptive information about the emotional stability, overall adjustment and autonomy among the physically disabled persons.
2. The result of this study will also have great significance in identifying the areas which can be easily developed.
3. This study will serve as a guideline to the teachers.
4. The findings of this study might give some clues to the concerned authorities in better understanding of the differently abled students.
5. This study may also help in framing the educational programme as an integral part of the curriculum for the physically disabled persons.

Procedure

Selection of Subjects

1. Forty students of each category namely hearing impaired, visually impaired and orthopedically impaired (having problems in upper limbs) students respectively were chosen randomly from different special schools in West Bengal for the present study.
2. The age range was twelve to eighteen years.

Selection of Variables

In order to assess this study, the following variables were selected: -

1. Emotional stability
2. Overall Adjustment and
3. Autonomy

Criterion Measures

To determine emotional stability, overall adjustment and autonomy students were measured by Mental Health Battery by Singha and Gupta.

STATISTICAL ANALYSIS

Comparison among physically disabled persons in respect of emotional stability, overall adjustment and autonomy were obtained through the statistic of Analysis of Variance (ANOVA).

Level of Significance

For testing hypothesis the level of significance was set at 0.05 level.

Presentation And Analysis Of Data

Table 1: Mean And Standard Deviation Of Emotional Stability Overall Adjustment And Autonomy Among Hearing Impaired Visually Impaired And Orthopedically Impaired Students

Variables	Hearing Impaired Students		Visually Impaired Students		Orthopedically Impaired Students	
	Mean	S.D.	Mean	S.D.	Mean	S.D.
Emotional stability	16.57	4.050	7.35	3.150	12.58	3.908
Overall Adjustment	17.78	2.868	27.55	4.199	20.67	4.202

Autonomy	15.47	3.822	6.82	2.540	11.52	3.456
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From table -1 it was observed that visually impaired students were superior in overall adjustment than hearing impaired and orthopedically impaired students. Again orthopedically impaired students had higher score to hearing impaired students in respect to overall adjustment.

In respect to emotional stability and autonomy, hearing impaired students had better than orthopedically impaired and visually impaired students. Again orthopedically impaired students were superior to visually impaired students in respect to emotional stability and autonomy.

Table 2: analysis of variance on emotional stability among hearing impaired visually impaired and orthopedically impaired students

Source of Variance	df	Sum of Square	Mean of Square	F-value
Between Groups	2	53.604	3.153	12.185 *
Within Groups	117	23.696	0.259	
Total	119	80.000		

* Significant at 0.05 level of Confidence
Tabulated $F_{.05} (2, 117) = 3.07$

In analyzing Table - 2 calculated value of 'F' is greater than tabulated value of 'F'. So, null hypothesis is rejected. For analyzing the data, Post – Hoc LSD test was employed to find out which group is better in respect to emotional stability.

Table 3: Post – Hoc Mean Comparison On Emotional Stability Among Hearing Impaired Visually Impaired And Orthopedically Impaired Students

Status	Hearing Impaired Students	Visually Impaired Students	Orthopedically Impaired Students	Critical Difference at 5% level
Mean	16.57	7.35	12.58	1.673

From Table - 3 it was found that there was a significant difference among all variables. The table showed that hearing impaired students had highest in emotional stability than visually impaired and orthopedically impaired students. Again orthopedically impaired students were superior to visually hearing impaired students in respect to emotional stability.

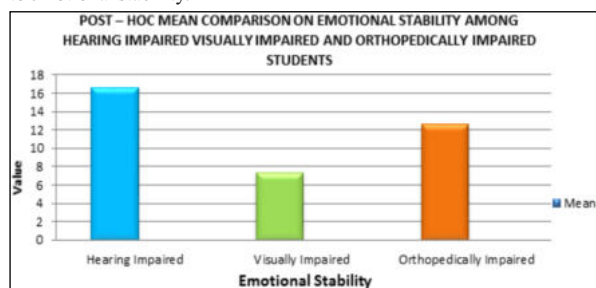


Fig. 1: Post – hoc mean comparison on emotional stability among hearing impaired visually impaired and orthopedically impaired students

Table 4: Analysis Of Variance On Overall Adjustment Among Hearing Impaired Visually Impaired And Orthopedically Impaired Students

Source of Variance	df	Sum of Square	Mean of Square	F-value
Between Groups	2	44.453	2.340	6.582 *
Within Groups	117	35.747	0.355	
Total	119	80.200		

* Significant at 0.05 level of Confidence

Tabulated $F_{.05} (2, 117) = 3.07$

In analyzing Table - 4 calculated value of 'F' is greater than tabulated value of 'F'. So, null hypothesis is rejected. For analyzing the data, Post – Hoc LSD test was employed to find out which group is better in respect to Overall Adjustment.

From Table - 5 it was observed that visually impaired students had highest Overall Adjustment than hearing impaired and orthopedically impaired students. Again orthopedically impaired students were superior to hearing impaired students in respect to Overall Adjustment.

Table 5: Post – Hoc Mean Comparison On Overall Adjustment Among Hearing Impaired Visually Impaired And Orthopedically Impaired Students

Status	Hearing Impaired Students	Visually Impaired Students	Orthopedically Impaired Students	Critical Difference at 5% level
Mean	17.78	27.55	20.67	2.067

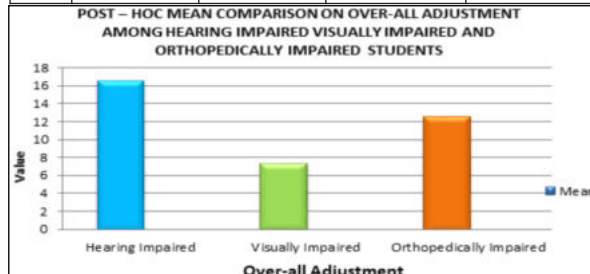


Fig. 2: Post – hoc mean comparison on over-all adjustment among hearing impaired visually impaired and orthopedically impaired students.

Table 6: Analysis Of Variance On Autonomy Among Hearing Impaired Visually Impaired And Orthopedically Impaired Students

Source of Variance	df	Sum of Square	Mean of Square	F-value
Between Groups	2	44.443	2.840	8.465 *
Within Groups	117	35.557	0.366	
Total	119	80.000		

* Significant at 0.05 level of Confidence
Tabulated $F_{.05} (2, 117) = 3.07$

In analyzing Table - 6 calculated value of 'F' is greater than tabulated value of 'F'. So, null hypothesis is rejected. For analyzing the data, Post – Hoc LSD test was employed to find out which group is better in respect to autonomy.

Table 7: Post – Hoc Mean Comparison On Autonomy among Hearing Impaired Visually Impaired And Orthopedically Impaired Students

Status	Hearing Impaired Students	Visually Impaired Students	Orthopedically Impaired Students	Critical Difference at 5% level
Mean	15.47	6.82	11.52	1.857

From Table - 7 it was observed that hearing impaired students had highest autonomy than orthopedically impaired and visually impaired students. Again orthopedically impaired students were superior to visually impaired students in respect to autonomy.

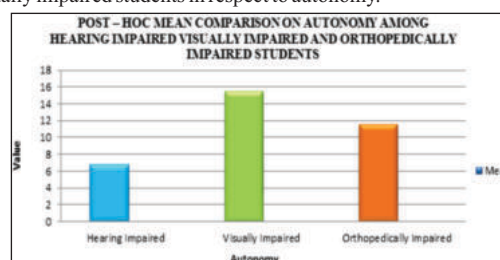


Fig. 3: Post – hoc mean comparison on autonomy among hearing impaired visually impaired and orthopedically impaired students

DISCUSSION OF THE FINDINGS

The obtained data on the subjects through application of statistical technique revealed that visually impaired students were superior in overall adjustment than hearing impaired and orthopedically impaired students. Again orthopedically impaired students had higher score to hearing impaired students in respect to overall adjustment. In respect to autonomy and emotional stability, hearing impaired students had better than orthopedically impaired and visually impaired students. Again orthopedically impaired students were superior to visually impaired students in respect to autonomy and emotional stability.

Hearing impaired subjects only cannot hear. They become more efficient in performing the tasks and show most autonomy and emotional stability than visually impaired and orthopedically impaired persons but less in overall adjustment. Pant and Joshi (2016) revealed that children with hearing impairment studying in inclusive setup are

more emotionally stable than the children with visual impairment studying in special schools. Orthopedically impaired individuals (having orthopedically defects in upper limbs) show better in autonomy and emotional stability because they can perform better than visually impaired persons.

On the other hand, visually impaired persons cannot see, also cannot perceive for doing any work. So, they become least in autonomy and emotional stability. On the other hand, they try to adjust with others show superiority in overall adjustment.

CONCLUSION

From the above findings, it can be concluded that hearing impaired persons are superior most from autonomy and emotional stability. Orthopedically impaired persons suffer more in autonomy and emotional stability than hearing impaired persons. In case of Overall Adjustment, visually impaired persons are superior to others. During teaching, teacher should keep in mind about such psychological facts which help the students for better educational achievement. In society, normal people should also keep in mind about such psychological trait of the differently abled persons for their better living.

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