

A Study to Assess the Psychosocial and Coping Problems of Visually Impaired from Selected Blind Institutions of Indore

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Abstract: A descriptive study to assess the psychosocial and coping problems of visually impaired from selected blind institutions. The objectives of the study were (1) To assess the psychosocial problems of visually impaired. (2) To identify the coping problems of visually impaired. (3) To find the association between psychosocial problems and selected socio demographic variables of visually impaired. (4) To find the association between coping problems and selected socio demographic variables of visually impaired. Two hypothesis developed was H_1 : There is significant association between the psychosocial problems and selected socio demographic variables of visually impaired. H_2 : There is significant association between the coping problems and selected socio demographic variables of visually impaired. Non probability, purposive sampling technique was used to select the 25 samples from National association of blind and Mahesh blind institution of Indore with the permission of higher authority from the same institutions. Result of the study reveals that 48% of visually impaired have moderate psychosocial problems, 36% have mild psychosocial problems, 16% have maximum psychosocial problems and no one is having minimum psychosocial problems to adjust with the environment. Association of the study found that computed chi square values were not significant in age, gender, religion, type of family, educational status, frequency of visitors, duration of stay in blind school, cause of blindness, family history of blindness, any physical illness in psychosocial problems. The finding of the study showed that 80% of visually impaired have moderate coping problems, 20% have mild coping problems; no one is having maximum coping problems and minimum psychosocial problems to adjust with the environment. Association of the study found that computed chi square values were not significant in age, gender, religion, type of family, educational status, frequency of visitors, duration of stay in blind school, cause of blindness, family history of blindness, any physical illness in coping problems. Hence the research hypothesis H_2 rejected. **Conclusion:** Majority having moderate psychosocial and coping problems. The overall experience of conducting the study was informational. The response of the participants to the study was an encouraging hand for the investigators.

Keywords:

1. Introduction

Life is a blissful state of innocence and joy, but this is often not for the blind, who are disabled. When they play, laugh; they feel isolated, as no one is beside them to hear or bear, as everyday in their life is a big struggle. Disability is proven to be a big hindrance in the normal day to day life of a place of negligence, despair and isolation

Blindness is a devastating physical condition with deep emotional and economical implications. Various problems that the visually impaired face are problems in orientation and mobility, problems in social contact, problems in conversation, personality problems, psychological problems, etc. There are certain coping strategies that a visually impaired person adopts, which include acceptance, trust, positive avoidance, minimization, independence, control etc.

Worldwide there are 37 million people are completely blind. 112 have severe loss of vision, 85% of them live in the developing country. In India 25% are blind, 10% of people have significant visual loss. Many children are either born visually impaired or develop visual impairment in the early years of their lives. A major portion of India's visually impaired children are found in villages in the lower strata of society. The causes of their visual impairment vary from malnutrition to lack of medical care, superstition, poverty and negligence.

The objectives of the study are

- 1) To assess the psychosocial problems of visually impaired.
- 2) To identify the coping problems of visually impaired.
- 3) To find the association between psychosocial problems and selected socio demographic variables of visually impaired.
- 4) To find the association between coping problems and selected socio demographic variables of visually impaired.

Assumptions

The study assumes that

- 1) The visually impaired will have psychological and social problems in their day-to-day life.
- 2) The visually impaired use different coping strategies to overcome their problems.
- 3) The visually impaired will give free and frank responses.

Coping problems can be measured by coping scale

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Delimitations

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The study is delimited to visually impaired

- 1) Who are attending the selected blind institutions.
- 2) Who are available at the time of data collection.
- 3) Who are willing to participate in the study.

Limitations

The limitations in the present study are

- 1) The results could have been more authentic and scientific if the sample size had been large.
- 2) The findings of the study cannot be generalized with the small sample size.
- 3) Study did not have any control group.

2. Conceptual Framework

The theoretical framework for the present study is developed based on Sr. Callista Roy's (1970) adaptation model.

3. Research Methodology

A descriptive research approach was used to observe the psychosocial and coping problems of people and the research design selected was non-experimental research design. Research and socio demographic variables were considered in this study. Psychosocial and coping problems were research variables and **socio demographic variables were age in years, gender, religion, type of family, educational status, frequency of visitors, duration of stay in blind school, cause of blindness, family history of blindness and any physical illness.**

Non probability, purposive sampling technique was used to select the sample of 25 visually impaired from National association of blind and Mahesh blind institution of Indore.

3.8 Sample Selection Criteria

Inclusion Criteria

- 1) Certified as having blindness or visual impairment.
- 2) Residing in selected blind institutions.
- 3) Who were willing to participate.
- 4) Who were available during the period of data collection.
- 5) Who can understand English or Hindi.

Exclusion Criteria

- 1) Mentally ill person

Data Collection Tools and Techniques

A modified psychosocial assessment scale and modified coping strategies inventory developed by Lazarus and Folkman was used as a data collection tool which consist of 3 sections Section A: Socio demographic data, Section B: Modified psychosocial assessment instrument, Section C: Modified coping strategies inventory developed by Lazarus and Folkman. The Reliability of the tool was established by test retest method using Karlpearson's correlation coefficient formula and the score was $r = 0.88$.

Procedure for Data Collection and data analysis

The data collection procedure started after obtaining permission from the consent authority as well as from the study sample. Explanation was given regarding the purpose of the research. The tool was administered following one another for 30-35 minutes. Confidentiality was assured.

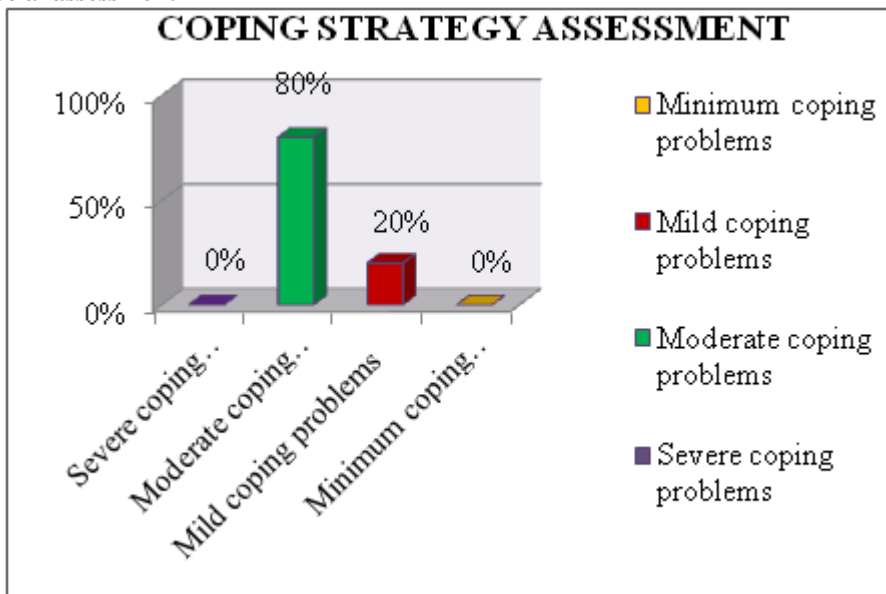
Frequencies and percentage of socio demographic data was analyzed using descriptive statistics. And Mean, median, standard deviation would be calculated to find out the level of psychosocial and coping problems of visually impaired.

4. Results

Percentage distribution of selected demographic variables

Sl. No.	Socio demographic variables	Frequency	Percentage (%)
1.	Age in year a) 16-20year b) 21-25year	16 9	64% 36%
2.	Gender a) Male b) Female	17 8	68% 32%
3.	Religion a) Hindu b) Christian c) Muslim d) Others	23 1 1 0	92% 4% 4% 0%
4.	Type of family a) Nuclear b) Joint c) Extended	13 7 5	52% 28% 4%
5.	Educational status a) Primary & upper primary b) Secondary c) Higher secondary d) Diploma, graduate & above	0 3 11 11	0% 12% 44% 44%
6.	Frequency of visitors a) Weekly once b) Monthly once c) Yearly once d) No visitors	7 14 4 0	28% 56% 16% 0%
7.	Duration of staying in blind institution a) 1-6months b) 7-12months c) 1-5 years d) 5 and above	1 6 8 10	4% 24% 32% 40%
8.	Causes of blindness a) Congenital b) Trauma c) Disease d) Others	20 2 3 0	80% 8% 12% 0%
9.	Family history of blindness a) Yes b) No c) Not known	8 15 2	32% 60% 8%
10.	Any physical illness a) Acute b) Chronic c) Not diagnosed illness	5 0 20	20% 0% 80%

Section II: Psychosocial assessment



Category	Score	Frequency	Percentage
Severe	66 – 80	4	16%
Moderate	51 – 65	12	48%
Mild	36 – 50	9	36%
Minimum	20 – 35	0	0%

The findings revealed that the mean of psychosocial problems was 47.92, mean percentage was 59.9 with the, SD of 1.26, range 43, total number of questions 20 and maximum score 71.

Section III: Coping strategy assessment

The findings reveals that the mean of coping problems was 53.88, mean percentage was 53.88, SD was 7.39, range 35, total number of questions 20 and maximum score 70.

Section IV: Association between psychosocial problems and selected socio demographic variables

chi square values are not significant in age, gender, religion, type of family, educational status, frequency of visitors, duration of stay in blind school, cause of blindness, family history of blindness and any physical illness in psychosocial problems. Hence research hypothesis H₁ was rejected.

Section V: Association between coping problems and selected socio demographic variables

chi square values are not significant in age, gender, religion, type of family, educational status, frequency of visitors, duration of stay in blind school, cause of blindness, family history of blindness and any physical illness in coping problems. Hence research hypothesis H₂ was rejected

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The limitations in the present study were

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- 3) Study did not have any control group.

5. Recommendations

From the finding of the study the following recommendations were suggested

- 1) **A similar study can be replicated on a large scale.**
- 2) An experimental study can be undertaken with a controlled group.
- 3) **A comparative study can be conducted to assess the psychosocial and coping problems of visually impaired in selected blind institutions.**
- 4) A follow up study can be done by the Bombay hospital college of Nursinghe study was limited to visually impaired in selected blind institutions.

6. Conclusion

The main aim of the study was to assess the psychosocial and coping problems of visually impaired in selected blind institutions of Indore. After detailed analysis and experience of the investigators, findings revealed as following result. Majority having moderate psychosocial and coping problems. The overall experience of conducting the study was informational. The response of the participants to the study was an encouraging hand for the investigators.

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