

# Investigating Self Esteem, Anxiety & Stress among Physically Handicapped Students & Its Role in Behavioural Adjustment

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**Abstract – Adjustment is a behavioural process of balancing conflicting needs against obstacles within the environment. Psychological issues arise while there is incapacity to make normal modifications to a fundamental task. Stress is the most common mental problem in Divyang individuals. Physically handicapped person encounter issues when they are attempting to adjust the demands of residing in a social environment. Their problems aren't handiest due to their disability, but additionally to alter to a world that adopts a callous or antagonistic mind-set toward them that exacerbates their issues and endangers their lifestyles as human beings.**

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## INTRODUCTION

Divyang (bodily handicapped) face many issues at every stage in their lifestyles. They are not easily adjusted in any circumstances like normal human beings. Poor adjustment increases the chances of mental problem in human beings. Studies suggested that adjustment and anxiety had been negatively assembled with every others (Shah & Kataria, 2014; Singh, & Mahato, 2015). Jenaabadi, Rooh, Khods, and Hajiabadi (2016) determined that anxiety among school students become extensively and directly correlated with adjustment and its dimensions (along with emotional adjustment, social adjustment, and educational adjustment). When we speak about adjustment-associated problems in regular and disabled students, studies show that scholars with disabilities have negative adjustability as compared to normal students (Narendrakumar, 2012). Chawla (1978) suggested that ordinary man or woman confirmed higher adjustment in the whole areas-emotional, social, and academic in comparison to bodily handicapped. Physically handicapped have more psychological problems which include tension despair and pressure (Mushtaq & Akhouri, 2016).

Self-esteem involves an individual evaluating his/her image progressively or regressively (Roessler, 1978). Self-esteem has a prominent position in the intellectual health and character stability. Self-esteem with indication to disability can be defined as a disabled individual evaluating his/her capability to execute in the society. Low self-esteem unsettles human's stability and vitality and negatively impacts the efficacy, efficiency gaining knowledge of and creativity of physically disabled human beings. It is characterised with the aid of the feeling of

inadequate, guilt, shyness, social inhibition, independency, helplessness, masked hospitality, withdrawal, complainer, propensity to downgrade others, decreased ability, accepting pessimistic judgment as accurate, defencelessness and interpersonal trouble (Robson, 1988). One of the most catastrophic outcomes of defected inefficient self-respect is the sluggish personal function and person's reduced competence. This defected self confidence deprives quality of using whole intellectual and cerebral power. The survey of Stikland and Angimary (2004) on self confidence and self respect and body image of bodily disabled individuals demonstrated that physical fitness has a constructive significant relationship with self-esteem and appraisal of self. Level of self-esteem will decline in the existence of bodily disability. Depression is likewise a completely critical trouble amongst bodily disabled. A man or woman having depression feels very low which hinders his ability of daily living. Physical incapacity either congenital or obtained may result in sentiments of inadequacy (Chang & Johnson, 2008). Marschark (1993) advised a vigorous relationship between bodily and mental functioning in human beings because any kind of physical or sensory deficiency disturbs one's standard mental functioning via creating an obstruction in normal waft of such process. People who experience bodily obstruction are extra likely to have short frustration tolerance (McDermoot & Akina, 1972; Dell Orto & Power, 2007). people with bodily incapacity experience anxiety (Boswell & Wingrove, 1974) and additionally experience despair because of loss and in addition to due to the modified behaviours of humans round them (Krueger, 1984). Disabilities are frequently related

to vulnerable self-confidence (Nosek et al., 2003; Gill, 1996; Cornwell & Schmitt, 1990).

### SPECIFIC OBJECTIVE OF THE RESEARCH

1. To find out the level of self esteem among physically disabled students.
2. To find out the level of stress among physically disabled students
3. To find out the level of anxiety among physically disabled students

### SELECTION OF RESPONDENTS

The data was collected purposively on 50 physically handicapped students and 50 normal students were taken as sample for the study from Pehla Kadam school for disabled children, Jagjiwan nagar Dhanbad and Delhi Public School Dhanbad Jharkhand.

### RESEARCH TOOLS

**Resenberg Self-esteem Scale:** This scale was developed by Rosenberg in the year 1965. The scale is a ten item Likert scale with items answered on a four point scale - from strongly agree to strongly disagree. Internal consistency for the Rosenberg self esteem scale range from 0.77 to 0.88. Test-retest reliability for the RSE range from 0.82 to 0.85.

**Depression, Anxiety, Stress Scale (DASS):** The DASS developed by Lovibond and Lovibond (1995) is a 21 item self report questionnaire planned to calculate the severity of a variety of symptoms familiar to both Depression and Anxiety. In carrying out the DASS, the person is required to specify the presence of a symptom over the previous week. every item is scored from 0 (did not apply to me at all over the last week) to 3 (applied to me very much or most of the time over the past week). The essential function of the DASS is to assess the severity of the core symptoms of Depression, Anxiety and Stress. Accordingly.

### RESEARCH METHODOLOGY

The data was collected on respondents separately by administering DASS and Rosenberg Self Esteem scale. Earlier to data gathering researcher had to set up a rapport with the research subject. The rationale of the research was described to the research subject to build up the subject's keen interest to assist the task and after the research subject's willingness to support the idea, they were asked to fill up the questionnaires. After the end of the questionnaires research subject was told that his or her responses would be kept confidential and private and should be used for research purpose only.

## RESULTS AND DISCUSSION

Table 1

Showing correlation between stress and anxiety with low level of self esteem

		Self esteem	Stress	Anxiety
Self esteem	Pearson correlation	-.787**	.789**	.851**
	(sig 1 tailed)	.000	.000	.000
	N	100	100	100
Stress	Pearson correlation	-.809	1	.861**
	(sig 1 tailed)	.000	.000	.000
	N	100	100	100
Anxiety	Pearson correlation	-.825**	.861**	1
	(sig 1 tailed)	.000	.000	.000
	N	100	100	100
** Correlation is significant at the 0.01 level (1 tailed)				

Table 2

Showing the differences in the level of self esteem between physically disabled and normal students

Category	N	M	S.D	t
Physically Disabled	50	10.3	1.61	-21.543
Normal	50	16.9	1.82	-21.543

Table 3

Showing the differences in the level of stress between physically disabled and normal students

Category	N	M	S.D	t
Physically Disabled	50	25.9	3.20	23.454
Normal	50	7.3	3.36	23.454

Table 4

Showing the differences in the level of Anxiety between physically disabled and normal students

Category	N	M	S.D	t
Physically Disabled	50	19.6	3.59	18.421
Normal	50	6.9	2.39	18.421

Physical incapacity creates an experience of dependence this result in frustration, strain and anxiety it ends in the low degree of self-worth. It can be in reality visible from the above given tables that there is a vast difference between the suggest scores of bodily challenged and everyday populace on the level of despair, tension, pressure and self-worth. Physically challenged humans are

lots better at the tiers of stress, tension and depression due to the helplessness, hopelessness, frustration, feel of dependence, loss and modified behaviour of humans around them. Physically challenged humans also are unable to aid themselves of their daily living which ends up in a feel of dependence to some extent on others and it results in frustration which is a cause of stress and anxiety. As the extent of depression, strain and tension starts off evolved growing, the self-worth of an character starts off evolved declining. There is a need of exchange inside the mind-set of the society closer to the disabled, as well as the physically challenged humans additionally want to change their personal mindset towards themselves. A exceptional of work has been accomplished on this subject but there may be a want of a lot greater studies and some of positive initiatives so that it will solve the problem.

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