

A Study on Depression Anxiety and Stress of Differently Abled Persons in Tamilnadu

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Abstract

The study was conducted at Vocational Rehabilitation Centre (VRC) with a sample of 147 differently abled persons from VRC in the city of Chennai. With regards to the differently abled persons, the researcher selected VRC using simple data collection method as per the interview schedule. This study was carried out in VRC with the Staff and the trainers along with the Differently abled persons, who get training from them. The interview schedule is discussed with individual respondents and their information is gathered and the data is summarized in the SPSS format. This study investigated three basic and very significant psychological factors of the differently abled persons such as depression, anxiety and stress and studied their life style and analyzed. The hypothesis was generated based on the objectives to find out the relationship between the subject variables. The research design adopted was descriptive design. A self-prepared interview schedule and standardized scales were used for the collection of data. Statistical techniques such as mean, standard deviation, median, chi-square, 'z' test, one way analysis of variance, Karl Pearson's co-efficient of correlation, Inter correlation matrix were applied to interpret the data to draw meaningful inferences. Major findings of the study and the conclusions drawn from them indicate that the differently abled persons experience a higher level of depression, anxiety and stress. The study also revealed that there was a significant correlation between the subject variables. Implications of the study with general recommendations are given.

Keywords: Disabled, Rehabilitation, Vocational Rehabilitation Centre (VRC), Differently Abled Persons, Developing Countries.

1. Introduction

People with disabilities are vulnerable because of the many barriers we face like, attitudinal, physical and financial. Addressing the barriers within our reach and we have a moral duty to do so.... Governments everywhere can no longer overlook the hundreds of millions of people with disabilities who are denied access to health, rehabilitation, support, education and employment and never get the chance to shine -By Stephen Hawking[2]

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[2]. There are ample reasons for developing a sound national disability statistics. 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[6]. 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[7]. Government is making efforts to streamline the disabled by introducing various measures and schemes[4].

2. Review of Literature

A careful study and sincere efforts have been made by the research scholar to locate the related literature for the study. It was essential to have insight into work already done in this field. The research scholar has gone through all the literature available in the library of Madras school of social work and Bishop Heber College Library.

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.

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.

3. Research Methodology

The Aim and Objectives of the study as:

- To describe the Socio demographic details of the differently abled persons @ VRC
- To find out the Depression, Anxiety and stress status of the differently abled persons@ 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.

3.1.1. 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[5]. 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[3]. 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.

3.1.2. Research Design

The study is descriptive in its nature and it attempts to assess the level of psychosocial status of the differently abled persons. The aim of the quantitative approach is to assess the psychosocial status and to examine the relationship between the socio demographic variables for quantitative structured questionnaires were employed.

3.1.3. Hypothesis 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 difference between Religion with regards to Depression status of differently abled persons
- H_{1,2} There is significant difference between Religion with regards to Anxiety status of differently abled persons
- H_{1,3} There is significant difference between Religion with regards to Stress status of differently abled persons
- H_{1,4} There is significant difference among the Nature of Disability with regards to Depression status of differently abled persons
- H_{1,5} There is significant difference among the Nature of Disability with regards to Anxiety status of differently abled persons
- H_{1,6} There is significant difference among the Nature of Disability with regards to Stress status of differently abled persons
- H_{1,7} There is significant relationship between the level of Depression and the level of Anxiety
- H_{1,8} There is significant relationship between the level of Anxiety and the level of Stress
- H_{1,9} There is significant relationship between the level of Stress and the level of Depression.

3.1.4 Tools of Data Collection

- Structured questionnaires are explained and collected the Socio Demographic Details.
- 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.

3. 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:

S.NO	MARTIAL STATUS	No.OF RESPONDENTS (n :147)	PERCENTAGE(%)
1	Married	8	5.4
2	Unmarried	139	94.6

Table -1: Distribution of Respondents by Martial Status

The above table explains that the study equipped with both Married and Unmarried of which number as (94.6 %) were Unmarried and very less number of the respondents (5.4 %) were married.

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: Distribution of Respondents by Their Age

The above table 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.

S .NO	RELIGION	No. OF RESPONDENTS (n :147)	PERCENTAGE(%)
1	Christianity	32	21.8
2	Islam	3	2
3	Hindu	112	76.2

Table -3: Distribution of Respondents by Their Religion

The above table Illustrates about the distribution of the respondents by their religion majority (76.2%) of the respondents were Hindu, (21.8%) were belonging to Christianity and only (2%) were Islam.

S .NO	OCCUPATION	No.OF RESPONDENTS (n :147)	PERCENTAGE(%)
1	Unemployed	91	61.9
2	Employed	56	38.1

Table -4: Distribution of Respondents by Their Occupation

The above table explains that the study equipped with Occupation were (61.9%) were Unemployed and number of the respondents (38.1%) were Employed.

S .NO	NATURE OF DISABILITY	No. OF RESPONDENTS (n :147)	PERCENTAGE(%)
1	Mild	24	16.3
2	Moderate	110	74.8
3	Severe	13	8.8

Table -5 Distribution of Respondents by Their Nature of Disability

The above table Illustrates about the distribution of the respondents by their Nature of Disability majority (74.8%) of the respondents were Moderate,(16.3%) were belonging to Mild and (8.8%) were Severe.

DIMENSIONS	PSYCHOSOCIALSTATUS OF DIFFERENTLY ABLED PERSONS		
	LOW	MODERATE	HIGH
DEPRESSION	26	37	84

Table -6: Distribution of Respondents Depression and Psychosocial Status of the Differently Abled Persons

The above table infers about the distribution of the respondents Depression and Psychosocial status of the differently abled persons were 26 respondents perceive low level, 37 respondents have Moderate and 84 respondents have High level.

DIMENSIONS	PSYCHOSOCIALSTATUS OF DIFFERENTLY ABLED PERSONS		
	LOW	MODERATE	HIGH
STRESS	22	67	58

Table -7: Distribution of Respondents Stress and Psychosocial Status of the Differently Abled Persons

The above table Illustrates about the distribution of the respondents Stress and Psychosocial status of the differently abled persons were 22 respondents perceive low level, 67 respondents have Moderate and 58 respondents have High level.

S.NO	DIMENSIONS		\bar{X}	S.D.	STATISTICAL INFERENCE
1	DEPRESSION	Mild	21.3333	7.03202	z = 18.670 P<0.05 Significant
		Moderate	30.3455	6.32954	
		Severe	28.6923	7.45413	
2	ANXIETY	Mild	24.6667	5.50625	z = 12.567 P<0.05 Significant
		Moderate	33.1545	8.33715	
		Severe	29.7692	2.80339	
3	STRESS	Mild	25.8333	6.57840	z = 15.606 P<0.05 Significant
		Moderate	33.1091	5.88318	
		Severe	29.7692	4.74612	

Table-8: ‘Z’ Test between Respondents of Nature of Disability with Regards to Various Dimensions of Psychosocial Status of Differently Aabled Persons

The above table infers that there is a significant difference between the Nature of Disability with regards to psychosocial status of the differently abled persons. There is significant difference between the Nature of Disability, against the Depression, Anxiety and Stress.

SOURCES		SS	DF	MS	\bar{X}	STATISTICAL INFERENCE
DEPRESSION	Between Groups	310.186	2	155.093	G1=28.3252 G2=28.8125 G3=34.7500	F= 2.993 P>0.05 Not Significant
	Within Groups	7460.929	144	51.812		
ANXIETY	Between Groups	243.540	2	121.770	G1=31.6423 G2=28.4375 G3=34.8750	F= .1.829 P>0.05 Significant
	Within Groups	9585.073	144	66.563		
STRESS	Between Groups	291.503	2	145.752	G1=32.2033 G2= 27.7500 G3=30.5000	F= 3.595 P<0.05 Significant
	Within Groups	5838.919	144	40.548		

G1= 15-25 Years, G2= 26-30 Years, G3= 31-40 Years

Table-9: One way Analysis of respondents with regard to various among Age and Psychosocial Status of Differently Aabled Persons

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

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

Table-10: One way Analysis of respondents with regard to various among Education and Psychosocial Status of Differently Aabled Persons

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.

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 -11 Chi –Square Test for Community of the Respondents and Psychosocial Status of the of Differently Abled Persons

Dimensions	Religion	Psychosocial Status			Statistical Inference
		Low	Moderate	High	
Depression	Christian				x ² =53.528 df = 4 P < 0.05 Significant
	Hindu	62	39	60	
	Muslim				
Anxiety	Hindu	67	22	58	x ² =12.632 df = 4 P < 0.05 Significant
	Christian	7	9	16	
	Muslim	1	1	0	
STRESS	Hindu	6	34	72	x ² =36.117 df = 6 P < 0.05 Not Significant
	Christian	17	8	7	
	Muslim	0	0	1	

Table -12 Chi –Square Test for Religion of the Respondents and Psychosocial Status of the of Differently Abled Persons

The above tables infers 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 and Religion, against the Depression, Anxiety and Stress.

Variables	Correlation Coefficient	Statistical Inference
Age and Depression	0.173	P> 0.05 Not Significant
Age and Anxiety	0.09	P> 0.05 Not Significant
Age and Stress	-.0.160	P < 0.05 Significant

Table -13Karl Pearson’s Co-efficient of Correlation between Age and Psychosocial Status of Differently Abled Persons

The above tables infers 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 Age against the Depression, Anxiety and Stress.

	Depression	Anxiety	Stress
Depression	1	.809**	.827**
Anxiety	.809**	1	.852**
Stress	.827**	.852**	1

** Correlation is significant at the 0.01 level.

Table -14 Inter Correlations Matrix between Depression, Anxiety and Stress of Psychosocial Status of Differently Abled Persons

The above table infers the Inter correlation matrix between the Depression, Anxiety and Stress of

Psychosocial status of the Differently Abled Persons.

4. 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. 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.
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. Studies can be done on experimental models such as to ease the psychological problems for differently abled persons.
4. 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.

5. Conclusion

Based on the study, 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. Upon the motivations and training supports from Vocational rehabilitation center in a better way and it also helps them to have a hope and confidence in their intellectual and developmental disabilities and to improve their special training and rehabilitation. 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 three fourth of the respondents experience severe to extremely severe level of depression, anxiety and stress. From the above review and results, the researcher came out with implication in order to improve the social and psychological status among the differently abled persons. Proper counselling services are also helps them to lead their life in a positive way and it also helps them to have a good psychosocial well-being.

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