

Self-Awareness among Visually Impaired Late Adolescent Girls - A Descriptive Study

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Abstract

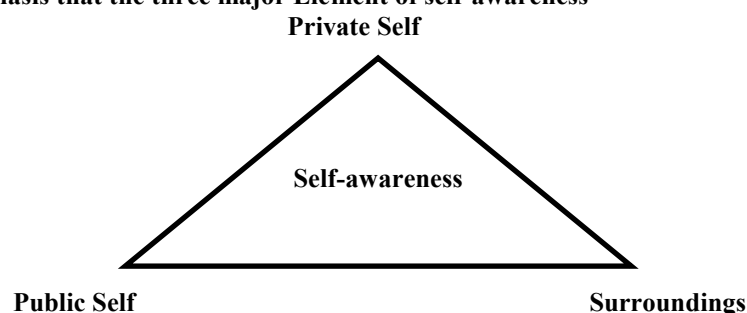
The present scientific research paper concentrates on self-awareness among visually impaired late adolescent girls. The term self-awareness is widely used in the field of psychology. Self-awareness is conscious knowledge of one's own characters, strength, weakness, feelings, motives, desires. Visually impaired adolescent should have aware about their one's own self because once started to aware about their self their life goal can be easily to reach. Devendra Agochiya (2010) rightly pointed out that Self-awareness is the first step on the path to growth and development or to be successful in life and it will help the adolescence set realistic life goals. As adolescence are perpetual contact with their potentialities and what adolescents are capable of achieving. The main aim of the scientific research paper is to analysis the self-awareness condition among visually impaired late adolescent's girls at a government blind school in Thiruchirappalli District. And find out the relationship between age and self-awareness and also to find out the association between selected demographic variables (Domicile, life goal,) and self-awareness among visually impaired late adolescents girls. Descriptive research design was adopted. Thirty visually impaired late adolescents girls were selected by adopting simple random sampling techniques using lottery method. Self-awareness scale was developed by Auzoult.L in 2013 was used. One to one interview method was adopted to collect data form the respondents. The present study result revealed that more than half (60 per cent) of the visually impaired late adolescents girls have low level of self-awareness, less than half (40 per cent) of the visually impaired late adolescents have high level of self-awareness, further, the present study salient finding will be discussed in the full paper.

Keywords: Self-awareness, visually impaired later adolescents girls.

1. Introduction

The term self-awareness widely discussed in the field of psychology. The Self is refers to the totality of an individual's conscious experiences, idea, thoughts and feeling with regards to himself/herself. The psychologists rightly pointing out that every human being have to pay attention in awareness on one's own self that means each and every person they should be conscious knowledge of one's own strength, weakness, character, feelings, motives and desires. Especially the adolescent population they should awareness on one's own self because adolescent period is journey of childhood to adulthood, in this journey they should need to set up their realistic goal for their holistic developments and also they wants to shape their life for future endeavors, as an adolescent wants to become a meaningful personality and live a purposeful life for future endeavor. When they started to focuses on their level of self-awareness the life goal can be easily to reach. Agochiya (2010) rightly pointed out that Self-awareness is the first step on the path to growth and development or to be successful in life and it will help the adolescence set realistic life goals, as adolescence are perpetual contact with their potentialities and what adolescents are capable of achieving.

2. Auzoult. L(2013) emphasis that the three major Element of self-awareness



2.1. We can measure our private Self through the following statements 2

Right now: I am conscious of my inner feelings

Right now: I am reflective about life

Right now: I am aware of my innermost thoughts

We can measure our public self through the following statement 3

Right now: I am concerned about the way I present myself

Right now: I am Self-conscious about the way I look

Right now: I am concerned about what other people think of me

We can measure out surroundings through following the following statement 4

Right now: I am keenly aware of everything in my environment

Right now: I am conscious of what is going on around me

Right now: I am conscious of all objects around me

3. Global scenario on visually impaired

Visually impairment also known as vision impairment, vision disability is defined as a decreased ability to see to a degree that causes problem not fixable by usual means, such as glasses or medication. Visually impairment can be due to disease, trauma, or congenital or degenerative condition. The Global data on visually impairment (WHO,2010) report estimated that the global prevalence of visual impairment in the world is 285 million, in which 39 million are blind and 246 million have low vision out of that there are about 65 percent of people visually impaired and 82 percent of people blind are 50 years and old and there are about 80.248 million people are visually impaired in age group of 15-49 years. also this report highlighted that globally the principle causes of visually impairment are uncorrected refractive errors and cataracts, 43 percentage and 33 percentage respectively, glaucoma, and corneal opacities, all about 1 percentage. A large proportion of causes, 18 percentages are undetermined causes of visually impairment

4. Research Methods and Materials

The main aim of the scientific paper was to analysis the self-awareness condition among visually impaired late adolescent girls at a blind school in Tiruchirappalli District. The main objective of the study to find the demographic characteristic of the visually late adolescent girls and to assess the self-awareness condition of visually impaired late adolescent girls and to find out the relationship between age and self-awareness, to find out the association between domicile, life goal, educational qualification and self-awareness. The following hypothesis were framed for the present study are there is a significant relationship between age and self-awareness, there is a significant association between domicile, life goal, educational qualification, social competition of the respondent and self-awareness. In order to describe the present condition on self-awareness of the visually impaired late adolescent girls, the researcher adopted descriptive research design for the study and there are about thirty visually impaired late adolescent girls was chosen by adopted simple random sampling techniques using lottery method. For measuring the study variable a standardized scale was used that self-awareness scale was developed by L. Auzoult in 2013. The scale has three sub dimensions which is private self, public self, surrounding self. One to one interview method was adopted for collecting the data from the respondent. The researcher used statistical package for social science, version 20 for analyzing the data and test the framed hypotheses in this study. The following paragraph presents the result of the present study.

5. Results

Results related to Demographic characteristics of visually impaired late adolescent girls the study finding revealed that majority (80 percent) of the respondents were living in rural area, more than one fourth(76.7 percent) of the respondent said that i don't know what are my strength and weakness, less than one fourth (70 percent) of the respondent said that i cannot describe about myself, more than half (66.7 percent) of the respondent didn't participate any social competitions, majority(83.3 percent) of the respondent are thought that i should not become a good personality (scientist, writer, social reformer), less than one fourth (70 percent) of the respondent didn't set up their life goal, (70 percent) of the respondent said that i have more interested in education, considerable (20 percent) of the respondent have interested in sports and very few (10 percent) of the respondent have interested in extracurricular activities.

Result related to study variable (self-awareness), the finding revealed that majority 83.3 percent of the visually impaired late adolescent girls have low level of awareness about their private self, more than half 60 percent of visually impaired late adolescent girls have low level of awareness about their public self and more than one fourth 76.7 percent of visually impaired late adolescent girls have low level of awareness about their surroundings

The study overall self-awareness result shows that half (50 percent) of the visually impaired late adolescents have medium level of awareness about their self, more than one fourth (26.7 percent) of the visually impaired late adolescent girls have low level of awareness about their self, Meager (23.3) of the visually impaired late adolescent girls have high level of awareness about their self.

6. Hypothesis Testing

6.1 Research hypothesis

There is a significant relationship between age of the respondent with regard to self-awareness

Null hypothesis for Research hypothesis 2

There is no significant relationship between age of the respondent with regard to self-awareness

Statistical test used and Results 3

Karl person confidence of correlation result shows that there is no significant relationship between age of the respondent with regard to self-awareness, Hence Null hypothesis is accepted.

7. Conclusion

The present study findings revealed that more than three four 76.7 percent of the visually impaired late adolescent girls having medium and low level of self-awareness, less than one four 23.3 percent of the visually impaired late adolescent girls having high level of self-awareness. The present study found that few of the visually impaired late adolescent girls having high level of self-awareness the remaining adolescent also get to improve their level of self-awareness so the government can conduct activity based self-awareness training programmes and can provide suitable information on self-awareness among visually impaired adolescent through psychologist and the social worker can conduct a group work in theme of importance of self-awareness.

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