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ABSTRACT

Down the ages, we see disability is as curse or punishment. With the development of science and social change, disability is seen as a societal problem rather than individual problem and solution became focused on removing the barriers to social change, not just medical care. The persons with a disability encounter discrimination; they tend to alienate themselves from society as they feel unwanted and rejected. It affects the psycho social condition of persons with disabilities. The human person is a complex entity composed of two distinct phenomena, the physique, and the psyche, commonly called body and mind [1]. It is both common knowledge and scientific theory that a person's mental life and emotional reactions are influenced by his physical condition as well as his social and physical environment [2]. This research paper aims to present Psycho-Social problems faced by a person with a disability. And the objectives are to study the profile of the physically disabled and psycho social problems of the disabled. This study is descriptive in nature where data is collected from both primary and secondary source. 25 respondents were selected for the study and interview schedule is used to collect information.

Keywords: Disability, physical challenge, Psycho-social problems, differently disabled, and support.

1. INTRODUCTION :

The most recent definition of disability come from the International Classification of Functioning, Disability and Health (ICF), which states that disability is an "umbrella term for impairments, activity limitations or participation restrictions", which result from the interaction between the person with a health condition and environmental factors (e.g. the physical environment, attitudes), and personal factors (e.g. age or gender). A disability may be physical, cognitive, mental, sensory, emotional, and developmental or some combination of these. A disability may be present from birth or occur during a person's lifetime [3]. The present study focuses only on persons with physical disabilities. Convention on the Rights of Persons with Disabilities, states that disability is an evolving concept and "results from the

interaction between persons with impairments and attitudinal and environmental barriers that hinder their full and effective participation in society on an equal basis with others". People's experiences of disability are extremely varied [4]. There are different kinds of impairments and people are affected in different ways. Some people have one impairment, others multiple; some are born with an impairment, while others may acquire an impairment during the course of their life [5].

2. CAUSES, TYPES AND EFFECTOS OF PHYSICAL DISABILITY :

A physical disability will limits the physical function of one or more limbs or fine or gross motor ability. Other physical disabilities include impairments which limit other facets of daily living such as respiratory disorder and epilepsy. Prenatal causes: Those disabilities that are

acquired before birth. These may be due to diseases that have harmed the mother during pregnancy, or genetic incompatibility between the parents. Prenatal causes are those disabilities that are acquired during birth. This could be due to prolonged lack of oxygen or the obstruction of the respiratory tract, damage to the brain during birth (due to the accidental misuse of forceps, for example) or the baby being born prematurely. Postnatal causes are disabilities gained after birth. They can be due to accidents, infection or other illness. The number of people with disabilities is increasing due to population growth, aging, the emergence of chronic diseases and medical advances that preserve and prolong life. The common causes are chronic diseases such as diabetes, cardiovascular disease, and cancer; injuries such as those due to road traffic crashes, conflicts, falls, landmines, mental impairments, birth defects, malnutrition, HIV/AIDS and other communicable diseases [6]. Disability in mobility can either be congenital or acquired with age problem. This problem could also be the consequence of some disease. People who have a broken skeletal structure also fall into this category of disability. Visual impairment is another type of physical impairment. There are hundreds of thousands of people that greatly suffer from minor to various serious vision injuries or impairments. These types of injuries can also result in some severe problems or diseases like blindness and ocular trauma, to name a few. Hearing impairment is the category of physical impairment that includes people that are completely or partially deaf. People who are only partially deaf can sometimes make use of hearing-aids to improve their hearing ability. And the effects are on human person since it composed of two distinct phenomena, the physical, and the psychological and are always interdependent and indivisible. Their mutual influence and interaction form the basis of human action. The constant interplay of body and mind takes place invariably in a social setting, which in turn exerts influence on the actor provoking reactions in him and modifying his behavior. It is both common knowledge and scientific theory that a person's mental life and emotional reactions are influenced by his

physical condition as well as his social and physical environment [7]. Psychology as science deals with the mental and emotional life of an individual. It is evident that social expectations which have the force of standards will influence behavior. A person who has a socially approved physique will be treated differently and will be expected to behave differently than persons whose physiques deviate from the social ideal. Obviously, therefore, the self-image of the person those others believe one to be. In large measure, the self is created by social interaction with others. No person can develop a wholesome personality if he encounters only derogatory attitudes. The basic needs which one longs for such as belongingness, achievement, economic security, freedom from fear, love, and affection, freedom from guilt, decision making and understanding world are affected by the disability.

3. IMPLICATIONS OF DISABILITY UPON SOCIAL ROLES :

Social roles are the positions people hold in a society which is associated with certain responsibilities and activities. Different types of social roles include those related to relationships (e g. husband, wife, mother, father, brother, sister, friend), work (e g. teacher, community worker, farmer), daily routine (e g. cleaner, cook), recreation and sport (e g. football player, card player), and community (e g. volunteer, community leader). The social roles people hold are influenced by factors such as age, gender, culture, and disability. People's social roles change throughout their lifespan, and many communities mark these transitions with important rituals and practices. Social roles are important as they give identity and meaning to life. A person's social status is influenced by the different social roles he/she has within the community. For example being a husband/wife, parent and/or wage earner may be highly valued and therefore will have a positive impact on social status, whereas being unmarried, childless and/or unemployed may be less valued and have a negative impact on social status. When people with disabilities have the opportunity to fulfill positive social roles in their communities,

attitudes towards disability can change. For example, the successful inclusion of a child with a disability in school, or an adult with a disability in work, can be a powerful means to change social attitudes towards people with disabilities. Assisting people with disabilities to improve their skills and abilities, promoting positive images of people with disabilities in the community, and working to change negative attitudes are all helpful

4. SOCIAL PARTICIPATION AND INTERVENTION :

A wide range of barriers may restrict the social participation of people with disabilities. For example, People with disabilities may have poor self-esteem and think that they do not deserve or have the ability to take part in activities and events. Family members may feel that having a member with a disability brings shame, and so they do not encourage or allow this person's social participation. Community members may have irrational thoughts and beliefs about disabilities, for example, those holy places are defiled by a person with a disability, that people with disabilities. Physical barriers to social participation include inaccessible transport and buildings, such as community centers, sporting venues, and cinemas. Persons with disability in the community face many social problems. Improving the quality of life of people with different grades of various types of disabilities is a difficult and challenging task. Persons with disabilities will be neglected in the community because of inaccessibility to services and lack of opportunities like health services, schools, vocational education programs, and jobs [8,9]. In Mangalore, St. Agnes special school, Sanidya residential school, Chethana school for disabled children, Speech and hearing center, Pandeshwar, Mangalajyothi integrated school etc., are few centers who cater the needs of the physically and mentally challenged children.

5. MAJOR FINDINGS :

Personal profile of the respondents: The majority 64 percent respondents belong to rural locality and 36 percent respondents belong to urban locality. The available result proves that a large portion of respondents is from rural. The

age group is of 16 to 35 which consist of 54 percent of the respondent who is young adults age group, an energetic, employable and productive age of a human being. A majority 56 percent respondents are male where as 44 percent are female. Nearly 38 percent of the respondents are illiterate; the majority of 74 percent of the respondents are having the impairment of OHP (orthopedic), 8 percent Visual impairment, 8 percent hearing and speech impairment and 2 percent have multiple impairments. Majority 74 percent respondents have impairment above 75 percent. 74 percent of the respondents are unmarried and remaining 26 percent of the respondent is married. It depicts that the majority of the respondents are deprived of the marital status due to disability. And the young and fit so called normal people are reluctant to get married to the physically disabled persons. But the majority of them do not want to get married by saying "nobody is willing to get marry with us, if any disability person like us, are willing to marry us, we can think about marriage, otherwise we don't want to be a burden on others" [10, 11].

Economic Condition: 76 percent respondents have their own house and 24 percent respondents live in rented houses with or without parents. 22 percent family income is less than Rs. 7,000/- and 78 percent respondent's family income is between Rs. 7,001 to 12,000/-. The total numbers of the respondents are below poverty line. The majority 36 percents respondents are Unemployed, 26 percents respondents Self Employed, 22 percent respondents are students, 10 percents respondents are Professional (teachers in private schools), 4 percent respondents have a Petty business and 2 percent respondents are indulge in technical work. The majority 32 percent respondents feel the insecurity of the employment, 28 percent respondents have no negative feelings towards the employment, 22 percent respondents feel rejections by others and 18 percent respondents feels the depending on others totally for financial support. The 52 percents respondent's disability is affected by the insecurity of the future of the family, 36 percents respondents disability has no significant

effect on the family and 12 percents respondents' disability affected with financial burden on the family.

The psychological problem faced by the Persons with disability: 50 percents respondents are independently doing their routine work, 44 percent respondents partially depend on others for their routine work and 6 percents respondents depend fully on others. And those respondents who depend partial and fully on others are undergoing certain degree of negative feeling of their disability. 36 percents respondents feel comfortable about their dependence, 32 percents respondents feel they are able to cope with it, 18 percents respondents feels embarrassments about their total dependency on others and 14 percents respondents feel helpless about their dependency. The majority 44 percents respondents have taken disability as a challenge, 26 percents respondents have self-pity, 12 percents respondents withdrawing, 8 percents respondents blaming, 8 percents respondents accepted and 2 percents respondents have don't care attitude towards his disability.

Cause and reaction: The majority 80 percent respondent's causal factors for the disability is a congenital factor, 14 percent respondents due to accidents and just 6 percent respondents are due to illness. This shows the majority of the respondents are having disability right from birth. This shows there is a lot of scope in this regard to know the various causes of the physical disability in person. The majority 52 percents respondent's reaction towards their disability is try to ignore it, 30 percents respondents try to hide and ignore it, 10 percents respondents try to gain use for self-gain and 6 percents respondents try to hide their disability. The majority of the respondent has a negative reaction towards their disability. This indicates the poor self-esteem among respondents. The majority 64 percents respondents willing to earn a livelihood, 22 percents respondent's dependent on family, 12 percents respondents have not thought about the future and 2 percents respondents want to join an institution. The majority respondents are willing to work and face the challenges that come on their way. The

majority 50 percents respondents are helping in house hold work, 26 percents respondents are bread winning member of the family, 16 percents respondents are just to attend the family functions and 8 percents respondents task is do shopping for the family. The majority 40 percents respondent's task in the society is traveling, 28 percents respondents have membership in an association, 18 percents respondents are schooling and 14 percents respondents are employed [12,13].

The social problem of Persons with disability: With regard to Involvement of the respondents in the decision making of the family, 42 percents respondents never involve in the decision making of the family, 42 percents respondents rarely involve in decision making of the family and 16 percents respondents always involve in the decision making of the family. With regard to attitude of the brothers and sisters towards the respondents, 34 percents respondents experienced friendly attitudes of their brothers and sisters, 22 percents respondents experienced protective attitudes of their brothers and sisters, 18 percents respondents experienced Hostile attitudes of their brothers and sisters, 14 percents respondents experienced Source of teasing attitudes of their brothers and sisters and 12 percents respondents experienced not friendly attitudes of their brothers and sisters. The majority 42 percents respondents discuss their problems with friends, 32 percents respondents with nobody, 14 percents respondents with parents and 12 percents respondents with siblings. The researcher has learned that the significant number of respondents prefers to discuss their problems with their friends or to keep their problem by themselves.

6. CONCLUSION :

The research study manifests the capacity of persons with disability to do their daily routine activities and their perceptions of their disability or handicap. It is found that a vast majority of them are illiterate, unemployed but are independent in doing their daily routine activities. Most of them have realistic perceptions about their disability and which enable them to face the challenge and go ahead

in life. Most of them also expressed insecurity about the future in their families due to the disabilities. The study also dealt with the extent of utilization of government and NGO welfare schemes. It is found that majority of them have utilized some form of government services. To utilize more government schemes there is need to have a provision of information about services to people with disability. From the study, we can understand that a majority of the persons with disability want to be independent in life and have potential to lead a good life in the society. But there is a lack of support from the families and the society. Whatever the welfare programs the government or nongovernmental agencies introduce, it will not be a success unless we give them full support; equal participation and better opportunity merge with the main stream of society. It is also needed to build self-confidence among the persons with disability and encourage inclusion in main stream social and cultural program. Further awareness programs must be organized for all the section of the community to build a disabled friendly environment. The policies and programs should be implemented in an effective manner and employment opportunities as per the persons with disability Act must be enforced. The formation of self-help group and Federation of persons with disability will help them to come together and fight for their rights and be self-sufficient and self-reliable.

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