



## STRESS, ANXIETY, SELF ESTEEM AND DEPRESSION OF PHYSICALLY DISABLED PEOPLE

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### ABSTRACT

*The current study examines the levels of self-esteem, anxiety, stress and depression in individuals with different abilities. The study examined the self-image of people with mental stress, mental health and physical disabilities. Any physical disability causes feelings of inadequacy which results in feelings of apathy, anxiety and low tolerance.*

**KEYWORDS:** Anxiety, Stress, Self Esteem, Depression, Physically Disabled.

### INTRODUCTION

The current study focuses on high levels of depression, stress and anxiety in people with impaired self-esteem and physical disabilities. According to the International Classification of Functional Disabilities (ICF), a physical disability is a condition in which there is a significant defect, limitation or inability in a specific organ or process of the body, which impedes normal bodily movements and thus affects normal functioning in different areas. There has been a problem in communicating with society at one time or another when life is personally having any kind of disability. Disability results in limited performance in one or more activities required for daily living. This means that the person is incapable of some degree of freedom. Disability limits a person's chances and creates frustration. It also creates a sense of prejudice in the disabled and able body. The degree of a person's disability is calculated on the basis of the circumstances in which he lives and the demands of his inability to meet those demands. From a professional and educational point of view, there are three types of disabilities, those who are able to be fully educated and productive and able to compete on a competent body; Which are partly productive because the able body cannot acquire the speech and skills necessary to compete; And those with severe disabilities who remain completely unproductive. However, as a result of social conditions, technological changes or fashion, a disabled person can elevate himself from the bottom to the top. Individuals with disabilities can also return to lower levels.

People with disabilities have a problem adjusting to a society that labels anyone who does not fit the description of a normal person.

Self-esteem involves a person making a gradual or retrospective assessment of his or her image. Self-esteem plays a major role in mental health and personality balance. This assessment is considered to be relevant to the individual's alternative adjustment and function. Self-esteem in the context of a person with a disability can be defined by assessing the ability of a person with a disability to function in his / her community. Low self-esteem upsets human balance and consciousness and has a negative



impact on the functioning, efficiency learning and creativity of physically disabled humans. It is characterized by feelings of inadequacy, guilt, embarrassment, social protest, independence, helplessness, masked hospitality, withdrawal, complainant, tendency to underestimate others, diminishing capacity, inaccurate assessment, insecurity, and acceptance as interrelated problems. The most devastating consequence of poor dysfunctional self-esteem is slowed down individual tasks and reduced individual performance. This weak self-esteem deprives a person of full mental and intellectual strength. However, it was conservative that men were more self-respecting than women. This is because men base their image on personality while women base it on caring. A survey by Stickland and Enzyme on the self-esteem and body image of physically challenged individuals has shown that there is a positive relationship between self-esteem and self-assessment of physical health. The level of self-esteem will decrease in the presence of physical disability. Depression is also a serious problem in people with physical disabilities. A person suffering from depression feels very little which interferes with the work of his daily life. Hussein, N. Et al conducted a study in 2014 to measure the incidence of depression in people with physical disabilities. Current studies have shown that physical disability is a risk factor for the development of depression. Studies have shown that people with physical disabilities have symptoms of depression Disability symptoms can be mild, moderate or severe. People with disabilities had an increased risk of depressive symptoms and major depressive disorder.

Congenital or acquired physical disabilities can lead to feelings of inadequacy. Marshark suggested a strong link between physical and mental functioning in humans because a lack of any kind of physical or sensory impediment to the normal flow of such a process interferes with one's overall mental functioning and neglects the experience of the world. People who have a physical problem are less likely to suffer from depression. Many people with physical disabilities experience anxiety and depression because of the loss, as well as the changed behavior of those around them. Disability is often associated with insecure self-esteem. This has a negative impact on those who were ambitious and could easily achieve their life goals in the absence of a current disability.

#### **METHODOLOGY:**

##### **Sample:**

Data were collected randomly on the physically handicapped 50 and women and men 50 as samples for the study from the University of Lucknow.

#### **TOOLS:**

##### **Depression, Anxiety, Stress Scale:**

The DAS 21, developed by Lovibond and Lobibond (1995), is an item self-report questionnaire designed to measure the severity of symptoms such as depression and anxiety. When completing DASS, a person needs to show the presence of symptoms more than the previous week. Each item gets from 0 (not applicable to me at all in the previous week) to 3 (applied to me a lot or several times in the previous week). The essential function of depression is to assess the severity of the main symptoms of depression, anxiety and stress. Accordingly, DASS can not only measure the severity of a patient's symptoms, but also the patient's response to a treatment. Both English and English-English versions of DASS have high internal compatibility.

##### **Rosenberg Self Esteem Scale:**

This scale was developed by Rosenberg in year 1965. The scale is a likert scale of ten objects that are answered on a scale of four things - since there is no strong consensus on this. The internal consistency for the Rosenberg self-esteem scale ranges from 0.77 to 0.88. Test-repeat reliability for RSE ranges from 0.82 to 0.85.

#### **Procedure:**

Data on the subjects were collected separately with the help of DASS and Rosenberg Self Esteem Scale. Before collecting the data, the researcher had to establish a relationship with the subject.

The purpose of the research was explained to develop the subject's curiosity to cooperate in the work, and they were asked to fill out a questionnaire after the topic of preparation for supporting that purpose. It was stated that his or her responses would be kept confidential after the end of the questionnaire topic and should be used for research purposes only.

**Table 1.1 Difference in the level of depression between physically challenged and normal people**

Particular	N	M	SD	t
Physically Disabled	50	19.3	3.75	18.436
Normal	50	7.6	2.49	18.436

Source: Statistical Analysis

**Table 1.2 Difference in the level of Anxiety between physically challenged and normal people**

Particular	N	M	SD	t
Physically Disabled	50	16.2	2.89	22.636
Normal	50	4.9	2.08	22.636

Source: Statistical Analysis

**Table 1.3 Difference in the level of stress between physically challenged and normal people**

Particular	N	M	SD	t
Physically Disabled	50	27.3	3.95	25.137
Normal	50	8.9	3.64	25.137

Source: Statistical Analysis

**Table 1.4 Difference in the level of self esteem between physically challenged and normal people**

Particular	N	M	SD	t
Physically Disabled	50	10.7	1.62	-21.637
Normal	50	18.2	1.87	-21.637

Source: Statistical Analysis

**Table 1.5 Correlation between Depression, Stress and Anxiety with low level of Self Esteem**

Particular	Test	Depression	Anxiety	Stress	Self Esteem
Depression	Pearson Correlation	1	0.859	0.798	-0.797
	Sig (1-Tailed_	-	0.000	0.000	0.000
	N	100	100	100	100
Anxiety	Pearson Correlation	0.859	1	0.865	-0.831
	Sig (1-Tailed_	0.000	-	0.000	0.000
	N	100	100	100	100
Stress	Pearson Correlation	0.796	0.865	1	0.808
	Sig (1-Tailed_	0.000	0.000	-	0.000
	N	100	100	100	100
Self Esteem	Pearson Correlation	-0.799	0.831	-0.809	1
	Sig (1-Tailed_	0.000	0.000	0.000	-
	N	100	100	100	100

Source: Statistical Analysis

Physical disability creates a feeling of dependence which leads to low self-esteem due to frustration, stress and anxiety. From the above tables it is clear that there is a significant difference in the average scores of the physically challenged and the general population at the levels of depression, anxiety, stress and self-esteem. The average score of physically handicapped depression is 19.3 normal which is 7.6 above the score of the general population. Similarly the number of people with anxious

physical disabilities is 16.2 which is higher than the score of normal people which is 4.9. The average score of stress obtained by physical stress is 26.8 which is equal to the average score of normal stress which is equal to 8.3.

These scores clearly show the difference in levels of depression, anxiety and stress between the general population and the physically challenged. Physically handicapped people are at higher levels of stress, anxiety and depression due to helplessness, helplessness, frustration, feelings of dependence, loss and altered behaviour of those around them. They feel that if it weren't for their luck, their lives would have gone the other way. People know that they cannot achieve the desired goals because of their disability. They don't seem to fit into ordinary people's society.

They sometimes or others had difficulty communicating with society. People with physical disabilities are also unable to support themselves in their daily lives which results in a feeling of dependence on others to some extent and leads to depression which is a cause of stress and anxiety. Physical dysfunction is also an important factor that leads to depression in physically disabled people. At the same time they have distorted confidence which can be seen from the table given above. The number of physically challenging points on self-esteem is 10.7 which is 18.2 less than the general population.

Feelings of inadequacy, guilt, embarrassment, social exclusion, freedom, helplessness, reluctance, masked hospitality, etc., lower self-esteem. They feel less efficient than they are capable of and lack confidence. They are not able to trust others as well as themselves. They lose motivation, unable to stand in front of ordinary people. They stop believing in themselves. There is a positive correlation between low self-esteem and depression, anxiety and stress as shown in the table 1.5. As depression, stress, and anxiety increase, so does a person's self-esteem. When a person begins to think of himself as useless, he begins to lose his self-confidence as a result of which his motivational level and confidence in one's abilities decrease, the person fills with negativity and this negative self-image will be the cause of low level of respect.

### CONCLUSION:

When they begin to live with their disability and accept the fact that they are no less fortunate than others and stop blaming themselves or others for their disability so that they are able to adapt effectively to the situation and as a result their self-esteem increases and levels decrease. Depression, stress and anxiety begin to subside. There is a need for a change in society's attitude towards people with disabilities, as well as for people with physical disabilities to change their attitudes towards themselves. Quality work has been done in this area but more research and many positive initiatives are needed to address this problem.

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