



# A Study on Mental Health of Visually Handicapped Women

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**ABSTRACT:** Women who are visually impaired or blind may face specific stressors related to their physical borders in addition to the stressors that those who are not physically limited face. Some factors may limit this population's exploitation of mental health services as well as problems with mobility, accessibility of mental health professionals, and attitudes about visual impairment and blindness from both the client and the therapist. In this article, we discuss a descriptive study conducted among the visually impaired women to understand their mental health and problems faced by them. Findings of the study points out that, visually impaired have poor adjustment and low mental health. They are also facing low family and social acceptance.

**Keywords:** Visually impaired, mental health, women, Acceptance



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## 1. INTRODUCTION

When there world of health policy and public health considers the health of women one tendency is first and for most to link the well-being of women to that of the children and the family and reasonably to the health of society over all. Although this perspective is well-founded given that the health of women is well recognized to have a positive force on the general health of all members of a society, too often a common focus among health of all members of a humanity, too often a common focus among health policy decision makers are to highlight maternal and child health.

Women's health within the policy field often defined as reproductive health and identified with women's children health. Family planning efforts stimulated by the theory that over population is a major impediments to development, have dispensed contraceptive in the concerned of reducing fertility, but often unnoticed women's needs for information about and control over reproductive process.

### 1.1 VISUAL IMPAIRMENT AND MENTAL HEALTH

Mental health is a term used to describe either a level of cognitive or emotional well-being or absence of mental disorders. People with intellectual disabilities have been generally found with mental ill health (Cooper, Smiley, Morrison, Williamson, & Allan, 2006). Visually impaired persons

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are all very different. The degree of impairment, personality, intelligence, background and the presence of other disabilities all have varying effects. For instance, cognitive ability will affect the ability to conceptualize the environment in the absence or reduction of visual information. Temperament and personal characteristics may facilitate or interfere with adaptive tasks. As a visually impaired child grows older; although acuity may remain constant, visual function seems to improve as they gradually learn how to use the residual vision more.

## **1.2 GENERAL PROBLEMS OF VISUALLY IMPAIRED**

Here are some of the most common difficulties for a blind human being.

- They are unable to force an automobile or ride a bike.
- They cannot look at television.
- They cannot use a computer fully they could still use one that records their speech to write a letter or impressive.
- They cannot value attractive things that they can use a further sense to see, like a work of art.
- They almost certainly need some help production sure their clothes are same.

## **1.3 TOOLS FOR VISUALLY IMPAIRED PEOPLE**

People with visual impairments have many challenges to overcome, and one of them is tackling the problem of using modern technology, such as computers. Reading machines, Braille calculators, large-print computer text, and desktop and video magnifiers help blind or visually impaired individuals to navigate the information age keep up with their sighted peers.

## **2. RESEARCH METHODOLOGY**

This study deals with the mental health feeling faced by the visually handicapped. People with visually impaired constitute the silent suffering majority of India. Quite often they are simply ignored or treated as second class citizens. The visually impaired have the freedom and human rights like anyone else. They have the same rights as everybody in as much as they are able to grow, learn, create, love and be loved. But their visually impaired and social practice, ideologies and practices prevent them from fighting for their rights vehemently. That's why their rights are quite easily rammed upon and as consequence they are easily forgotten and pushed aside all together.

### **2.1 Objectives**

To study the mental health of visually handicapped women in Mannarpuram blind home.

#### *2.1.1 Specific Objectives:*

- To describe the socio-demographic characteristics of the respondents.
- To study the level of mental health of the respondents.
- To understand the family and social acceptance towards the handicapped women.
- To suggest possible social work interventions for the promotion of mental health among the visually handicapped.

### **2.2 Research Design**

The study describes the socio-demographic data and level of mental health of visually handicapped. Hence the research has used descriptive design for the study.

### 2.3 Sampling And Method Of Data Collection

The study was conducted among the 60 respondents in mannarpuram blind home at Tiruchirappalli. The research used census method and collected the data from the respondents using socio demographic questionnaire along with the mental health inventory.

### 2.4 Limitations of the Study

- Researcher concentrated only on among visually handicapped women not for men.
- Study was concentrated only among visually handicapped women Mannarpuram blind home, Tiruchirappalli.

## 3. FINDINGS

The data collected are processed and systematically analysed. A brief summary of the important findings of the present study are as follows.

- One-third of the respondents [33.3%] are between the age group of 26-30 years.
- More than half of the respondents [56.7%] have studied up to middle school.
- Majority of the respondents [66.7%] are married.
- Vast majority of respondents [83.3%] are in daily wage.
- Majority of the respondents [63.3%] are living in nucleus family.
- Majority of the respondents [73.3%] got monthly income upto Rs 1000.
- Majority of the respondents [61.7%] are from rural area.
- Exactly half of the respondents [50%] are Hindus.
- More than half of the respondents [56.7%] are involved in other like activities, [Candle, bakery]
- Majority of the respondents [60.0%] are working more than 9 hours per day.
- More than half of the responded [58.3%] have defects by their birth.
- Vast majority of the family members [80.0%] have accepted the respondents.
- More than one-of the respondents [40.0%] are promote their mental health through meditation.
- Majority of the respondents [60.0%] are having partial sight.
- More than half of the respondents [55.0%] have a mental disturbance.
- More than half of the respondents [51.7%] have low level of mental health.
- There is a significant difference between the marital status of the respondents with regard to their level of mental health.
- There is a significant difference between types of family of the respondents with regard to their level of mental health.
- There is a significant difference between the area of domicile of the respondents with regard to their level of mental health.
- There is a significant difference between the family members acceptance of the respondents with regard to their level of mental health.

## 4. SUGGESTIONS FOR SOCIAL WORK INTERVENTION

Social work intervention are essential improve the mental health stature of visually handicapped women.

- Casework can be used to redress the psychological problems of visually handicapped. Individual counseling, ventilation, motivation and self-determination can be given to improve their mental health status.
- Group work can be used to generate mental health awareness of visually handicapped. Much importance should be given to extracurricular activities in visually handicapped women.
- Through community organization programmes, can be organized to create awareness not only to visually handicapped but also to others.
- Social workers can be appointed in all the homes of visually impaired women in order to give appropriate counseling and emotional support to those women.
- The management should recruit more number of staff in order to guide the visually impaired women work.

## 5. CONCLUSION

It is concluded that the visually impairment seems to have poor adjustment and having mental health challenges in reaching out to the world around them. Tendency to withdraw from others, and anxieties are common among them. If the visually impaired are accepted as normal members of the community and treated in a positive way, their feelings of visually impairment and withdrawal can be reduced. They should be encouraged to participate fully in all activities of life.

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