Effects of Self Esteem Enhancement Training Program Among Visually Impaired and Blind People

C.N.Ramgopal¹, Rama Roshini²

¹ Professor, Counseling Psychology, Faculty of Allied Health Sciences, Chettinad Hospital and Research Institute (CHRI), Chettinad Academy of Research and Education, (CARE), Kelambakkam, Chennai, Tamil Nadu, India

² PG Student, Counseling Psychology, Faculty of Allied Health Sciences, Chettinad Hospital and Research Institute (CHRI), Chettinad Academy of Research and Education, (CARE), Kelambakkam, Chennai, Tamil Nadu, India

Corresponding Author*:
Dr. C.N. Ram Gopal,
Professor,
Counseling Psychology,
Faculty of Allied Health Sciences,
Chettinad Hospital and Research Institute (CHRI),
Chettinad Academy of Research and Education (CARE),
Kelambakkam, Tamil Nadu, India.

Email ID: cnramgopal@yahoo.co.in

Abstract

Visually impaired and blind people have challenges in day to day life, likely to have feelings of unworthiness, low level of quality of life as well as viewing themselves with negative self-image. So, the present study is aimed at finding out the level of self-esteem among visually impaired and blind people and also to find the effects of self-esteem enhancement training program among visually impaired and blind people. The sample consisted of 75 individuals taken from National Institute of Visually Handicapped, Chennai and administered with Rosenberg’s Self-esteem Inventory. From these subjects the researcher selected randomly 25 individuals who scored low level of self-esteem in self-esteem inventory where 14 from blind people and 11 from visually impaired and was given self-esteem enhancement training program. Data were analyzed using paired t test and independent t test. Statistical analysis revealed that there was no significant difference between self-esteem based on gender, residential area and types of blind. The effect of self-esteem enhancement training program was found to be more effective for visually impaired when compared to blind people. This study emphasized that the self-esteem enhancement training program will be useful for special school teachers who are working in disability field and also helpful to increase the quality of life for both visually impaired and blind people.

Keywords: blind people, self-esteem, visually impaired, enhancement training program

How to cite this article: Ramgopal CN, Roshini R (2020): Effects of self esteem enhancement training program among visually impaired and blind people, Ann Trop Med & Public Health; 23(S15): SP231502.

DOI: http://doi.org/10.36295/ASRO.2020.231502

Introduction

Disability is an impairment in person's physical movements or mental functioning, the occurrence of damage may be either by physical, cognitive, mental or sensory conditions. The term disability has various terminologies at different places and sometimes it serves as an impairment or disability such as blind (completely loss of vision) or visually impaired (limited/low vision). A disability is a functional limitation or restriction of an individual's ability to perform an activity. According to Tamil Nadu State Blindness Control Society, the total estimation of blind people in India is six million. In Tamil Nadu, the prevalence of blindness is 4 per 1000 population. So people with disability does not mean that they do not have the ability to perform well in task, they can also participate equally like normal one.

The definition of vision impairment by the Centers for Disease Control and Prevention (CDC) says a visually impaired person’s eyesight cannot be corrected to a “normal level”. In statistics, corneal blindness is one of the most common causes in India. In visual impairment can be classified as two which is blindness and low vision. Blindness means completely loss of vision whereas low vision refers to the person’s eyesight cannot be corrected with regular eyeglasses, contact lenses or surgery to a normal one in which their visual acuity is either 20/20 or less than 20/60. These people can able to see little things but cannot be corrected by contact lenses or eyeglasses.

Visual impaired person face many challenges at their daily life functioning such as reading, driving and walking, lack of freedom in personal management, lack of self-esteem, perceptual distortion and lack of support from parents (Lifshitz 2007). Mostly people with disability they will have low level of self-esteem. They may think that they are not equal to normal people and have inferiority complex (Papadopoulos et al 2013). In many places, people with visual impairment struggles for vocational opportunity (McAuley et al 2005). But now day people with visual impairment are working in many areas so it will be useful for them to earn money (Nair & Anuradha 2014). The more psychosocial support will help them to achieve the goal. People with visual impairment are participated in sports such as swimming, snow skiing and athletics. Some sports have been invented for them or adapted such as goalball, association football, cricket, golf, and tennis.

Self-esteem refers to the person estimation of one’s own ability or worth. According to Rosenberg (1965) defined self-esteem as the “evaluation which the individual makes and customarily maintains with regard to himself, expressed as an attitude of approval”. There are more specific measures of self-esteem that are used to assess self-esteem in particular domains such as academics, personal relationship, appearance, and athletics with scores on these more specific types of self-esteem being predicted by performance indicators in those domains.

In other words, self-esteem serves a motivational function by making it more or less likely that people will take care of themselves and explore their full potential. It helps the person to be confident at anywhere and independent (Brown 2001). People with high self-esteem they tend to be spontaneous, feel worthy as they are, good decision making, perceives reality, ability to make mistakes and learn from them and ability to accept the mistakes from...
others. People with low self-esteem tend to be dependent, negative view of life, fear of taking risks, mistrusting others, not participating in any activity and unable to take the responsibility. Having low self-esteem does not necessarily mean that one will be incapable of achieving success, as many people still have the drive, energy and talent to achieve great things despite feelings of inadequacy or unworthiness.

Need for the study:

Self-esteem is needed for the person with visual impairment. Self-esteem, self-belief and self-image, these are the things partially formed through social interactions, and it is important that people encounter empowering experiences. In this context, the present study is aimed at finding the self-esteem among the visually impaired and the blind people, and also to find out the impact of self-esteem enhancement training program for selected low self-esteem people who are affected with visual impairment and total blindness.

Aim:

To investigate the influence of self-esteem among visually impaired and blind adult and the influence of self-esteem enhancement training program for selected low self-esteem adults.

Hypothesis for the study:

Hypothesis 1: There will no significant difference in self-esteem among blind and visually impaired.

Hypothesis 2: Self-esteem enhancement training program would increase the self-esteem of visually impaired and blind people.

Hypothesis 3: There will be no significant differences in self-esteem among gender.

Research Design: An experimental research design was adopted for the study.

Sampling: Simple random sampling technique was used to collect the required samples.

Inclusion Criteria:

i. Visual impairment and blindness

ii. Age of 18 and above

Exclusion criteria:

i. Individual with Multiple disabilities

ii. Mild visual problem

Statistical Analysis:
Paired sample and Independent sample t test was used to find out the Pre and Posttest effect and demographic differences among the samples.

Tool used:

1) **Self-esteem Inventory by Rosenberg(1965):**

Rosenberg self-esteem inventory is social survey questionnaires it consists of ten items which can be answered on a four point likert scale rating from strongly agree to strongly disagree. Reliability, the test retest reliability is seen to be 0.82 to 0.88, Cronbach’s alpha on different sample ranges from 0.77 to 0.88. Validity of the test was seen to be 0.55 and the construct validity was -0.64. Scoring will range from Strongly disagree=0 to Strongly agree=3 for the items 1,2,4,6 and 7. Reversing scoring for the item numbers 3,5,8,9 and 10. Interpretation:The score ranges from 0-15= low self-esteem, 16-25= average self-esteem and 26-30= high self-esteem. The higher range refers to high self-esteem and lower range refers to low self-esteem.

**Self Esteem Enhancement Training Program:**

- Building good self-image ( how one perceive oneself and the idea of one has of personality and appearance)
- Positive affirmation (saying inspirational quotes)
- Positive self-talk (this bring the positive out of the negative to help one do better in negative events)
- Motivational speech (informing about the successful stories of blind people) Storytelling ( saying the positive stories boosting the self-confidence)
- Assertiveness training (self-respect and respect for others, establishing boundaries)
- Goal setting (It is the process of deciding what one want to accomplish and making the plan to achieve the result one desire. Low self-esteem people afraid to achieve the desire in terms of the feelings of inferiority and incapability. This will enhance the self-esteem)
- Mindfulness ( a state of being conscious or aware of something and enhancing the self-esteem by avoiding the self-criticism thoughts)
Method of Data Collection:

The data were collected from National Institute of Visually Handicapped-Poonthamalle, Chennai. One and one method used for collecting the data.

Results and discussion:

Table 1.1: Shows the difference between self-esteem among visually impaired and blind people

<table>
<thead>
<tr>
<th>Self esteem</th>
<th>Type of blind</th>
<th>Independent Samples t-test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Completely Blind</td>
<td>Visually impaired</td>
</tr>
<tr>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
</tr>
<tr>
<td>16.31</td>
<td>2.75</td>
<td>17.67</td>
</tr>
<tr>
<td>t-value</td>
<td>Sig</td>
<td></td>
</tr>
<tr>
<td>1.636&lt;sup&gt;NS&lt;/sup&gt;</td>
<td>0.106</td>
<td></td>
</tr>
</tbody>
</table>

0.01** level of significance
0.05* level of significance

Table 1.1 indicates that there is no significant difference in self-esteem among visually impaired and blind people. Hence the hypothesis 1 stating that no significant difference in self-esteem among visually impaired and blind people is accepted. The mean score reveals that the visually impaired person has high level of self-esteem when compared to completely blind.

Table 1.2: Shows the difference between self-esteem based on gender

<table>
<thead>
<tr>
<th>Self esteem</th>
<th>Sex</th>
<th>Independent Samples t-test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Male</td>
<td>Female</td>
</tr>
<tr>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
</tr>
<tr>
<td>16.87</td>
<td>3.36</td>
<td>16.83</td>
</tr>
<tr>
<td>t-value</td>
<td>Sig.</td>
<td></td>
</tr>
<tr>
<td>0.040&lt;sup&gt;NS&lt;/sup&gt;</td>
<td>0.969</td>
<td></td>
</tr>
</tbody>
</table>

Table 1.2 shows that there is no significant difference between self-esteem on the basis of gender. Hence the hypothesis 3 stating that there will be no significant difference in self-esteem based on gender is accepted. The mean score shows that the male and female has same level of self-esteem.

**Table 1.3: Shows the effects of self-esteem enhancement training program among visually impaired and blind people.**

<table>
<thead>
<tr>
<th>Paired Samples Statistics</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type of Blind</strong></td>
</tr>
<tr>
<td>Completely Blind</td>
</tr>
<tr>
<td>Post test Score</td>
</tr>
<tr>
<td>Visually impaired</td>
</tr>
<tr>
<td>Post test Score</td>
</tr>
</tbody>
</table>

Table 1.3 shows that the effect of self-esteem enhancement training program is more effective for blind and visually impaired. Hence the hypothesis 2 stating that self-esteem enhancement training program is more effective for visually impaired and blind people is accepted. The mean score of the posttest reveals that the visually impaired student has highly impact when compared to blind people. This could be due to visually impaired student can able to see little things so they easily motivated from seeing things or person which done in training session. Positive affirmation, building good self-image, motivational speech, assertiveness skill, mindfulness techniques and goal setting was improved the self-esteem of visually impaired and blind people. This findings are supported by Beaty(1991) and well corelated with our study.

The present study is aimed at finding the self-esteem among visually impaired and blind people and also finding the effects of self-esteem enhancement training program among visually impaired and blind people. Self-esteem is important need in enhancing the quality of life. The statistical analysis shows that most of the visually impaired and Annals of Tropical Medicine & Public Health [http://doi.org/10.36295/ASRO.2020.231502](http://doi.org/10.36295/ASRO.2020.231502)
blind people have got moderate level of self-esteem and few of them scored low level of self-esteem. From the table it can be seen that all the subjects were well educated and have good family support, and getting proper guidance from teachers and the National Institute of Visually Handicapped. This could be attributed to the fact that visual impairment is no longer hindrance/hurdle for them in the way of gaining education and proper guidance from parents and teachers in life. It indicates that the visually disabled people include both visual impairment and blind people were more satisfied in quality of life, happiness and psychological well-being. According to Maslow, self-esteem is essential in human basic need which one will increase the quality of life and develop healthy personality factor. Therefore being healthy self-esteem will enhance the subjective well-being of the person.

Self-esteem enhancement training program is needed for people with disability that includes both visually impaired and blind people who scored low level of self-esteem in Rosenberg self-esteem inventory. This would be helpful for them in future life by restructuring the self-image and influencing the positive thinking. This will enhance the quality of life, self-reliance, subjective well-being and optimism. This training program consists of various topics given in five sessions which enhanced the self-esteem namely and they are as followed building good self-image, positive affirmation, motivational speech, inspirational quotes, goal setting and assertiveness skill these things will helpful for them to live happily and to be more independent and achieve more in life.

**Conclusion**

Within the limitations of the present study, following conclusions were drawn

- In the present study most of the subjects have got moderate level of self esteem
- There was no significant difference in self-esteem among visually impaired and blind people.
- The effect of self-esteem enhancement training program was found to be effective in enhancing the self-esteem of the subjects.
- The self-esteem enhancement training program was found to be effective for visually impaired when compared to blind people.

**Implication:**

The scope of the study is to get the knowledge about the self-esteem among visually impaired and blind people. Awareness can be created about disability needs and challenges to the society for avoiding the stereotype and
discrimination. Knowing about their self-esteem will help the mental health professionals to understand the needs, barriers and requirements and help them to cope better with life. Therefore this study will helpful for them to achieve more by cultivating the optimism, grit, hope and influencing the positive thinking.

Limitation:

- The sample is small, when compared to the population.
- There is no much reviews related to the study.
- Other related variables such as personality, life satisfaction, self-concept, social support were not included in the study.
- Due to the absence of control group the efficacy of self-esteem enhancement training program could not be authentically assessed.

References:


