Perceived Social Isolation and Self Esteem In Relation To Psychological Wellbeing of Hearing Impaired Individuals

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ABSTRACT

Auditory perception provides a sense of security and involvement in life. It conjointly plays a vital role in the development of speech and language. Hearing impairment also known as deafness which can be partial or total inability to hear. Hearing impairment can cause psychosocial issues such as social isolation, poor self-esteem, psychological wellbeing, etc. The present study aims to understand the psychological well-being of hearing-impaired individuals with perceived social isolation and self-esteem. The data were collected from 100 samples (50 male and 50 female) using a purposive sampling technique. PGI General well-being scale (Verma & Verma, 1989), Rosenberg self-esteem scale (Rosenberg, 1965) and Multidimensional scale of perceived social support (Zimet et al, 1988) were used to measure the variables. Descriptive statistics, Correlation and t-test were used to analyze the data. It was found that there is no significant relationship between psychological wellbeing and perceived isolation of hearing-impaired individuals and there is a significant positive correlation between psychological wellbeing and self-esteem of hearing-impaired individuals. There is no gender difference in psychological wellbeing, self-esteem and perceived social isolation of hearing-impaired individuals. The findings of the study will be useful to enhance healthy coping skills and to improve the quality of life of hearing-impaired individuals by counseling.

Keywords: Hearing Impairment, Perceived social isolation, Self-esteem, Psychological wellbeing.

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Introduction

Hearing is that ability to understand sound by detecting vibrations through the ear. The human will perceives straightforward tones in the range of 20 to 20,000HZ (known as an audio or sonic range) and conjointly advanced signals such as speech and music. Each variety of signals is used in the assessment of deafness. The hearing sense provides a sense of security and involvement in life. The hearing senses conjointly play a vital role within the development of speech and language and in observation one’s speech. Hearing impairment conjointly called deafness and it is a partial or total inability to hear. Hearing loss happens step by step once the individual gets older.
Perceived social isolation is the feeling of loneliness and a lack of social support (Cornwell & Waite 2009). Individual health and wellbeing may depend on many factors in that particularly social relationship plays a major role because of the social control exercised by the individual on others like health-promoting behaviors such as sufficient sleep, diet, physical activity, and compliance with medical regimes or health deteriorating behaviors such as smoking, excessive eating, alcohol consumption, or drug abuse. Lack of social support leads to perceived social isolation. Social isolation defined as the inability to interact normally with others. It is the objective physical separation from other people (Ernst & Cacioppo, 1999).

Self-esteem refers to one’s general evaluation or appraisal of the self, including feelings of self-worth. Other than evaluation of the self, self-esteem also marked as to how individual values themselves. Self-esteem is defined as a personal opinion, of self, and how one values oneself, represents a foundational aspect of quality of life that underlies an individual’s thoughts, emotions, and behaviors (Rosenberg, 1965; Sahli & Belgin, 2006).

Psychological wellbeing could be a numerous idea and this idea was originally projected by Ryff (1989). Psychological wellbeing covers the individual’s side of acceptance, an institution of quality ties to alternative, sense of autonomy in thoughts and actions, the power to manage complicated environments to suit personal wants and values, sense of purpose in life, continued growth and development as an individual.

**Methodology:**

**Aim:** To study the psychological wellbeing of hearing-impaired individuals in relation to perceived social isolation and self-esteem.

**Hypotheses:**

Based on the previous research work the subsequent alternate hypotheses were formulated:

- There would be a significant relationship between perceived social isolation and psychological well-being of hearing-impaired individuals (Hypothesis 1)
- There would be a significant relationship between self-esteem and psychological well-being of hearing-impaired individuals (Hypothesis 2)
- There would not be a significant difference between psychological wellbeing and perceived social isolation, self-esteem among male and females hearing-impaired individuals (Hypothesis 3)

**Research Design:** Ex-post-facto research design was used

**Sampling Technique:** Purposive sampling technique was used.

**Sample Description:** In this study, 100 samples were selected (50 males & 50 females). The sample's age varies from 18-35 years.

**Inclusion criteria:**
- Age group between 18 to 35
- Both males and females
- Hearing-impaired individuals studying in deaf college

**Exclusion Criteria:**
- Other special populations
- Age below 18 and above 35

Tools Used:

- **PGI General Well-Being Measure** (Verma & Verma, 1989): It’s a 20 items scale. The individual is asked to tick the items that apply to them supported on however they feel in past one month. Higher the score is higher the wellbeing.

- **Multidimensional Scale of Perceived Social Support** (Zimet et al, 1988): This scale comprises items which measure the sources of the social support, namely family (Fam), friends (Fri) or significant other (SO). Perceived Social Support is interpreted by the sum of all 12 items. This scale was used to measure social isolation.

- **Self-esteem Scale** (Rosenberg, M., 1965): Rosenberg self-esteem scale consists of 10 items used to measure general feelings about themselves. Out of which 5 questions are normal scoring and 5 are reverse scoring. Interpretation: 15-25: Normal range; below 15: low self-esteem.

**Statistical Analysis:** Statistical Package for social sciences (SPSS-version 20) was used for data analysis. Descriptive statistics; Pearson correlation method and t-test were conducted for the data analysis.

**RESULTS AND DISCUSSION**

Table 1: Correlation between psychological well-being and perceived social isolation

<table>
<thead>
<tr>
<th>VARIABLES</th>
<th>MEAN</th>
<th>STANDARD DEVIATION</th>
<th>CORRELATION (r)</th>
<th>P VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychological wellbeing</td>
<td>12.35</td>
<td>3.43</td>
<td>-0.18</td>
<td>0.8</td>
</tr>
<tr>
<td>Perceived social isolation</td>
<td>3.97</td>
<td>1.59</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 1 shows the mean values of psychological wellbeing and perceived social isolation of the samples which indicates that they have a moderate level of psychological wellbeing and social isolation. The psychological wellbeing and perceived social isolation of the samples have negatively low correlation at -0.18 hence there is no statistically significant relationship between two variables.

There is no significant relationship between them in this particular sample because they get good support from their families and friends and also they get adequate interventions to cope up and live with their hearing impairment. This result is contradictory to the study done by Bhuvaneswari Mohanraj, Immanuel Selvaraj (2013). They found out that the adolescent students with hearing impairment did not differ in anxiety, frustration and aggression levels and they had a positive correlation. Some of the demographic variables showed significant influence on the psychological wellbeing. Thus hypothesis 1 is not accepted.

Table 2: Correlation between psychological wellbeing and self-esteem

**Correlation is significant at the level of 0.01 level**

Table 2 shows that the mean values of psychological wellbeing and self-esteem of the samples which indicates that they have a moderate level of psychological wellbeing and self-esteem. The psychological wellbeing and self-esteem of the samples have positively low correlation at 0.26 and there is a statistically low relationship between two variables.

This result of the present study is supported by the study done by Jambor and Elliott (2005) the students with a profound level of hearing loss and bicultural skills have higher self-esteem and function effectively in both deaf and normal hearing community. Thus, hypothesis 2 is accepted.

Table 3: Gender difference between the psychological well-being, self-esteem and perceived social isolation of hearing-impaired peoples

<table>
<thead>
<tr>
<th>Variables</th>
<th>Group</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>t-value</th>
<th>P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychological Wellbeing</td>
<td>Male</td>
<td>12.26</td>
<td>3.09</td>
<td>0.26</td>
<td>0.78</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>12.44</td>
<td>3.78</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self-Esteem</td>
<td>Male</td>
<td>15.84</td>
<td>2.45</td>
<td>0.3</td>
<td>0.75</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>16</td>
<td>3.33</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Perceived Social Isolation</td>
<td>Male</td>
<td>3.79</td>
<td>1.29</td>
<td>1.12</td>
<td>0.26</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>4.15</td>
<td>1.85</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 3 shows the mean values of psychological wellbeing of male 12.26 and female 12.44 which indicates that they have a moderate level of psychological wellbeing. The t-value was found to be 0.26 which was not significant. This shows that there is no gender difference in the psychological wellbeing of hearing-impaired individuals. The mean values of self-esteem of male 15.84 and female 16 which indicates that they have a high level of self-esteem. The t-value was found to be 0.3 which was not significant. This shows that there is no gender difference in self-esteem of hearing-impaired individuals. Similarly, the mean values of perceived social isolation of male is 3.79 and female is 4.15 which indicates that they have a moderate level of perceived social isolation. The t-value was found to be 1.12 which was not significant. This shows that there is no gender difference perceived social isolation of hearing-impaired individuals.

The study reveals the gender difference in psychological wellbeing, self-esteem and perceived social isolation of hearing-impaired individuals shows that there is no gender difference in those variables. This result contradicts to the study done by Manisha Khanna and Dr. Mamta Sharma (2010). The perceived social isolation and learned

helplessness affect the psychological wellbeing of hearing-impaired individuals and also gender difference was seen. Thus, hypothesis 3 is accepted.

Conclusion

The present research deals with the relationship between perceived social isolation, self-esteem and psychological wellbeing of hearing-impaired individuals. Within the limitations of the present study the following conclusions were drawn: There is no significant relationship between psychological wellbeing and perceived isolation of hearing-impaired individuals. There is a significant relationship between psychological wellbeing and hearing-impaired individuals. There is no gender difference in psychological wellbeing, self-esteem and perceived social isolation of hearing-impaired individuals.

Limitations:

- The sample is small when compared to the study population and so the findings can’t be generalized
- There is a possibility of misinterpretation of questions due to the trainer’s sign language

Implication:

The findings of the study can be useful to enhance the healthy coping skills and to improve the quality of life of them by counseling.

REFERENCES


