



# Mental Health of Visually Impaired and Normal Students: A Comparative Study

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## Abstract

The purpose of the study is to investigate the Mental Health comparison between visually impaired and normal students of age 14 to 19 years old. Descriptive survey method is found suitable for the study. The sampling technique is purposive sampling technique and sample size of the study is 160 students of different special and normal schools of Lucknow. The finding of the study indicates the mental health of both Visually Impaired and Normal students showing no difference. The good mental health is necessary for social development.

**Key words:** Visually Impaired, Mental Health, Humanistic approach.

## Introduction

Mental Health is the basic foundation of the person for their communication skill, thought process, emotional growth, feelings and actions, resilience and self esteem. It is a state of well being where individual realizes their potential of performing work (Lepcha, 2018). It also presents the humanistic approach towards the understanding of self assessment, positive attitude toward others and feelings. Mental health is the product of environmental factors and social effects. Interventions are very helpful for improving mental health of the person. Mental health is not only mental disorder but psychological imbalance also. Many of the researches shows that visually impaired girls are more suffer from mental health issues (Mahalashmi, M. & Velusamy, M.A. 2017). Visually impaired girl seems to have mental health issues due to more anxiety and depression from surrounding environment. The behavior of a child is structured by input of visual impressions. In visually impaired students, behavior is formed by perception of their environment, understanding of the thoughts. Some general problems they face day to day life like they cannot go anywhere independently, cannot use technical equipments, they almost need help for completing their tasks. Mental health is highly influenced by these factors. Generally a student having visual impairment suffer, they have to face mental as well as physical challenges in their life.

If we talk about impairment, it refers to when you lose an ability to perform something. Visual impairment means losing ability to see, partly or whole. It may persist even with use of contact lens, eyeglasses and after surgery. Sizable body of researches supports that Visual Impairment influences and reduces the quality of life as well as Mental Health and overall wellness (Demmin & Silverstein, 2020). There are certain mental health issues which can be resolved with help of proper guidance. Parents, teachers and peer group attitude may convert impairment in to high efficacy.

It is therefore very important to assess their mental health considerations, for the betterment of visually impaired children.

## Objectives

- To compare the mental health of Visually Impaired and Normal Students.
- To compare the mental health of Visually Impaired and Normal Girls.
- To compare the mental health of Visually Impaired and Normal Boys.

## Hypothesis

- There is no significant difference in mental health of Visually Impaired and Normal Students.
- There is no significant difference in mental health of Visually Impaired and Normal Girls.
- There is no significant difference in mental health of Visually Impaired and Normal Boys.

## Review literature

Mahalakshmi, M. & Velusamy, M.A.(2017) in their paper researcher discuss a descriptive study among visually challenged women to understand their mental health and mental health related other problems. Findings of study point out their poor adjustment and low mental health.

Augestad, L.B. (2017) the paper is review paper in which researcher try to give a conclusive result regarding mental health among visually impaired children and young adults. Here some problems, results, discussion implications etc. The conclusion of result indicates that both have emotional problems, girls with visual impairment more often serious depression and anxiety than boys. Children and young adult might lesson over time.

Lepcha, M.O. (2018) in this paper researcher want to study the mental health of visually impaired student in relation to their academic achievement. The sample for the study is 60 visually impaired students of age group 17-19 yrs of district Darjeeling, W.B. The conclusion of the study is there is no relation between mental health and Academic Achievement of students.

Urey, M. & Guler, M. (2018) in this paper researcher emphasis on determining perception of middle school students with visually impaired. The qualitative data gathered with structured interview. For analyzing the data content analysis method were adopted.

Miyauchi, H. (2020) in this paper systematic review on inclusive education of students with visual impaired has done. In this paper total eleven articles were taken, and teacher and students view regarding inclusive education.

## Methodology

Survey research is appropriate for the study. Descriptive survey study mainly focuses on 'What' rather than 'Why'. It is used for collecting the data in natural settings from desired population.

## Sample and sampling techniques

Sample of 160 students were selected with purposive sampling method. In which 80 normal students were from St. Xavier's inter college, Lucknow, in which 40 male and 40 female students. Remaining 80 were Visually Impaired students from Government Blind School, Mohan road, Lucknow.

## Statistical techniques

In present study, used descriptive study is Mean, S.D., percentage and inferential statistics 't' Test is used.

## Research tool

The researcher has apply the standard tool of Mental Health Battery developed by *Arun Kumar Singh* and *Alpana Sen Gupta (2000)*. After reviewing many review literature in this field, following six popular dimensions were selected in their Mental Health Battery (MHB). MHB intend to assess the status of mental health of person in the age range of 13-22 yrs. Finally a set of 130 items were retain for MHB.

## Data Analysis

### 1. $H_0$ : There is no significant difference in mental health of Visually Impaired and Normal Students.

Here there are two groups of Visual Impaired and Normal students, the data were tabulated and analyzed with help of t- test the result are ;

Sample	N	M	SD	Df	t-value	Significance level
Visually impaired	80	102	7.38	158	3.91	Significant
Normal students	80	107	6.83			

From the above it is evident that 't' value 3.91 is **Significant** at 0.05 level with  $df = 158$ . It reflects that mean score of MHB between normal and hearing impaired are differing **Significantly**. In this context the Null hypothesis, "**There is no significant difference in mental health of Visually Impaired and Normal Students.**" is Accepted. Therefore it can be said that Mental health difference were not existing in Visual Impaired and Normal students.

## 2. H<sub>0</sub>: There is no significant difference in mental health of Visually Impaired and Normal Girls.

Here there are two groups of Visual Impaired and Normal girls, the data were tabulated and analyzed with help of t- test the result are ;

Sample	N	M	SD	Df	t-value	Significance level
Visually impaired Girl	40	103	6.44	158	4.19	Significant
Normal Girl	40	109	4.96			

From the above it is evident that 't' value 4.19 is **Significant** at 0.05 level with df = 158. It reflects that mean score of MHB between Normal and Visual Impaired are differing **Significantly**. In this context the Null hypothesis, "**There is no significant difference in mental health of Visually Impaired and Normal Girls.**" is Accepted. Therefore it may be said that Mental health difference were not existing in Visual Impaired girls and Normal girls.

## 3. H<sub>0</sub>: There is no significant difference in mental health of Visually Impaired and Normal Boys.

Here there are two groups of Visual Impaired and Normal boys, the data were tabulated and analyzed with help of t- test the result are ;

Sample	N	M	SD	Df	t-value	Significance level
Visually impaired Boy	40	101	8.14	78	1.90	Not Significant
Normal Boy	40	105	7.80			

From the above it is evident that 't' value 3.91 is **Not Significant** at 0.05 level with df = 158. It reflects that mean score of MHB between normal and hearing impaired are **Not Significantly**. In this context the Null hypothesis, "**There is no significant difference in mental health of Visually Impaired and Normal Boys.**" is Rejected. Therefore it may be said that Mental health difference were exist in Visual Impaired and Normal students.

## Interpretation

The researcher has interpreted many finding from the study therefore we can interpret the following results that are as follows:

- In first hypothesis, “There is no significant difference in mental health of Visually Impaired and Normal students.” researcher found that they are not significant difference exist between them.
- In second hypothesis, “There is no significant difference in mental health of Visually Impaired and Normal Girls”. Researcher found that they are not significant difference exist between them.
- In third hypothesis, “There is no significant difference in mental health of Visually Impaired and Normal boys.” researcher found that there are significant difference exist between them.

## Conclusion

By considering the above results researcher was able to establish the mental health comparison between visually impaired and Normal students. Most of studies favor that there is poor mental health of visually impaired students, but this study indicated mental health condition is almost same for both normal and visually impaired students. Mental health difference is found in visually challenged boys more than normal boys. This study shows some variation from other research papers. Students were highly social and talkative. They were easily get participated in survey. Researcher has to ask one by one and filled all the data by self only.

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