

## **A STUDY OF MENTAL HEALTH OF ORTHOPAEDICALLY IMPAIRED AND NON-ORTHOPAEDICALLY IMPAIRED CHILDREN IN JAMMU**

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### **ABSTRACT**

India is thriving hard for the betterment of person with disabilities since long. In this direction, India has signed with UN conventions regarding the rights of these children. Every individual whether any child or youth in this world has the right to healthy and happy life. Sound mental health is pre-requisite in this fast changing world. Sound mental health means a person can adjust properly to his environment for the progress and well being of his family and society. Mental health is a pressing part of individual's comprehensive health. It has an interactive connection with their physical health and their capability to flourish at school, society and work place. One of the key characteristic of mental health is the adjustment. The greater the unit of blissful adjustment, the greater will be the mental health of the person. A mentally healthy individual can translate any new circumstance and adapt positive and liberal attitude towards life. Individual with good mental health is aware of the fact that problems and difficulties visit almost everyone's life and is capable of solving the difficulties by facing them courageously. However there is direful amount of unmet necessities of effective care and access to sound mental health in children and youth whether they are living in low income or those with have any physical impairment. Physical impairment is classified as orthopaedically impairment and health impairment. This study primarily deals with the Orthopaedic impaired children. Orthopaedic impaired children are those who have grave difficulty in performing day to day activities and the demands of their environment (particularly restricting the activities related to locomotion or moving). In other words, an orthopaedic impairment involves the impairment in the skeletal system- bones, joint, limbs and associated muscles. The study is an attempt to explore and visualize the mental health of the orthopaedic impaired children and non- orthopaedic children of Jammu city. The sample of the study involves 8 high schools including 4 special schools and 4 general schools. For the present study 150 children were selected, 75 were orthopaedic impaired and 75 were non- orthopaedically impaired children. **Purposive Sampling Technique** was used for the present study and standardized mental health questionnaire constructed by H.P Magotra was used. The questionnaire consists of seven areas like Security- insecurity, Neurotic Behavior, Depression, Inferiority, Frustration, Anxiety and Adjustment. The analysis is based on the empirical study undertaken on the orthopaedic impaired children and non- orthopaedically

impaired children of Jammu city. The findings of the study revealed that there were no significant differences on Security-Insecurity, Depression, Inferiority, Frustration, Anxiety and Adjustment among Orthopaedically impaired and normal children on mental health questionnaire by H.P Magotra. It was found that the orthopedically impaired children have more problems in daily life that affect their mental health. This is likely to have negative effect on the social and emotional development of these children whereas non-orthopaedically impaired children have good mental health and positive outlook for life.

Keywords –Orthopaedically impaired, mental health, adjustment , betterment

## INTRODUCTION

Fast changing life as an outcome of scientific methods and technological development has originated tension oriented life situations and has an adverse impact on quality of life and mental health of an individual. Since it is necessary for everyone to maintain good mental health one who can't possess good mental health can't adjust properly to the environment. Mental health is an essential ingredient of well developed personality. Frank (1953) described mentally healthy person are those who continue to grow, develop and mature through life by accepting responsibility and finding fulfillments without paying too high a price, either personally or socially. Mental health means liberty from distressing symptoms and deformities that interlope with mental competency, emotional stagnation and peace of mind.

Advancement in the life patterns has an impact on the living habits and practices. The rapid development in scientific methods and technology is a big cause of generating stressful situations and tensions in human life. It results as an adverse impact on the mental health of an individual and by and large on the quality of life as well. Mental health is very essential to deal various life situations and adjust properly to the environment. Therefore it is considered as a basic and most important ingredient for a balanced personality. Frank (1953) has rightly described mentally healthy person, these individuals continue to grow, develop and mature in life by accepting responsibility and finding fulfillments without paying high, either personally or socially. Hence, mental health is a state of mind free from any type of distressing symptoms and deformities that interlope with the competency of mind, any stagnation in emotions and mental peace.

According to the world health organisation, mental disorders are the single most common cause of disability in young people (Kutcher & Venn, 2008). In simple terms, disability may be defined as a kind of impairment, physical or mental, that makes it difficult for a person to do what other people are able to do (Agarwal & Rao, 2007). Impairment means any loss or abnormality of psychological or anatomical structure or function. An orthopaedic impairment is an impairment that interferes with the normal functioning of bones, muscles or joints. The Orthopaedically impaired persons do not have complete control over their muscles and nerves. This lack of

controls hinders their capacity to move about freely and without any difficulty. They are unable to use their limbs in a manner most other people do.

World health organisation, in a finding reveals that mental disorders are the single most common cause of disability in young people (Kutcher & Venn, 2008). These mental disorders are the result of poor mental health and poor mental health is the root cause of any type of mental stress, trauma and mental or physical disability. In simple terms, disability may be defined as impairment may be physical or mental, that hinders a person to do what other people are able to do with ease (Agarwal & Rao, 2007). Impairment is any type of loss or abnormality of psychological or anatomical structure or function. An orthopaedic impairment means an impairment that disrupts with the normal functioning of bones, muscles or joints.

## **REVIEW OF RELATED LITERATURE**

Rakish and Kabire (2006) revealed that no significant difference was found with respect to level of aspiration and level of education of visually impaired and orthopedic children and results also showed that no significant difference were found with respect to academic performance of visually impaired and orthopedically impaired children.

Ahmed (2011) in his dissertation work found that the two groups of students ie. Physically challenged and normal secondary school students have been found to be significantly different on the dimensions of self concept inventory. The differences favours the normal group of secondary school students, which clearly indicates that normal group of secondary school students, have a high self concept as compared to physically challenged secondary school students.

Lenka (2013) in his research paper revealed that there is no significant difference between boys and girls students with orthopedically impaired students on social problem. Further the low academic achieved orthopedically impaired students have more social problems than the high academic achieved students.

Lenka & Kant. (2016) in their research paper concluded that overall educational aspiration of special need students is below average. It is due to their physical disability which make them little frustrated and it is recommended that more schools should be started for special need students.

Larose, et.al. (2016) in their research paper found that learners with orthopedic impairments are affected by their disability in unique ways and by a variety of conditions. In over-involved with physical disabilities, these students might also be affected by other conditions such as developmental disorders, mental retardation, learning disabilities or visual processing disabilities. The primary difficulty for students with orthopedic impairments is the physical interaction with their environment.

## **NEED OF THE PROBLEM**

Mental health involves our psychological, emotional and social well-being. How we think, feel, act, handle stress, relate to others and make choice is determined by our mental health. At every stage of our life, from childhood to adulthood it is very important to have good mental health. We can only be physically healthy if we have sound mental health. . Individual with good mental health is aware of the fact that problems and difficulties visit almost everyone's life and is capable of solving the difficulties by facing them courageously. Thus, it may be stated that the normal well adjusted, well integrated, emotionally and socially mature has positive mental health ( Prakash,2007). However there is direful amount of unmet necessities of effective care and access to sound mental health in children and youth whether they are living in low income or those with have any physical impairment. This study primarily deals with the Orthopaedic impaired children. Orthopaedic impaired children are those who have grave difficulty in performing day to day activities and the demands of their environment (particularly restricting the activities related to locomotion or moving).In other words, an orthopaedic impairment involves the impairment in the skeletal system- bones, joint, limbs and associated muscles. The study is an attempt to explore and visualize the mental health of the orthopaedic impaired children and non-orthopaedically impaired children of Jammu city.

## **OPERATIONAL DEFINITION OF THE KEY TERMS USED**

### **Mental Health**

In present study, mental health involves positive feelings and attitudes towards the self and towards others. Mental health refers to the functions of a well integrated personality.

### **Orthopaedically impaired children**

In this study, orthopedic impaired children are those who suffer from defects, deformities and disturbances related to muscles, joints and skeletal system.

## **OBJECTIVES OF THE STUDY**

1. To find out significant differences between orthopaedically impaired children and non-orthopaedically impaired children on security - insecurity of Mental Health.
2. To find out significant difference between orthopaedically impaired children and non-orthopaedically impaired children on `Neurotic behavior' of mental health.
3. To find out significant difference between orthopaedically impaired children and non-orthopaedically impaired children on 'Depression' of Mental Health.
4. To find out significant differences between orthopaedically impaired children and non-orthopaedically impaired children on 'Inferiority' of Mental Health.

5. To find out significant difference between orthopaedically impaired children and non-orthopaedically impaired children on 'frustration' of Mental Health.
6. To find out significant difference between orthopaedically impaired children and non-orthopaedically impaired children on 'Anxiety' of Mental Health.
7. To find out significant difference between orthopaedically impaired children and non-orthopaedically impaired children on 'Adjustment' of Mental Health.

### **HYPOTHESES OF THE STUDY**

1. There is no significant difference between orthopaedically impaired children and non-orthopaedically impaired children on security - insecurity of Mental Health.
2. There is no significant difference between orthopaedically impaired children and non-orthopaedically impaired children on 'Neurotic behavior' of mental health.
3. There is no significant difference between orthopaedically impaired children and non-orthopaedically impaired children on 'Depression' of Mental Health.
4. There is no significant difference between orthopaedically impaired children and non-orthopaedically impaired children on 'Inferiority' of Mental Health.
5. There is no significant difference between orthopaedically impaired children and non-orthopaedically impaired children on 'frustration' of Mental Health.
6. There is no significant difference between orthopaedically impaired children and non-orthopaedically impaired children on 'Anxiety' of Mental Health.
7. There is no significant difference between orthopaedically impaired children and non-orthopaedically impaired children on 'Adjustment' of Mental Health.

### **DELIMITATIONS OF THE PRESENT STUDY**

1. The study was limited to orthopaedically impaired children and non-orthopaedically impaired children only.
2. The study was limited to 150 children including, 75 orthopaedically impaired children and 75 non-orthopaedically impaired children only.
3. Data was collected from Jammu city only.
4. Only Hindi knowing students were included in the sample as the tool employed in Hindi.

### **METHODOLOGY**

The sample of the study involves 8 high schools including 4 special schools and 4 general schools. In the present study 150 children were selected, 75 were orthopaedic impaired and 75 were non-orthopaedically impaired children.

**Purposive Sampling Technique** was used for the present study and standardized mental health questionnaire constructed by H.P Magotra was used. The questionnaire consists of seven areas like Security- insecurity, Neurotic Behavior, Depression, Inferiority, Frustration, Anxiety and Adjustment

**Table no. 1 Showing the Sample of the Study**

S.NO	Name of the institution	Orthopaedic impaired children	Non-Orthopaedically impaired Children	Total
1	Sahara Special School	19	0	
2	School for Handicapped children Udaywala	19	0	
3	Home for Mentally Retarded, Channi Rama	19	0	
4	Shayog India ,Arjun Kotli R.S Pura	18	0	
5	Unique Public Higher Secondary School Karan Bagh	0	19	
6	St. Peter school ,Jewel	0	19	
7	Shiksha Niketan, High School	0	19	
8	Gandhi Memorial High School	0	18	
	<b>Total</b>	75	75	150

Standardized mental health questionnaire constructed by H.P Magotra was used for the present study. The questionnaire consists of seven areas like Security- insecurity, Neurotic Behavior, Depression, Inferiority, Frustration, Anxiety and Adjustment.

#### **ANALYSIS AND INTERPRETATION OF DATA**

In the present investigation the researcher was concerned about the mental health of the orthopaedically impaired and non-orthopaedically impaired children. The investigator used critical ratio (CR) as a techniques to find out the significant differences.

**Table 2** Showing ‘CR’ value between orthopaedically impaired and non-orthopaedically impaired children on ‘security – insecurity’ of Mental Health.

Category	N	Mean	S.D	SEdm	C.R	Level of significance
Orthopaedically impaired	75	9.4	2.4	37.2	0.10	Insignificant
non-orthopaedically impaired	75	13.4	2.2			

### Interpretation

It is evident from the table 2 that the calculated value of C.R came out to be 0.10 which is insignificant. It can be interpreted that there are no significant difference on 'security – insecurity' of Mental Health among orthopaedically impaired and non-orthopaedically impaired children.

**Table 3** Showing 'CR' value between orthopaedically impaired and non-orthopaedically impaired children on 'Neurotic behavior' of mental health

Category	N	Mean	S.D	SEdm	C.R	Level of significance
Orthopaedically impaired	75	9.8	2.4	36.72	0.019	Insignificant
non-orthopaedically impaired	75	10.5	2.7			

### Interpretation

It is evident from the table 3 that the calculated value of C.R came out to be 0.019 which is insignificant. It can be interpreted that there are no significant difference on 'Neurotic behavior' of mental health among orthopaedically impaired and non-orthopaedically impaired children.

**Table 4** Showing 'CR' value between orthopaedically impaired and non-orthopaedically impaired children on 'Depression' of Mental Health.

Category	N	Mean	S.D	SEdm	C.R	Level of significance
Orthopaedically impaired	75	18.5	1.5	48.3	0.04	Insignificant
non-orthopaedically impaired	75	16.5	2.5			

### Interpretation

It is evident from the table 4 that the calculated value of C.R came out to be 0.04 which is insignificant. It can be interpreted that there are no significant difference on 'Depression' of Mental Health among orthopaedically impaired and non-orthopaedically impaired children. However the mean of orthopaedically impaired children is higher than the non-orthopaedically

impaired children. It implies that the orthopaedically impaired children have more depression than the non-orthopaedically impaired children.

**Table 5** Showing 'CR' value between orthopaedically impaired and non-orthopaedically impaired children on 'Inferiority' of Mental Health.

Category	N	Mean	S.D	SEdm	C.R	Level of significance
Orthopaedically impaired	75	10.7	7.2	20.7	0.04	Insignificant
non-orthopaedically impaired children	75	6.3	2.4			

### Interpretation

It is evident from the table 5 that the calculated value of C.R came out to be 0.04 which is insignificant. It can be interpreted that there are no significant difference on 'Inferiority' of Mental Health among orthopaedically impaired and non-orthopaedically impaired children. However the mean score of orthopaedically impaired children is higher than non-orthopaedically impaired children. It implies that the orthopaedically impaired children have more inferiority than the non-orthopaedically impaired children.

**Table 6** Showing 'CR' value between orthopaedically impaired and non-orthopaedically impaired children on 'frustration' of Mental Health

Category	N	Mean	S.D	SEdm	C.R	Level of significance
Orthopaedically impaired	75	10.7	2.8	37.7	0.02	Insignificant
non-orthopaedically impaired children	75	9.6	2.4			

### Interpretation

It is evident from the table 6 that the calculated value of C.R came out to be 0.02 which is insignificant. It can be interpreted that there are no significant difference on 'frustration' of Mental Health among orthopaedically impaired and non-orthopaedically impaired children. However the mean score of orthopaedically impaired children is higher than non-orthopaedically impaired children. It implies that the orthopaedically impaired children have more frustration than the non-orthopaedically impaired children.

**Table 7** Showing 'CR' value between orthopaedically impaired and non-orthopaedically impaired children on 'Anxiety' of Mental Health.

Category	N	Mean	S.D	SEdm	C.R	Level of significance
Orthopaedically impaired	50	9.3	2.4	41.4	0.009	Insignificant
non-orthopaedically impaired children	50	9.7	3.6			



### Interpretation

It is evident from the table 7 that the calculated value of C.R came out to be 0.009 which is insignificant. It can be interpreted that there are no significant difference on `Anxiety' of Mental Health among orthopaedically impaired and non-orthopaedically impaired children. However the mean score of non-orthopaedically impaired children is higher than orthopaedically impaired children. It implies that the non-orthopaedically impaired children have more Anxiety than the orthopaedically impaired children.

**Table 8** Showing 'CR' value between orthopaedically impaired and non-orthopaedically impaired children on 'Adjustment' of Mental Health.

Category	N	Mean	S.D	SEdm	C.R	Level of significance
Orthopaedically impaired	75	10.6	3.3	49.9	0.01	Insignificant
non-orthopaedically impaired children	75	9.9	3.6			

### Interpretation

It is evident from the table 8 that the calculated value of C.R came out to be 0.01 which is insignificant. It can be interpreted that there are no significant difference on 'Adjustment' of Mental Health among orthopaedically impaired and non-orthopaedically impaired children. However the mean score of orthopaedically impaired children is higher than non-orthopaedically impaired children. It implies that the orthopaedically impaired children have more adjustment problems than the non-orthopaedically impaired children.

### MAIN FINDINGS

1. There is no significant difference between orthopaedically impaired children and non-orthopaedically impaired children on security - insecurity of Mental Health.
2. There is no significant difference between orthopaedically impaired children and non-orthopaedically impaired children on `Neurotic behavior' of mental health.
3. There is no significant difference between orthopaedically impaired children and non-orthopaedically impaired children on 'Depression' of Mental Health. Further the orthopaedically impaired children have more depression than the non-orthopaedically impaired children
4. There is no significant difference between orthopaedically impaired children and non-orthopaedically impaired children on 'Inferiority' of Mental Health. Further the orthopaedically impaired children have more inferiority than the non-orthopaedically impaired children.
5. There is no significant difference between orthopaedically impaired children and non-orthopaedically impaired children on 'frustration' of Mental Health. Further the orthopaedically impaired children have more frustration than the non-orthopaedically impaired children
6. There is no significant difference between orthopaedically impaired children and non-orthopaedically impaired children on `Anxiety' of Mental Health. Further the non-

orthopaedically impaired children have more Anxiety than the orthopaedically impaired children.

7. There is no significant difference between orthopaedically impaired children and non-orthopaedically impaired children on 'Adjustment' of Mental Health. Further the orthopaedically impaired children have more adjustment problem than the non-orthopaedically impaired children.

### CONCLUSION

Mental health determines the level of adjustment and satisfaction of an individual in various aspects of life including education, work life, family, society and nation. Thus it is very important parameter that decides to a large extent the health of an individual. The present study is related with the seven dimensions of mental health and it presents the vivid image of distinction between the mental health of orthopaedically impaired and non-orthopaedically impaired children. The study concluded with the results that the non-orthopaedically impaired children are mentally healthier than orthopaedically impaired children. There are many factors beside from the above said factors that influence the mental health of orthopaedically impaired children such as family environment, family cooperation, social maturity, etc. Family has the greatest importance in maintaining the condition of mental health. Family is importance because it comprises the people in whose company the child feels free to do all the things. The main thing about family is the love their members have for each other. The mental health of school teachers also influences the mental health of children. It is the duty of teachers in the school to provide congenial and permissive atmosphere to the students in order to ensure sound mental health among the students.

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