

The impact of visual impairments in self-esteem

تأثير الإعاقة البصرية في تقدير الذات

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**الملخص:**

تكمن مشكلة الدراسة في التعرف على كيفية تقدير الأشخاص ذوي الإعاقة البصرية لذواتهم، إذ من الممكن أن تؤثر هذه الإعاقة على تقدير الفرد لذاته، وتهدف هذه الدراسة إلى معرفة تقدير الذات لدى المعاقين بصرياً. ولتطبيق هذه الدراسة استخدمت الدراسة المنهج الوصفي التحليلي، واستخدمت مقياس تقدير الذات لجمع البيانات، واستخدمت الاستبانة كأداة لجمع البيانات، وحصلت على أهم النتائج. ولمعرفة تقدير الذات لدى الأشخاص ذوي الإعاقة البصرية تم اختيار عينة عشوائية مكونة من (70) كفيفاً، توصلت الدراسة إلى أن تقدير الذات لدى الأشخاص ذوي الإعاقة البصرية يتميز بانخفاضه، كما توجد فروق ذات دلالة إحصائية في تقدير الذات. تقدير الأشخاص ذوي الإعاقة البصرية حسب متغير الجنس (ذكر، أنثى)، كما خلصت الدراسة إلى وجود علاقة ذات دلالة إحصائية حسب متغير العمر (15-25 سنة، 26-35 سنة، 36-45 سنة)، وتوجد فروق ذات دلالة إحصائية في تقدير الذات لدى الأشخاص ذوي الإعاقة البصرية تبعاً لدرجة الإعاقة (الكليّة، الجزئية). وأخيراً قدمت الدراسة عدداً من التوصيات أهمها عقد حملات توعوية ورش عمل ومحاضرات لزيادة القبول الاجتماعي للمعاقين بصرياً، ومقترحات لدراسات مستقبلية في هذا المجال.

**الكلمات المفتاحية:** الإعاقة البصرية، تقدير الذات.

**Abstract**

The Study problem lies in identifying how people with visual impairment can self-esteem, as this disability can affect the individual in his self-esteem, and this study aims to know the self-esteem of the visually impaired. To apply this study, the Studyer used the descriptive and analytical method, used the self-esteem scale to collect data, used the questionnaire as a performance to collect the data, and obtained the most important results. To find out the self-esteem of the visually impaired a random sample of (70) blind people chosen, The Studyer concluded that the self-esteem of people with visual impairment is characterized by low , and there are statistically significant differences in the self-esteem of people with visual impairment according to the gender variable (male, female) , and the Studyer also concluded that there is a statistically significant relationship according to the age variable (15-25 years, 26-35 years, 36-45 years) , and there are statistically significant differences in the self-esteem of people with visual impairment according to the degree of disability (total, partial)., Finally, the Studyer made a number of recommendations, the most important of which were holding awareness-raising workshops, lectures to increase the social acceptance of the visually impaired, and proposals for future studies in this field.

**Key Words:** Visual impairment, self-esteem.

## Introduction:

The concept of self-esteem represents a behavioral phenomenon that is supposed to be measurable and therefore can be treated and addressed in a scientific manner.

It is one of the most important elements of psychological and educational guidance, as a person's self-concept greatly affects his personal and social compatibility.

Self-concept is one of the important dimensions in the lives of individuals, as it expresses their self-esteem and confidence in themselves. Self-esteem is considered one of the most important and most widespread concepts in recent times.

For many years, psychological and social Studies have been interested in studying theories related to the self, as self-esteem and feeling are among the most important human psychological experiences.

If you look at the concept of the self as a psychological concept, we find that it includes many styles of behavior in addition to its association with various variables, including self-reliance, feelings of self-confidence, one's sense of competence, acceptance of new experiences, and staying away from aggressive behavior and addiction. Therefore, self-esteem is an internal attitude. It is based on saying that the individual has value, that he is unique and important, as he is our knowledge of ourselves and our love for it, as well as its positives and negatives.

Self-esteem is not born with a person, but rather is acquired from his experiences in life and the way he reacts to challenges and problems in his life. The age of childhood is important because it shapes the child's view of himself. . Children must be treated with love and encouragement, and assigned tasks that they can accomplish, which will gain them self-esteem and confidence, as should teenagers.

The sense of sight plays an important role in an individual's learning and development. Sight helps to learn the characteristics of things, individuals, and events revolving around him, and to interact with the physical and social environment. As for the visually disabled individual, he depends on the integration of information through the other senses, especially hearing and touch, which exposes the individual to a lack of experience. The clear primacy on which he builds concepts and theories regarding himself and the world around him .

The psychological development of the visually disabled person does not differ from that of the sighted person. The visually disabled person needs double effort to demonstrate double his competence and self-ability compared to the average person. This is because society's view of the disabled person is often characterized by a kind of pity and excessive care due to the lack of certainty about his ability to perform the tasks assigned to him, no matter how simple they are. Thus, he will live an unhealthy psychological life that affects his personality's feelings, and he will experience various types of conflicts between enjoying the joys of life and the motives of isolation to seek security, independence, and care. He desires to be an independent personality and realizes that he will remain, to a certain degree, unable to rely on himself.

Visual disability does not merely mean the loss of one of the senses or the weakness of this sense, but rather represents a change in the individual's behavior that requires regulation of his life as a whole, as when a person is afflicted with a certain disability, he experiences a feeling of being a person as a result of the lack or deficiency of part of the physiological structure, and as a result of these feelings generated. There will be a process of behavioral change in the visually impaired.

#### **Problem of the Study:**

The problem of the Study lies in identifying how people with visual impairment evaluate themselves, as this disability can affect the individual's self-esteem. The Study problem is represented in the following questions:

- 1- Is the self-esteem of people with visual impairment low?
- 2- Are there differences in the self-esteem of people with visual impairment depending on the gender variable?
- 3- Is there a correlation in the self-esteem of people with visual impairment depending on the age variable?
- 4- Are there differences in the self-esteem of people with visual impairment depending on the degree of disability?

#### **Study importance:**

- 1- The paucity and scarcity of scientific Study that dealt with the subject of appreciation for people with visual impairment.
- 2- Enriching libraries with more Study.

3- Providing basic information about self-esteem for people with visual impairment.

4- Providing directions that help raise the self-level of people with visual impairment.

**The Study objectives:**

1- Identifying the levels of self-esteem for people with visual impairment.

2- Identifying the differences in the self-esteem of people with visual impairment according to the gender variable.

3- Knowing the correlation in the self-esteem of people with visual impairment according to the variable of age.

4- Identifying the differences in the self-esteem of people with visual impairment according to the degree of disability.

**Hypotheses of the Study:**

1- The self-esteem of people with visual impairment is characterized by low.

2- There are statistically significant differences in the self-esteem of people with visual impairment depending on the gender variable.

3- There is a correlation in the self-esteem of people with visual impairment according to the age variable.

4- There are statistically significant differences in the self-esteem of people with visual impairment depending on the degree of disability.

**Study method:**

The method that the researcher used in this study is the descriptive method, which the researcher believes is the appropriate method for her study, as it describes and creates relationships and differences between the various variables in her study.

**Study population:**

What the study population means is the total group of elements that the researcher takes as a partial group of the community and seeks to generalize the extracted results to the entire community. The research community consists of people with visual disabilities.

**The study sample:**

The sample for this study was select by a simple random method from the research community. The researcher distributed the study questionnaires to people with visual impairment,

and they returned the questionnaires after filling them with all the required information. The sample size reached (70) individuals.

#### Self-esteem scale:

To answer the scale items (self-esteem for people with visual impairment), and extract the percentages of the sample's answers to the scale items (always, sometimes), and the following table shows this.

**Table (1) shows the percentages of frequencies of the sample's answers to Self-esteem scale for people with visual impairment**

Item	Frequency			mean	Std. deviation	percentage
	always	Sometimes	doesn't			
1. I'm upset that I'm blind	60	4	60	1.46	0.677	14.3%
2. I find it difficult to speak in front of my colleagues at the center	6	43	6	1.23	0.598	91.4%
3. I wish I could change things about myself	6	43	6	2.20	0.584	91.4%
4. My visual impairment hinders my decision-making	43	14	43	1.55	0.777	38.6%
5. Others are happy to be with me	10	18	10	2.48	0.720	85.7%
6. I get annoyed when I'm in the center	46	16	46	1.43	0.675	34.3%
7. It takes a long time to get used to new things	27	34	27	1.75	0.673	61.4%
8. I am popular among my colleagues at the center	11	16	11	2.48	0.740	84.3%
9. My family is considerate of my feelings	15	12	15	2.39	0.826	78.6%
10. I give in to my disability easily	42	13	42	1.59	0.810	40.0%
11. My family expects a lot from me	17	13	17	2.35	0.837	75.7%
12. It is very difficult to remain as I am	34	22	34	1.70	0.773	51.4%
13. All things are mixed up in my life as a result of my disability	45	17	45	1.48	0.699	35.7%
14. People follow my ideas	13	37	13	2.12	0.676	81.4%
15. I find respect from my colleagues at the center	16	10	16	2.39	0.844	77.1%

16. I would like to leave the house	42	14	42	1.61	0.808	40.0%
17. I feel upset	31	33	31	1.65	0.638	55.7%
18. I don't look good like most people	37	24	37	1.61	0.712	47.1%
19. I hesitate about what I say to others	41	19	41	1.57	0.737	41.4%
20. My family matters to me	15	10	15	2.42	0.830	78.6%
21. I feel like most people are more likable than me	34	23	34	1.71	0.769	51.4%
22. My family encourages me to work despite my disability	13	7	13	2.52	0.797	81.4%
23. I receive encouragement in the work I do	6	22	6	2.51	0.656	91.4%
24. I want to be someone else	25	11	25	2.14	0.912	64.3%
25. My family depends on me for many tasks	10	30	10	2.29	0.709	85.7%

From Table (1) that the arithmetic mean of the scale items was between (1.23, 2.42) and the value of the standard deviation for the scale items ranged between (0.598-0.912) and the overall average of the expressions was (1.96). This means that the scale expressions are statistically significant at a significant level (0.05) in favor of the subjects' answer (always, sometimes).

#### Testing hypotheses:

**The first hypothesis:** The self-esteem of people with visual impairment is low.

**Table No. (2) The first hypothesis testing**

Item	mean	Std. deviation	Value	df	sig
I feel upset that I'm blind	1.46	0.677	32.771 <sup>a</sup>	2	0.000
I find it difficult to speak in front of my colleagues at the center	1.23	0.598	86.514 <sup>a</sup>	2	0.000
I wish I could change things about myself	2.20	0.584	29.686 <sup>a</sup>	2	0.000
My visual impairment hinders my decision-making	1.55	0.777	24.886 <sup>a</sup>	2	0.000
Others are happy to be with me	2.48	0.720	23.771 <sup>a</sup>	2	0.000

get annoyed when I'm in the center	1.43	0.675	34.400 <sup>a</sup>	2	0.000
takes a long time to get used to new things	1.75	0.673	14.257 <sup>a</sup>	2	0.001
am popular among my colleagues at the center	2.48	0.740	25.400 <sup>a</sup>	2	0.000
my family is considerate of my feelings	2.39	0.826	25.057 <sup>a</sup>	2	0.000
give in to my disability easily	1.59	0.810	23.565 <sup>b</sup>	2	0.000
my family expects a lot from me	2.35	0.837	18.200 <sup>a</sup>	2	0.000
is very difficult to remain as I am	1.70	0.773	8.686 <sup>a</sup>	2	0.013
All things are mixed up in my life as a result of my disability	1.48	0.699	31.914 <sup>a</sup>	2	0.000
people follow my ideas	2.12	0.676	13.057 <sup>a</sup>	2	0.001
find respect from my colleagues at the center	2.39	0.844	28.229 <sup>a</sup>	2	0.000
would like to leave the house	1.61	0.808	22.400 <sup>a</sup>	2	0.000
feel upset	1.65	0.638	19.400 <sup>a</sup>	2	0.000
don't look good like most people	1.61	0.712	16.829 <sup>a</sup>	2	0.000
hesitate about what I say to others	1.57	0.737	21.800 <sup>a</sup>	2	0.000
my family matters to me	2.42	0.830	30.714 <sup>a</sup>	2	0.000
feel like most people are more likable than me	1.71	0.769	9.457 <sup>a</sup>	2	0.009
my family encourages me to work despite my disability	2.52	0.797	46.486 <sup>a</sup>	2	0.000
receive encouragement in the work I do	2.51	0.656	27.886 <sup>a</sup>	2	0.000
want to be someone else	2.14	0.912	11.514 <sup>a</sup>	2	0.003
my family depends on me for many tasks	2.29	0.709	11.429 <sup>a</sup>	2	0.003

From Table (2) that the probability chi-square values are all smaller than 0.05. Therefore, we accept the theoretical hypothesis and reject the alternative hypothesis, that is, the self-esteem of people with visual impairment is low.

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**Testing the second hypothesis:**

**The second hypothesis:** There are statistically significant differences in the self-esteem of people with visual impairment depending on the variable.

**Table No. (3) Testing the second hypothesis**

Comparison group		N	Mean	Std. deviation	Value (T)	sig	result
Self-concept	male	48	2.46	0.713	13.242	0.000	There are statistically significant differences between the two groups
	female	22	2.55	0.608			

It is noted from Table (3) that the arithmetic mean for males is (2.46) while for females it is (2.55), and this result indicates the presence of differences between males and females in that there are statistically significant differences in the self-esteem of people with visual impairment.

From the table above that the probability T-test values are smaller than 0.05, which confirms the validity of the hypothesis. The results of the second hypothesis also showed that there are statistically significant differences in the self-esteem of people with visual impairment depending on the gender variable. In favor of females, the researcher attributes this result to the presence of biological and psychological differences in accepting the self-esteem of people with visual impairment depending on males and females.

### 3/ Testing the third hypothesis

The third hypothesis: There are statistically significant differences in the self-esteem of people with visual impairment depending on the age variable.

**Table No. (4) Testing the third hypothesis**

Comparison group		N	Mean	Std. deviation	Value (T)	sig	result	
Self-concept	Age	15-25 years	18	2.78	0.548	10.086	0.000	There are statistically significant differences between the two groups
		26-35 years	27	2.15	0.907			
		36-45 years	25	2.40	0.866			

It is noted from Table (4) that the arithmetic mean for the age group of 15-25 years is (2.78), and for the age group of 26-35 years is (2.15), while for the age group of 36-46 years it is (2.40), and this result indicates the presence of differences Between age groups in the self-esteem of people with visual impairment.

From the table above that the probability T-test values are smaller than 0.05, which confirms the validity of the hypothesis. The results of the third hypothesis also showed that there are statistically significant differences in the self-esteem of people with visual impairment depending on the age variable.

#### 4/Testing the fourth hypothesis

Fourth hypothesis: There are statistically significant differences in the self-esteem of people with visual impairment depending on the degree of disability.

**Table No. (5) Testing the fourth hypothesis**

Comparison group		N	Mean	Std. deviation	Value (T)	sig	result
Self-concept	Total disability	٣٨	1.91	١,٠٨٥	13.086	0.000	There are statistically significant differences between the two groups
	Partial disability	٣٢	١,٩٨	0.716			

We note from Table (5) that the arithmetic mean for total disability was (1.91) and for the degree of partial disability (1.98), and the standard deviation for partial disability was (0.716) and for total disability (1.085). This result indicates that there are differences between the degrees of disability among blind people in estimating Self for people with visual impairment.

From the table above that the probability T-test values are smaller than 0.05, which confirms the validity of the hypothesis. The results of the fourth hypothesis also showed that there are statistically significant differences in the self-esteem of people with visual impairment depending on the degree of disability, in favor of the degree of partial disability.

#### Conclusion:

The Study findings have shed light on crucial issue-affecting individuals with visual impairment - their self-esteem. It is evident from the analysis that the self-esteem of this group is notably low, highlighting the need for targeted interventions and support systems. Furthermore, the study reveals significant variations in self-esteem based on gender, with females exhibiting

higher levels compared to males. This emphasizes the importance of considering gender-specific factors in addressing self-esteem issues among the visually impaired.

Moreover, the Study underscores the influence of age on self-esteem, with the age group of 36-45 years showing higher levels of self-esteem. This suggests that age-appropriate strategies and interventions can play a vital role in enhancing self-esteem among individuals with visual impairment. Additionally, the degree of disability was found to impact self-esteem, with those facing total disability reporting higher levels of self-esteem. This highlights the need for tailored support services that address the unique challenges faced by individuals with varying degrees of visual impairment.

### **Recommendations:**

Based on the results of the study, we recommend the following:

1. Holding awareness workshops and lectures to increase social acceptance of the visually impaired.
2. Parents provide a healthy climate in various aspects (physical - psychological - family), and this helps them in forming positive concepts for themselves.
3. Care and attention from parents and families to educate their children educationally and medially from the early stage of their lives on the importance of self-esteem.
4. Schools must establish a special office concerned with taking care of students' affairs so that the percentage of disabilities and psychological illnesses decreases and the process of psychological and health adjustment increases.
5. I recommend that the Arab Library pay attention to providing references related to self-esteem in general

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