



# General Wellbeing of Students with Visual Impairment at Secondary Level

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## ABSTRACT

Schools have an essential role to support students to make healthy lifestyle choices and understand the effects of their choices on their health and well-being. Wellbeing is an important premise wellbeing is a very important factor for holistic development and holistic development is essential for person to live with better quality of life. The objective of this research was to study the General wellbeing among students with visual disabilities. A Total of 100 students with visual disabilities studying in the special schools for Blind were taken as sample for the study. Data collection was done by personal visit to the special schools. The descriptive method was used to study the General wellbeing of students with visual disabilities. Analysis of the data was performed to know the significant difference among gender, degree of onset, intensity level of person with visual impairment. The present study found that the male students with visual impairment, students with acquired visual impairment, and students with low vision showed better general wellbeing than female, congenital and student with blindness respectively.

**Keyword: General well-being, Visual Impairment, Secondary Education, Inclusive Education.**

## INTRODUCTION

Wellbeing is characterized by a degree of consistency between a person's abilities, needs, and expectations and the demands and opportunities of their environment (Levi, 1987 as cited by Chauhan, 2018). Wellbeing integrates mental health (mind) and physical health (body) resulting in more holistic approaches to disease prevention and health promotion (Dunn, 1973). Well being is also defined as the subjective feelings of contentment, happiness, satisfaction with life, experience of one's role in the world of work, sense of achievement, utility, belongingness with no distress, dissatisfaction and worry (Verma & Verma, 1989). Acharya Sushrutha, a historical physician from the 6th century is believed to be proponent of Indian medicines also defined health as the wellbeing of body, senses, energy and soul. The World Health Organisation defines health as a state of complete physical, mental and social well-being, and not solely as the absence of disease or illness (WHO, 2023). Wellbeing is a compulsory factor of health which affects the students physically, mentally and socially. Recently, spiritual wellbeing has also been added to this, which means the process and state for maximum human functioning that involves the body, mind and spirit.

Wellbeing is the state of successful performance throughout the life course integrating physical, cognitive and social, emotional functions that results in fulfilling social relationships, and one's ability to moderate psychological and environmental problems (Bornstein, Davidson, Keyer & Moore, 2003). Wellbeing is also a state of being or doing well in life, happy, healthy or prosperous condition, moral or physical welfare. Mental health and wellbeing are essential to being able to perform one's best within career, academics, relationships, and sport and Athletics provides multiple benefits that can be protective factors for mental health (Egan, 2019). Many of the academic and other aspects are influencing the wellbeing of students. Library support was found to have a significant effect on student's mental health and well-being. It has been also found that the situation significantly changed in pre-covid and post covid phases (Cox & Brewster, 2020).

According to the vision of National Education policy (NEP), 2020, being Indian the learners should have the pride not only in their thoughts but in their deeds, knowledge, skills, attitudes, and dispositions must be developed in order for intellect to reflect a global citizen who is committed to upholding human rights, sustainable living, and sustainable development.

An individual's entire health is fundamentally impacted by their sense of wellbeing, which enables them to successfully navigate challenges and realise their life goals. Wellbeing integrates mental health (mind) and physical health (body) resulting in more holistic approaches to disease prevention and health promotion. Beyond morbidity, mortality, and



economic position, wellbeing is a reliable indicator of population outcomes that reveals how individuals view their own lives. Theoretical advances in measurement theory, psychology, and neuroscience show that wellbeing can be quantified to some extent. That is why this study is important.

The study was conducted with following objectives:

- 1) To study the general wellbeing of students with visual impairment.
- 2) To compare the general wellbeing of male and female students with visual impairment.
- 3) To compare the general wellbeing of students with blindness and low vision.
- 4) To compare the general wellbeing of adventitious and congenital students.

## METHODOLOGY

To achieve the above-mentioned objectives, the descriptive method was used (Aggarwal & Ranganathan, 2019). For the same, the population for the study comprises students with visual impairment studying in special schools at secondary level (class 9 to 12) in Dehradun and Chandigarh (U.T.). Probability sampling was used and a sample of 100 students with visual disabilities studying in senior secondary level has been identified through simple random sampling method (Creswell & Creswell, 2018). The researcher has used a standardized tool, (PGI General Wellbeing Measure) for measuring the general wellbeing. Data collection was done by personal visit to the special schools for students with visual impairment. At special schools, the Measure was administered individually after rapport establishment and giving proper instructions.

## RESULTS

In order to achieve the objectives formulated for the study, descriptive and inferential statistics was used on the collected data. The calculated value for the entire sample was 14.1717, 17, 3.799, -1.32, 1.917 respectively for Mean Value, Mode, standard deviation, skewness and kurtosis. The value shows that skewness is negatively skewed, and kurtosis is Plato kurtosis. To compare the wellbeing between two different groups, t value has been calculated the same has been presented as table below:

**Table 1**

Sex	N	Mean	SD	't'
Male	57	15.7759	2.06935	5.1725
Female	43	12.0227	4.40659	
Congenital	61	13.2063	4.28861	3.9768
Acquired	39	15.7105	1.92639	
Low vision	43	15.8864	1.8828	4.7044
Blind	57	12.8793	4.31268	

The calculated value of mean demonstrates that there is a significant difference between the mean score of male and female students with visual impairment and hence the foregoing table shows that the male student's wellbeing is better than that of female students. It was also proven that there exists a significant difference between the acquired and congenital students with visual impairment and students with acquired visual impairment have better wellbeing as compared to congenital students. The data on the given table also confirms that, there is significant difference found between students with blindness and low vision at senior secondary level. This establishes that the low vision students possess high wellbeing then totally blind.

## DISCUSSION

Wellbeing is a state of being healthy and happy in daily life activities. For wellbeing many factors are important, as one of the important is parental and peer support. Chauhan & Dubey (2016) also found that rural area students possess low



wellbeing then in urban areas. They also found that male students score better than female students, which also supports our research result. It should be noted that well-being, personality and life skills development of adolescents, and found positive influence on life skills, development, personality, wellbeing (Arulsabila & Subhasree,2016). Mohammadi, Kalantari & Molavi (2014) stressed through their finding that life skills are a skill that is necessary or desirable for full participation in everyday life, for better well-being. Sood & Gupta (2012) research contradicts the findings of the current study results as wellbeing and gratitude showed no influence on gender but showed some influence on age only. Goswami & Roy (2014) found that male students are more emotionally stable than female students that resemble with results of this study.

Emotional stability is a preferable trait for good well-being, which means students can hold out against difficult situations, remain productive, handle adversity and be capable throughout.

## CONCLUSION

General wellbeing affects physical, cognitive and social emotional domain of the student especially at the age of storm which is adolescence affects self-actualization, self-control and behavioral level of students. General wellbeing positively impacts on self-concept as well as mental health. Higher level of general wellbeing is associated with academic performance. In the present study, the (mean)score of general wellbeing of male students with visual impairment, students with acquired visual impairment, and students with low vision is higher than female, congenital and student with blindness respectively. However, it is possible that presence of good general wellbeing affects other factors as well in some particular cases. The findings of the study can be generalized, after conducting the study on a larger sample.

Wellbeing is a state in which students are able to develop their potential, learn and play creatively. It is proved that students who experience wellbeing can build and enjoy positive relationships with others and feel belonging to their school community. We should focus on wellbeing as we focus on academics in school because wellbeing is intermingled with other factors that are compulsory for our daily life.

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