

Original Research article

A study to evaluate the effectiveness of planned recreational activities on self esteem among physically handicapped adolescents in selected physically handicapped institutions, Hyderabad

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Abstract

Self-esteem is the evaluation we make of ourselves or the degree to which we perceive ourselves positively or negatively, our overall attitudes in the direction of ourselves. It can be calculated clearly or absolutely. Teachers, parents, therapists, and others have focused efforts on boosting self-esteem, on the assumption that high self-esteem will cause many positive outcomes and benefits. It is integral to an individual's sense of their own value, a principal component of mental health, a strong indicator of a healthy lifestyle and an important indicator of well-being. Adolescence is the stage of most of the individual developmental changes and life challenges are associated. It is a kind of transitional stage where all the psychological and bodily development occurs, that can influence emotional skills as well as physical and psychological ability.

Physical disability is a person's limitation to function a particular action in everyday life. The inability to use arms, legs, or the body trunk effectively because of paralysis, stiffness, pain or other impairment's is common. It can be due to the result of birth defects, disease, age or accidents.

This study serves as an initial investigation of how planned recreational activities can improve self-esteem among physically handicapped adolescents. To approach the problem a quantitative evaluative research approach with a quasi experimental research design with non-randomized pre-test-post-test- only design.

Key Words: Planned recreational activities, Motivating magical mirror, Art therapy, Self-Esteem, Physically Handicapped, Adolescents and Physically handicapped Institution.

Introduction Or Background

Self-esteem is considered integral to the self-concept, and can be defined in terms of positive feelings about the self. It can be calculated clearly or absolutely. Individuals with high self-esteem have a clean intellect of what their private qualities are they think well of themselves, have appropriate goals, use feedback mechanisms to enhance themselves and they gain successfully with difficult situation.¹

People with low self-esteem, on the other hand over, have less understandable self-conceptions, think poorly of them because they often go for unrealistic goals or shy away from goals overall, tend to be negative about the future, remember their negatively past experience.²

Adolescence is the stage of most of the individual developmental changes and life challenges are associated. It's the stage where they are struggling to find their own

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identity, also with their own social interactions and moral issues. The chief task of a teenager is to discover their identity separate from family and as an associate of their center of population. It is a kind of transitional stage where all the psychological and bodily development occurs.³

In the period from teenage years to adulthood they require attention and protection as the brain undergoes some development changes in early adulthood, that can influence emotional skills as well as physical and psychological ability. Even the two genders play an important role.⁴

Physical disability is a person's limitation to function a particular action in everyday life. There are several causes, the parental disabilities before birth it can be of diseases, genetic disorders, or lack of oxygen. Also there can be post-natal disabilities gained after birth such as due to accidents, infection or illness etc. Many causes and condition can impair mobility and movement. The inability to use arms, legs, or the body trunk effectively because of paralysis, stiffness, pain or other impairment's is common. It can be due to the result of birth defects, disease, age or accidents. This can also contribute to other disabilities such as impaired talking, recollection loss, little physique and inability to hear. Individuals with mobility and movement impairment may find it difficult to participate when facing social and physical barriers.⁵

Need For The Study

As per Census 2011, in India, out of the 121 Cr population, about 2.68 Cr persons are 'disabled' which is 2.21% of the total population. Among the disabled population 56% (1.5 Cr) are males and 44% (1.18Cr) are females. The total male and female populations are 51% and 49% respectively. Majority (69%) of the disabled population resided in rural areas (1.86Cr disabled persons in rural areas and 0.8Cr in urban areas). In the case of total population also, 69% are from rural areas while the remaining 31% resided in urban areas.

In India, 34% of the disabled persons are having disability in movement, 23% are with disability in seeing, and another 23 % are with disability in hearing. 20% has multiple disabilities. Among the male disabled, 44% are having disability in movement, 28% each has disability in seeing/ in hearing while 28% of them suffered from multiple disability. In the case of the female disabled, 44% each has disability in seeing / in hearing, 28% has disability in movement and 28% of them are having multiple disability.

The National Policy for Persons with Disabilities (2006) recognizes that Persons with Disabilities are valuable human resource for the country and seeks to create an environment that provides equal opportunities, protection of their rights and full participation in society. To facilitate the national objective, there is a need for collection, compilation and analysis of data on disability.

A number of International commitments and guidelines came into effect in the recent past targeting the welfare of the disabled persons.

In an era where 'inclusive development' is being emphasized as the right path towards sustainable development, focused initiatives for the welfare of disabled persons are essential. This emphasizes the need for strengthening disability statistics in the Country. There are ample reasons for developing a sound National disability statistics. Information on their socio - demographic profile is essential for welfare of disabled persons. Information about their functional status is important to identify needs since two individuals with the same impairment may face different types of difficulties in undertaking certain activities, and so have different needs that require different kinds of interventions.

Why is there a need for this study?

Being vulnerable is a state which when neglected which offers room for negative and in-worthy self-perceptions. In this study, the adolescents who were physically handicapped were selected as the two fall under the vulnerable category.

The primary need to conduct the study is to assess the levels of self-esteem among the physically handicapped adolescents with a view to enhance it by administering planned recreational activities and art therapy. In this way, the physically handicapped adolescents will feel empowered and develop their self esteem. The researcher's keen interest to conduct this study is that there are not many studies related to the similar phenomenon.

Material And Methods

The aim of this study was to investigate if planned recreational activities can significantly improve self-esteem among physically handicapped adolescents. The conceptual framework applied for this study was, "The Nursing Process Model", by **Ida Jean Orlando (1958)**⁶. The tool administered by the researcher to measure self esteem was the Modified Rosenberg's Self-Esteem Scale which was given to experts of various disciplines.

Methodology

The type of research design used for the study is quasi experimental research design with non-randomized pre-test-post-test- only design. Purposive sampling technique was adopted for this study. A sample of 6 subjects were selected for the pilot study and a sample of 60 subjects were selected for the main study.

In this research design, subjects are randomly assigned to either the experimental or the control groups. Effect of the dependent variable on both the groups is seen before the treatment (pre-test). Later, the treatment is implemented in experimental group only, and after-treatment observation of

dependent variable is made on both the groups to examine the effect of the manipulation of independent variable on the dependent variable.

Criteria For Sample Selection

In sampling criteria, the researcher specifies the characteristics of the population under the study by detailing the inclusion and exclusion criteria.

Inclusion criteria are the characteristics that each sample element must possess to be included in the sample.

Exclusion criteria are characteristics that could confound or contaminate the results of the study therefore such participants are excluded from the study.

Inclusion Criteria

The study includes:

1. Physically handicapped adolescents between 10-19 years of age.
2. Physically handicapped adolescents who are present at the time of data collection.
3. Physically handicapped adolescents who are willing to participate in the planned recreational activity.
4. Physically handicapped adolescents who can read and write English and Telugu.

Exclusion Criteria

The study excludes:

1. Physically handicapped adolescents who are not present at the time of data collection.
2. Physically handicapped adolescents who are not willing to participate in the planned recreational activity.
3. Physically handicapped adolescents who are also mentally challenged.

As this study was conducted in Samarthana Trust for the Disabled, which is a skill training centre. It included physically handicapped adolescents and individual with visual deficit. There were no mentally challenged individuals. The planned recreational activities were administered to all irrespective of their type of disability but the data collection was performed only for the individuals who met the inclusion criteria.

Method Of Data Collection

A formal permission was obtained from the head of the institution, Vijay Marie College of Nursing, Hyderabad. After checking the reliability(0.1) of the tool a pilot study was conducted at the Home for the Disabled at Bansilapet on 6 physically handicapped adolescents. On obtaining tool

reliability a main study was conducted from 04-07-2021 to 13-07-2021(10 days) from 4-5pm, once a day at Samarthana Trust for the Disabled, Picket, Tivoli, Hyderabad among 60 subjects through purposive sampling technique. The investigator gave self-introduction, explained the purpose of the study and subject's willingness to participate in the study was ascertained. The subjects were assured anonymity and confidentiality of the information provided by them.

The planned recreational activities administered were "Motivating Magical Mirror"- is a hidden mirror placed to reflect the face of any individual who looks into it. What makes this mirror motivating and magical is that it is hidden under many dominant and versatile qualities that positively construct an individual's self-esteem and Art therapy could include any activity which extracts the creativity and imagination of an individual. For this activity the group was asked to sketch on paper about what makes them most happy. These planned recreational activities were administered for a duration of 45 minutes for 10 days(10 sessions).A pre test was conducted first and after administering these recreational activities for 10 days a post test was conducted and the self-esteem was measured by the Modified Rosenberg's Self-Esteem Scale. Though the researcher have not administered any invasive procedures, an ethical clearance was obtained from the IEC(institutional ethical committee) which includes the Principal as the Chairperson of the committee, Head of The Dept. Of Research and the committee members on 25.03.2021. The researcher also obtained informed consent form the samples before starting the intervention.⁷

Findings

There was a significantly high self-esteem identified post administration of the planned recreational activities among the physically handicapped adolescents. Mean, Standard Deviation, Chi Square, paired and unpaired 't' test methods were used to perform the analysis and test the tool validity.

Discussion

Planned recreational activities (Motivating Magical Mirror and Art Therapy) are said to boost ones self-esteem and self-confidence thereby reducing feelings of insecurities, for those who want to avoid pharmacological methods; it is the best non pharmacological therapy.

The present study was done to assess the effectiveness on planned recreational activities on self-esteem among 60 physically handicapped adolescents (30 from experimental and 30 from control group) using quasi experimental non-randomized control group design. Purposive sampling technique was used. The Modified Rosenberg's Self-esteem Scale was used to collect data. The subjects

Table No:1 Percentage distribution of physically handicapped adolescents in the experimental group according to self-esteem before and after planned recreational activities.

| Level of self-esteem | Control Group | | Experimental Group | |
|----------------------|---------------|-----------|--------------------|-----------|
| | Before (%) | After (%) | Before (%) | After (%) |
| Low 0-50 | 46.6% | 43.3% | 30% | 16.7% |
| Average 51-100 | 46.6% | 50% | 43.4% | 40% |
| High 101-150 | 6.8% | 6.7% | 26.6% | 43.3% |
| TOTAL | 100.0 | 100.0 | 100.0 | 100.0 |

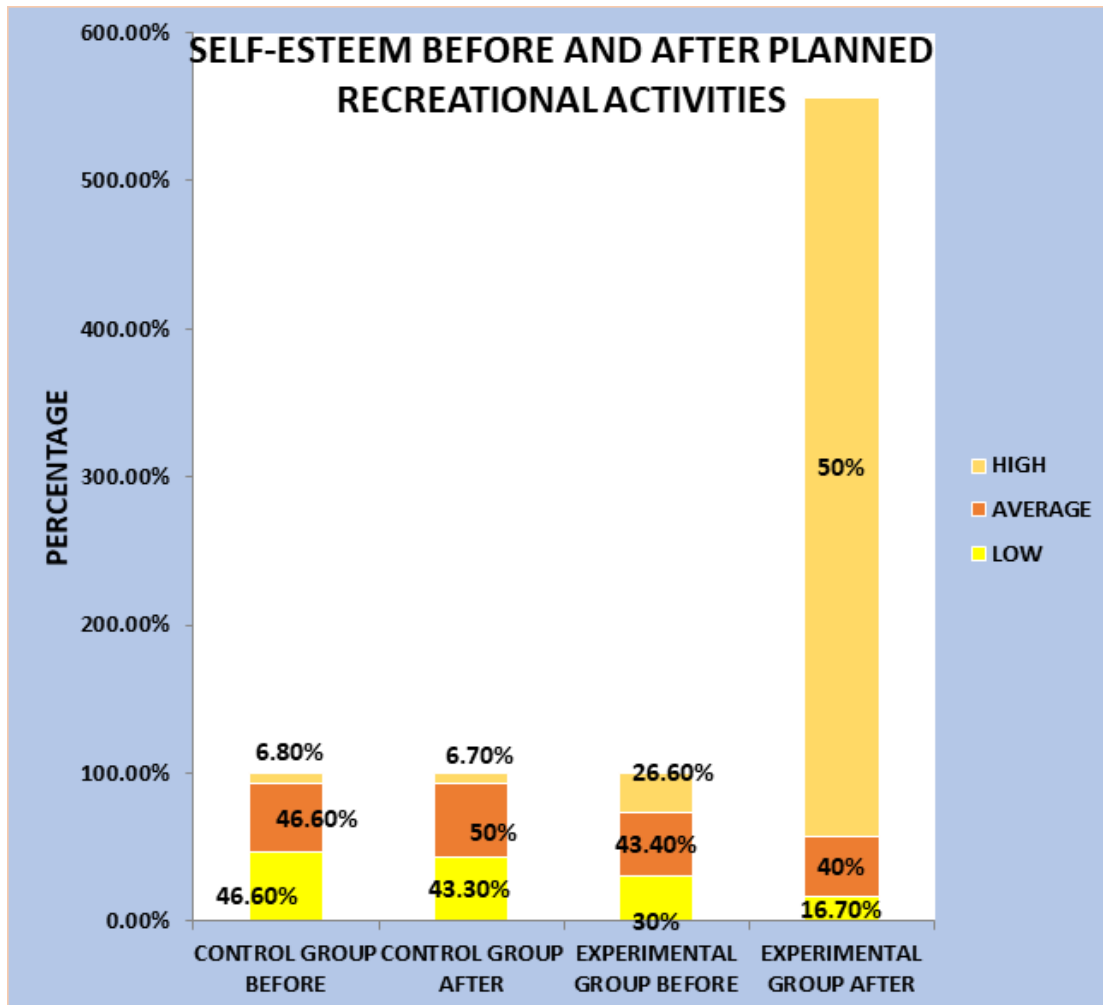


Figure No:1 Percentage distribution of physically handicapped adolescents in the experimental group according to self-esteem before and after planned recreational activities.

Table No: 2 Mean and Standard deviation of physically handicapped adolescents according to level of self-esteem before and after planned recreational activities in the control and experimental groups.

(n=30)

| | GROUP | N | MEAN | STANDARD DEVIATION |
|-----------------------|--------------------|----|-------|--------------------|
| PRE-TEST SELF-ESTEEM | Control group | 30 | 52.6 | 14.3 |
| | Experimental group | 30 | 78.16 | 12.79 |
| POST-TEST SELF-ESTEEM | Control group | 30 | 55.6 | 14.1 |
| | Experimental group | 30 | 88.6 | 13.54 |

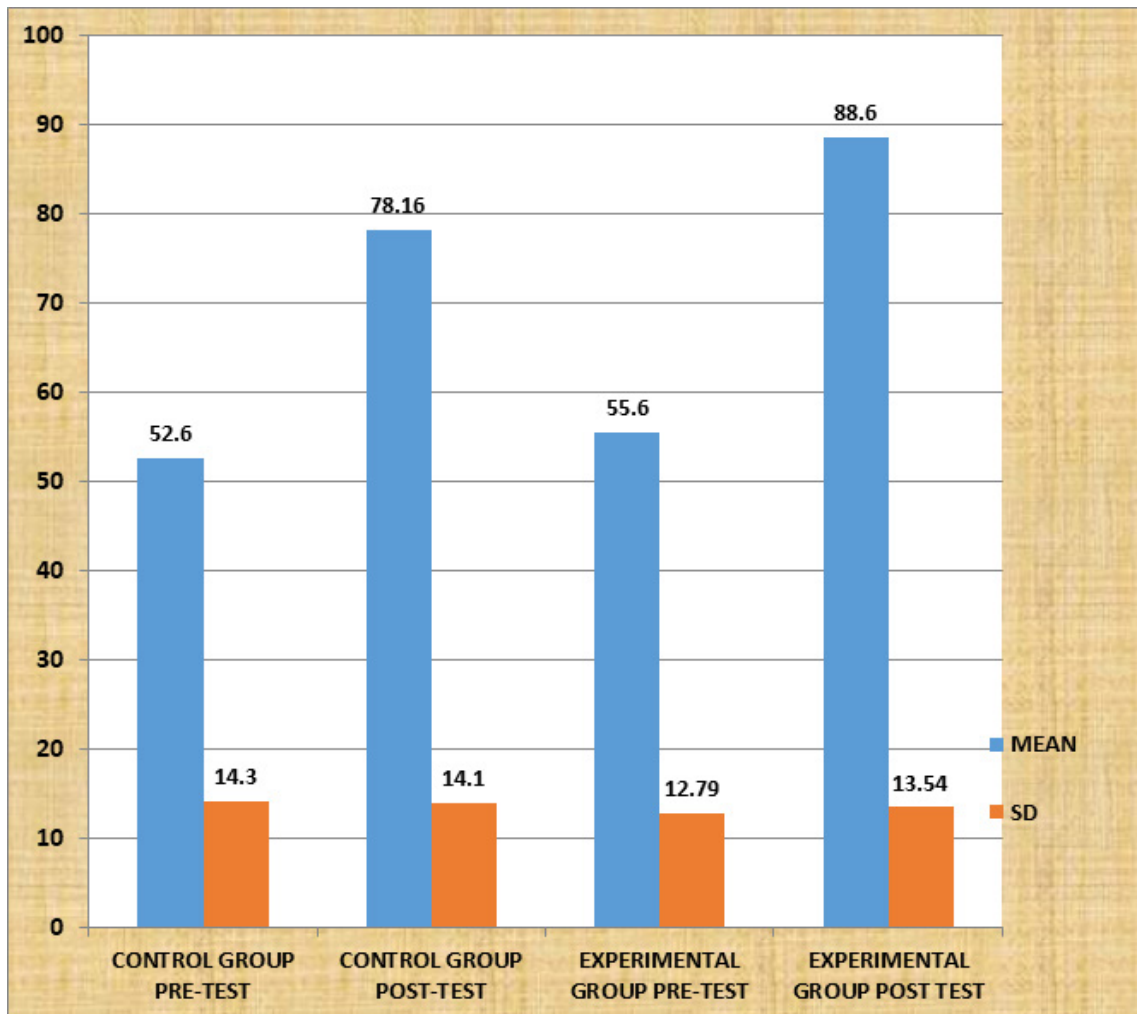


Figure No: 2 Mean and Standard deviation of physically handicapped adolescents according to level of self-esteem before and after planned recreational activities in the control and experimental groups.

Table No:3 Mean, Standard Deviation, T-value of self-esteem levels among the physically handicapped adolescents in the experimental group.

| LEVEL OF SELF-ESTEEM | EXPERIMENTAL GROUP | |
|----------------------|--------------------|-------|
| | BEFORE | AFTER |
| Mean | 78.16 | 88.6 |
| Std. Deviation | 12.79 | 13.54 |
| Paired T-test | 3.07S* | |
| Df | 29 | |
| Table value | 2.04 | |

participated in planned recreational activities like magical motivating mirror and art therapy for varied sessions and were found that the subjects developed high self-esteem after the participation in the activities which is similar to the findings of the following studies:

Avelinmanova T Thomas (2018) conducted a Quasi-experimental one group pretest and post-test design study to assess the effectiveness of a planned series of activity sessions on peer relationship and self-esteem among physically handicapped home inmates in Bangalore and the results of the study showed that It was found that the subjects developed high positive peer relation and self-esteem after the participation in the activities at $p < 0.005$. It was also found that the activity sessions are effective in enhancing peer relation and self-esteem among physically handicapped home inmates.⁷

Gupta. S, Maheshwari. SK, Sabith(Parparganj in East Delhi) conducted an evaluative study to assess the effectiveness of life skill training on self-esteem among physically handicapped adolescents, who were school drop outs, well selected by snowball sampling, using pre-experimental design. Socio-demographic schedule, Rosenberg's self-esteem Scale and Readiness to change behavior questionnaires were used. The results revealed that all the participants showed high improvement in self-esteem ($t=12.85$, $p=0.01$) and were ready to change their negligible behavior. ($t=15.4$, $p=0.0$) after the skill training. The study was concluded by saying that life skills training program are highly effective in improving self-esteem and readiness to change the negligible behavior among school dropout, physically handicapped adolescents.⁸

Implications

The results obtained from the study helped the researcher to drive certain implications for nursing practice, nursing education, nursing administration and nursing research.

Nursing Practice

- Many of the nurses meet different type of vulnerable people with compromised levels of self-esteem.
- By improving the self-esteem, the well-shaped nurses can serve the vulnerable populations (disabled) excellently.
- By practicing these activity sessions and teaching the physically handicapped adolescents in their institutions can help them in developing their personality which helps them to lead a happy life in the society.
- The findings of the study make it evident that nurses can periodically update their knowledge and utilize in providing efficient care to physically handicapped patients.
- Regarding nursing practice several implications can be drawn from present study, continuing educational programme by using nursing personnel to conduct planned recreational activities (Mirror Therapy and Art Therapy) and should be made an ongoing process in the hospital area.
- There is need for efforts by all nurses to increase the knowledge and awareness regarding indications, proper techniques, duration and actions of various recreational activities to improve the self-esteem

Nursing Education

- If planned recreational activities were scheduled in physically handicapped institutions, the levels of self-esteem would be higher.
- Nursing education emphasis that health care system should pay more attention on training the students so that the nurses themselves will become more

knowledgeable and can be their own selves as well as to the others by imparting health education by various methods of educational technology.

- The curriculum may be responsible for imparting knowledge among nurses in administration of medication but nurse educators have the additional responsibility to update their knowledge.
- The existing nursing curriculum on planned recreational activities for effective outcome of self-esteem should be strengthened whereas the physically handicapped adolescents will be enhanced with the knowledge on indulging in recreational activities to higher the self-esteem.
- Participatory recreational activity sessions like the one prepared for this study to enhance self-esteem can be added as a part of nursing curriculum.
- An important role of the nurse is to teach the skills in a special way to the physically handicapped adolescents.
- The benefits of this are in three folds:
 - One is that by improving self-esteem of the physically handicapped adolescents they will be prevented from unwanted feelings of inferiority complexes, loneliness or isolation, toxic relationships, mistrust within self, regarding one's own potentials and its consequences which is a common phenomenon of college beginners where novel ideas sprout among themselves to test substance-abuse, bullying and other redundant behaviors which may retard their personal development.
 - Second is that by improving self-esteem, the well-shaped physically handicapped adolescents, who are the upcoming citizens of our country, can serve the society excellently. In future, these physically handicapped adolescents can look into the troubled teen physically handicapped behavioral problems that disturbs their health and self-esteem, an area of great concern by the researchers and health care administrators today in a better way.
 - Finally, well-molded nursing peer network can stand together for accomplishing new and awaited healthy changes to uphold the nursing profession in India.

Nursing Administration

- Staff development programme in any organization is the primary responsibility of the nurse administrator.
- Administration plays a major role in regulating and coordinating the laws. Institutions rendering

services to the clients should review their policies and practices.

- Nursing administration should coordinate and conduct various educational programmes in order to improve and update nurses' knowledge on various recreational activities that can improve self-esteem among the vulnerable populations."
- The nurse administrator monitors the activities of the student nurse and the parents on their role in developing good self-esteem among their children.
- Utilizes the opportunity to practice and teach activity sessions to physically handicapped adolescents by conducting classes, whether individual or group with confidence.

Nursing Research

- The scope of interventions for a wide variety of disease conditions and the research basis for practice are continuing to expand in phenomenal rate.
- Nurses need to be actively engaged in all phases of the research process, to address ongoing questions of interest to continually improve client care regarding the effectiveness of planned recreational activities to improve self-esteem.
- The study will be a valuable reference for the future researchers.
- Research will provide nurse the credibility to influence decision making and policies to meet the needs of the physically handicapped adolescents.

Limitations

The study has the following limitations:

- The study was limited to 60 physically handicapped adolescents and the sample was selected based upon their physical disability.

Recommendations

- A similar study can be replicated by large scale for more accurate results
- A similar study can be performed on physically handicapped adolescents for a longer period of time to obtain accurate results.
- A similar study can be replicated on any other vulnerable age groups.

Conclusion

The study gave a new learning experience for the researcher as it attempted to find out the effectiveness of planned recreational activities on self-esteem among

physically handicapped adolescents. Planned recreational activities are very effective in promoting self-esteem among physically handicapped adolescents who usually acquire a compromised self-esteem. Planned recreational activities (Motivating Magical Mirror and Art Therapy) are non-invasive and are considered as a therapy. It enables one to construct their self-esteem and has no major side effects.

The overall experience of conducting this study was satisfying and enriching. The respondents were satisfied and happy with the intervention they have received. The results of the present study show that there was a great response from physically handicapped adolescents who had compromised levels of self-esteem which altered their self-confidence. But, with the effectiveness of planned recreational activities their self-esteem was improved.

Conflict Of Interest

A similar study can be conducted on many more vulnerable groups including women, rape victims, burn(acid attack) victims, elderly and other infirmities like deaf, dumb and visual deficits.

Self-esteem supremely influences an individual's self-confidence and conduct.

It is certain that, on conducting this study the researcher has gained a vivid insight regarding the constructive use of recreational activities

It was challenging to find the sample as the mentally challenged individuals could not be a part of this study.

There is no conflict of interest with regards to this study.

Source Of Funding: Self

Ethical Clearance: No invasive procedures has been done on the subjects. Yet, ethical clearance was taken from the institutional ethical committee(IEC) and the researcher has not caused any ethical issues to the subject. A formal permission was obtained from Mr. Subhash Chandra, Chairman of Samarthana Trust Foundation, Picket, Tivoli on 25/3/21.⁹

Problems Encountered During Intervention Implementation

- Gathering the specific sample was difficult
- Some of the subjects refused to indulge in the recreational activities.

- The study was conducted during the pandemic so seeking permission wasn't easy

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