

Study of Anxiety among Adolescents with Locomotor Disability

^aSeema Bajaj, Sonalika Suman^b

^aAssistant Professor, master Tara Singh Memorial College For Women Ludhiana (Punjab) India

^bStudent, Department Of Psychology Indira Gandhi National Open University, New Delhi, India

Abstract

Aim: to study anxiety among adolescents with locomotor disability .**Method:** A sample of 200 from which 100 was male and 100 was female adolescents of Ludhiana were assessed for data collection Beck Anxiety Inventory designed by Beck and Steer,1993 was used. **Results:** There was a significant difference exists between anxiety level of adolescent boys and girls with locomotor disability. **Conclusion:** It may be concluded that the adolescents girls with locomotor disability experience high level of anxiety than their male counterparts.

KEYWORDS: Anxiety, Adolescents, Locomotor disability.

Introduction:

Now a days, anxiety is the common phenomenon of our day -to- day living. None is found who is free from anxiety. Anxiety is an emotion characterized by apprehension and anticipation of future danger or misfortune associate with he feeling of dysphoria or somatic symptoms of tension.

Anxiety is a normal reaction to a situation where immediate danger exists and may result in physical harm. Anxiety is also a normal response to situation that poses a threat to self esteem or psychological well-being. Pathological anxiety occurs in situations where there is no real physical or psychological danger or when the emotional reaction is disproportionate in intensity to the actual danger. Anxiety disorders are among the most common mental, emotional and behaviour problems that occur during childhood and adolescence, as many as 1 in 10 young people may have anxiety disorder (Child development institute, 2005).

Anxiety is characterized by diffuse, unpleasant, vague sense of apprehension, often accompanied by autonomic symptoms such as headache, perspiration, palpitations, tightness in the chest, and mild stomach discomfort (Kaplan, et al. 1996). Anxiety is one of the most common psychological disorders in school children and adolescents in all over the world. People hardly pay attention towards the adverse effect of anxiety among children and adolescents and it is being ignored consciously and unconsciously (Caostello et al. 2003). purports that each of the Anxiety Disorders share features of fear and anxiety. “*Fear* is the emotional response to real or perceived threat, whereas *anxiety* is anticipation of future threat” (APA, 2013, p.189). The anxiety can be categories as Generalized Anxiety Disorder: Generalized anxiety disorder is a common chronic disorder that

affects twice as many women as men and can lead to considerable impairment. Panic Disorder: A panic attack as fear or discomfort that arises abruptly and peaks in 10 minutes or less and can occasionally last hours. It is characterized by sudden attacks of terror, usually accompanied by a pounding heart, sweatiness, weakness, faintness, or dizziness. During these attacks, people with panic disorder may flush or feel chilled; their hands may tingle or feel numb; and they may experience nausea, chest pain, or smothering sensations (American psychiatric Association 2000). Phobias: A phobia is a persistent and disproportionate fear of some specific object or situation that presents little or no actual danger and yet leads to a great deal of avoidance of these feared situations (DSM-IV-TR). Obsessive –Compulsive Disorder: Obsessive-compulsive disorder (OCD) is defined by the occurrence of unwanted and intrusive obsessive thoughts or distressing images; these are usually accompanied by compulsive behaviours performed to neutralize the obsessive thought or images or to prevent some dreaded event or situation (DSM-IV-TR). Locomotor Disability means a Person's inability to execute distinctive activities associated with movement of staff and objects resulting from affliction of musculoskeletal or nervous system or both. According to Person with Disability Act 1995 "Loco motor disability" means disability of the bones, joints muscles leading to substantial restriction of the movement of the limbs or any form of cerebral palsy. A person's inability to execute distinctive activities associated with movement of self and objects resulting from affliction of musculoskeletal or nervous system or both (The Right of Persons with Disabilities Act,2016).

Review of related studies:

Persons with severe LD and autism show higher anxiety on DASH-II subscale scores than people with comparable levels of LD without autism (Hills and Furniss 2006). Blood et al. (2003) summarized studies suggesting that adolescents with physical or psychosocial problems or disabilities are confronted by or experience negative stereotypes from their peers and other individuals which may increase anxiety levels and/or disorders. Also this study reported that stuttering did not present a stigmatizing condition for 65% of adolescents who stutter, 60% of the participants responded that they "never or rarely" talked about their stuttering. This lack of communication and/or the potential for misinformation about a chronic disability like stuttering could contribute to negative emotional responses and heightened levels of anxiety. The adolescents with disabilities may be at higher risk for anxiety and anxiety related disorders (Williams et al. 2003). Anxiety disorders have also been reported as more common in children with communication disorders (Beitchman et al. 2001). The manifestation of anxiety in children and adolescents with autism disorder display higher levels of social anxiety than normal people n (Gillott et al. 2001). Kim et al. (2000) indicate that high functioning autism children are at greater risk for anxiety than the general population but the correlates and risk factors for these co-morbid problems remain unclear.

Statement of the Problem:

Study of Anxiety Among Adolescents with Locomotor Disability

Objectives of the study:

- To study the Anxiety level among adolescent with locomotor disability.
- To study the gender difference on the variable of anxiety among adolescent with locomotor disability .

Hypothesis:

- There will be a significant difference between boy and girls anxiety level of adolescent with locomotors disability.

Method used:

The study was carried out by descriptive survey method .Data was collected from vocational rehabilitation center for Handicapped, Ludhiana.

Tools used:

The tool used to measure the anxiety level among of Adolescents with locomotor Disability is:

1. Beck's Anxiety Inventory.(Beck and Steer,1993)

Design of the study:

Descriptive research design was used to compare the anxiety level among male and female adolescents The participants in the study were 200 Adolescent attended the services of vocational Rehabilitation Centre for Handicapped. The age ranged between 15 to 18 years. The population equally divided in two group 100 boys and 100 girls.

Statistical techniques used:

1. Mean, Median, Standard Deviation, Skewness and Kurtosis were used to check the normality of data.
2. t- test was used to compare the significant of difference.

Results and Discussion:

Table 1 showing Mean, Median, Standard Deviation, Skewness and Kurtosis of scores of Adolescents with Locomotor disability on the variable of Anxiety (N = 200)

Group	Mean	Median	S.D.	Skewness	Kurtosis
Adolescents with Locomotor disability	14.91	13.50	8.71	0.608	-0.427

The variable of anxiety among adolescents with Locomotor disability was tested for normalcy.

Table 1 shows that:

- The values of mean and median of the scores of adolescents with Locomotor disability on the variable of anxiety as 14.91 and 13.50 respectively which are quite proximate to each other. The values of skewness and kurtosis in case of adolescents with Locomotor disability are 0.608 and -0.427 respectively showing the distribution as positively skewed and platykurtic. But these distortions are quite small. Therefore the distributions can be taken as normal.

Table-2 Difference between mean scores of Anxiety among adolescent boys and girls with locomotor disability (N=200)

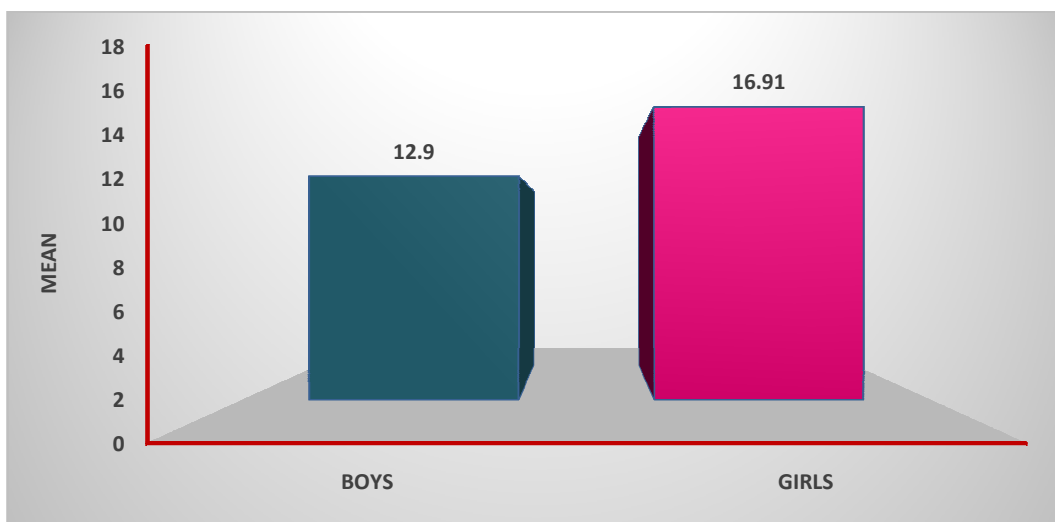
S. No.	Group	Variable	N	M	S.D	SE _M	t-ratio	Sig./Not Sig.
1.	Boys	Anxiety	100	12.90	6.57	0.66	3.34	Sig. at .01 level
	Girls		100	16.91	10.07	1.01		

Table -2 Shows the mean score of adolescent boys with locomotor disability are 12.90 and the mean score of adolescent girls with locomotor disability are 16.91. The t-ratio is 3.34 with df 198 which is significant at .01 level of confidence. This revealed that a significant difference exists between mean scores of anxiety of adolescent boys and girl with locomotor disability.

To investigate the significance of difference between the means, if any, of anxiety of adolescents with Locomotor disability on the basis of gender (boys and girls), anxiety were assessed in terms of their scores in the test in these variable and t-test was employed.

Hence hypothesis stating that ‘There will be a significant difference between anxiety level of adolescent boys and girls with Locomotor disability,’ is accepted. Further as the mean score of anxiety of adolescent girls with Locomotor disability was found to be higher than that of adolescent boys with Locomotor disability, it may be concluded that the adolescents girls with Locomotor disability experience high level of anxiety than their male counterparts.

Fig. 4.7 Bar Graph showing Difference between Mean Scores of Anxiety among Adolescent Boys and Girls with Locomotor disability (N=200)



Conclusions:

The following conclusions were drawn from the analysis and interpretation of the data:

The adolescents with Locomotor disability are normally distributed on the variables of anxiety.

A significant difference was found between mean scores of anxiety of adolescent boys and girls with Locomotor disability. This leads to the conclusion that gender of adolescents with Locomotor disability plays significant role in their anxiety.

Further as the mean score of anxiety of adolescent girls with Locomotor disability was found to be higher than that of adolescent boys with Locomotor disability, it may be concluded that the adolescents girls with Locomotor disability experience high level of anxiety than their male counterparts.

Reference:

- American Psychiatric Association (2000).** *Diagnostic and Statistical Manual of Mental Disorders*, 4th edn, text revision. Washington, DC: **American Psychiatric Association.**
- Beitchman, J., Wilson, B., Johnson, C., Atkinson, L., Young, A., Adlar, E., et al. (2001).** Fourteen-year follow-up of speech/ language impaired and control children: Psychiatric outcome. *Journal of American Academy of Child and Adolescent Psychiatry*, 40, 75–82.
- Blood, G., Blood, I., Tellis, G., & Gabel, R. (2003).** A preliminary study of self-esteem, stigma, and disclosure in adolescents who stutter. *Journal of Fluency Disorders*, 28, 143–159.
- Castello, E.J., Mustillo, S., Erkanli, A., Keeler, G., & Angold, A. (2003).** Prevalence and development of psychiatric disorders in childhood an

adolescents. *Arch Gen Psychiatry*, 60, 837-844.

Gillott, A.; Furniss, F. & Walter, A. ((2001). Anxiety in high functioning children with autism *Autism, Vol 5 (3)* (SAGE publications.), 277-286

Hills & Furniss (2006). suggest that persons with severe LD and autism show higher anxiety on DASH-II subscale scores than people with comparable levels of LD without autism.

Kaplan H and Sadock B (1996). *The Concise Textbook of Clinical Psychiatry* (Philadelphia: Lippincott Williams & Wilkins).

Kim, J. A., Szatmari, P., Bryson, S. E., Streiner, D. L., & Wilson, F. J. (2000). The Prevalence of Anxiety and Mood Problems among Children with Autism and Asperger Syndrome *Autism, 4(2)*, 117-132

Williams, J., Steel, C., Sharp, G. B., Delos Reyes, E., Phillips, T., Bates, S., et al. (2003). Anxiety in children with the epilepsy. *Epilepsy and Behavior*, 4, 729-732.