

## Determination The Feelings Of Disabled Adolescents Toward Optimism In Al- Noor & Al- Amal Centers

تحديد مشاعر المراهقين المعوقين نحو التفاؤل في مركزي الامل والنور لذوي الاحتياجات الخاصة

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### الخلاصة

**الهدف:** تهدف الدراسة الى تحديد مستوى مشاعر المراهقين المعوقين نحو التفاؤل.  
**المنهجية:** أجريت دراسة عرضية في الأول من تشرين الثاني 2011 ولغاية 15 اذار 2012 من أجل تحديد مستوى مشاعر المراهقين من ذوي الاحتياجات الخاصة نحو التفاؤل تم أخذ جميع المراهقين المعوقين والبالغ عددهم (50) في مركزي الامل والنور في مدينة النجف الاشرف . تكونت الاستمارة من (2) جزء رئيسية والمجموع الكلي للفقرات المتضمنة للاستمارة كانت (30) فقرة. تم جمع البيانات من خلال الاستبيان وباستخدام تقنية المقابلة مع المراهقين ومعلميهم لغرض فهم اشاراتهم . تم تحليل البيانات من خلال تطبيق اسلوب تحليل البيانات الوصفي (التكرارات والنسب المئوية) واسلوب تحليل البيانات الاستنتاجي (معامل الارتباط واختبار الجودة) .  
**النتائج:** توصلت الدراسة إلى ان غالبية المراهقين كانت اعمارهم (78%) تتراوح بين 13-16 سنة ، حوالي (52%) منهم الإناث. وأكثر من نصفهم (58%) كانوا من الوضع الاجتماعي والاقتصادي المتوسط كما ان نصف العينة (50%) كان لديهم مستوى منخفض من التفاؤل.  
**الاستنتاج:** استنتجت الدراسة بان صفات المراهقين الذين شاركوا في الدراسة تسمح بتعميم نتائجها على نطاق واسع، مستوى شعور المراهقين المعاقين نحو التفاؤل كان منخفض .  
**التوصيات:** إعطاء المزيد من التركيز على أهمية إشراك هؤلاء المراهقين في السياسات والبرامج والخدمات الصحية . ضرورة اشراك المعلمين وأولياء الأمور في ورش العمل التدريبية لمساعدتهم على فهم الجوانب الجسدية والنفسية لهؤلاء المراهقين.

### Abstract

**Objective :** To determine the level of feelings of disabled adolescents toward optimism.

**Methodology:** A cross-sectional study that used an assessment approach was carried out from November . 1<sup>st</sup> , 2011 to March 15<sup>th</sup> , 2012 in order to determine the level feelings of disabled adolescent toward optimism. Presentative sample of (N= 50) adolescences were selected from AL-Amal and AL-Noor centers in AL- najaf city . A questionnaire was composed of 2 major parts and the overall items included in the questionnaire were 30 items. The data were collected through using questionnaire and interview technique with adolescents and their teachers for the purpose of understanding the signals. Frequency , percentage and mean used as descriptive statistical measures and the inferential data analysis approach of correlation coefficient and chi – square.

**Results:** The findings of the study indicated that half (50%) of adolescents had low level of feelings toward optimism, the majority of the sample was with age ranging (13-16)years old,(78%), about (52%) of them were females. and more than half of them (58%) with a moderate level of socioeconomic status. **Conclusion:** Characteristics of adolescents who involved in the study were exactly presented by which the findings can be used on a wide range. Adolescent's feelings toward optimism were low level.

**Recommendations:** More emphasis must be given to the importance of involving those adolescents in programmes , policies and health services. Participating their teachers and parents in training workshops to improve their understanding about physical and psychosocial aspects of a adolescents with a disabilities.

**Keywords:** optimism, disabled adolescents, feelings.

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## INTRODUCTION:

Optimism, and spirituality are important psychological factors that are associated with health [1]. Approximately 18% of children and adolescents in the United States have a chronic physical, behavioral, developmental, or emotional condition causing limitation in activities ,and/or requiring special care [2]. The exposure of individual to disability lead to

feelings of non-equilibrium, where it is difficult for him meet the requirements of daily living [3]. Positive emotions promote many phenomena documented in cognitive psychology, while a negative feeling inhibits the performance of the disabled adolescents condition and its relevance to issues of individual and social well-being [4]. The promotion of optimism has been

widely advocated for adolescents, but epidemiologic data to support this approach are scant [5]. Optimistic thinking style is somewhat protective against adolescent health risks; the clearest effects are seen against depressive symptoms, promoting optimism along with other aspects of psychological and emotional style has a role in mental health promotion that is likely to be enhanced if an intervention also addresses risk and protective factors in an adolescent's social context[5]. Positive psychology has begun to foster change in the study of adolescence by directing increased attention to the importance of building on adolescents' strengths and abilities as a means to promote positive outcomes[6].

## METHODOLOGY:

Across -sectional study through using the analytical assessment approach. presentative sample (50) of disabled

adolescents was selected from Al-amal and Al-noor centers in AL- najaf city (these centers awarded a certificate equivalent to the certificate of primary schools). The questionnaire was composed of (2) major parts : sociodemographics data of age, gender and socioeconomic status ,another part includes a relevant scale for the measurement of "disabled adolescents feelings toward optimism that consist of (30) items rated on 5-levels of responses . The study was conducted from November 1st ,2011 to march 15th ,2012. The data were collected through using the questionnaire and interview technique with disabled adolescents and their teachers for the purpose of understanding the signals. Frequency , percentage and mean used as descriptive statistical measures and the inferential data analysis approach of correlation coefficient and chi – square.

## RESULTS:

**Table 1. Distribution of adolescent's demographic characteristics of age, gender, and socioeconomic status.**

socio-demographic characteristics		No.	Percentage
Age	13-16	39	78.0
	17-19	11	22.0
	Total	50	100.0
Gender	male	24	48.0
	female	26	52.0
	Total	50	100.0
Socio-Economic Status	insufficient	5	10.0
	sufficient to some extent	29	58.0
	sufficient	16	32.0
	Total	50	100.0

This table indicates that the majority of the sample were with age ranging (13-16)years old,(78%), about (52%) of them were females. More than half of them (58%) with a moderate level of socioeconomic status.

**Table 2. Adolescent's level of feelings toward the optimism:**

level of feelings toward optimism	Frequency	Percentage
Good	16	32.0
Fair	9	18.0
Low	25	50.0
Total	50	100.0

This table reveals that half (50%) of adolescents had low level of feelings toward optimism.

**Table 3. The relation between the level of feelings toward optimism and sociodemographic characteristics.**

Age	level of feelings toward optimism			Total
	Good	Fair	Low	
13-16	12	8	19	39
17-19	4	1	6	11
Total	16	9	25	50
p value (0.682) N.S				
Gender	level of feelings toward optimism			Total
	Good	Fair	Low	
male	5	3	16	24
female	11	6	9	26
Total	16	9	25	50
p value (0.077) N.S				
socio-economic status	level of feelings toward optimism			Total
	Good	Fair	Low	
insufficient	2	0	3	5
sufficient to some extent	10	4	15	29
sufficient	4	5	7	16
Total	16	9	25	50
p value (0.495) N.S				

This analysis reports that there is no significant relation between adolescents level of feelings toward optimism and their sociodemographic characteristics of age , gender and socioeconomic status.

## DISCUSSION:

**1. Discussion of adolescents 'demographic characteristics of age, gender and socioeconomic status:** Analysis of such characteristics depicted that the most of the sample were with age ranging (13-16)years old,(78%), about (52%) of them were females. More than half of them (58%) with a moderate level of socioeconomic status. These characteristics exactly present the nature of such group and consisted with the criteria of the study by which the findings can be used on a wide range.

**2. Discussion of the adolescent's level of feelings toward optimism:**

The findings had reported that those adolescents had experienced low level of feelings toward optimism. This result is due to the nature of their perception about themselves and their expectations about how others perceived them .Cultural beliefs about disability play an important role in determining the way of how the disability perceived ,some people tend to accept their own disability as something from God, in India, disability is still viewed in terms of a “tragedy” with a “better dead than disabled”approach, the idea being that it is not possible for disabled people to be happy or enjoy a good quality of life [7]. Gresham and Elliott (1988)in( Spicer,2004)were assessed the academic and social self-efficacy of young children, believing that the academic and social efficacy of these students would greatly differ. Results showed that the handicapped students had the lowest levels of academic and social self-efficacy in comparison to the other students[8].

**3. Discussion of the relation between the level of feelings toward optimism and sociodemographic characteristics:** Analysis of such findings report that there

is no significant relation between the level of optimism and sociodemographic characteristics of age , gender and socioeconomic status(Table 3). This result provide an evidence that those adolescents share with common characteristics and their emotions may be reflect the self and identity which more influenced by friendship when those adolescents compare themselves with other peers. Such interpretation supported by Adler and Adler (1998) who addressed the effects of friendship on self and identity[9].

## CONCLUSION:

1. Characteristics of adolescents who involved in the study were exactly presented by which the findings can be used on a wide range.
- 2- Adolescents' feelings toward optimism were low level.
- 3-Adolescents' demographic characteristics had no impact on their feelings toward optimism.

## RECOMMENDATIONS:

Based on the current conclusions, the study recommends the following:

- 1-More emphasis must be given to the importance of involving those adolescents in programmes , policies and health services .
- 2-Participating their teachers and parents in training workshops to improve their understanding about physical and psychosocial aspects of a adolescents with a disabilities
- 3-Efforts and activities of these centers must be centered around identity and self esteem of the adolescents in order to foster the social development.

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