

# Examining the Relationship of Everyday Discrimination with Self-Esteem Among Physically Challenged Adults

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## ABSTRACT

We critically review the literature that is currently available on how discrimination affects the self-esteem of adults with disabilities. Discrimination is a pervasive issue which impacts people with physical disabilities in a number of ways. We provide a combination of contemporary research with important findings, proposed structures, and areas requiring more investigation. We also discuss implications for mediations and emotionally supportive networks that can help lessen the negative psychological effects of routine segregation and boost the self-esteem of genuinely challenged adults. This analysis has implications for developing tactics and remedies that combat isolation, assist really tested adults, and boost their self-esteem. These strategies should raise awareness of problems, promote inclusivity, and provide open resources. We can further develop the prosperity of truly tested people by generating a healthy climate and tending to separation.

## Introduction

Physically Challenged someone who has a problem with their body that makes it difficult for them to do things that other people can do easily. The term "everyday discrimination" refers to the covert, frequently unintentional acts of bias or prejudice that people may run into on a daily basis. Self-esteem is how we value and perceive ourselves. It is founded on our perceptions of ourselves, which can be challenging to alter. This could also be referred to as confidence. Individuals with physical disabilities often face unique challenges when it comes to self-esteem. These challenges can stem from a variety of factors related to their disability, interactions with others, and societal attitudes. Here are some of the key challenges to self-esteem that individuals with physical disabilities may encounter:

**Discrimination and Exclusion:** Discrimination in employment, education, or social settings can be a significant blow to self-esteem. Being excluded from opportunities or facing prejudice can make individuals with disabilities question their worth and abilities. **Comparisons to Able-Bodied Individuals:** Constant comparisons to able bodied individuals can be mentally taxing.

Discrimination against people with impairments can take many unpleasant forms. The stigma associated with disabilities exposes families to discrimination and human rights violations. The combination of physical neglect, social marginalization, and poverty can have disastrous consequences for individuals with disabilities. Special needs people are kept in the background at home and aren't allowed to exercise their most fundamental rights to work, education, and movement. People think they are dependent on other people. In such cases, discrimination starts with family members and reaches state officials and

decision-makers. This discrimination causes the differently abled children to experience impoverishment, socioeconomic burden, and chronic sickness. There are situations where it is extremely challenging to establish marginalization because the people involved are either both inside and outside the community. physical restrictions The harmful therapies that are given to individuals with disabilities are largely influenced by local superstitions. Quacks and black magicians hurt people physically and force them to follow certain diets. asserting that they can treat the "disability" that results in disability. Families with intellectually impaired children who have behavioral issues often lock or chain their children out of feelings of helplessness, ignorance, or social pressure. The poor woman, Mrs. S, broke down in tears when she stated, "she needs to tie her child with cerebral palsy under the tree, whenever she goes for her livelihood," during a meeting for caregivers. Mrs. S had neither her parents' nor her in-laws' support to care for her daughter with cerebral palsy. Social alienation The challenges facing India's disability sector are coming to an end. The disability sector in India has a lot of unmet requirements that need to be taken care of. People with impairments, including children, must be able to live in dignity. It is necessary to alter community perceptions and provide CWDs with rehabilitation. To make traditional schools accessible to children with disabilities, infrastructure needs to be upgraded, and educators need to be properly trained. Coordination is required between the many departments providing help to people with disabilities. National unification of disability welfare programs is necessary. The Commissioner of Disabilities must be granted administrative authority and the necessary budget to ensure effective implementation and the preservation of PWD rights. It is necessary to monitor and promote mechanisms for outreach services provided below the district level. To cut down on redundancy, the government and NGOs need to work together more efficiently.

**Keywords:** Everyday Discrimination, Self-Esteem, Discrimination and Self-Esteem

The phrase "everyday discrimination" refers to the subtle forms of prejudice or bias that people experience on a daily basis; the majority of these interactions are unintentional. These incidents might have happened as a result of someone's characteristics, such as gender, age, race, or religion. In everyday life, discrimination can manifest itself in a variety of ways, including mild animosity, stereotyping, and unjust treatment. Overcoming prejudice and actively opposing it on a daily basis is necessary for equality and inclusivity to progress in society. Naturally, of course!

One must consider the impact discrimination has on individuals as well as society at large when evaluating it in real-world settings. (including the effects on psychology, social repercussions, workplace problems, health outcomes, legal and ethical ramifications, and inclusivity promotion) These challenges may be made worse by a variety of handicap-related problems, social relationships, and societal viewpoints.

Self-esteem

William James(1890) defined self-worth as the feeling of value that results from continually achieving excellence in things that have personal significance for you. It is based on how we see ourselves, which we may be attempting to change. It's also possible to interpret this as boldness. Self-esteem is the belief in one's own overall value or worth. It is your degree of confidence in your skills and attributes; it functions similarly to self-esteem. Motivation, emotional stability, and general well-being can all be enhanced by having a high sense of self-worth. Self-esteem can be used to characterize a particular trait or as a broad term. Psychologists frequently consider trait self-esteem to be a permanent aspect of

personality. All of the terms "self-esteem," "self-worth," "self-regard," "self-respect," "self-integrity," and "self-esteem" are synonymous or almost synonymous.

#### Discrimination and Self-Esteem

People with impairments are subjected to discrimination in a variety of unpleasant ways. The stigma associated with impairments exposes families to prejudice and violations of fundamental rights. People with incapacities may suffer terrible consequences from the combination of their physical impairment, social undervaluation, and poverty. Individuals subjected to extraordinary requirements are kept in the background at home and aren't allowed to exercise their most basic rights to employment, education, and development. People think that others depend on them. Discrimination in these situations starts with family members and spreads to state officials and chiefs. Because of this prejudice, children with disabilities face chronic disease, poverty, and financial difficulties. In certain cases, it is exceedingly challenging to define underestimate since the individuals involved are either both inside and outside the local region. real restrictions Adorable behaviors directed toward those with disabilities are typically influenced by surrounding attitudes. Claiming to be able to treat the "disability" that causes disability, black magicians and con artists physically harm people and make them adhere to particular diets. Families with children with behavioral problems who are also intellectually handicapped may wrap or bind their children to prevent emotions of ignorance, helplessness, or social pressure.

#### Gap of the study

The gap in the existing body of knowledge is that in India not even a single study has been conducted in order to examine the relationship of everyday discrimination with self-esteem among physically challenged adults

#### Significance of the study

1. Contribution to Knowledge in Disability Studies
2. Empirical Evidence for Psychological Well-being
3. Identification of Discrimination Patterns
4. Policy Implications for Inclusivity
5. Enhancing Social Awareness and Understanding
6. Practical Implications for Interventions
7. Intersectionality Considerations
8. Potential for Social Change

#### Method

In this empirical investigation, a carefully curated sample cohort consisting of precisely 124 actively engaged participants was purposefully formed to support a thorough examination of gender-related variables, encompassing both male and female subjects. The data acquisition process was rigorously executed through individualized visits conducted by the researcher, ensuring a direct and controlled approach to information gathering. The demographic subset chosen for this study is distinguished by an age range spanning from 21 to 60 years, facilitating a nuanced exploration of adult participants within a specific life stage.

The methodological precision applied to participant selection and data collection serves to augment the reliability and validity of the ensuing comprehensive analysis. By employing a strategic and meticulous

approach, this study aims to enhance the robustness of its findings and contribute valuable insights to the broader understanding of the variables under investigation.

## Research design

### Tools

#### 1. Everyday discrimination Scale

Everyday discrimination Scale: Developed by Williams, Jackson, and Anderson in 1997, the EDS is a measure of how physically challenged adults perceive prejudice in their daily lives.

This scale consist of nine items with a six-point Likert rating scale (1 = almost every day; 2 = at least once a week; 3 = a few times a month; 4 = a few times a year; 5 = less than once a year; 6 = never). To score this scale, reverse coding is used for all items and finally, add the scores together, so that higher scores indicate more frequent experiences of discrimination. With a superior Cronbach's Alpha of 0.88, the original 9-item EDS (Williams, Yu, Jackson, & Anderson, 1997) indicated good reliability.

#### 2. Self esteem Scale

Created in 1965 by sociologist Morris Rosenberg, the Rosenberg Self-Esteem Scale is one of the most used instruments for self-reporting self-esteem evaluation. It provides a clear-cut and reliable way to measure a person's total sense of self-worth or self-esteem. With ten items, this scale evaluates both positive and negative feelings about oneself in an effort to provide a holistic picture of one's overall sense of self-worth. The scale, which is regarded as unidimensional, asks respondents to rate their agreement with each topic using a 4-point Likert scale style that goes from strongly agree to strongly disagree. Test-retest evaluations, which produced coefficients of 0.85 for a 2-week interval and 0.63 for a 7-month interval, demonstrate its reliability (Silber & Tippett, 1965; Shorkey & Whiteman, 1978).

### Statistical technique

The strength and direction of the relationship between two variables, such as daily discrimination and self-esteem among adults with physical limitations, can be evaluated using the Pearson product-moment correlation coefficient. Its scale goes from -1 to +1, where positive values denote a positive relationship (one in which the increase of one variable is correlated with the increase of the other) and negative values denote a negative relationship (one in which the increase of one variable is correlated with the decrease of the other variable). This statistic helps to comprehend the interconnectedness of the variables under examination within the study's context by shedding light on the type and strength of the link between them.

The value's vicinity to +1 or -1 demonstrates the quality of the relationship, with values near to recommending a powerless or no relationship. This statistical tool makes a difference analysts analyze information to get it how these factors are related, advertising important bits of knowledge into their association.

### Data Source

A designated researcher conducted on-site data collection with physically challenged individuals utilizing studies, interviews, and perceptions, guaranteeing adherence to moral guidelines and member assent. The collected information were fastidiously archived in line with the study's objectives and plan.

### Result

Correlation is significant at the 0.01 level (2-tailed).

The statement "Correlation is significant at the 0.01 level (2-tailed)" indicates the statistical significance of a correlation coefficient in a two-tailed test at a significance level of 0.01.

When stating that "Relationship is significant at the 0.01 level (2-tailed)," it implies that the observed correlation coefficient between two factors, such as everyday discrimination and self-esteem among physically challenged people, is statistically significant at a certainty level of 99%. This means a important relationship between the factors, with as it were a 1% chance that the observed correlation occurred by arbitrary chance. The two-tailed test indicates that the significance level is isolated between both positive and negative relationships, permitting for a comprehensive appraisal of the relationship without expecting a specific direction. Hence, this statement underscores the strength of the relationship findings and reinforces the validity of any conclusions drawn with respect to the affiliation between the factors within the populace considered.

#### Analysing the data

The analyst utilized SPSS to analyze the accumulated information, exploring the relationship between everyday discrimination and self-esteem among people with physical disabilities. SPSS encouraged the section of information and execution of different measurable tests, counting relapse examination and relationships, empowering the assessment of the importance and quality of this affiliation. Through SPSS, valuable insights and conclusions were inferred from the information, giving a steady stage commonly utilized in social sciences inquire about.

### Discussion

Confirming the hypothesis regarding low self-esteem resulting from everyday prejudice underscores the significant impact of societal perceptions on the psychological well-being of individuals with physical disabilities. It implies that the challenges they face not only affect their daily lives but also deeply affect their mental health. Low self-esteem can profoundly affect personal relationships and overall life satisfaction, highlighting the importance of fostering an inclusive and supportive community that embraces people of all abilities. Additionally, if the research establishes a negative correlation between everyday discrimination and self-esteem among physically challenged individuals, it supports the idea that societal attitudes and personal well-being are intertwined. This reinforces the need for societal change and aligns with psychological theories emphasizing the susceptibility of one's self-worth to external influences.

The results relating to the significant amount of discrimination that physically challenged adults encounter on every single day, along with the potential consequences of low self-esteem, highlight crucial issues for society comprehension and intervention. The relationship between prejudice and self-esteem emphasizes how society views and personal psychological health are connected. These findings highlight the critical need for campaigns that dismantle discriminatory attitudes and practices in order to promote an environment that is more inclusive and supportive of individuals with a range of abilities. Through acknowledging and tackling the effects of discrimination on self-worth, society can attempt to establish a more just and accepting community for people with disabilities. This conversation highlights the need for group efforts to support tolerance and empowerment for all people and invites reflection on the larger effects of society views on mental health.

Discrimination against individuals with disabilities can have profound and detrimental effects on their mental health, potentially leading to significant distress and suffering. Firstly, experiencing discrimination can result in feelings of inadequacy, worthlessness, and low self-esteem. When



individuals are repeatedly subjected to negative attitudes or treated unfairly due to their disability, it can erode their sense of self-worth and confidence. This can contribute to the development of anxiety, Depression, and other mental health issues. Discrimination can lead to social isolation and a sense of alienation from society. Discrimination can impact access to resources and opportunities, such as employment, education, and healthcare.

**Implication policy**The implications of this research are to develop policies and interventions that combat discrimination, support the well-being of physically challenged adults, and promote their self-esteem. These policies should focus on raising awareness, fostering inclusivity, and providing accessible resources and opportunities. By addressing discrimination and promoting a supportive environment, we can enhance the overall well-being and quality of life for physically challenged individuals.

## Conclusion

The study's discoveries shed light on the complex psychosocial environment experienced by physically challenged individuals, revealing the complicated relationship between every day discrimination and self-worth. Affirming the hypotheses underscores the direness of tending to the every day challenges faced by this bunch to improve their mental well-being. The study's insights extend beyond academic discourse, informing the design of programs aimed at enhancing the overall well-being and social integration of individuals with physical disabilities. By offering empirical data and considering factors such as age and gender, the study contributes to Disability Studies and self-esteem literature, enriching our understanding of these dynamics. However, it's essential to acknowledge the study's limitations and encourage further research to explore additional factors influencing the psychological experiences of people with physical disabilities and assess the effectiveness of interventions in mitigating the impact of daily discrimination.

Overall, the study represents a crucial first step toward a comprehensive understanding of the challenges faced by physically challenged individuals, paving the way for targeted initiatives to improve their welfare and social inclusion.

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