

Self- Concepts of the Visually Handicapped School Age and
Adolescence in El Noor School in Shebin El Kom

Maha. I. Khalifa

Department of Pediatric Nursing. High Institute of Nursing in Shebin El Kom
Menoufiya University

Howayda S. Abdel Hameed

Department of Community Health. High Institute of Nursing in Banha
Zagazig University

ABSTRACT: Self concept is an integral component of the psychological health of the person. To establish the care plans , nurses need to become aware of the problems that may endanger the formation of proper self concept.

The aims of this study are to assess the self concept of the visually handicapped school age children and adolescence in El Noor school in Shebin El Kom. This included the assessment of problems related to self criticism, real self, acceptance of self, behavioral self, physical self, moral self, personal self, family self and social self.

The hypothesis of the study is that visually handicapped children have poor self concept. Results of the study reveal that although there are problems that may endanger the formation of proper self concept, self concept of these children was not extremely poor. Also, school age children had better self concept than adolescence.

The conclusion and recommendations included the importance of teaching parents, teachers and the community, the problems that endanger the formation of proper self concept of the visually handicapped, how to solve them and how to promote the self concept of these children.

INTRODUCTION:

Self concept is traditionally defined as an interrelated perception of self (Obiakor & Stile, 1989). It can be a combination of four components: Body image, self esteem, role performance and personal appearance

(Rubin, 1986). Furthermore, it can include self criticism, real self, acceptance of self, behavioral self, physical self, moral self, personal self, family self and social self (Williamson, 1989).

Body image is a dynamic process related to the individual view of self and to his or her interactions with the internal or external environment). It is composed of actual measurable traits such as height, weight, age, hair, eye colour, muscular strength, or body built and structural components of the body. The second component of body image is the perception of physical, physiologic and psychosocial characteristics. However, the individual's view of a perfect self is the third component. It includes what he or she would like to look like, act like, and be. The next component is how the individual perceives his family or significant others as seeing him or her, which may or may not reflect how they actually see him or her. The final component is the individual's perception of how the culture and/or society views the person (Brill & Kilts, 1980).

In fact, a distortion in self concept will lead to a distortion in body image that may impair the ability to cope with the impairment. Meanwhile, it is thought that the self concept of the visually impaired may be negatively affected because they can not experience a situation fully or learn about the object in its entirety (Hare & Hare, 1977). This may lead to impairment in the ability to cope with the impairment. Consequently, feelings of helplessness, resentment, anxiety, despair, anger, disappointment, being misled and victimized. Moreover, alteration in self concept may also have an impact on the simplest daily living activities. People with low self concept may try to avoid social situations and minimize interactions with others. Also, it can lead to feelings of

worthlessness, lack of self respect, self destructive health behaviors such as overeating, alcoholism, smoking and drug abuse, low school performance and low level of health (Collingwood, 1972, Papenfuss, Curtis, Beier & Menze, 1983, Beck, Rawlins & Williamson, 1984 and Winkelstein, 1989). Furthermore, they may not attend to hygienic needs or keep up their appearance, have little interest in recreation (El Shafiey, 1991).

For this reason, an understanding of how human responses effect on self concept will allow nurses to incorporate this awareness into all aspects of patient care. A holistic approach of nursing care is required because self image is a central concept of the human experience that will indicate the person's general health (Brown, 1988). Therefore, planning for nursing goals must include:

- Describe self realistically, identifying both strengths and weaknesses.
- Verbalize realistic expectations for self based on who he would like to be.
- Communicate his feelings and needs in a way that is comfortable and effective in meeting needs.
- Help clients identify and use personal strengths by encouraging them to express and talk.
- Help high risk clients to maintain a sense of self.
- Establish a trusting nurse client relationship, Promote social interaction.
- Provide specific intervention in some problems.

Although self concept provides the basis for personal growth and healthy development, research concerning the self concept of the visually

