

## **Disability: Causes, Consequences and Rehabilitative Measures (A Sociological Study Upto the People Age Group of 10-60 years)**

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**ABSTRACT:** This paper highlights the causes, consequences and rehabilitative measures among people in general upto the age of 10-60 years. First, disability has various causes some are by birth (hereditary) some are after birth e.g., accident in factories, road accident, building crush, mental tension, exchange of firing etc. Second, disability has significant consequences on individual, family and society. Person of disability feels loneliness: boundless into four walls, economically dependent and medically not treated, unable to work if his/her arm or leg is to be amputated. Socially, their contact becomes limited and psychologically the depression occurs in them. Finally, rehabilitative measures should be provided in the name of disabled persons of all sections of society especially weaker sections, destitute and needy people. In an attempt to study the Causes, Consequences and rehabilitative measures among all strata of society. It examines the impact of different types of disabilities on general population between the age group of 10 to 60 years.

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### **INTRODUCTION**

The loss or impairment of a limb or deformity in one's physical or mental capability is the worst that can happen to a person, whether it is because of nature's foul play or as a result of an unexpected unfortunate accident. Welfare of the disabled and the handicapped is an extremely challenging task and it can be fulfilled only when all the citizen's, voluntary organizations and government realize their responsibilities in this respect collectively. Disability is a cultural construct based on "Ideal or Social Norm" that has been constructed from assumptions of authority in society. This authority is derived from the fact that each person believes others to be comparable to his own self-identity, in this regard there should be a common mould that all types of people precisely fit. These expectations, however, have failed to take into account the fact that every human being perceives the world from a different view-both physically, through their retinas, and socially through their expectations, beliefs and behaviours. The declaration on the rights of Disabled persons stated that the term, "Disabled persons," means "any person unable to ensure by himself or herself, wholly or partly, the necessities of a normal individual and or social life, as a result of deficiency, either congenital or not in his or her physical or mental capabilities". Therefore it becomes necessary to focus upon each individual as a self-defining entity, whose abilities derive from examining their own self-worth without any outside judgment.

### **CAUSES OF DISABILITY**

The causes of disability fall broadly into three groups such as biological factors, genetic or hereditary factor and accidents. These three causes of disability are responsible for disability worldwide. Social and physical causes are also responsible to increasing disability. As for as present scenario is concerned these causes are responsible for the increasing rate of disability. Biological factor's includes immature birth's and general weakness. Malnutrition is also comes in the biological factor as a cause of disability 'Genetic' or hereditary factor,' is another cause of disability. It includes, hereditary passing genes from one 'disable' person to another. It is actually a genetic disease Genes are responsible for disability. No doubt, it is a biological problem but it should overcome socially with the help of social workers. The remaining factor is accidents. Though accident's in machinery, and road accident's many lost their lives and many become disable. Though the efforts of governmental and non-governmental organization (NGO's) it can be overcome and treated effectively.

In some parts of the world, there are social causes of disability, which includes conflict situation. For example, conflict in India and Afghanistan, Iraq, Kashmir and Palestine's, Somalia, internal conflict in different parts of India, Pakistan, now in Arabian countries and African countries. Social conflict proves most devastating cause of disability. Child labor and child abuse, disintegration of family, unemployment etc also come under the category of

social causes. The child labor is in peak in different parts of the world especially least developed nation's of Asia and Africa, and third world countries. It should be ended at all cost with the help of social workers, Govt, N.G.O's and other voluntarily organization to provide them better rehabilitation and economic help can improve their social status.

### **CONSEQUENCES OF DISABILITY**

There has been a significant consequence of disability on individual, family and society. The person of disability feel's loneliness; boundless into four wall's economically dependent and medically not treated, unable to work if him/her arm or leg is to be amputated. Socially, their contact with others becomes limited and psychologically the depression occurs in them. Such people feel cut off from society and they become victim of their own disability. Social workers and other governmental organization's can come forward to eradicate and overcome the impact of disability on the individual. Society should treat them as challenge of their responsibility to help them to overcome from trauma.

If people are affected with any one of a number of disabilities they know how hard it make their life. People need to learn about a couple of basic disabilities and ways to help live with them. Being blind affect's the life of many people throughout the world. This disability is when people cannot see people, will not be able to see or do many of the things they love. Being deaf is a very awful disability. However, this kind of disability has fewer consequences than some of the others. People may not be able to hear they can still with other people via sign language or some speech if they can learn to read lips. The next big disability is being mute, this is where people cannot talk and cannot make speaking sounds. Disabilities can also include genetic disorders, amputated or lack of limbs, and many other things which cause a person not to be able to lead a normal life. Social security disability or (SSD) I is a division of the Federal Social Security Act.SSD encompasses several programmers that provide monthly disability payments and other benefits to disabled workers and their families.SSD benefits may consist of medical coverage of cash payments. The person who is applying for SSD benefits must have a medically determinable impairment This means that the applicant must have a mental or physical impairment or disability that can be medically diagnosed and established by evidence consisting of signs, symptoms and laboratory investigations. Additionally, this disability must have lasted, or be expected to last, at least one year or be expected to result in death. Finally, the disability must result in the inability to work.

Disability has also impact on the family. If any person in a family has one or more than one type of disability, the whole family will be affected. The savings of the family gone for the treatment of this person. The symptoms of poverty are comes in the family slowly. Consequently, one member for the watch, movement and treatment will be attached to the family. Socially, the family affected by disability would not be prosperous and economically sound.

Society can be also affected by the physically challenged families and individuals. Adequate funds should be given and reserved for these disabled peoples and families. The funds which can be utilized for developmental purposes, diverted to rehabilitation of these disabled people's. The government has to improve the medical facilities in health centre's. Government has to revive their policies for the benefits of the disables. Consequently, society is affected by the disable families and individuals. Keeping the above in view, disability has impact on individuals family and society and Govt. must taken the steps to stop the mentally, physically, Locomotors, hearing and other types of disability.

### **REHABILITATION OF DISABILITY**

Rehabilitation is a process by which disabled people no longer depends on others livelihood. As for as rehabilitation of people with disability is concerned, it looks a difficult job to cope with. Many developed and developing nation's are trying to meet the problems for physically, mentally and hearing disability. According to the international webster's dictionary, or article (1) Establishes the right of self-determination and article (2) guarantees that the right, enunciated in the covenant will be exercised by all without discrimination of any kind, Article 6recognizes the right to work which includes the right of everyone to opportunity to gain his living by work, which he freely chooses and accept. Thus, if disabled person who is able to earn his living by working and is in a position to of inequality vis-à-vis others, this would represent a violation of that right. More than 500 Million people 10% of the world's total population suffers from some type of disability. In the majority of countries, at least 1out of ten persons has physical, mental or sensory impairment and at least 25% of the entire population are adversely affected by disability which needs to rehabilitate.

The problem of disability is gaining more and more importance all over the world..The planners of India all very well understand the significance of the problem. The government of India and also the state government framed various policies for persons with physical hearing, and locomotors disabilities:

- (a) Scholarship.
- (b) Job reservation.
- (c) Concessional assistive devices.
- (d) Concession facilities in training.
- (e) Special training institutions.
- (f) Tax benefits.

An apex body of the council of rehabilitation must be opened in all parts of the world particularly in Indian sub –continent. Its aim is to prescribe the syllabi for the various programmes, recognize the training institutions and maintain rehabilitation registers. To further ensure that the resource persons of the voluntary organizations get proper training in the national institutes, organize refresher courses for the in- service personnel of the voluntary organizations in batches.

#### **Rehabilitation centre scheme on district Level**

It has been estimated that maximum number of population resides in villages all over the world especially for developing, third world nations, South-Asia and African countries. However, the services in the government as well as non- governmental sector's are largely concentrated in urban areas. To rectify this anomaly, the International Rehabilitation Welfare, to be stated at district level with the help of (UNO) worldwide especially developing and poor nations of the world which are prone for disability. Keeping in view, the Indian Ministry of welfare stated the District Rehabilitation centre scheme in 1983.

Besides these facilities, the employment training facilities should be opened at all cast. The ultimate aim of every rehabilitated person is gainful employment. A handicapped person who is employed not only becomes productive member of society but also achieves confidence and self respect in the process. For preparing handicapped persons to take up employment and self employment, training in various vocational activity is provided. Training facilities should be available both in the government and voluntary sectors. Other facilities like loans from nationalized banks at concessional rates of interest for the handicapped persons to set up self – employment ventures must be available. The

government must open reservation for vacancies in jobs. Age relaxation in the name of disabled in different departments must be available.

#### **METHODOLOGY**

The present study aims to study causes consequences and rehabilitative measures of disability and the way that they are affected the health of the age group of 10 to 60 years in general.

#### **OBJECTIVES OF THE STUDY**

1. To understand the problems and queries of disabled people in Kashmir
2. To explore the causes, consequences and rehabilitation of disabled people in Kashmir
3. To study the nature, magnitude and dimension of disability in Kashmir
4. To provide the appropriate measures to alleviate this problem

#### **AREA OF THE STUDY**

The area/universe for this study is the Srinagar city in the Srinagar district of the Kashmir valley. As for as the choice of the Srinagar city is concerned as the universe of the study was made because Srinagar is the biggest District in population of J&K and one of the biggest commercial district and prone to disability.

#### **SAMPLE OF THE STUDY**

The respondents for the study were 10 to 60 years of age who responds those who are not in a position to respond their response are based on observation keeping in view it was decided to contact/consult mostly those who are able to respond to get responses by random sampling.

#### **TOOLS AND TECHNIQUES USED**

After the selection of the sample the methods or techniques to be used by the researcher for the collection of the empirical data was selected. Under the peculiar circumstances, created by the type of research/respondents, the method of interview schedule and observation seemed to be the best possible method.

**District wise Profile of Disabled**

S.No.	District	Total	Rural	Urban
1	Srinagar	34844	7255	27589
2	Budgam	15316	13574	1742
3	Anantnag	30781	26813	3968
4	Pulwama	16003	14375	1628
5	Baramulla	45152	37013	8139
6	Kupwara	20809	19821	988
7	Leh	2717	2228	489
8	Kargil	2892	2577	315
9	Jammu	47514	26969	20545
10	Udhampur	22183	19137	3046
11	Rajouri	15119	14409	710
12	Ponch	14130	13118	1012
13	Kathua	12467	10902	1565
14	Doda	22743	21527	1216
<b>Total</b>		<b>302670</b>	<b>229718</b>	<b>72952</b>

Jammu and Kashmir census report 2001.

**Disability in India**

According to estimate made by the "United Nations" that there are 500 million disabled in the world and 400 million disabled in the developing countries. According to the world Health organisations expert committee on disability prevention, estimate about 10 percent of the world population is disabled which impeded or rendered their participation in social, cultural, economic and political life impossible. In India complete statistics of the disabled are not available however, it is estimated that India has 100 million disabled people. The national sample survey of India 1991 estimated that there are 16.15 million persons having at least one or another type of disability, which constituted 1.9 percent at the total population. 74.3 percent persons with disabilities live in rural areas and 1.6 in urban areas. The persons with locomotor disability are largest in number (7.6 million) followed by those with speech and hearing impairment (4.5 million) are then those with visual impairment (4 million).

As a developing third world, India accounts for 75 percent of the total disabled persons of the globe.

Among the causes of disabilities malnutrition, communicable disease, infection in early childhood is the major causes of disabilities. In addition, nutritional deficiency, inadequate or inaccessible health care services, incompatible consanguineous marriage (Swagotra marriages) are responsible for high rate of disabilities in different forms.

As far as caste's is concerned it is quite high in rural areas rather than in urban areas. According to survey conducted by National Sample Survey Organisations indicates that 5 percent and 8 percent of the total number of visually handicapped in rural and urban areas. In case of hearing, 30 percent in the rural areas 28 percent in the urban areas. As regards speech disability, it is 77 % and 67% in the rural and urban areas. The number of persons having locomotor disability (for one lakh population) is estimated to be 828 for the rural areas and 679 for the urban areas. According to a rough estimate, about 3 million persons are added to this section of society every year. Following table shows total number of disabled in India at 21,96,769 which constitute more than 2 % of total population.

Types of Disabilities Disabled in India by types of disabilities	No. of Disabilities	Percentage
Seeing	10634881	48.55
Speech	1640868	7.49
Hearing	1261722	5.76
Moment	6105477	27.87
Mental	2263821	10.33
<b>Total</b>	<b>21906769</b>	<b>100.00</b>

### Disability in Kashmir

Disabled persons are present in all the societies. It not only affects the families of disables but also the dependents. There is hardly any society where persons with disability are not present. This is the fact also in the case of Kashmiri society. The term "Disabled" persons was defined in the declaration as "any person unable to ensure by himself or herself, wholly or partly, the necessities of a normal individual and social life". According to the Jammu and Kashmir persons with Disability Act 1998, Persons with Disability, means a person suffering from not less than forty % of any disabilities.

The society of Kashmir faces acute disability related problem. The entire population of Jammu and Kashmir has been exposed to the man-made disability on account of prevailing conflict situation in Kashmir. There is no confirmed statistics about the total number of disabled in Kashmir. Therefore one has to largely depend on estimates given by different agencies and individual based organisations. According to 2001 census, only 1.38% of the total disabled of India are in Jammu and Kashmir. Around 1.96 % suffer from disability in seeing, 1.03% has impairment related to speech, 1.12 and 0.62 of the total population with mental disabilities resides in the state of Jammu and Kashmir. According to a research study conducted by a Kashmiri sociologist, Dr. Bashir Dabla, there are more than six hundred thousand disabled persons in Kashmir with almost 50% of them having permanent disability. 3,43,632 males and 2,61,708 females with one or other type of disabilities while 4,59,436 among them lived in rural areas and 1,45,904 in urban areas. 3,02,670 persons have total disability while 2,08,713 had disability in seeing followed by 37,965 having disability in movement. There are 24,879 people with mental disabilities followed by 16,956 with disability in speech and 14,157 in hearing the study said. On mental health and movement disabilities, the research said that the figures about movement and mental disability witnessed alarming increase during the decade ending 2001 because of prevalence of violence in the conflict region and its physical and psychological implications.

According to one estimate there are about four lakh (0.4 million) disabled within the state of Jammu and Kashmir. According to a survey of Jammu and Kashmir Handicapped Associations (JKHA) of the 4.18 lakh disabled in Jammu and Kashmir, more than one lakh are conflict victims. According to report for the policy project of the disability knowledge and research (KAR) program, funded by United Kingdom Department for International Development (DFID), Neither the states social welfare Department nor the council of for rehabilitation of widows, orphans,

handicapped and old persons, whom the central and state government created in 1996, can enumerate the total number of children the conflict has crippled so far. The plight of the disabled in Kashmir cannot be expressed in words.

Though a lot requires to be done to meet the challenges posed in the face of ever increasing number of disabled in the state on account of conflict, the impact of which are manifold on the population of Kashmir. Not only disabled but there are orphans, women and children with behavioural disorders, irritability, depression and other forms of psychological disorder. There is not only physical disability, which is the cause of suffering but also mental disability which need to be rehabilitated. The government should form rehabilitation council with a mission to rehabilitate these disabled people. So, there arises a dire need to rehabilitate these disabled persons in Kashmir.

The steps which Govt and NGO's can take in this regard as.

- GOCT and NGO should stabilize economic condition of disabled people.
- Disabled or physically challenged should be provided free medication and expert counselling.
- They should be given skill-based training, and machines should be given to them on which they can work
- Regular checkups should be organised by the NGO's and Govt organisations to ensure their normal life.
- Children of such people should be given preference over the other or equal opportunities should be given to them.
- Society should accept them as apart of the society.

### CONCLUSION

There are many concerns over here in Kashmir, which need dire attention in this regard. As per the observation made by Professor Bashir Ahmad Dabla, sociology Department University of Kashmir, "there have been serious problems in the rehabilitation over the last 20 years. Quoting an example, he argued that disable people come on roads to show their resentment against government apathy towards them. They are beaten by police and arrested. It is tragic and shameful. Organisations should have been established to ensure that victims are given medical support and counselling to help them to lead a normal life."

Govt should have called experts to form such an institute which would be an example in itself



in victim-ridden society. All the latest facilities including machines should be installed in such institutes to help disabled back to normal. Although, social thinkers in Kashmir have realised the concern of various causes and consequences prevalent here but more focus has been laid only on social rehabilitation. Some important issues, like the general areas of disability seems to be neglected. As we know the goals of 'Rehabilitation' as a profession dedicated to healing and care of the disability in a dignified manner depends very much on 'Governmental policies'. In the recent times rapid changes in the rehabilitation delivery system and social climate have resulted a strain of this rehabilitation and its detrimental impact on disabled persons in Kashmir.

The causes of disability need to be studied before rehabilitation. At the same, the consequences of disability on individual, family and society need to be highlighted. So far as causes are concerned, which includes social, physical, psychological and biological come under this category. Social causes includes failure in life, social pressure etc. Physical causes include –road accidents, mines exploded, industrial accidents etc. Psychological includes- depression and psychological pressure and biological hereditary births, malnutrition which needs to be pointed out. Consequently, disability has also consequence on the individual, family and society which must be taken into consideration. Socially individual becomes alone and feel alienated from the society and him/her talent goes misuse. Economically, disabled peoples are on family which need support of Govt help to cope the economical problem. Alone, without the help of Govt the downtrodden family is not in a position to provide facilities for their disabled family members. Special machines should be installed, on which disabled people can work and earn their livelihood. No such effort has been taken by the Govt. There is a need to hammer home the new ideas to Govt, in order to employ disabled in specially disabled designed industries.

There, should be a great role of the government in the rehabilitation of disabled peoples. They should make such policies which will benefit the whole society. Social, psychological, physical and biological rehabilitation has important place in sociology. Not alone government, but also N.G.O's has very important role to play. The cooperation of parents and civil societies cannot be ignored. Not only this 'Philanthropists' and economically sound persons can come forward with vast resources to help the rehabilitation process.

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