



A COMPREHENSIVE ANALYSIS OF THE RESEARCH ON THE RELATIONSHIP BETWEEN PHYSICAL IMPAIRMENTS AND PSYCHOLOGICAL PROBLEMS

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Abstract:

The current comprehensive study was carried out with the intention of gathering data on the level of interest shown by researchers over a period of twenty years in the topic of psychological problems faced by individuals who have physical impairments. Previous reviews that were somewhat comparable to this one were not decided by the literature. Following a set of predetermined guidelines, they employed both computerized databases and physical searches in order to put their viewpoint into practice. The search turned up around 70,000 studies, but of those, only 58 completely satisfied all of the requirements. The results of the analysis indicated a limited research focus on psychological difficulties that are important to persons with physical impairments; nevertheless, the review also highlighted that interest in this area has been growing from 2006 to 2010. Additionally, it was discovered that descriptive, cross-sectional, and qualitative research designs were favoured, and that questionnaires were the primary method for data collection. Samples were taken from both the general population and the athletic community (both male and female). In conclusion, the majority of psychological problems studied focused on aspects of the self and emotions, with less attention paid to aspects of personality and motivation.

Keywords: systematic review, psychological issues, physical disabilities, 1995-2015

Introduction

Physical impairment has a detrimental impact on impaired people's psychological well-being. According to a number of scholars, a person's capacity to engage in psychosocial connections with their surroundings is significantly hampered by physical disabilities (Hutzler & Bar-Eli, 1993). Individual personality patterns and the particular environmental and societal issues they face interact to produce typical psychological phenomena in persons with physical impairments (Hutzler & Bar-Eli, 1993). The function of psychology is fairly crucial given that it seems that physical impairment has a significant impact on the psychological state of impaired persons. According to Olkin (2003), psychology often considers disability to be a rehabilitation psychology specialty rather than a component of standard psychology education. The psychological component has mostly been used in interventions (psychological) involving the transition of handicapped individuals towards a new way of life where he or she may find aid in overcoming potential challenges arising from this new way of life. People who are experiencing disability for the first time cope with stress, changes in their way of life, differences in values, and a variety of problems related to their life experiences.

The connection between psychology and disability is a topic that has scientists' attention. Sherrill and Tripp (2015) have provided the psychological traits of people with disabilities in a typical evaluation of the literature in the field of physical exercise and sports. Self (self-concept, self-efficacy, self-esteem, self-confidence, self-image, and self-identity) and

emotions (stress, anxiety, happiness, and dejection) are among them.

Reviews are a kind of research approach in general, with review studies maintaining a special place among the most extensively studied investigations (Grant & Booth, 2009). A literature review is defined as published material that gives an analysis of current and recent literature using Medical Subject Headings (MeSH).

It is confirmed that systematic review is a research technique that tries to examine study material by using organized and exacting procedures (Gough, Oliver, & Thomas, 2012). According to The Cochrane Collaboration (2005), a "systematic review" is a literature review that is conducted in response to a clearly stated research question and employs systematic explicit methods to find, select, and critically evaluate pertinent research from previously published studies that are relevant to the issue at hand. According to Boland, Cherry, and Dickson (2008), systematic reviews are the "gold standard" for examining the extensive literature on a particular subject since they summarize the results of earlier studies that addressed the same or related problems.

There is the conventional literature review in addition to the systematic. We can say that a traditional review is more subject to bias than a systematic review, including selection bias when only published studies are chosen and language bias when studies are chosen based on their language of publication, such as English, according to Aveyard and Sharp (2011), Gough et al. (2012), and Petticrew and Roberts (2006).

Review studies on disability and psychology often focus on the whole spectrum of disabilities (e.g., Jensen, Moore, Bockow, Ehde, & Engel, 2011). Review studies on particular disabilities, such as physical ones, reveal that academics' attention is only paid to particular populations, such as disabled people who engage in physical activity and sports (e.g., Block, Griebenaauw, & Brodeur, 2004; Sherrill & Tripp, 2015), or non-participants in sporting events (e.g., Kawanishi & Greguol, 2013).

A greater understanding of the cognitive object of study is provided by the non-exclusion of a population by a review in regard to the population's actions. The first reason the current research is significant is because it examines how the biggest minority group in the world—those with disabilities—views publications about disabilities (Shapiro, 1993). Second, it enhances the area of the athletic population, i.e. the work of Hutzler and Bar-Eli (1993), who looked at the psychological advantages of sports for individuals with disabilities, and fills the void in the literature of comprehensive reviews of cognitive psychology in disability in the general population. The construction of a clear understanding of psychological concerns that have been researched in the domain of disability in all populations, for instance, is a research trend that will provide researchers in the field of psychology in persons with physical impairments with further knowledge.

Method

The information used to create the current research design was gathered from studies that included systematic reviews (Grant & Booth, 2009; Petticrew & Roberts, 2006; Saebu, 2010), studies on the topic of physical disability (Freitas, Dias, & Fonseca, 2013; Saebu, 2010), and studies on psychological issues related to disability (Hutzler & Bar-Eli, 1993; Sherrill, 2015; Weiss, 2004).

Search Strategy

Selection of Search Means

According to Petticrew and Roberts (2006), the number of databases or other sources needed for a search varies and is determined by the amount of time and resources available. According to Suarez- Almazor, Belseck, Homik, Dorgan, and Ramos-Remus (2000), at least two or more data bases are needed for a thorough search, along with manual searching in a few well chosen journals. Since electronic searches rely on how well studies are adapted to the data bases in order to minimize errors in search, manual searching in journals is often seen as required. Researchers may be confident in the information they acquire from certain publications when they do a hand search (Petticrew & Roberts, 2006).

Therefore, the technique utilized in the current study's search for published research on psychological concerns in people with physical limitations included the following two key sources: (A) online searches of databases run by computers, such as PubMed, PsychoINFO, and Scholar Google. The choice of these databases is well regarded and offers a thorough overview of research and publications that span everything from psychology to disabilities. This method of searching is consistent with evaluations of the literature that have been done in the past that are comparable (e.g., Hutzler & Bar-Eli, 1993; van der Ploeg, van der Beek, van der Woude, & van Mechelen, 2004). The key words in this study were "physical disabilities" AND "psychology" or "psychological issues", and (b) manual journal searches in Adapted Physical Activity Quarterly, European Journal of Adapted Physical Activity, International Journal of Disability, Development and Education, Archives of Physical Medicine and Rehabilitation, Disability and Rehabilitation, Disability Studies Quarterly, European Journal of Counselling Psychology, Journal of Develo

It is acknowledged that the current analysis narrowed its emphasis to research that has been published in journals since these studies "are cord of an area's scholarships and provide a foundation to understand research trends" (Silverman & Skonie, 1997, p. 300). We should be aware that there are more sources (such as books, conferences, and dissertations) that may further our understanding of physical disability and psychology. However, it is important to keep in mind that not all publications must go through a thorough review procedure, and dissertations are not always readily available (Gilbert & Trudel, 2004). Last but not least, we excluded articles from the current investigation that had been published as conference proceedings or abstracts based on prior suggestions for performing systematic reviews (see Knipschild, 1995).

Study Selection

The following criteria were set to select studies. More specifically articles should:

- (1) Be written in English,
- (2) Be published in peer-reviewed journals,
- (3) Be published within the time period between 1995 and 2015,
- (4) Include individuals of all ages with physical disability or spinal cord injury without pain.
- (5) to include at least one measure on psychological issue.

The quality of life was seen as a psychological problem in the current investigation. Psychology has incorporated quality of life as an outcome metric (Holmes, Bix, Meritz, Turner, & Hutelmyer, 1997). Quality of life is described by the World Health Organization's Quality of Life (WHOQOL) as the perception of a person's place in life within the culture and value system of the community in which they reside as well as in connection to their objectives and aspirations. Life satisfaction, which is regarded as one of the main measures of

quality of life and well-being (Diener, Oishi, & Lucas, 2009), is a component of life satisfaction.

Data Collection

The article copies were collected and evaluated using the predetermined criteria. Sallis, Prochaska, and Taylor's (2000) descriptive and semi-quantitative review technique was used to analyze the publications. The articles were first coded by a number (k), but only as separate sample populations utilized in unit analysis. The sample was further divided into groups based on the journal, year of publication, study design, general and sport population, male and female, and age groups based on mean age.

Data Extraction

These selection criteria for the studies were taken into account, and data extraction based on the titles identified 70.467 studies (51.085 via data base searches and around 19.380 from manual journal searching). Following a review by two reviewers, the majority of the articles (70.381) were deleted because the title or abstract did not pertain to the search. One special reviewer evaluated 87 full-text papers. 29 items were eliminated after the evaluation described above, leaving 58 articles for the final analysis.

Results

Results are presented based on:

- (a) The years of review and journals that published the studies,
- (b) Research designs,
- (c) The way data was gathered,
- (d) The characteristics of samples (population type, mean age, and gender), and
- (e) The psychological issues dealt by the studies.

Publication Year and Journals

However, considering the publications in which the research were published, the results were divided into 4 categories. A deeper glance at the table reveals that over the years 2006–2010, or 34.5% of the twenty years covered by the current study, the researchers' interest in the psychology of persons with physical impairments was strong. The table also demonstrates that despite the fact that many journals have published the studies identified, the majority of studies were published by the Adapted Physical Activity Quarterly (37.1%), European Journal of Adapted Physical Activity (8.6%), Archives of Physical Medicine and Rehabilitation (6.9%), International Journal of Disability and the Development and Education (6.9%).

Discussion

The purpose of the current research was to provide a thorough analysis of the psychological problems that physically challenged individuals experience. The study also sought to identify the topics and trends in research that are most relevant to persons with physical limitations.

The current research discovered 58 articles that addressed psychological problems faced by persons with physical impairments within the context of the literature review. The majority (20) of published research are found in the five-year period from 2006 to 2010, with much less publications identified in the other five-year periods. The overall number of papers uncovered in the current investigation is deemed very low, indicating that researchers' interest in psychology-related concerns for those with physical impairments is quite low. This is surprising given the significant influence that psychological factors have on handicapped

persons. The prior mentions of other academics (such Martin, 2002, 2006) strengthen this. Even though a broad variety of publications have chosen to publish research on the psychological concerns of persons with physical impairments, the journals that have published a sizable number of such studies are fairly few, according to the study's results. This seems to be connected to the few studies that have been found. However, we may take into account that a sizable number of publications are eager to publish pertinent findings.

According to findings on the research design utilized by the studies analyzed for the current study, the descriptive research technique was mostly used at a rate of 72.4%. This demonstrates that researchers sought to examine psychological problems as they emerged in their natural settings at a particular point in time rather than how, when, and why different psychological phenomena arise (Shields & Rangarjan, 2013). In other words, according to Thomas, Nelson, and Silverman (2005), researchers did not express any interest in establishing a cause-effect relationship for the psychological traits of people with physical disabilities.

It was noted that researchers favoured the employment of cross-sectional methods over longitudinal ones within the context of study design. This finding shows that researchers are interested in psychological phenomena that manifest in people with physical disabilities at particular times, but they are not as interested in the causes of these phenomena or how they arise in different groups, such as sexes, ages, populations, etc. A cross-sectional research, according to Heiman (2002), allows for the observation of persons at various ages and throughout various periods of time.

Lastly, the examination of the research methodologies data in this study revealed that researchers preferred quantitative research (89.6%). Through the use of numerical data, quantitative research helps to understand issues like how people with physical disabilities see themselves. Understanding the relationship between empirical observation and the mathematical description of quantitative relations is aided by the measuring process used in quantitative research (Given, 2008). According to Aliaga and Gunderson (2000), quantitative research entails gathering quantitative (numerical) data and analyzing it using mathematical techniques like statistics. In fields of study including psychology, health, and human development, among others, quantitative research is often employed (Given, 2008).

In psychology, the word "personality" refers to problems with the dynamic organization of an individual's moral, intellectual, emotional, and social qualities as they are shown in their social interactions. Through the current study, it was discovered that the researchers under consideration dealt with personality concerns like the identity and personality of people who participate in physical activities like sports. Many handicapped people, according to Poppes, van der Putten, and Vlaskamp (2010), exhibit provocative attitudes. Through the improvement of their efficiency and problem-solving skills, persons with physical limitations may have their behavior better understood and predicted by studying comparable personality traits (Bacanac, 2001).

Goal motivation was yet another psychological problem that was discovered to have been studied. Task and ego, which are connected to various notions of ability and pleasure, are what set apart goal success (Nicholls, 1984, 1989). The results of the current research showed that goal orientation, sport orientation, and motivation environment were all taken into

account while reviewing studies on goal attainment of people with physical limitations. This framework aids in the study of the perspectives that influence how impaired people make decisions and the actions they take to attain goals (Roberts et al. 2007).

Conclusions

Despite the limitations indicated above, the results provide a clear picture of the evaluation of psychological problems experienced by people with physical impairments. With the exception of the period from 2006 to 2010, researchers' interest in the psychological problems of the community under study was regrettably relatively low. Even though it was discovered that several publications included articles that were pertinent to the topics under investigation, the majority of the research were only published in one journal. Descriptive, cross-sectional, and quantitative research designs were utilized to investigate the data used. There was extremely little utilization of an experimental design that included both an experimental and a control group. Questionnaires were chosen above other approaches for gathering data. Ages analyzed included those under 16 years old, 30 to 40 years old, and other samples that encompassed practically all ages. The sample utilized was drawn equally from the general population and the sport population. Although gender was not identified in many research, male-female combinations were favoured in terms of gender. The majority of psychological concerns that were looked at were aspects of the self and emotions, with less focus on issues linked to personality and motivation for goals.

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