

# Social cohesion and its relationship to psychosocial support for students with special needs

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## ***Abstract***

*Quality of life is determined by a person's judgment of his life and the degree to which he enjoys all of the things that occur throughout his life. Regardless of their physical limitations, persons who are disabled in some manner need a good quality of life in order to enjoy their lives and recognize opportunities for personal improvement. People with physical disabilities should be able to live the lives they want with the help of their family, friends, and society as a whole. The goal of this study was to look at the relationship between having social support and having a better quality of life for those who have physical limitations. This study employs correlational and quantitative research methodologies, with a sample size of 67 people. During the data collection procedure, a scale of social support and psychological situations was utilized, and the outcomes of this scale were analysed using product moment correlation. The data revealed a significant positive relationship between social support and psychological states ( $r = 0.634$ ,  $p = 0.000$ ). This link was shown to be statistically significant. That is, an increase in social support would be accompanied by an increase in the number of people with psychological difficulties who have physical restrictions.*

**Keywords:** *Social cohesion, students with special needs, Quality of life.*

## Introduction

Even though persons with physical impairments grow and develop in the same manner as other normal people, the unfortunate reality is that people with disabilities are subjected to detrimental influences and are often met with social rejection from their immediate surroundings (Haegele et al., 2018). This may impose strain on the lives of those who have physical limitations, which can lead to stress and sadness. Physical disability is linked to both physical and mental health due to the fact that the challenges posed by impairments are not just physical but also psychological, which has the potential to impact one's wellbeing. Individuals who have physical disabilities face a variety of challenges throughout their lives as a result of the effects of abnormalities and organ damage. These challenges include difficulties with activities, communication, self-adjustment, social adjustment, self-confidence, learning disorders, skills, and employment. Because of their physical restrictions, people face social rejection, concerns with their health and safety, and emotional issues such as anxiety, loneliness, and reliance (Simanjuntak & Fitriana, 2020). Because people who have physical impairments are often seen to be less capable and because society assumes that they are discriminated against because they lack certain skills, this leads to prejudice on the part of the community.

Health is related to quality of life, which is characterized by a good psychological state. Many physical disabilities have a background in physical health problems, psychological conditions, and social conditions that can affect health; health is related to the ability to function normally in daily life (Jonsson et al., 2017). A person's subjective view of his place in life, in the context of the culture and value system in which the individual lives, and in connection to the individual's objectives, expectations, standards, and concerns throughout his life is what constitutes quality of life for that individual (Wang & Langhammer, 2018). Individuals who are living with physical disabilities can experience a higher quality of life and have hopes and goals for their lives if they have self-confidence, self-esteem, social relationships with the community environment, the ability to live independently without depending on other people, and the ability to live without being dependent on other people.

The level to which a person experiences the potential of the significance of life as it relates to three different domains—namely, being, belonging, and becoming—is what is meant to be meant by the term "quality of life" (Bertelli et al., 2019). Being refers to the fundamental characteristics that make up who he is, belonging to an environment that is suitable for the person, and becoming relates to the objectives, aspirations, and objectives that the individual has. In spite of their physical restrictions, people who have impairments nevertheless need a certain quality of life in order to be able to enjoy life to the fullest, to feel in control of their surroundings, and to sense chances for personal growth and development (Carling & Collins, 2018).

The early years of maturity are a time of transition from the teenage years into adulthood. Adjusting to new life patterns and new social expectations may be challenging, especially during the early years of adulthood, which are known as the "teen years" (Hill et al., 2019). Early adulthood is defined as the years between the ages of 18 and 40. Some of the developmental tasks that occur during early adulthood include beginning employment,

selecting a life partner, beginning a family, raising children, managing the household, taking on responsibilities as citizens, and searching for enjoyable social groups. Physical obstacles are one factor that, when present in early adulthood, might make it more difficult to accomplish developmental activities (Hesketh et al., 2017).

It is possible for a person's existence and quality of life to be negatively affected by factors such as poor health or physical obstacles that make it difficult for them to complete developmental objectives in early adulthood (Corbett et al., 2018). It is generally accepted that those who struggle with physical impairments have a worse quality of life. Negative sentiments regarding one's body image, attractiveness, spirituality, self-esteem, and individual thinking are a major contributor to a poor quality of life. Individuals who have physical limitations may avoid the surroundings, including family gatherings and activities, due to their appearance.

The significance of one's surrounding surroundings and the support they get from their family as major factors in determining one's quality of life when one has a physical disability (Friedman & Rizzolo, 2018). Individuals with disabilities often rely on their families as their primary source of support and social resources. The quality of life of a person with a disability might be negatively impacted, making it necessary for that person to have assistance from their family, friends, and the community (Totsika et al., 2017). People who have physical impairments who are able to acquire social assistance are likely to have improvements in their levels of self-confidence and motivation, as well as in the range and quality of their life experiences, as well as in their general well-being.

They have the potential to live a more fulfilling life if they get social assistance from others who also have physical limitations. People who struggle with physical impairments cannot expect to enjoy a high quality of life without the assistance of their social networks (Newman et al., 2017). Because having a strong social support system is one of the variables that may contribute to a higher quality of life, having a weaker social support system is associated with a worse quality of life. Support acquired from people who have close connections also effects the development of one's health, and the provision of government programs for those with physical impairments influences the ability of such individuals to achieve welfare and a high quality of life.

The objective of this research was to investigate the connection that exists between having social support and having a higher quality of life for those who have physical limitations. It is anticipated that the findings of this study will be able to give information on the quality of life experienced by those who have physical impairments. Additionally, it is anticipated that the findings of this research will be able to provide supplemental data in the context of psychological tests. It is also required of people who have physical impairments that they be able to offer information about the quality of life of other people who have physical disabilities (Jonsson et al., 2017).

## **Methods**

In this study, a quantitative technique is used with a correlational research design. Participants in this research were required to be at least 18 years old and have a physical disability to be included in the population. As for the independent variable (X), which is social support, and

the dependent variable (Y), which is quality of life, both are considered to be independent variables. The method of sampling utilized a purposive sampling approach, also known as a sampling approach based on predetermined characteristics and known in advance based on the characteristics and characteristics of the population being sampled. After that, the data that was gathered is fed into the SPSS calculating software so that it may be processed. using an examination of product moment correlation tests.

## Results and Discussion

Adults with physical impairments ranging in age from 20 to 30 years who were residents of social rehabilitation centres were the participants in this research. There were 67 participants in all that participated as subjects in this research.

Table 1. Subject Description

Characteristics	Frequency	Percentage (%)
<b>Sex</b>		
Male	47	70.1%
Female	20	29.9%
<b>Type of Disability</b>		
quadriplegic	30	44.8%
Blind	31	46.3%
Deaf	6	9%

According to table 1, the age category of subjects that contained the greatest number of people was between the ages of 20 and 26 years old, with a percentage of 14.9%. This was the case for all three ages. While the percentage of people who were 29 years old was the age group with the fewest subjects, it only made up 1.5% of the total. According to the participant's gender, males made up 70.1% of the total number of participants. In terms of classifications of disabilities, the physically challenged and the visually impaired each had a total of ten participants, making the overall number of persons with disabilities equal to thirty.

Table 2. Calculation of Social Support Scale Scores

Social Support	Interval	Frequency	Percentage (%)
High	T>50.00	36	54%
Low	T<50.00	31	46%
<b>Total</b>		<b>67</b>	<b>100%</b>

It is clear from looking at table 2 that the social support scale has an average value of 50.00. This may be deduced from the data presented there. It was discovered that there was a greater amount of social support in the high category among the 67 respondents who had physical limitations. This group included 36 individuals and had a percentage of 54%.

Table 3. Calculation of the Quality-of-Life Scale Score

Life Quality	Interval	Frequency	Percentage (%)
High	T>50.00	37	55%
Low	T<50.00	30	45%
<b>Total</b>		<b>67</b>	<b>100%</b>

It is clear from looking at table 3 that the scale used to measure quality of life has an average value of 50.00. It was determined that 37 out of 67 respondents with physical limitations had a

quality of life that fell into the high category, which corresponds to a percentage of 55%. This finding indicates that these 37 patients had a higher-than-average quality of life.

Table 4. Correlation Test Results

		Social Support	Life Quality
Social Support	Pearson Correlation	1	.634**
	sig. (2-tailed)		.000
Life Quality	Pearson Correlation	.634**	1
	sig. (2-tailed)	.000	

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

According to the findings of the product moment correlation test, which produced a significance level of  $p=0.000$ , it was possible to draw the conclusion that there was a substantial positive link between social support and quality of life in people who had physical limitations. This conclusion was based on the fact that there was a substantial positive link between social support and quality of life in people who had physical limitations ( $p 0.05$ ). This illustrates that the quantity of social help that a person with physical limitations receives is positively connected with the quality of life that they experience. [Citation needed] According to the correlation coefficient, which is 0.634, it has been shown beyond a reasonable doubt that there is a significant connection between having social support and having a high quality of life. A person's quality of life may be improved by a variable amount equal to 40.2% thanks to the contribution of social support.

The data show that there is a significant positive link between social support and quality of life in persons who have physical disabilities, and the degree of significance for this relationship is 0.000, which indicates that the relationship is very significant ( $p 0.05$ ). This is observable by looking at the data that was gathered in the first place. The fact that the correlation value between the quantity of social assistance persons with physical impairments get and their quality of life is 0.634 suggests that there is a positive association between the two variables. On the other hand, the quantity of social assistance that a person with a physical disability receives is inversely connected to the quality of life that they report experiencing. According to the research hypothesis, which states that there is a positive relationship between social support and quality of life and that the quality of life increases in direct proportion to the level of social support; conversely, the quality of life decreases in direct proportion to the level of social support (Ko et al., 2019). In this study, the researchers found that the quality of life increased in direct proportion to the level of social support.

People who are able to receive social support from their families, friends, and other people in their immediate environment are more likely to be able to gain a sense of self-confidence and be able to accept their physical appearance. This is especially true for people who have a physical disability. This assistance may take the shape of attention, compassion, support for guidance, or recommendations that might help these persons cope with the challenges that they are facing (Wilson, 2020). Providing people who have physical impairments with reassurance and the confidence to believe that their impairments do not prevent them from achieving their goals and feeling a sense of fulfilment in their lives, as well as reassuring them that their impairments do not prevent them from achieving their goals. In addition to being able to live

the life that one envisions for themselves and having the ability to communicate with others around them.

People who have physical limitations may have to accept that there are limits to their physical ability, but this does not mean that they cannot have excellent physical health. People who have positive and exalted spiritual feelings and concepts are better able to accept both their own abilities and weaknesses. This is because they have a more balanced view of themselves. One's degree of religiosity has an effect on the overall quality of their life. It is possible that the existence of religious principles will provide a feeling of optimism and hope, both of which may lead to an increase in the quality of life of an individual.

The circumstances in which persons who have physical limitations are placed have a direct influence on the quality of life that these individuals are able to enjoy (Kandel et al., 2017). [Case in point] Because individuals live in an environment that is also referred to as a "place to live," the quality of an individual's life is closely associated with the environment in which they live. This is because people live in an environment that is also referred to as a "place to live." If you choose a place to live that has an atmosphere that is calm, quiet, and pleasant, you may be able to acquire a feel for what it might be like to live in a different location.

People who have physical restrictions may be able to improve their own well-being by, among other things, fostering the growth of their physical abilities and expanding their physical knowledge (Hart & Brando, 2018). It's possible that teaching people with disabilities useful skills and expanding their capacities can help them achieve greater levels of independence and make greater contributions to society. If a person is conscious of the purpose for which they are living their life, then improving their physical and social skills may result in an increase in the quality of life they experience.

Despite the fact that the gap between the high score and the low score was not overly significant, the findings indicated that the participants got a high level of social support, and the participants' quality of life was good. In addition, the findings indicated that the participants' quality of life was good. This article explains that there is a significant number of people who have physical impairments but a low level of social assistance, which results in a poor quality of life for these people. This article also explains that there are a small number of people who have both physical impairments and a small level of social assistance. The outcomes of the study indicated that the contribution of the variable was determined to be 40.2% of the total.

It is known, based on the results of research that has been carried out, that 55% of individuals who have physical disabilities have a wonderful quality of life, and that 54% of these persons have a high degree of social support. This information comes from the study that has been carried out. Despite the fact that they are severely limited in their ability to participate in day-to-day activities, struggle to fulfil social obligations, and face prejudice, people who have severe impairments have positive qualities. These people have positive attributes despite the fact that they face prejudice. People who struggle with physical ailments often have an acceptable or even exceptional quality of life, despite their conditions. They are subject to social shame and isolation as a result of the fact that they are unable to perform the life duties of those who have physical impairments due to the restrictions they themselves have. This is because they themselves have restrictions that prevent them from performing those life duties.

It is very necessary for persons who have impairments to have the support of their families, friends, and the community as a whole. A person's quality of life will improve in direct proportion to the amount of affection and consideration they get from others in their immediate environment.

The severity of a person's physical impairment not only has a direct bearing on that person's quality of life, but it also has a bearing, in a more roundabout way, on that person's overall quality of life and on their own personal perspective towards disability. It is possible for those who have physical limitations to have a worse quality of life due to variables such as negative body image, self-concept, and low self-esteem. A handicap may have a negative impact on a person's health satisfaction, capacity to be independent, ability to work, ability to have children and nurture them, and ability to have children.

It is advised that impediments in social life and the natural environment be removed in order to enhance the quality of life of those who suffer from physical disability. Making it simpler for people with physical impairments to take part in activities at school, with their families, and in their communities is one strategy for reducing the quality-of-life gap that exists between different demographic groups. In the meanwhile, increasing accessibility to social facilities and services is an increase in capabilities that has the potential to meet the needs of persons with physical disabilities and to enhance the quality of life for individuals with physical disabilities. People who have physical impairments may be provided with positive optimism for the future, a sense of well-being, and the pleasure of a life that has been well-lived through the provision of social services such as rehabilitation and social support. These are all things that can be provided to people with physical impairments.

## **Conclusion**

One could arrive at the verdict that the research hypothesis is accurate after doing enough investigation. This suggests that there is a substantial positive association between social support and quality of life with a degree of significance equal to 0.000, which suggests that this relationship is statistically significant. This association has a substantial positive association between social support and quality of life with a degree of significance equal to 0.000. The correlation value of  $r = 0.634$  implies that the degree of social support received by an individual is positively connected with the quality of life achieved by individuals with physical limitations. This is the case even if the correlation value is negative. On the other hand, the quantity of social help that a person with a physical disability receives is inversely connected to the quality of life that they lead. The conclusion that can be drawn from this research is that even persons who are physically restricted may improve their quality of life just by concentrating on the positive parts of their existence. This may result in a life that is both happier and more satisfying for the individual. The significance of support from family, friends, and the community in assisting those who have physical impairments actually assists those individuals in improving their quality of life by providing them with emotional support and appreciation so that they may have confidence in themselves and accept themselves as they are. It is essential for individuals who live with physical impairments to have life goals, and rehabilitation social services may be able to assist these individuals in achieving their aims. As a result of this, there is a need for services and establishments that are able to meet the

requirements of those who are afflicted with physical impairments. It is recommended that researchers in the future pay more attention to the subjects who will be used and are expected to construct an intervention to improve the quality of life in people who have physical limitations.

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