

Resilience in Persons with Physical Disabilities: Role of perceived environment and emotional intelligence.

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Abstract

Functioning and participation of people with locomotor disabilities is limited by various external and internal factors. Though circumstances are same for all, some people are resilient enough to overcome the challenges and excel in life, which in turn indicates that there are some contributing internal factors particularly, person's emotional resources and appraisal of circumstances. In this context this study aims to find out the individual's perceptions about the environment in which they live and emotional intelligence as a function of resilience. Accordingly, 10 non-government organizations working in the State for people with locomotor disabilities were identified and requested to nominate at least five people who are resilient and another five who are vulnerable based on specific description. Thus the sample consists of 100 people with locomotor disabilities including 50 resilient and 50 vulnerable. All the participants were ambulatory, and were in the age range of 13 to 25 years. The participants were assessed with standardized tests of emotional intelligence and perceived environment. Results indicate that the resilient were emotionally more intelligent and had positive perceptions of their environment than their vulnerable counterparts. The results may suggest that positive perceptions coupled with emotional resources help people with locomotor disabilities excel in life despite of disability and environmental barriers.