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**Topic: Psychological Hardiness, Sense of Humor and Mental Health among Physically Challenged Adolescents.**

**Findings :**

Individuals with disabilities encounter practical and social problems beyond those experienced by non disabled individuals. This extra burden may in turn increase the risk of developing mental health problems. Keeping in view the seriousness of the problem of mental health among the physically challenged in particular, the present study was undertaken to assess the mental health status of physically challenged adolescents and also to examine some of its possible correlates namely the psychological hardiness & sense of humor among the physically challenged adolescents. On the basis of review of literature 9 hypotheses were formulated. In this study total 180 subjects were taken purposively from different institutions located in Delhi. Out of 180 adolescent 60 were orthopedically challenged (particularly those with imputed hands / legs or suffering from polio) the other 60 were deaf (those using hearing aid for routine work) whereas the remaining 60 were normal adolescents (at par with the physically challenged in terms of age, socio economic and educational status). In each category of 60 adolescents 30 were males and 30 were females. For accessing the extent of psychological hardiness among the adolescents 30 items Singh psychological Hardiness scale by Singh (2007) was used. Similarly for knowing the extent of sense of humor among the subject 25 items Muthayya's Humor test by Muthayya (1969) was used in the study. 50 items Mithila

Mental health status Inventory by Kumar and Thakur (1984) was also used to examine level of mental health among the all three group of adolescents. The data were collected with the help of questionnaires. Obtained data were analyzed by using Mean, S.D., t-test, 'F' test correlations and Tukey's test. Results revealed that Psychological hardiness was found significantly higher among physically challenged (orthopedically challenged and deaf) than the normal adolescents. Male physically challenged adolescents were found significantly higher than the female adolescents with regard to the psychological hardiness. Sense of humor was found significantly higher among physically challenged than the normal adolescents. Male adolescents of all the three groups were found much higher than the female adolescents on sense of humor scale. Physically challenged adolescents were found to be suffering from poor mental health problems. Females were suffering from more poor mental health than males. Significant correlations were found between Psychological hardiness and mental health for the deaf and the normal groups. However, positive relationship existed for all the three groups. Relationships between Sense of humor and Mental health were also found positive but significant for the normal group only. Positive correlations were also found between Psychological hardiness and Sense of humor among all the three groups of adolescents. None of the correlations were found significant.