

**INFLUENCE OF PHYSICAL DISABILITY ON SELF-ESTEEM  
AMONG ADOLESCENTS IN KIAMBU COUNTY, KENYA**

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## ABSTRACT

Worldwide children and adults with disabilities are prone to having fewer friends, are neglected and experience more loneliness than those without disabilities. This affects their self-esteem. This study aimed to establish how physical disability affects self-esteem among adolescents with different disabilities. The study employed Social Learning Theory as stated by Julian Rotter. The study was based on four objectives which were; To identify terms used to describe the disabled by the society and how they affect their self-esteem, To find out the level of self-esteem of adolescents with physical disabilities; To establish how adolescents with physical disabilities perceive themselves; To identify appropriate coping skills for the disabled to maintain their self-esteem. The research design used was ex—post facto which suited the study since no manipulation of the variables was done. Random sampling techniques were used to establish the validity and reliability of the tools to be used before they were administered to the respondents. The sample size was twenty parents and twenty adolescents with physical disabilities. The target population was two hundred adolescents with physical disabilities and a hundred parents of the disabled adolescents. The dependent variable was self-esteem, independent variable was physical disability and the intervening variables were family background, stigma in society, social support. The study used questionnaires, interviews and focused group discussions as data collection instruments. The data analysis was undertaken using Statistical Package for Social Sciences (SPSS) whereby data was analyzed and integrated using descriptive statistics which enabled the researcher to meaningfully describe distribution of cause using statistics and indices. In measuring the results Rosenberg scale was used to determine the level of self-esteem. The study found out that lack of enough coping skills and use of demeaning terms affect the self-esteem of the adolescents. The research recommends addition of coping skills like a tool which the deaf can raise to show that a person is totally deaf to avoid motor accidents when crossing roads. The results of this research would benefit all people with different types of disabilities and the society as a whole. The ministry of Education would use the findings to improve the facilities in ordinary schools to accommodate the physically challenged.