

## NEGATIVE LIFE EVENTS AND PSYCHOLOGICAL DISTRESS IN ADULTS WITH ACQUIRED PHYSICAL DISABILITY

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### **Abstract**

*The recent study aimed to investigate the relationship between negative life events and psychological distress in adults with acquired physical disability. Purposive sampling technique was used to collect sample of 112 participants from Rawalpindi Hospital. Traumatic Experience Checklist (Nijenhuis et al., 2002) was used to measure the potentially traumatizing negative life events and Kessler's psychological distress scale (Kessler, 2002) was used to check the level of psychological distress were used in this study. Findings of the study suggested that there was a significant positive relationship between negative life events and psychological. Negative life event was significant predictor of psychological distress. The authors conclude that the evidence supports positive psychology interventions in hospital to combat the effects of negative life events through the positive psychological states of optimism, hope, and gratitude. The specific clinical implications for practicing counselors and educational settings are suggested.*

**Keywords:** *Negative Life Events, Psychological Distress, Acquired Physical Disability*

### **INTRODUCTION**

Negative life events are unpleasant, uncontrollable, and generally stressful experiences, which cause negative changes and crucial difficulties in people's lives (Armstrong et al., 2011). They may be sudden and dramatic life-changing experiences such as job loss, which create severe psychological consequences or a global pandemic. Many college students also experience negative life events in their first away-from-home experience, including the death of grandparents, parental divorce, loss of a significant relationship, rape, social upsets, and isolation (Paladino et al., 2020). For example, the COVID-19 pandemic is having a negative impact on the mental health of college students (Copeland et al., 2020). The literature has documented the relationship between negative life events and several psychological issues, including depressive symptoms, anxiety, somatic symptoms, delinquency, insomnia, and social dysfunction (Phillips et al., 2015).

In addition, the stress resulting from the stressors can be a barrier to academic success for college students (Murff, 2005; Nelson et al., 2001). Several research have supported the finding that general psychological distress and reduced life satisfaction are related to negative life events (Kidwai et al., 2014; Marum et al., 2014). In college students, psychological distress also predicts mental health behaviors such as alcohol consumption, unhealthy diet, physical inactivity, tobacco smoking (Deasy et al., 2014), substance abuse (Nordfjærn et al., 2010), suicidality (Campos et al., 2014), and self-injury (Martin et al., 2015).

Psychological distress was also found to be a predictor of poor academic self-perception (Yamada et al., 2014) and academic procrastination (Eisenbeck et al., 2019). However, little is known about the effects of the relationship between negative life events and psychological distress. Understanding this relationship could help us find ways of buffering the stress acquired physical disability individuals are experiencing. Therefore, the aim of the present study is to examine the relationship between negative life events and psychological distress in adults with acquired physical disability.

## METHODOLOGY

The purpose of the current research was to explore the linked between negative life events, and psychological distress with adults in acquired physical disability. The Correlation study method was utilized in the current research that was to explore the linked between negative life events and psychological distress with adults in acquired physical disability. The non-probability purposive sampling method was utilized for the present investigation. The study sample size was defined through G-Power review. The sample size come out to be 100. Furthermore, keeping in view the literature. Sample consisted of 120 participants. There were 79 males and 33 females in adults with amputation were taken from Artificial Limb Centre. Data was taken from Fauji Foundation Hospital (FFH) and Armed Forces Institute of Rehabilitation Medicine (AFIRM) Hospital from Rawalpindi. Participants were recruited on the basis of inclusion and exclusion standard.

*The Traumatic Experience Checklist (TEC)* was developed by Nijenhuis, et al. (2002) was used in the present study. It has 29 items of self-report measure used to evaluate conceivably traumatizing occasions. The study participant was asked whether the events have transpired or not and the total scores contain all out number of positive responses (0-20). The participants are also asked the age at which traumatic experience occurred and how much impact the traumatic. It is consisting of 5-point Likert scale (extending from none = 1 to high amount = 5). Additionally, participants are also asked how much support they received afterwards (0=none, 1=some & 2=good). The authors have reported great inside consistency, test-retest reliability & criterion related validity on traumatic experiences checklist. Alpha reliability of current scale (.83). TEC was a translated by Yaqoob and Sitwat (2015) and was specifically developed for Pakistani population in the Urdu language. The reliability of this checklist was 0.785 which is quite adequate.

*Kessler's Scale of Psychological Distress* developed by Kessler (Kessler, 2002) was used in the current study. It was a translated by Hussain and Kausar, (2014). The purpose to check one's psychological condition and the level of Stress, Anxiety and depression. It is 10 items 5-point Likert scale. All the items of scale measures stress, level of anxiety and depression separately. It's highly reliability and easy to administer scale and have no reverse scoring 5 items of the scale is for the purpose to measure severity and intensity of symptoms over the period of time. Scale has very good reliability (.79-.83) and validity. The Cronbach's alpha of this questionnaire in current research is (.81).

So as to achieve this present study, some ethical considerations was held in mind. Permission was obtained from authors of measuring tools for data collection. Agreement was obtained from the participants and they were assured that the information obtained from them was kept confidentiality. An Information sheet provided to the participant that included all data about the nature, reason, method, length of the exploration and their job as an investigation. Confidentiality of the members was kept up. Participants had assured that their rights of treatment in related health care facilities was not affected for the research process and study participants have an authority to quite the study process whenever.

## RESULTS

The recent research was to evaluate relationship between Negative Life Events and Psychological Distress in Adults with Acquired Physical Disability. The data was analyzed by using Statistical Packages for Social Sciences Version 21 (SPSS-21). The Cronbach's Alpha of the scale was obtained using reliability investigation. The descriptive statistics reveal the value of frequency and percentage of demographic variables. Pearson product moment correlation analysis was carried out to assess the relationship between Negative Life Events and Psychological Distress. Regression

analysis through enter method was used to assess the prediction of Negative Life Events on Psychological Distress.

**Table 1**

*Pearson Product Moment Correlation Between Negative Life Events and Psychological Distress (N=112)*

Variable	1	2	M	SD
Negative Life Events	-	.44**	16.5	8.21
Psychological Distress	-	-	19.5	8.45

\*, Correlation is significant at the 0.05 level (1-tailed)

\*\*, Correlation is significant at the 0.01 level (1-tailed),

M = Mean, SD = Standard Deviation

Table 1 findings indicate that there was significant positive relationship between negative life events and psychological distress. ( $r=.44$ ,  $p < 0.01$ ). Findings showed that the participants who experience negative life events (e.g., loss of beloved one, death of family members, any traumatic experience etc.) had high level of psychological distress in their life.

**Table 2**

*Enter Method Regression Analysis for Prediction of Psychological Distress*

Variable	B	SE B	$\beta$	p
Negative Life Events	.54	.10	.52**	.00
Total R <sup>2</sup>	.197			
F	14.5			

Note: \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

Table 2 using the enter method of regression analysis, significant model emerged the result revealed that the model was indicated a significant predictor ( $p < .05$ ) of psychological distress.

## DISCUSSION

The present study investigated the relationship between negative life events and psychological distress in physical disability. First hypothesis was assumed as there was a positive relationship between negative life events and psychological distress in physical disability. Results of previous study support the hypothesis of correlation, Jackson (1991) conducted the study on neglect life events and psychological distress among young adults. It concluded that there was a negative relationship in negative life events and psychological distress. The adults who faced negative experiences in their life, as a result they become psychological disturbed. The adults with high negative experience were related to higher anxiety and depression.

Another finding as there was a significant positive relationship that exist between negative life events and psychological distress among physical disability (Marum, 2014). Clench (2013) conducted study on age 16 to older about negative life events, psychological distress and life satisfaction, showed a positive relation in negative life events, psychological distress and negative relationship with life satisfaction. Their study showed the tendency to go on psychological disturbance depends on negative life events. In accordance to this study, a study was carried out by Schroder (2017) on anxiety, stressful life events and psychological distress and coping strategies. The individual who had number of negative life events were vulnerable for anxiety, depression and distress had poor coping strategies.

The second hypothesis assumed that negative life events was predictor of psychological distress. Results of previous study support on the hypothesis of prediction. The study focused of predictive power of negative life events to psychological distress the role of the coping strategies. The results showed negative life events had significant impact of posttraumatic growth (Arpawong, 2017). Brabov (2002) conducted study on negative life events and psychological distress the results revealed that negative life events were strong predictor of psychological distress in adults. The current study results also indicate that negative life events were predictor of psychological distress. Another study done by Mosler et al., (2016) result showed that negative life events were strong predictor of psychological distress.

## CONCLUSION

The current study focused on the relationship of negative life events and psychological distress in adults with acquired physical disability. It was concluded that significantly correlated with each other was both positive and negative ways. The current study concluded that participant with physical disability increases psychological distress and lower posttraumatic. Several limitations have been noted in present study. Sample was taken only from Rawalpindi hospitals because there was a short time for data collection. Limited indigenous literature is found on amputation, therefore, most of the Pakistani population did not considered it as a difficulties faced in environment. More work is needed to be done on research. Future researcher can employ qualitative interviews to obtain rich and in- depth information about participants. This study helps to understand the issues of physical disable person and psychologist planed coping strategies for disability, how to deal with their issues and problem. The study helps the society to understand the problems and issues.

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