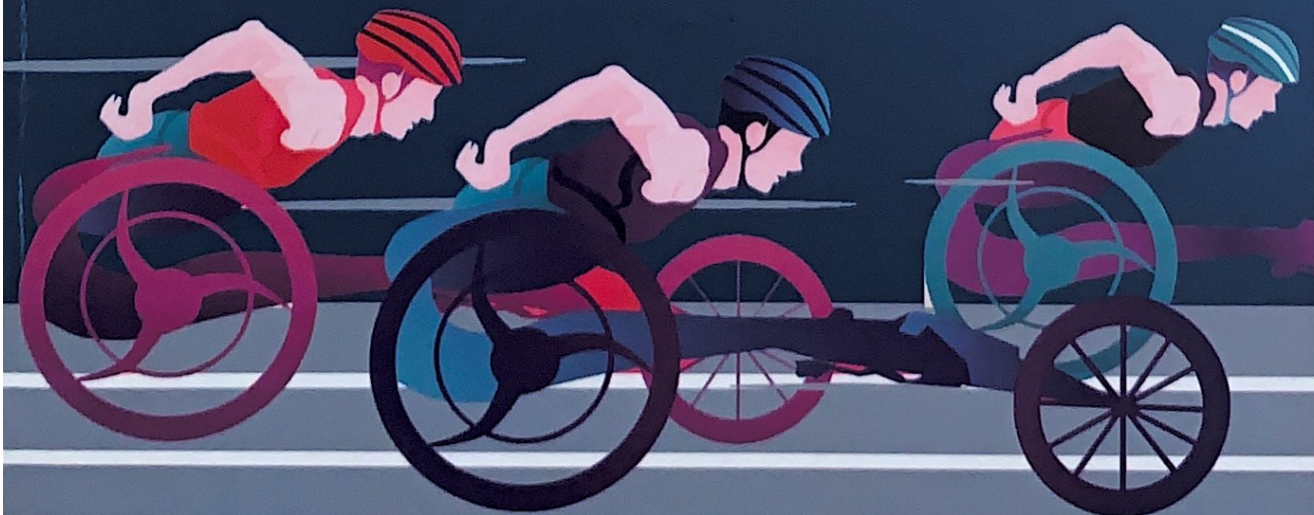


Empowering Persons with Disabilities

A Multidisciplinary Perspective

Editors

Rafidah Aga Mohd Jaladin
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2

Self Esteem Enhancement among Youth with Disabilities

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The word self-esteem has become common in our daily language, and is widely used among professionals such as counsellors, social workers, psychologists, and teachers, as well as non-professionals like motivators and parents. The widespread appeal of self-esteem attests to its importance. It is regarded as a panacea of modern life, whereby not only does it have significant functions in the maintenance of good mental health, but also in the area of health, financial success, and personal fulfilment. Moreover, it is seen as the antidote to underachievement, crime, and drug abuse.

In academic circles, self-esteem is popular and has been studied in many aspects. At one time, it was regarded as a central construct in psychological theory (Tafarodi & Swann 2001). It has inspired a vast literature, especially in the fields of counselling, personality, social psychology, clinical nature (such as anxiety, depression, eating disorders, and substance abuse) as well as in the area of disabilities.

Numerous studies have shown that self-esteem can affect people in various areas of life. In general, people with high levels of self-esteem are said to experience benefits and positive outcomes (El Keshky & Mohammed 2017) as well as perform better in life. People with low self-esteem on the other hand tend to face more difficulties and challenges, according to past literatures.

Similar to persons with disabilities, research indicates that positive self-esteem relates to happiness and helps persons with disabilities to possess better social skills. Low self-esteem in contrast leads to many negative consequences such as social problems (i.e. dropping out

This book highlights the economic, educational, psychological, legal, and social concerns of persons with disabilities (PWDs), and provides various multidisciplinary frameworks to aid in the understanding of the experiences of the PWDs. Chapters explore issues such as empowering PWDs through improving their communication, self-esteem, body image perception, soft skills, career development, mobility and functionality, legal knowledge, and participation in sports (i.e., exergaming). How can you empower PWDs to accept and manage challenges, practice self-advocacy, and reach their career goals and dreams? This eye-opening book has the answers, told with the authentic voices of PWDs and experienced researchers in the field of disability studies. Inspirational stories blended with effective strategies are offered with practical interventions based on latest research. This book will help PWDs to dream big and unlock their full potential. The distinguished panel of contributors includes academics, practitioners, and activists across various disciplines such as counselling, psychology, biomedical engineering, law, communication, languages, physiotherapy, and medicine. This truly multidisciplinary book will be of interest to educators, policymakers, researchers, students, families, self-advocates, and those who work closely with PWDs. This book is an ideal starting point for all those with questions about what constitutes disability and how PWDs can be supported in practice.

#We Care, We Love, We Empower!

