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## VOCATIONAL REHABILITATION FOR THE PEOPLE WITH INTELLECTUAL DISABILITIES

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### ABSTRACT

Intellectual disability is a broad disorder characterized by early onset limitations in intellectual functioning and adaptive behaviour. Genetic and functional studies have revealed a role for epigenetics in the underlying pathology of Intellectual disability. Intellectual disability is a developmental disability and generally refers to substantial constraints in present functioning reflected in inappropriate or immature reactions to one's environment and below average performance in academic, psychological, physical, linguistic and social domains. The sample of the study was 30 male and 30 female students with mild to moderate Intellectual disabilities. The analysis was done qualitatively. It was found out from the study that there were various types of vocational training skills offered for the students with Intellectual disabilities. However, the vocational training skills varied depending on the level of Intellectual disabilities. Rather than considering any type of limitation, vocational training skills should be offered considering the interest of the students. They are having potential to learn if a systematic task analysis and proper training is provided. After all the ultimate goal of the rehabilitation process is the vocational Rehabilitation.

This study aims to explore the importance of vocational Rehabilitation offered for the people with intellectual disabilities in Tiruchirappalli district of Tamil Nadu. The study was an exploratory as well as descriptive

**Key words: Intellectual disabilities (ID), Vocational Rehabilitation, Disability Rehabilitation, people with Intellectual Disabilities**

## INTRODUCTION

Through the Vocational Rehabilitation various skills are learned by the students with Intellectual disability which are essential for their entry into a different full time or part time employment. These skills help the students with Intellectual disability in making them a potential candidate for different employment opportunities as they are capable of meeting the normal work demands, work independently, maintain quality of work and keep good pace of the under taken work. In Hyderabad, among 15 organisations, 90 percent of them are offering Vocational Rehabilitation for the persons with Intellectual disabilities [1]. In other parts of the world for example, Karachi- 55 percent of special schools were providing vocational education and Vocational Rehabilitation opportunities for children with disabilities including Intellectual disabilities and there were varieties of vocational trainings offered for persons with disabilities including Intellectual disabilities [2-10]. People with Intellectual disabilities have the ability to work independently and have a strong work ethic. For the empowerment of people with Intellectual disabilities, Vocational

Rehabilitation is being offered across the countries including India [11-14].

## LITERATURE REVIEW

Though the research it has been found out that in majority of the occupational skills, 70 percent of students with moderate exhibited independent level of work readiness skills and more percentage of male exhibited independent level of work readiness skills compared to female students with moderate Intellectual disability. People with Intellectual disabilities have the ability to work independently and have a strong work ethic [15-17].

## METHODOLOGY

### Study Design

In this study the researcher adopted Exploratory and descriptive study for the purpose of this research.

### Universe and sampling

Universe was confined to the Tiruchirappalli of Tamil Nadu. Sampling strength was about 60 persons with intellectual disability in training.

### Variables

- Age - In this study the respondents were grouped into 3 groups. And the first group ranging from 15-25 years,

second group ranging from 25-35 years, third group ranging from 35-45 years.

- Gender
  - Male
  - Female
- Locality
  - Urban Area
  - Rural Area
- Classification of Intellectual disability
  - Mild Intellectual disability
  - Moderate Intellectual disability

### Description of the Tool

The Vocational Training Skills Questionnaire was developed by the researcher. The tool consists of questions to explore the vocational training skills offered for the people with intellectual disabilities based on the levels of Intellectual disabilities.

### Analysis of data

The analysis of vocational training skills offered for the people with Intellectual disabilities was done qualitatively by calculating and computing the percentage.

### MAJOR FINDINGS

Researcher found that about 40 percent of the trainees with Intellectual Disability were in the age group of 15- 25 years, 20 percent of the trainees were in the age group of 26-35 years, and 40 percent of the trainees were in age group of 36- 45 years. 50 percent of

the trainees were men and 50 percent were women. 83.3 percent were from urban and 16.6 percent are from rural area. 56.60 percent trainees are with mild Intellectual disability and 43.3 percent are with moderate Intellectual disability. From the present study it was found that more percentage of male students with moderate Intellectual disabilities were offered vocational training such as medicine cover making, envelop making, book bending and paper bag making. Whereas, more percentage of female students with moderate Intellectual disability was offered painting, greeting envelop and paper bag making. Further, less percentage of male students with moderate Intellectual disability were offered vocational training such as woollen mat making and screen printing. Whereas, less percentage of female students with moderate Intellectual disability were offered vocational training such as flower pot making and woollen mat making.

Further, no male students with moderate Intellectual disability were offered Vocational training such as chalk making, flower making, tailoring, weaving carpet and embroidery etc. Also, research found out that there is static balance and manual dexterity among persons with moderate Intellectual disability improved from early to late adolescence and decline during adulthood. Research found out that in majority of the occupational skills, 70

percent of students with moderate Intellectual disability exhibited independent level of work readiness skills and more percentage of male exhibited independent level of work readiness skills compared to female students with moderate Intellectual disability. In the other studies it has been found out that majority of the students with moderate Intellectual disability about 50 percent exhibited moderate level of vocational competency in motor skills and more percentage of male exhibited higher level of vocational competency compared to female students with moderate Intellectual disability.

### CONCLUSION

It can be concluded from this study that there were varieties of vocational Rehabilitation training skills offered to the students with Intellectual disabilities in Tiruchirappalli district of Tamil Nadu. The Vocational training offered were depending on the level of Intellectual disability. The maximum type of Vocational training offered for the students with mild Intellectual disability involved was very complex type than for students with moderate Intellectual disability. The maximum percentages of male students with Intellectual disability were involved in complex type of vocational training than female students with Intellectual disability. It should be offered without any type of limitations. The vocational training should be offered based

on the needs and interest of the students. By providing a systematic task analysis and proper training, student with Intellectual disability is able to learn a complex type of Vocational training irrespective of level of Intellectual disability.

### Limitations

- Researcher selected the small number of samples which can have impact on the generalization of results.
- As the data collection was through the interview of parents and teachers there is a chance of manipulation by the teachers to seek the social prestige. Recommendations for Future Studies.

### Recommendations

- There is a need of experimental studies on this topic.
- Researcher recommends the Same study to be conducted on the large sample.

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### Conflict of Interest

I Declared there is no potential conflict of interest with respect to this research study.

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