Coping Strategies of Adolescents Having Sensory Disability in Port Said

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Abstract
The study aimed to identify coping strategies used by adolescents with visual or hearing disability. This study was carried out in two governmental schools for blind and deaf in Port Said, the sample of 75 disabled adolescents. The data was collected using a structured questionnaire and a coping scale to identify coping strategies used by disabled and communication problems with family members and others. Most of blind and deaf adolescents cope with their disability by using problem-focused strategies especially active role. Moreover, more than half of them used day dream as a way of emotional focused coping. The study recommended that schools must have at least one class for sensory disabled children to allow them to interact with other normal children. The nurse can support and participate in the problem-solving process by providing information, discussing alternative choice and assisting disabled adolescents to identify and test possible solution to their problems. Also the nurse must plan and implement rehabilitation program to disabled adolescents and their families about coping strategies to solve their problems.

Key words: Coping Strategies, Adolescents Having Sensory, Disability ,Port Said