

## Self-Concept of the Physically Handicapped in Two Kinds of Twenty Statements Test

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# SELF-CONCEPT OF THE PHYSICALLY HANDICAPPED IN TWO KINDS OF TWENTY STATEMENTS TEST

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As an attempt to understand the real self-acceptance of the physically handicapped, two kinds of twenty statements test( TST) were given to 101 Ss at the same time. In the first type of TST, Ss were asked to state twenty answers in the past tense, while in the second, they must state them in the present tense. All responses obtained thus were classified into three categories of Consensual, Self, and Non-Self. The findings were as follows: 1) Comparing the Consensual responses of two tests, there could be seen no differences of response ratios to the whole response, and also as to their contents was not found any particular discrepancy. 2) With Self and Non-Self, the response ratio of Self in the first type was higher than that in the second, while that of Non-Self in the first type was lower than that in the second. On the contents of Self and Non-Self, some differences that will serve as an important index of mal-adjustment were seen.

## INTRODUCTION

It is often said that what is essentially needed for the rehabilitation of the physically handicapped is to have a real self-acceptance of themselves. The real self-acceptance here means that the physically handicapped recognize their bodily handicaps as they really are. Without the acquisition of this real self-acceptance, it is very difficult for the handicapped to reconstruct their real personalities for rehabilitation. However, it is not easy for us to understand the process to the real self-acceptance of the handicapped, and to find some definite knowledges of it, because this process will not always be consciously experienced by them, and the terminal of the process is uncertain. This may be explained as follows. Due to the bodily diseases they suffer from, the handicapped impose various burdens on their minds, so in their inner world there will be generated such a defense mechanism of their trying to avoid unconsciously to recognize the reality of the disease, for the security of ego is threatened by the recognition of the disease. Phenomenally, the process from suffering to real self-acceptance could be known long after the handicapped seemed to have the real self-acceptance, but it will be difficult to recognize what aspects of conflicts disturb the progress to their real self-acceptance, and what changes of their attitudes produce such self-acceptance.

Of the causes of mal-adjustment of the handicapped, such mental tendency that they are apt to persist in their past experiences, that is, in "the lost" of themselves will

take a very important role. That is to say, the handicapped feel unconsciously a strong resistance in accepting their handicaps as real, for they are apt to evaluate themselves of the present in the light of criteria of the past when they were not ill; therefore they feel various discrepancies as to themselves. From this viewpoint, it is one of the indices of mal-adjustment that a man is particular about himself of the past and that which is lost of himself.

Of special interest for the real self-acceptance of the physically handicapped is the self-concept of themselves. The reason why we have interest in it is that as many psychologists assert, the human behaviors are regulated by one's evaluation, feelings and cognitions of oneself, that is, self-concept. But it is not easy to understand this concept, and there are many approaches to it. Of these ways, TST must be an excellent method in a sense (3). However, there would be a defect in it, because only superficial aspects of self can be understood, and because the response contents obtained by this test are various. This fact is due to the form of expression of TST in which the responses are asked to answer in the present tense. Namely, generally we are not clearly aware of what factors clustered around us have anything to do with us, because these factors are various and complex, and vary continuously. Further, there will be unconscious defense mechanism of trying to avoid such factors threatening the security of the ego. Therefore, it is difficult for a man to answer about himself at the present. On the contrary, as to self in the past, perhaps it may become more easy to recognize it, because those relations which were ambiguous in the past, are acknowledged as some clear ones from the present standpoint. Moreover, if a real self-acceptance has been established, some aspects of the self that were defended for the protection of ego in the past, will be answered without any strong resistance.

#### PURPOSE

In the present paper, it was attempted to get a basic understanding of the self-acceptance of the physically handicapped by clarifying the self-concepts of themselves. On the grounds mentioned in the preceding section, 2 kinds of TST were adopted in the test battery, and they were administered to 101 Ss of the handicapped at the same time. These two tests are different in the tense of sentence description with which Ss state themselves. In the first test (T-1), Ss were asked to describe their statements in the past tense, while in the second (T-2), they were asked to write them in the present tense. The characteristic of the present paper is seen in the introduction of description type of the past tense.

The introduction of statement type of the past tense has two aims. First, this kind of TST may be more accessible to understand the self-concept for the reasons discussed in the preceding section. Second, Ss' state of adjustment may be also known by investigating how much of their mental energy is wasted by their loss or their past experiences.

## METHOD

*Subject:* Ss are those of 3 groups J,R, and K, who are under various rehabilitation services such as occupational or physical therapies and vocational trainings. R is a hospital, therefore its rehabilitation services are restricted only to the medical and physical therapies, while on the other hand, the aim of the rehabilitation services of J and K is to send the handicapped directly to their places of work, accordingly Ss of J and K are almost occupied with learnings of vocational knowledges and techniques concerning the jobs in their daily lessons.

The result of Ss who described less than three statements in each test, were removed from the data, and the data of Ss of resulting sample are presented in Table 1. Their ages ranged from 15 to 50 years, and their mean age was 23.0.

*Procedures:* All Ss were tested in two kinds of TST described below in the order of T-1, T-2.

T-1 I was \_\_\_\_\_  
 T-2 I am \_\_\_\_\_

They were instructed to state in the twenty numbered blanks what images they formed as to themselves, and to write the answers in the order as they occur to themselves and not to think too seriously. And when they thought of nothing to write about themselves in T-1, then to describe it as to T-2, in the same way as in T-1. In TST, it is general to ask the responses of Ss as to the simple question "Who am I?". But when two different tests are adopted as in our cases, it may be desirable to follow the technique of sentence completion test, hence the present study followed it. Testing time was one hour.

Table 1. Subject

( ): female

group \ age	15~19	20~29	30~39	40~49	total
J	(3)	(14)	(1)	(1)	19
R	2 (1)	7 (1)	8	6	25
K	19 (27)	6 (1)	1 (1)	2	57
total	21 (31)	13 (16)	9 (2)	8 (1)	101

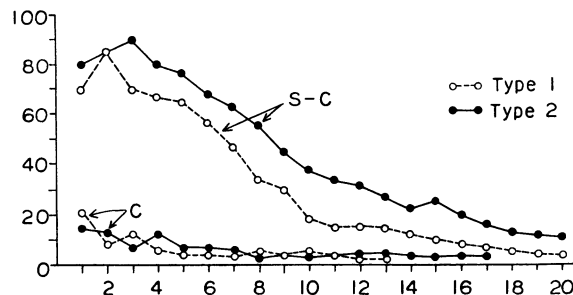


Fig. 1. Comparison of Consensual, Sub-Consensual response numbers between two tests.

In the analysis of the results, such statements whose meaning could not be understood were omitted, and as the criteria for classifying the statements of Ss, those of Dr. Hoshino, M. were adopted.

## RESULTS

Although the response contents given by TST are various, they were classified into about 40 categories in the present study. Therefore, it is undesirable to compare them in each category classified thus, when Ss consist of not so large a population as in the present study. Thus, all responses were first divided into 2 categories: Consensual (C) and Sub-Consensual (S-C), and the latter was further divided into Self and Non-Self. The data were mainly compared in a form of formal analysis of the responses, but if necessary, their contents were under some circumstances examined in detail. The issues on these points will be given in the following sections.

First, we discuss the quantity of response.

### 1) Consensual, Sub-Consensual response

Fig. 1 shows the comparisons of the response numbers of Consensual (C) and Sub-consensual (S-C) between T-1 and T-2. C contains the statements of sex distinction, family relation (birth order etc.) and vocation etc., that is, statements referring to consensually defined statuses and classes, and S-C involves the responses of self and those as to interests, hopes, and needs about the external objects around the person. Now it is known from the figure that there are differences of response numbers between T-1 and T-2. That is to say, the response number of T-2 is larger than that of T-1, and the mean of the former is 9.8, while that of the latter 7.2 per individual. The ratios

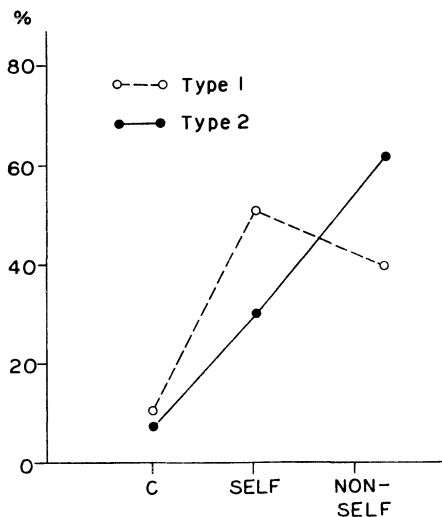


Fig. 2.

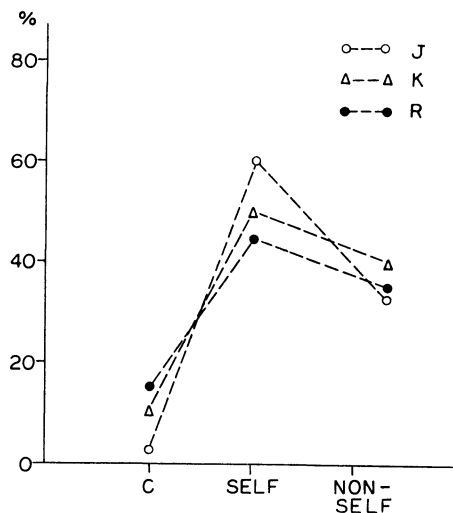


Fig. 3.

Fig. 2. Comparison of percentage of 3 categories between 2 tests.

Fig. 3. Comparison of percentage of 3 categories among 3 groups in Type 1.

of C response to the total in each test don't show any significant difference, but those of S-C in T-2 seem to give a larger score than in T-1. C responses are scanty in each type, and those of T-1 disappear at the 14th.

## 2) Comparison among 3 response categories

As mentioned above, S-C was further divided into 2 subcategories of Self and Non-Self. Self contains those descriptions referring to bodies, characters, attitudes, abilities of Ss, and Non-Self refers to the external objects as mentioned in the preceding section. Next, some discussions are given on these 3 categories.

Table 2 and Fig. 2~7 show the comparisons of those response ratios of C, Self, and Non-Self among 3 groups J, K, and R in 2 test types. As seen Fig. 2, C response shows no significant difference between 2 tests, but as for the response ratios of Self and Non-Self, there are some clear differences between them, i.e., the ratio of Self in T-1 is larger than that in T-2, while the ratio of Non-Self in T-1 is smaller than that in T-2. These differences are significant except C (In Self and Non-Self  $p < 0.05$ , chi-square test). This seems to mean that the statements of TST, if Ss are asked to answer it in the past tense, will be much more concerned with self, while if they are requested to write it in the present tense, these statements will be much more concerned with Non-Self.

Table 2. Comparison of percentage of each category for two tests among three groups.

test group Category	Type 1				Type 2			
	J	R	K	mean	J	R	K	mean
	(%)	(%)	(%)	(%)	(%)	(%)	(%)	(%)
Consensual	2.8	17.4	8.8	10.5	7.0	15.5	6.7	8.2
Self	60.2	43.8	51.8	50.6	33.0	35.4	29.5	31.3
Non-Self	37.0	38.8	39.4	38.9	60.0	49.1	63.8	60.5
real number	108	224	398	730	215	161	596	972

Next, we shall examine the response contents.

### 1) Content of C response

The contents of C response were classified into 15 items. Of these items, according to the degree of the response ratio, 5 items were ranked as follows: sex distinction, student and vocation, family relation, club, and status and rank in T-1, while the same items in T-2 were those about family relation, club, student and vocation, sex distinction, and age.

### 2) Content of Non-Self response

Non-Self responses were classified into 20 items. The items ranked to the 5th in the degree of response ratio were those about amusement, works, companionship, TST, and fostering to Ss in T-1, while the same items in T-2 were those about one's like or dislike, aspiration, hobby, tour, and family. Now, no particular test type

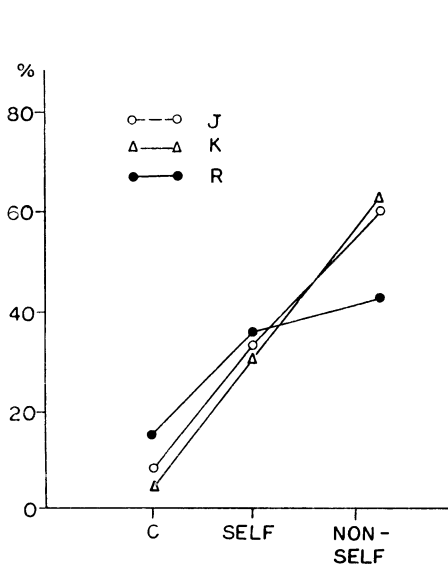


Fig. 4.

Fig. 4. Comparison of percentage of 3 categories among 3 groups in Type 2.

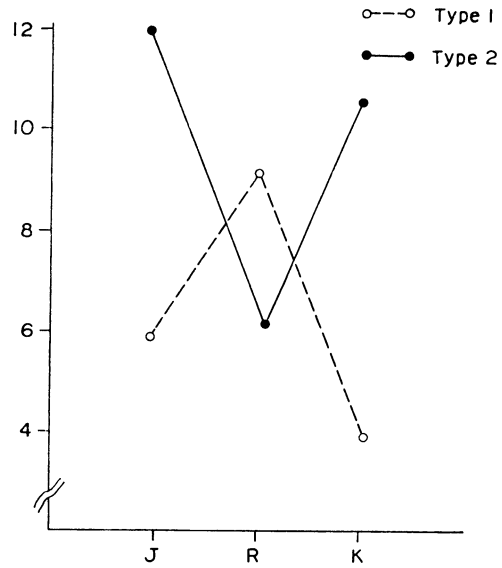


Fig. 5.

Fig. 5. Mean numbers of statements among 3 groups.

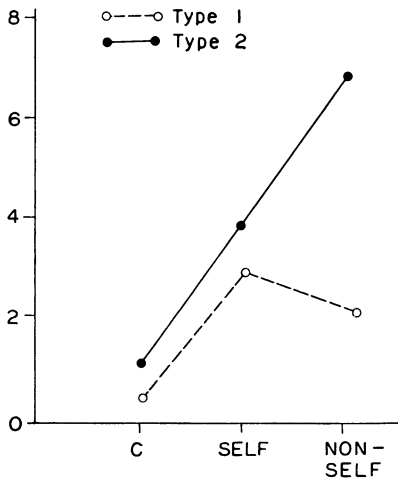


Fig. 6. Mean numbers of statements in group J.

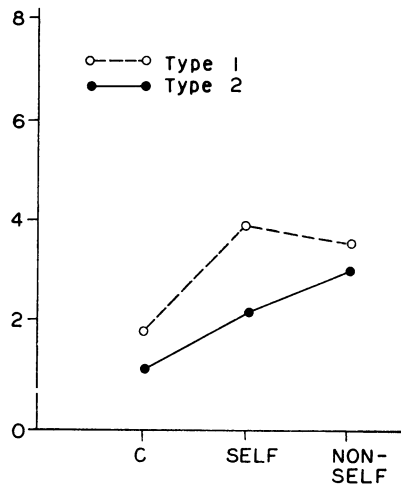


Fig. 7. Mean numbers of statements in group R.

difference could be seen except the increasement of reponse ratio of T-2.

### 3) Content of Self

As mentioned above, it is undesirable to bring the analysis of contents of Self into further finer details, because the distributions of responses of TST are large, and moreover, there are many subcategories in our study. But, we have a particular interests

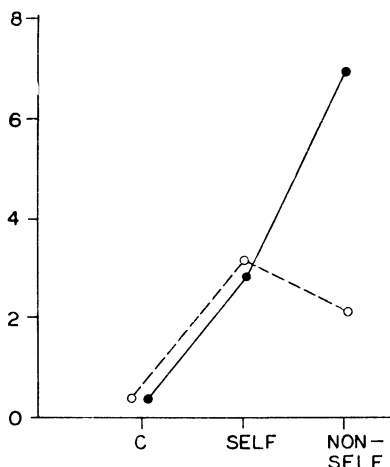


Fig. 8. Mean numbers of statements in group K.

in understanding some basic apprehensions of the self-concept, especially of real self-acceptance, therefore, the comparisons of the contents of Self are discussed in some detail. Now, Self was classified into 5 items. These 5 items are those of a) body b) ability, c) traits and character, d) ideal character, and e) statements of some mental state of Ss.

Let us review the contents thus classified in two tests.

In item a), about the inconveniency of the body were most responses, and further such statements as to the causes of the diseases, the ages of falling illness are in common given in both tests. But, there were some differences of the answers. For example, these expressions that stressed Ss' health before they fell ill, were found in T-1, while in T-2 the wishes of the recovery of the sound body were seen on one hand, but at the same time the cognitions of the impossibilities of realizations of their wishes though they were very rare in number were described on the other. In item b), most Ss stated some inferiorities of their abilities in both tests, but some test type differences of statements could be seen. Namely, the abilities which Ss had in the past were described in T-1, but in T-2 those which they have in the present, are stated. As to c), the response ratios and contents were similar in both test types, and the response ratio of it is the largest of 5 items. All responses of c) refer to the personality traits. In d), especially in T-2, were found such statements that some frailties of personalities were illustrated and then they were making efforts to overcome them as a goal of life, and some their resolutions to serve for other people were stated in a sense of acknowledgment of many kindnesses which they had received. Finally, item e) refers especially to the descriptions on the particular environmental situations of Ss such as lives of sanatoriums, lives under long medical treatments, and the mental state caused by sufferings and further sufferings which continued since then. In this item, it was indicated



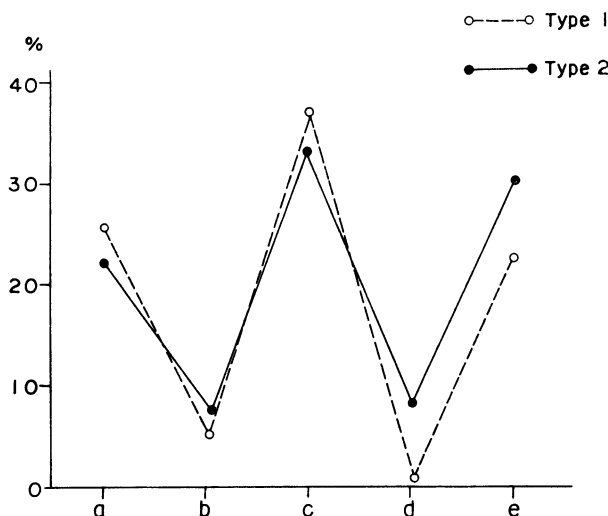


Fig. 9. Comparison of percentage of 5 items in Self between two tests.

that in both tests Ss were unhappy since they suffered from illness, felt always any anxiety, were long under painful medical treatment, and stated it briefly as some introspections of their past lives. In T-2, Ss described still more anxieties than in T-1, but at the same time it was also found that they had got some confidences in themselves and made up their minds to do something by themselves.

We have discussed so far the response categories of two tests both in quantity and contents. To sum up, in the quantity of response, there was no difference in C response between 2 test types, but as for Self, the ratio of response in T-1 is larger than that in T-2. That is to say, all Ss state much on their bodies, characters, and attitude etc., while as to Non-Self, the statements of Ss refer much more to the external objects in T-2 than in T-1. In the contents of the responses of the present study, there was no particular difference among 3 categories of two tests. However, there were some differences that would serve as an important index of mal-adjustment, though they were very rare in number.

#### DISCUSSION

As has been noted, the present study has found the differences of response ratios in the some of 3 categories. That is, the ratio of Self in T-1 is larger than that in T-2, while the ratio of Non-Self in T-1 is smaller than that in T-2. But the present study consists of 3 groups of Ss, therefore it may be a question whether such general tendencies as mentioned above are sure to represent the same tendencies of each group and category intra-test type or not. Thus, with regard to these problems, further analysis was done. The result is shown in Fig. 3 and 4. From the figures, it was also found that the tendencies of the response ratios of 3 categories are similar to the whole

tendency, although in group R, the ratio of Non-Self in T-2 is small as compared with that of J and K. However, significant differences were also found among these 3 categories. That is, C and Self are significantly different respectively at the level of  $p < 0.01$  and  $p < 0.001$  in T-1, while in T-2 the differences of C and Non-Self are also significant ( $p < 0.005$ ). Therefore, there are some group-differences in each category, but these differences are not so large as to skew the whole tendencies among 3 categories.

Now, another question will arise as to whether there is any individual difference of the response or not. The results are presented in Fig. 5~8. The individual difference here means the response number given by Ss. The general tendencies of responses per individual in each group may also reflect a similar tendency to the total response. But as seen in Fig. 5 and 7, in group R, especially in T-2, the response number of Non-Self is small as compared with that of K and J, but on the contrary, the response number of Self in T-1 is larger than that of K and J. Namely, it will be revealed that the characteristic of R differ somewhat from those of J and K. Moreover, as seen in Fig. 5~8, there will be individual differences in Non-Self of both J and K, and also as to Self of R, thus, it must be noticed that such general tendencies mentioned in the preceding section involve some individual differences. One of the reasons of these facts seems to be found in the objective environmental characters of group, R, J, and K. That is, in daily lessons of rehabilitation, Ss of J and K are occupied largely with the learnings or trainings of the practical, vocational techniques, while Ss of R are mainly given the therapies for recovery of their lost or reduced bodily functions by the medical or physical therapies. Therefore, in the latter, the interests of Ss in their bodily or mental state of their own will be reflect on their behaviors, such as the response tendencies of TST in the present study, while the routines of J and K are in vocational training, so their interest is much oriented to the external worlds such as jobs, their futures, lectures and hopes etc., therefore, these will reflect also on the response tendencies shown in the figures.

Next, let us consider the response contents of the present study. From the study, it was found that there are some differences of response contents in terms of test type and that there are no such differences in spite of these test conditions. In view of these facts, we could find a basic understanding to know the real self-acceptance. Further, when we think of these findings referring to the sentence: "Don't attend to the lost", if the mental state of Ss is largely persisted in their past lives or themselves in the past, it will be undesirable for Ss to get a real self-acceptance, and also predictable that it is difficult to expect reconstructs of their personalities. By these findings, it may be reasonable to consider that our hypotheses were in some degrees suitable. For example, it is predictable that group R may be at the more initial stage of the real self-acceptance, because Ss of R persist too much in themselves. However, clinically, it must be understood as a problem of the individual, in what process of the real self-acceptance he is, and in such a case, the findings of the present study will serve

as some clues for the apprehension of an individual. Moreover, it must be also noticed that some various aspects of a person will be bound in a much intricated manner, and they will change dynamically with time from the beginning of suffering illness to the terminal of self-acceptance. The case study is largely needed to clarify these issues.

Finally, let us think broadly of the meaning of the test type of TST adopted here. As we developed our discussions on it only from one standpoint, but the following 3 viewpoints could be considered: 1) Difficulties of objectification of self: As to the self of the present, there will be many environmental factors having influence on self, further the relations between these factors and self are not certain. On the contrary, the relations between such environmental factors and self in the past are apt to be introspected very clearly. Therefore, in the past type of TST, more responses of self are produced than those in the present test type, while in the latter type there appear more statements of the external objects than those in the present type. 2) Defense mechanism: It could be also considered from the defense mechanism of self with respect to the results of the present study. That is, it is unpleasant for the security of ego to observe these factors objectively that regulate the self of the present, especially when any handicaps are impose on us, accordingly, the unpleasant things are avoided unconsciously by ego. However, as to the self of the past, there needs no such defense, because a conclusion has already been produced as to the self from the present standpoint, hence the more answers of self appear in the past type of TST. 3) Characters of the concept of "present" and "past": A third standpoint is explained in terms of the concepts of "present" and "past". That is to say, the concept of "past" has the force for us to introspect into self, while that of "present" has the function of directing us to treat something external around us. Of these viewpoints, we take the first standpoint, but it is necessary to think from the second, especially in clinical psychology. Case study is also needed to clarify these issues.

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#### ZUSAMMENFASSUNG

Um die Selbst-Anschauung des Körperfehlers zu verstehen, wurden gleichzeitig an 101 Vpn. zwei Arten 20 Darstellungen Teste angestellt. In dem ersten Test, wurden 20 Darstellungen in der vergangenen Zeitform beschrieben, in dem zweiten aber wurden diejenigen

in der gegenwärtigen Zeitform dargestellt.

Alle Antworten wurden in 3 Kategorien von 'Consensual', Selbst, und Nicht-Selbst eingeteilt.

Aus den Versuchsergebnissen folgt: 1) Im Vergleich mit sowohl Reaktionsproportionen wie dem Inhalt auch von 'Consensual' in zwei Testen, gibt es keinen besonderen Unterschied. 2) Über Selbst und Nicht-Selbst ist zwar die Reaktionsproportion von Selbst in dem ersten Test grösser als diejenige von Nicht-Selbst in dem zweiten, in dem ersten Test aber ist die Reaktionsproportion von Nicht-Selbst kleiner als diejenige in dem zweiten. Und in den zwei Kategorien gibt es keine merkwürdigen Differenz in dem Inhalt, aber gibt es einige Unterschiede, die als Anzeiger von Nicht-Adaptierung nützlich sind.