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# The Strength of Across Physical Disability: A Study

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**Abstract:** *This research is glaring in human and his problem those they have face in their life. This collection source is from books internet & field visits and more than this some behalf my own thoughts and experience those I face in my life on some points. The reason of this paper is that I am 60% Physically Disabled person but doing my all work to my own very disciplinary with comparison of totally fit people's. Here I am explaining to understand the relationship between the inspiration and impact of disability on the body of a person. The purpose of this study was to examine the differences in character strengths for people with disabilities. Disability is those things that fend people with detriment from functioning properly in the whole society. Many studies infer that disabilities can happen at since birth but in sometimes it's depends some cases, disability is acquired later in life. Common disabilities include physical monstrosity that affect the upper and lower limbs, manual deftness problems, incapability to coordinate body organs and others and rather than this so many types of disabilities like- Visual, Hearing, Mentally, . But in my words disability is a mind power game when your will power is strong you can convert your disability into your ability, and when you think like that, that time you will be the most powerful person in this world.*

**Keywords:** *Disability, Emotional Disabilities, Positive Psychology, Chronic Condition*

## I. INTRODUCTION

We found in so many study on the power of Across Disability has some remarkable results. A study conducted by a group of researchers from across the world has found that persons with disabilities possess a unique set of skills and strengths that enable them to succeed in various fields. Whether it's in education, employment, or other areas of life, this research shows how people with disabilities benefit from their courage—and it's not just physical strength or mental acuity that sets them apart. Here it is not very easy to specify which age group suffers more from physical disabilities. So many people are facing this problem it can impact their life cycle how many things they can face at any point in their journey. Living in this society, he cannot even express how much anyone teases him, pressures him and takes advantage of him. Disability can be experienced as any condition that prevents a person from performing certain activities or makes it more difficult to obtain one or the same rights. Disability can be due to any number of reasons. A disability may be present from birth or may be acquired during a person's lifetime. Historically, disabilities have so far only been identified through statistics. In earlier times, disability has also been seen as a divine form, if someone had any disease or problem, it was assumed that it was the result of some wrath of the Goddess. Gradually, as time changed, then people accepted the advice of doctors that it is not due to divine outbreak but because of any special weakness in the body parts which we can identify by reason like polio or physical weakness. According to WHO and our country statistics, about 15% of the world's population lives with some form of disability, that is, 1.3 billion people with a disabled, of whom 2-4% experience significant difficulties in working. Global disability prevalence is higher than previous WHO estimates, which date from the 1970s and suggest a figure of around 10%. This global estimate for disability is increasing due to the aging of the population and the rapid spread of chronic diseases, as well as improvements in the methods used to measure disability. Apart from this, disability can also happen due to any social or economic accidents, which can be seen at any time in our life, its time is not fixed. Disabled person need to know their strength that how they can live in this world and how to live life among all of us. When they realize the power of their ability, they can easily convert it from disability to their ability. Read on to learn more about how disability is actually strength in many cases.

## II. METHODOLOGY

In order to study the strength of across disability, the research team used a variety of methods. Data was collected through interviews with disabled people, their families, and service providers. The team also conducted focus groups and surveys.

The data collected was analyzed using a mix of qualitative and quantitative methods. This allowed the team to understand the experiences of disabled people in a deeper way, while still being able to identify patterns and trends.

Overall, the study found that disabled people are incredibly resilient. They have found ways to adapt and thrive in spite of the many challenges they face. Disability also affects a lot in the tasks related to our daily life or should say that it also affects in doing daily activities smoothly.

Are, such as eating, dressing, eating, driving or doing any other work, walking, speaking. Disabilities are determined by a person's ability to perform activities of daily living. And plays an important role in establishing the division between 'able bodies' to do any work. This is a testament to the strength of across disability.

### III. TYPES OF DISABILITY

Physical disabilities are mainly of two types: muscular-skeletal disability and neuro-muscular disability. Despite by firm inability to perform specific activities involving demeanor of body parts due to blemish of brawn or bones, diseases or degeneration, and incapability to control affected body parts due to degeneration or deformation of the nervous system is.

- 1) Deafness
- 2) Blindness
- 3) An Intellectual Disability
- 4) Autism
- 5) Cancer
- 6) Cerebral Palsy
- 7) Diabetes
- 8) Epilepsy
- 9) Multiple Sclerosis
- 10) Muscular Dystrophy
- 11) Major Depressive Disorder,
- 12) Spina Bifida,
- 13) Bipolar Disorder,
- 14) Post-Traumatic Stress Disorder,
- 15) Obsessive Compulsive Disorder and Schizophrenia
- 16) Polio
- 17) Strokes
- 18) Head injury
- 19) Spinal cord injury
- 20) Loss or Deformity of Limbs
- 21) Osteogenesis Imperfect

### IV. RESULTS & DISCUSSION

According to the study, people with disabilities are more likely to find employment opportunities and earn a higher wage when they are employed in an integrated setting. The study found that people with disabilities who work in an integrated setting are more likely to have a job that is closer to their ideal job, and they are also more likely to earn a higher wage.

In our society, people with disabilities are often viewed as a group that is in need of help and pity. This study sought to challenge that perception by looking at the strength that exists within the disabled community. The study found that people with disabilities have a number of strengths that can be harnessed to create positive change.

First, the study found that people with disabilities are incredibly resilient. They have to be, in order to navigate a world that is not always designed with their needs in mind. This resilience can be an asset when it comes to problem-solving and creating change. Second, people with disabilities are often very strong advocates for themselves and their communities. They know first-hand the challenges that come with living with a disability, and they are passionate about making things better. This advocacy can be a powerful force for positive change.

Finally, the study found that people with disabilities are often natural leaders. Because they have had to fight for their own rights and needs, they are often well-positioned to lead others in doing the same. This leadership can be vital in creating lasting change. The disabled community has a lot of strength to offer society as a whole. Disability is viewed as a problem of the individual through medical practice, which understands that it can be due to any reason and can only be cured by the individual's care or treatment or medically managed. Disability is not the specialty of any one person but it is a form of socially generated difficulties which create a different attitude for such people to live in the society. Therefore, it is the responsibility of the society itself to create such conditions in the society in which it should come as an inspiration for the disabled person and not put them in any trouble. It is important to recognize this strength, and to work together with people with disabilities to create a more inclusive world for everyone.

## V. CONCLUSION

This study has shown that people with disabilities have a lot of untapped strength and potential, which can be used to help them lead more fulfilling lives. Although they still face many obstacles in life, their courage and resilience should not be underestimated. With the right support, people with disabilities can move mountains and make valuable contributions to society. It is believed that a person with physical disability is constrained by his physical ability to walk independently, bathe, defecate etc. But on the other hand it is also true that what if those who really want to do something don't? Everything can be done if the will power is strong. So we can clearly say that having physical weakness does not mean that the world has ended here. Many people live with physical disabilities. He does all the work that a common man does. They live their life smoothly on their principles and do all the other things well to run their life. Sometimes we also get to learn a lot from those people that no matter how hard they try, be it studies, jobs, marriages, family care, they keep moving forward in every field. We should appreciate their efforts and forward them with the thought that if they need us in any field then we should help them as a good citizen. We should also understand their rights and this class should also get the right to equality whether it is related to any work, job, education, food, goods, travel or any other category. In today's era, the competition in every field has increased so much that everyone is competing to outdo each other and if seen on the basis of disability, the government has been able to give them only 3% reservation, which is challenging for them. . For groups with disabilities, the government also has a system that includes disability benefits, or disability pensions, which are a major type of disability insurance provided by government agencies to people who are temporarily or permanently out of work because of a disability. are out of Unable to do. Those who are unable are provided. It is applicable in every country and its benefits and arrangements are also given in different forms in every country. Ultimately, we understand that we have done our best to explain all the facts and we hope that this research will raise awareness of the power of all-disability communities to support each other in overcoming adversity. will help to increase. Will easily understand how it is necessary.

## VI. ACKNOWLEDGMENT

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