

Abstract

The purpose of study was to determine the relationship of self-concept on social exclusion and mental health in blind university students. Quantitative research design was used in this study, in which a correlational research design was used to study self-concept, social inclusion and mental health in young adults with visual impairment. Sample of the study was consisted of 150 participants. The age range of the participants were 18-24 years. Purposive sampling technique was used for the collection of data of visual impaired participants. The participants with visual impairment were taken from different universities of Lahore for the study. Multiple analyses were performed on the data i.e. independent sample *t*-tests, one way ANOVA, correlational analysis and multiple regression analysis. The results suggested that Mental health has a highly significant negative correlation with Psychological Distress, and a highly significant positive correlation with Self Concept, Psychological Distress has a highly significant negative correlation with Social Relations, Social Acceptance and Self Concept. The results of multiple regression analysis studied the impact of mental health, Psychological Distress, Social Isolation, Social Relations and Social Acceptance on Self Concept among Visually impaired individuals. The results showed that the predictors explained 70% variance in outcome variables.

The results of independent sample *t*-test showed that statistically significant mean difference between Visually Impaired Individuals from Public Institution and Private Institution on Psychological Distress. Findings from Public Institution Visually Impaired individuals showed significantly higher scores on Psychological Distress as compared to Visually Impaired individuals from these institutions.