

Abstract

The present study explored the association between Rumination, Self-silencing, and Mental-health in handicapped university students. The sample consisted of 104 disabled students taken from various NGO's and government and private universities. Data was collected in two phases a) online b) by hand. In first phase snow ball sampling strategy, while in second phase non-probability purposive sampling strategy was used. It was hypothesized that a) rumination, self-silencing and mental health will be significantly related to each other in handicapped university students, b) rumination and self-silencing will significantly predict mental health, c) rumination, self-silencing and mental health are likely to exhibit gender differences. Ruminative Response Scale (RRS) (Hoeksema, 1998), Silencing the Self, Scale (STSS) (Jack, 1991), and Mental Health Inventory (MHI) (Veit & Ware, 1983) were used for assessment. Results revealed that rumination, self-silencing and mental-health were significantly correlated with each other. Rumination positively predicted psychological distress subscale of mental health inventory while negatively predicted psychological well-being subscale. Externalized self-perception subscale of silencing the self, scale positively predicted psychological distress while silencing the self, subscale positively predicted psychological well-being and divided-self subscale negatively predicted psychological well-being. Females were revealed to ruminate more frequently. The study will help teachers and policy makers of universities and other educational settings in which disabled students' study along with normal students to provide them more supportive and cooperative environment.