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Abstract

The purpose of this study is to determine the adjustment process that the paraplegic persons underwent after they have been disabled. Specifically, it sought to answer the following questions: (1) What were the changes that a selected group of paraplegic underwent during and after the accident using the following dimensions: biological, psychosocial, sociocultural, transpersonal and what were the coping mechanisms the selected group of paraplegics used in the course adjustment processes without the aid of the institutions.

The researchers believe that it is necessary for every individual to be aware of how paraplegics adjust rather than to be ignorant about the fact that they (normal people) could be of help to the paraplegics by means of showing sympathy and giving support rather than leaving them to the care of institution alone.

The method used is descriptive in nature wherein a case study of five paraplegics was made. The case studies made use of thorough, in depth interview guide to secure the possible result.

The study involved five male paraplegics, with a mean age of 34, who have accepted their disability and who have adjusted without the aid of the institutions. In making this study, the researchers were intrigued on how the paraplegics adjusted alone without the help of the professionals. Since the researchers are all inclined in sports and active in their lives, they were inspired to make a study concerning the paraplegic's painful adjustment by their own by providing information based on the paraplegic's point of view.

Findings revealed that the paraplegic, in general, needs that they are useless. They can still be of value in a way that they can do something beneficial even they are paraplegics. The Psychosocial aspect was pointed out as the key to their adjustments. All of the respondents in this study have shown that this dimensions was the major factor for accepting what they are and in the process



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made them accept their new way of life. Also the Psychosocial dimension paved the way for the paraplegics to regain their confidence to do things naturally and gain back their belief in God, their optimistic view in society and do things which are useful and of help to the society they lived in.

