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KEYWORDS	ABSTRACT
Subjective Wellbeing, Social Support, Resilience, Sensory Impaired Individuals	Sensory impaired individuals often face mental disorders which threatens their psychological wellbeing. This research explored subjective wellbeing, social support and resilience among sensory impaired individuals. Cross-sectional research design along with quantitative research methodology was utilized. Sample of 50 individuals was recruited through convenience sampling technique. Individuals with mild sensory impairment and both genders were enlisted as sample. The participants with severe impairment were excluded. The self-developed standardized scales were utilized for the data collection. Both descriptive and inferential statistics were used for analysis of data. Results revealed that there is positive correlation between subjective wellbeing ( $R=.712, P=.000$ ) and social support ( $R=.487, P=.000$ ). While positive correlation was revealed amid resilience ( $R=.282, P=.000$ ) & social support ( $R=.485, P=.000$ ). The outcome of linear regression analysis, elucidated by an R-squared value of 0.596. The research findings show a significant influence of social support & resilience on subjective wellbeing of sensory impaired individuals, fostering deeper comprehension on their inter relation.
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## INTRODUCTION

Individuals with sensory impairments confront numerous challenges in navigating daily activities, managing emotions and preserving confidence in their lives on Earth (World Health Organization, 2023). Despite these obstacles, many demonstrate the resilience and substantial personal growth, underscoring the pivotal roles of the subjective wellbeing, resilience, and social support within this population. The resilience, defined as the ability to navigate challenges and recover from adversity

(Connor & Davidson, 2003), plays a critical role in lives of individuals with sensory impairments. They draw on personal strengths to manage difficulties and maintain the wellbeing despite their limitations (Brown, Hoyer & Shevlin, 2015). Balancing personal roles and societal responsibilities is dominant for them (Krause, Borchardt & Haase, 2014). Integration of modern innovative gadgets raises question of whether they enhance resilience/ contribute to isolation of these individuals from broader community (Kearney, Fitzpatrick & Clarke, 2019). The prevalent adoption of technology holds the significant implications in this context can help individuals cope with the challenges they face due to their impairment. The negative social behaviors and discrimination can greatly impact wellbeing, resilience, and social support networks of individuals with sensory impairments (Connor & Davidson, 2003).

Understanding the intricate interplay among subjective wellbeing, social support, and resilience in this population is crucial for designing effective interventions and support systems (Kearney et al., 2019). The research underscores specific factors influencing subjective wellbeing in individuals with sensory impairments (Kearney et al., 2019), explores that how social support fosters resilience and enhances subjective wellbeing (Hirsch, Moss & Gillespie, 2017), and offers strategies to strengthen support networks for this population (Krause et al., 2014). These insights are pivotal for developing targeted treatment plans & awareness initiatives that promote resilience and subjective wellbeing (Brown et al., 2015). Social support networks play a crucial role in enhancing subjective wellbeing (SWB) (Cohen, 2000). The research led by Abbas et al. (2023) reveals that social support acts as a predictor for subjective wellbeing. Family, friends, and others offer emotional, tangible, intangible support, aiding individuals with sensory impairments in daily tasks and fostering networks (Hirsch et al., 2017). These networks empower individuals to utilize coping strategies, foster resilience, and enhance SWB (Krause et al., 2014). Individuals with sensory impairments who lack suitable support from family and friends may skill greater challenges in keeping SWB & steering social interactions (Brown et al., 2015).

This hypothesis invites further exploration and discussion for quantifying as well as defining what constitutes sufficient social support remains a challenge (Hirsch et al., 2017). The type and nature of support, whether emotional, tangible, or intangible, are critical considerations with the significant implications (Hirsch et al., 2017). Thus, the cultural norms also significantly influence social support dynamics. Similarly, the variations in cultural expectations, traditions can impact the design and implementation of interventions tailored for different populations (Kearney et al., 2019). Subjective well-being encompasses an individual's overall sense of happiness, contentment, and fulfillment in life (Diener, Suh, Lucas & Smith, 2009). For individuals with sensory impairments, achieving SWB involves adapting to new ways of experiencing the world and overcoming environmental and social challenges (Kearney et al., 2019). The unique issues associated with each type of disability can pose difficulties in making the valid comparisons (Kearney et al., 2019). In this linking, the data collected directly from the individuals may be susceptible to biases stemming from the personal opinions and cultural influences (Diener et al., 2009). There is an ongoing debate regarding whether the personal perceptions or objective measures such as income or health can more accurately reflect well-being (Cohen, 2000).

## LITERATURE REVIEW

The existing body of research on the sensory impairments provides valuable insights into the daily experiences and challenges faced by individuals with various types of sensory disabilities (Kearney et al., 2019; Brown et al., 2015). Literature has extensively explored issues such as vision loss, hearing loss, and other impairments, offering tailored information on unique difficulties and circumstances of each individual (Hirsch et al., 2017). Studies consistently highlight the crucial role of robust social support networks in fostering resilience and enhancing subjective well-being among people with sensory impairments (Cohen, 2000; Hirsch et al., 2017). Interventions aimed at strengthening social support have shown positive impacts on well-being outcomes in this population (Brown et al., 2015). Still, there remains a gap in literature regarding less recognized sensory impairments like anosmia or taste disorders that warrant further research attention (Brown et al., 2015). Also, existing research predominantly reflects Western contexts, emphasizing need for studies across diverse cultures and socioeconomic backgrounds to ensure relevance and applicability of findings (Kearney et al., 2019). The researchers are keenly interested in understanding the precise mechanisms that social support contributes to increased subjective well-being & resilience in individuals with sensory impairments (Hirsch et al., 2017).

The strategies from positive psychology are being employed to develop interventions that promote resilience and enhance subjective well-being (Brown et al., 2015). The recent trends also highlight a rising focus on empowering individuals with sensory impairments to actively engage in addressing their own needs and desires (Krause et al., 2014). This shift underscores importance of personalized approaches in research and intervention strategies. Longitudinal studies are backed as the optimal method to observe, measure changes in subjective well-being, social support, and resilience over time, facilitating a deeper understanding of effectiveness of interventions and treatments (Krause et al., 2014). In conclusion, as per the knowledge of researcher least literature is available with current constructs for measurement of association, by conducting rigorous research that addresses current gaps, includes emerging trends, effective interventions and support strategies for individuals with sensory impairments can be developed. These efforts aim to improve physical and mental health outcomes, allowing this population to lead satisfying lives. The bond amid resilience, social support and subjective well-being among individuals with mild sensory impairment can be a crucial area of study, as understanding these relationships can help improve quality of life & support mechanisms for these individuals.

## RESEARCH METHODOLOGY

The cross-sectional research design with the quantitative research approach was used to check the association among the subjective well-being, social support and resilience in the sensory impaired individuals as used in study in order to examine the existence of potential association among these research variables.

### Sampling Technique / Size

A sample comprised 50 individuals with mild sensory impairment were selected as the participants from 3 private hospitals in Sialkot. The sample size was determined based on population percentage census & manually extracted. Both male and female participants were included in study, with ages

from 18-75 years, selected on their availability. Recruitment of sample was led using convenience sampling technique.

### Measures of Study

#### Subjective Well-Being

The well-being assessment (adult-24 items) which measures various aspects of person overall well-being was developed over collaboration amid Institute for healthcare improvement and Harvard University's Human Flourishing Program. The scale uses scores from 0 (never) to 10 (very frequently). The scores of 24 items were added as total score. A higher total score shows a higher level of well-being. This version reports a Cronbach's alpha of 0.80 that is above the threshold values (0.6) in the research study.

#### Social Support

The multidimensional scale of the perceived social support was designed to measure an individual's perception of social support developed by Sherwood, Zimet, Marlene Zimet, and Kenneth G. Farley in 1988, has 12-item questionnaire that uses a 7-point Likert scale ranging (0 = strongly disagree, 5 = strongly agree) to assess an individual's perceived adequacy of social support from their family, friends, and significant other. The Cronbach's alpha for this scale falls in the range of good internal consistency, with the values reported between 0.85 and 0.95 that is above the threshold values (0.6) in study.

#### Resilience

The adult resilience measure-revised is designed to assess individual's social-ecological resilience. The ARM-R typically has 28 items, and scores are obtained by summing up responses on each item. Higher scores indicate greater resilience. There are subscale scores for individual, relational, and contextual resilience as well. It uses scores from 1-5. Studies report the CA of around 0.87 indicating good internal consistency.

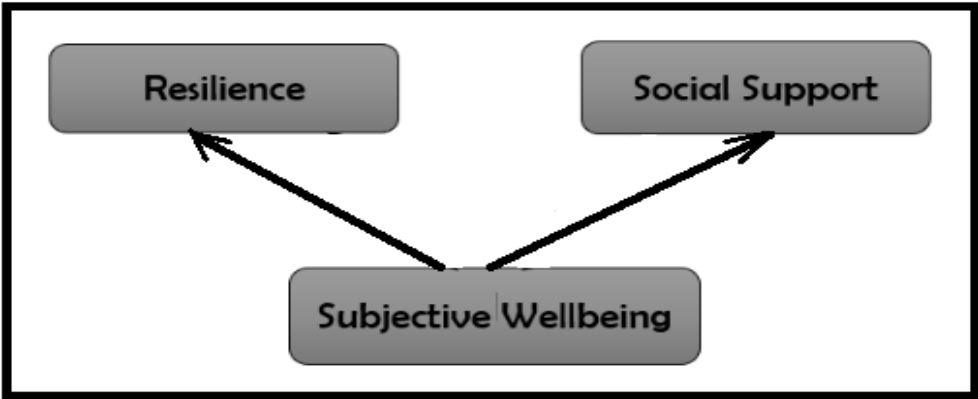
#### Procedure

The study centered on examining subjective well-being, social support, and resilience. Prior to data collection, the researcher obtained permissions from the authors of the scales used and approvals from institutional heads such as Al-Sheikh Hospital Sialkot and Civil Hospital Sialkot. Both male and female individuals with sensory impairments participated in research. During data collection, researcher ensured that participants comprehended questions and completed their questionnaires accurately. The data analysis was conducted using SPSS in order o analyze the data and extract the desired information.

#### Ethical Considerations

The ethical considerations were strictly followed throughout the research. The researchers ensured confidentiality, informed consent & debriefing where needed. Individuals with sensory impairment were invited to participate in this research project via consent form. Participants were ensured that their information will only be used for study purposes and will be kept confidential, fostering trust in their participation.

Figure 1 Model of Current Research



RESULTS OF STUDY

Figure 2 Prevalence of Subjective Well-Being amid Individuals with Sensory Impairment

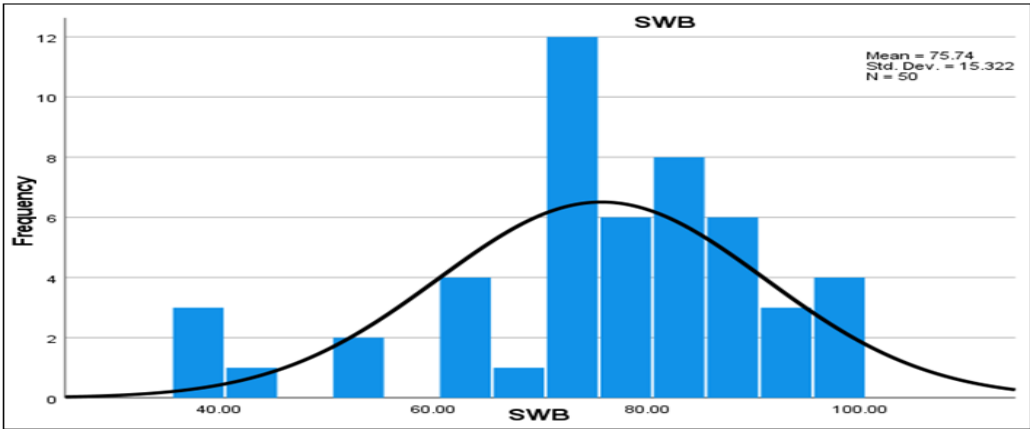


Figure 3 Depicts amount of Social Support they Receive from Others

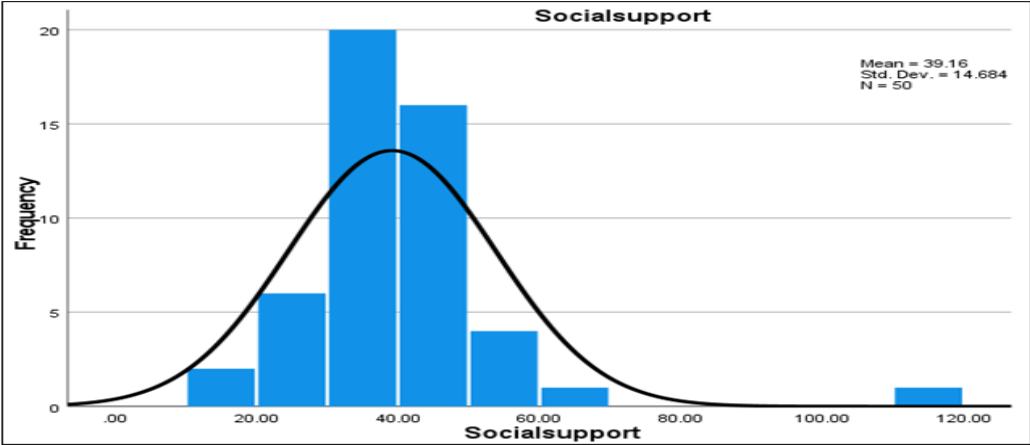


Figure 4 Explains the Level of Resilience among Sensory Impaired Persons

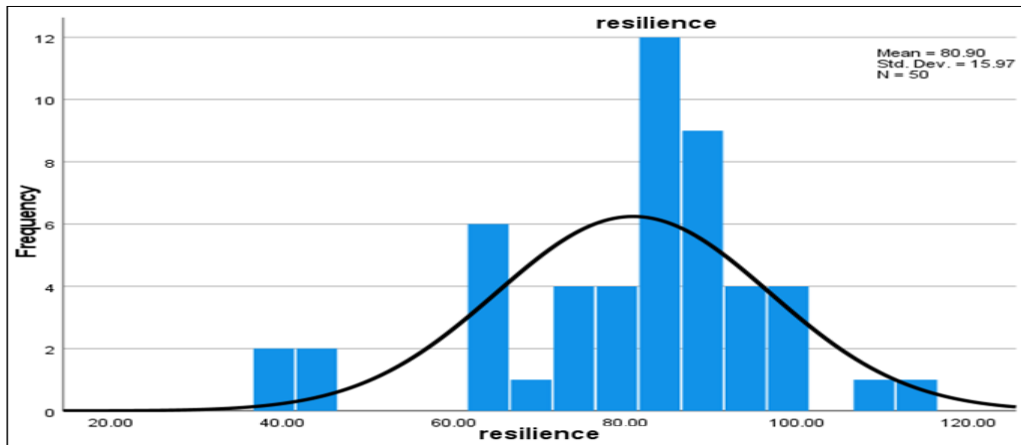


Table 1 Correlation Analysis among Resilience, Social Support & Subjective Well Being

Variable	N	Mean	SD	1	2	3
Resilience	50	80.90	15.67	1	.712**	.487**
Social Support	50	39.16	14.68	.282	1	.487
Subjective Well being	50	75.74	15.32	.282	.487	1

Note. \*\*Significance level at 0.01.

Table 1 shows the findings of Pearson correlation ( $r = .487, P < 0.01$ ) indicating that there was a statistically significant relationship between Resilience ( $M= 80.9, SD= 15.67$ ) and social support ( $M=39.16, SD=14.68$ ), and the relationship was positive. Results indicate that resilience plays a significant role in subjective well-being of the individuals with mild sensory impairment. While the values of Pearson moment correlation ( $r= .712, P<0.001$ ) indicating statistically significant relationship between social support ( $M=39.15, SD=14.68$ ) and Subjective Well-being ( $M=75.74, SD=15.32$ ). As a result, it is stated that increasing the level of social support is expected to positively impact the subjective well-being of the target population.

Table 2 Regression Analysis for Social Support, Resilience and Subjective Well-Being

Measures	B	SE	B	T	p	95%CI
Constant	14.5	7.56		1.9	.002	(6.26,29.79)
Social support	.32	.10	.64	6.45	.000	(.122,.528)
resilience	.59	.093	.89	3.22	.001	(.412,.785)

Note. \*Significance at 0.05, N= 50

Table 2 shows a linear regression analysis was conducted to predict social support based on sample's subjective wellbeing. A statistically significant linear regression was found,  $F(1,498) = 1479.87, p<0.05$  with an  $R^2$  of .89 in our sample. The results indicated that higher levels of social support predict better subjective wellbeing among individuals with the mild sensory impairment as evident from the results.

## DISCUSSION

The research study highlights a significant correlation between the social support, resilience, and subjective wellbeing among individuals with sensory impairments. It underscores that those with robust social networks and resilience tend to report higher levels of life satisfaction and emotional wellbeing. Notably, findings suggest that resilience acts as a moderator, enhancing positive impact of social support on subjective wellbeing. This underline crucial role of both social connections and inner strength in fostering positive mental health outcomes for sensory impaired individuals. These insights are pivotal for refining intervention strategies & support programs. For instance, programs focusing on social skills training could brace interpersonal relationships, while resilience-building interventions could equip individuals with coping strategies to direct challenges efficiently. One of the study's strengths lies in its use of the validated measures to assess social support, resilience, and subjective wellbeing.

However, limitations such as sample size constraints suggest the need for broader inclusivity across various sensory impairments (visual, hearing) to capture more diverse range of experiences. Looking ahead, future research could delve deeper into how different types of social support (e.g., emotional, instrumental) influence wellbeing outcomes. Moreover, exploring how specific sensory impairments uniquely impact these relationships would yield valuable insights. Longitudinal studies tracking individuals over time could illuminate how social support and resilience contribute to long-term subjective wellbeing trajectories amid sensory impaired populations. In summary, this study not only advances our understanding of subjective wellbeing in sensory impaired individuals but also provides foundation for further investigation. By addressing these nuanced aspects, future research can continue to inform tailored interventions and policies aimed at enhancing overall wellbeing of this diverse population.

## CONCLUSION

This study highlights the critical roles of subjective wellbeing, social support, and resilience in the lives of individuals with mild sensory impairments. By promoting social support networks through various channels, including social media and interpersonal relationships, interventions can enhance resilience and ultimately improve subjective wellbeing. The future research should further explore predictive factors and mechanisms to guide targeted interventions for enhancing overall wellbeing of sensory impaired individuals. The study reaffirms that socioeconomic status (SES) plays a pivotal role in predicting the subjective wellbeing (SWB), social support, and resilience. This aligns with established theories indicating that access to resources and opportunities linked toward higher SES significantly influences the overall wellbeing. Therefore, current research has both theoretical and practical implications.

Theoretically, current study enriches positive psychology by emphasizing the role of social support in enhancing the subjective wellbeing (SWB) and highlighting how the socioeconomic status (SES) influences individual wellbeing. Thus, this deepens our understanding of how social determinants intersect with psychological outcomes. Practically, current research enables Policy makers to apply the study's insights to craft interventions targeting subjective wellbeing (SWB) and resilience. Thus, addressing the income inequality and improving access to education and resources can positively

impact SWB. Community-based programs can implement strategies to boost the social support and resilience, providing support, training, and mental health improvement initiatives. Mental health professionals can mix SWB and social support interventions into therapy sessions, mainly for clients navigating challenges.

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