



## Role of Counseling Therapy for Psychosocial Development of Adults with Hearing Loss: A Critical Review

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### ABSTRACT

An individual is supposed to learn approved social behavior and play roles as per approved norms in the social group he is living. The psychosocial development process is combined with social behavior. There are many ways to reshape or polish one's social behavior. Deafness is associated with psychosocial problems which result in deviated social behavior. Psychosocial development last with lifespan. Erikson's theoretical approach provides a conceptualization of counseling needs also guides intervention and determines the role of caregivers or counselors. Counseling therapy is an important way of intervention to address the psychosocial problems of the deaf community. This study is based on the critical review of the literature; an integrative literature review technique along with a qualitative approach was adopted to get available information in the literature for the purpose to conceptualize the thematic knowledge by synthesizing the scholarly information available on the topic. The literature revealed that counseling therapy is helpful in improving social skills, improving the level of socialization, and addressing the social and emotional problems of deaf persons.

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## 1. Introduction

Special needs learners have a variety of social, emotional, and educational needs. Therefore, Special needs students are placed in special education programs for the purpose to meet these needs. Special education program; with its group of services, including counseling services attempts to equip special students in different phases of life (Kauffman, Hallahan, Pullen, & Badar, 2018; Spaulding & Pratt, 2015). Disability causes social complexities and creates several hurdles in normal psychosocial development (Barton, 2018; Tøssebro, 2004). Unlike a normal person, the psychosocial development of a special person is not smooth (Shakespeare, 2017). It is interrupted at various stages of life span due to the implications of disabling conditions (Ayinde, 2013). Counselling is an effective professional tool that can better work to relieve social disabling conditions or the social consequences of disabling conditions (Coduti, Hayes, Locke, & Youn, 2016). As counselling is defined and endorsed by 29 major counselling organizations that "Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals" (Kaplan, Tarvydas, & Gladding, 2014). Furthermore, the term is defined, "Counseling is psychological intervention for children who have been behaving differently, expressing and indicating feeling of pain, sadness, suffering, helplessness, anger, etc. Counseling guides them to the state of balance from which they can handle and improve the situation" (Mark JD Jordans, 2003).

Psychosocial development is important factor that must be addressed carefully to let nourish individual smoothly in society (Newman & Newman, 2017; Wiener, Kazak, Noll,

Patenaude, & Kupst, 2015). Poor psychosocial skills lead to inability to function well in social settings (Wiener et al., 2015). A person who is skilled psychosocially can perform better in daily livings (Nasaba et al., 2013). Psychosocial support can improve the quality of life by addressing life vulnerabilities that children and adolescents experience, helping them make informed decisions and respond effectively to stigma and discrimination (Culbertson, Bennett, Kelly, Sharp, & Cahir, 2020; Newman & Newman, 2017; Su, van Wijk, & Visscher, 2021). Psychosocial counseling service is provided by the professional working in different counseling led organizations. In Special Education Department Punjab, Pakistan, a group of multi-professionals (psychologist, social caseworker, speech therapist, physiotherapist, counselor, audiologist, Special needs teacher) is providing counseling services to special needs students. Psychosocial counseling is defined as “a service provided by a skilled professional counselor to an individual, family, or group for the purpose of improving well-being, alleviating distress, and enhancing coping skills” (Salihu, Mbah, Jeffers, Alio, & Berry, 2009).

## 2. Methodology

This study is based on the critical review of the literature; an integrative literature review technique along with qualitative approach was adopted to get available information in the literature for the purpose to conceptualize the thematic knowledge by synthesizing the scholarly information available on the topic. An integrative review approach can be useful when the purpose of the review is not to cover all articles ever published on the topic but rather to combine perspectives to create new theoretical models (Snyder, 2019). Torraco (2005) examined a distinctive form of research that generates new knowledge about an emerging topic. In this academic natured review, the streams of scholarly works related to the phenomena were taken for critical review. The scholarly work published in Journal Citation report (JCR) index impact factor was preferred for consideration and review. The Study was aimed to discuss the following core questions

- Is counseling helpful in improving psychosocial skills of students with special needs especially adults with hearing loss?
- Is counseling program helpful to improve socialization of students with hearing loss?
- Is counseling program help to overcome social emotional problems?

### 2.1 Limitations of the Study

The search was limited to peer-reviewed JCR impact factor studies in English published from 2010 onwards 2022. The impact factor studies were identified with the help of advanced software Harzing publish or perish. This is a software program that retrieves and analyzes academic citations. It uses a variety of data sources to obtain the raw citations, then analyzes these and presents a range of citation metrics, including the number of papers, total citations, and the h-index (Harzing, 2010).

**Table 1: Harzing Publish or perish Data retrieval Results**

Search Terms	Metrics
Keywords: Counseling Therapy, Psychosocial Development, Adults, Hearing Loss, deaf, mute, hard of hearing, profound deaf	Publication years: 2010-2022
Years: 2010 to 2022	Citation years: 13 (2010-2023)
Other options: include citations; include patents	Papers: 995
<b>Data Source</b>	Citations: 636975
Data source: Google Scholar	Citations/year: 48998.08 (acc1=993, acc2=993, acc5=988, acc10=959, acc20=755)
Search date: 2023-01-03 08:15:44 +00500	Citations/paper: 640.18
Cache date: 2023-01-03 03:18:30 +00500	Authors/paper: 2.84 mean
Search result: [0] No error	Age-weighted citation rate: 95185.43 (sqrt=308.52), 11401.61/author Hirsch h-index: 377 (a=4.48, m=29.00, 499355 cites=78.4% coverage)

## **2.2 Psycho Social Development**

An Individual's ability to function in society is influenced both psychologically and the factors surrounding in his social environment on physical and mental wellness (Maree, 2021). The sense of identity develops gradually which based on life experiences within cultural context (Wong et al., 2017). According to Erikson (1993), individual's personality developed in series of different stages. In his theory of psycho social development he narrated the impact of social experiences of a person throughout his life span. He pointed that one's social interaction and nature of relationships with co-social individuals determine the level of social development and this play vital role in development and growth. He divided psycho social development in eight stages based on bifurcation of age group (Chung, 2018). The changes arrive in children's overt behavior and even in social cognition. Child has innate ability to get perspectives from other's behavior (Favara & Sanchez, 2017a, 2017b). Cognitive theory described that child gain experiences at early stage that are very important as they provide a framework for later thoughts. As this framework once established, than these thoughts will influence child's actions, feelings and attitude in future life or this framework may control thoughts (Papalia, Olds, & Feldman, 2007).

## **2.3 Counseling & Psychosocial Well-being**

A study carried out to determine the relationship among forgiveness, psychosocial development and counseling. Concluded that there is significant link between counseling and psychosocial development (Poston, Hanson, & Schwiebert, 2012). A study supported psychological counseling because it causes positive changes in the perceived well-being of clients and the attitude and authorization of psychological counseling services (Cooke, Melchert, & Connor, 2016). In addition, counseling as an intervention is considered culturally relevant and acceptable. Patients who are consulted typically have mild to severe psychosocial problems (mainly stigmatization, anxiety responses, offensive and depressive emotional problems) and believe that the counselors' support and understanding help them to be relieved or assist with problem management (Mark J Jordans, Keen, Pradhan, & Tol, 2007). Psychosocial theory gives special weight to childhood and adolescent factors that are significant in later stages of development while recognizing that the later stages also have their significant crises (Corey, 2012).

## **2.4 Counseling & Psychosocial Skills**

Counseling therapy helps people learn skills, help them manage their situations, and live the life they want. This includes life skills, work skills, social skills, etc. Lutgendorf, Antoni, Schneiderman, and Fletcher (1994) indicated that Cognitive behavioral stress management program helps to enhance social skills and support that is significant contributor to improve quality of life. Salihi et al. (2009) concluded that the combination of drugs and psychosocial interventions can effectively integrate mentally retarded into the family. The community-based rehabilitation model has the potential to expand. Different rehabilitation services like yoga & physical exercise, peer discussions, trainings include with living skills, social skills, vocational skills, social skills, individual and family counseling can lead to psychosocial rehabilitation people diagnosed with psychosis, bipolar, schizophrenia, depression and intellectual disability (Almada, Casquinha, Cotovio, Santos, & Caixeiro, 2018; McKay, Nugent, Johnsen, Eaton, & Lidz, 2018). Barton (2018), Systematic review found that psychosocial interventions & counseling to infertile patients helps to improve wellbeing and pregnancy rates. Fawzy, Fawzy, Arndt, and Pasnau (1995) stated that psychosocial counseling and intervention enhanced in the number of patients with cancer for longer survival.

## **2.5 Counseling & social-emotional development**

School counselors are the first line of defense when it comes to identifying and addressing students' social/emotional needs in the school setting. School counselors have specialized training in assisting students with social/emotional issues that may impede academic success. School counselors develop school counseling curriculum, provide small-group counseling, and provide appraisal and advisement aimed at improving students 'social/emotional well-being within the context of a school counseling programme (Foley-Nicpon & Assouline, 2015; Poynton & Lapan, 2017).

The social function problems of deaf or hearing-impaired children are often mentioned in the literature (Becker & Jauregui, 2018). While impaired emotional development is likely one of the potential factors causing social problems, their emotional development is still a severely inadequate field (Poynton & Lapan, 2017; Williams, Falkum, & Martinsen, 2015). Sense of self and social emotional well-being is interlinked as in sense of relationships with peers or others (Williams et al., 2015). Lukomski (2007) described that deaf learners face more worries and discouragements at college level in their social and emotional adjustments rather than hearing persons. Deafness is not just a medical condition. Recent theories emphasize the importance of environmental factors for the psychosocial development of deaf children. Polat (2003) stated that environmental factors are strongly contributing in positive and negative way in the social and emotional development of deaf children. Brice and Strauss (2016) narrated that deaf and dumb persons often face the additional challenge of dealing with these adjustment problems in the hearing world: in the hearing world, communicating and obtaining information (especially information about their social world) is incomplete at best and at worst does not exist.

### **3. Discussion**

Counseling is usually one of the best weapons we have for a range of psychological problems such as depression, sadness and anxiety. You may have done everything right, live a model life, exercise and get all the nutrients you need in your diet, but nothing can completely replace the benefits you get from true interpersonal interactions. This is truly a unique source of support. Literature revealed that counseling program brings positive change in improving psychosocial skills of students with special needs especially adults with hearing loss. The main areas addressed through psychosocial counseling include basic life skills, family relationships, interrelations and social relationships, employment, education, entertainment, health and well-being. Though counseling is not always necessary, but it can be a useful part of a comprehensive treatment plan. By promoting rehabilitation, improving the quality of life and promoting community integration.

Although counseling has many advantages, it sometimes has drawbacks. Getting counseling can make you vulnerable and no one likes it. This loophole can also lead to the transmission of psychotherapy terminology, meaning that certain feelings or emotions are transferred to the counselor. There are different forms of transfer of feelings, some of which are good or bad. In some cases, the client may have a romantic feeling for the counselor, which can negatively affect the relationship between the client and the counselor. Sometimes negative migration simply means that there is a conflict or obstacle, which hinders a healthy working relationship. A study presenting conceptual framework of life skills interventions along-with aspects of basic need theory & life development intervention. Pierce (2015) indicated that when these needs are met, people experience optimal psychological wellbeing. A study showed that Adults with Asperger's Syndrome (ASD) are likely to develop depression, anxiety and some other psychiatric disorders which most likely consequently challenge socialization. On this, it is argued in study different intervention programs can reduce symptoms (Koegel, Ashbaugh, Koegel, Detar, & Regester, 2013). Deafness is also associated with social emotional issues. Vostanis, Hayes, Du Feu, and Warren (1997), concluded in study rated emotional and behavioral problems lead to social maladjustment of deaf children in relation to methods of communication. Correlation of severity of two rating scales indicated that about 40% children were within clinical range and 82% with social dysfunctional as compare to general population. Meanwhile, rate in Asian countries is significantly higher. A systematic literature review-based study indicated that counseling via aural rehabilitation program to deaf children helps to reduce self-perception regarding deafness and also better use of communication. This program also helps deaf children to use hearing equipment appropriately (Hawking, 2005). Another study concluded that group counseling for deaf helped them to learn ways to improve romantic relationships & care their partners. It also enhanced esteem for their own towards other peoples (Jhai, 2017). In conclusion, literature revealed that counseling therapy is helpful in improving social skills, improves the level of socialization and to address social emotional problems of deaf persons.co

### **4. Conclusion**

Counseling therapy is an important way of intervention to address psychosocial problems of deaf community. This study is based on the critical review of the literature; an

integrative literature review technique along with qualitative approach was adopted to get available information in the literature for the purpose to conceptualize the thematic knowledge by synthesizing the scholarly information available on the topic. Literature revealed that counseling therapy is helpful in improving social skills, improves the level of socialization and addresses social emotional problems of deaf persons. This review on psychosocial development in hearing impaired children has provided a guide with growing knowledge of variables that play an important role in psychosocial development of deaf people.

Studies on deaf adults' self-esteem, quality of life, and socio-emotional problems have revealed that there are some particularly important aspects that must be considered when implementing counseling programmes for the deaf. Secure parent-child relationships, early and varied contact with other deaf adults, and the opportunity to develop a sense of cultural affiliations are especially important for psychosocial development. In counseling programmes, counselors should encourage deaf persons to develop the skills necessary for effective and constructive communication, forging new friendships, independent thought, emotional and motivational awareness of oneself and others, adaptability, and empathy. Also include learning a number of abilities that are honed over a lifetime, on average living conditions.

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