

# **Special Education Educational Psychology (BS IV)**

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# *What is Special Education?*

- Special education is the practice of educating students in a way that addresses their individual differences and needs. Ideally, this process involves the individually planned and systematically monitored arrangement of teaching procedures, adapted equipment and materials, and accessible settings.
- Special education refers to a range of educational and social services provided by the public school system and other educational institutions to individuals with disabilities who are between three and 21 years of age.

# Purpose

- Special education is designed to ensure that students with disabilities are provided with an environment that allows them to be educated effectively. Disabilities that qualify for special education include physical disabilities, such as deafness or blindness; mental disabilities, such as Down's syndrome and [autism](#); medical conditions, such as oxygen dependence or traumatic brain injury; learning deficits, such as [dyslexia](#); and behavioral disorders, such as attention deficit hyperactivity disorder (ADHD) and conduct disorders.

# Mental Disabilities

- Mental Health: Mental health includes our Emotional Psychological and social well being. It is the level of psychological well being or an absence of mental disorder

## It is about

- How we think and feel about our selves
- how we think and feel about others
- how much we are able to meet the demand of life

## Mental health Includes

- An individual ability to enjoy life
- Create a balance between life activities
- If we cannot do all these things then we are mentally ill

# Mental Disabilities

- Mental illness/Disabilities: is a health problem which affects how a person think, behave and deals with other peoples.
- Mental illness is a medical condition that disrupts a person thinking, feeling, mood, ability to relate to others and daily life functioning.

Mental illness occur due to different factors

- Biological Factors
- Environmental Factors

# I.Q Scale

- Mental disability also related to IQ: IQ is basically a measure of a person's intelligence as indicated by a person intelligence test.
- People who have low IQ level are mentally retarded (intellectual disability).

<b>I.Q. Range</b>	<b>Intelligence Classification</b>
<b>1-24</b>	Profound Mental Retardation
<b>25-39</b>	Severe Mental Retardation
<b>40-54</b>	Moderate Mental Retardation
<b>55-69</b>	Mild Mental Retardation
<b>70-84</b>	Borderline Mental Retardation
<b>85-114</b>	Average Intelligence
<b>115-129</b>	Bright
<b>130-144</b>	Moderately Gifted
<b>145-159</b>	Highly Gifted
<b>160-175</b>	Exceptionally Gifted
<b>Over 175</b>	Profoundly Gifted

# Mental Disability

- Also called mental illness or mental disorder.
- Mental disorder is a mental or behavioral pattern that causes either suffering or an impaired ability to function in ordinary life and which is not developmentally or socially normative.
- These are the disorders that affect your mood, thinking, acts, feelings, perceptions, and behaviors etc.
- There are many types of mental disability

# Types Of Mental Disability

- Anxiety Disorders
- Mood Disorders
- Psychotic Disorders
- Eating Disorders
- Impulse-control and Addiction Disorders
- Personality Disorders
- Dyslexia

# Anxiety Disorders

- People with anxiety disorders respond to certain objects or situations with fear and dread, as well as with physical signs of anxiety or nervousness such as rapid heartbeat and sweating.
- If an anxiety disorder is diagnosed
  - The persons response is not appropriate for the situation,
  - The person cannot control the response
  - Anxiety interferes with normal functioning
- Anxiety disorder include: Generalized anxiety disorder, Post Traumatic disorder (PSTD), Obsessive compulsive disorder, Panic disorder, Specific phobias and Social anxiety disorder.

# Mood Disorders

- These disorder also called affective disorder, involve persistent feelings of sadness or periods of feeling overly happy, or fluctuations from extreme happiness to extreme sadness.
- The most common mood disorders are depression, mania and bipolar disorder

# Psychotic Disorders

- These disorders involve distorted awareness and thinking.
- Two of the most common symptoms of psychotic disorders are called “**Hallucination**” the experience of images or sound that are not real (such as hearing voice) and “**Delusions**” false beliefs that the ill person accept as true.
- Schizophrenia is an example of a psychotic disorder.

# Eating Disorder

- These involve extreme emotions, attitudes, and behaviors involving weight and food. The most common eating disorders are:
- Anorexia nervosa (Don't eat)
- Bulimia nervosa (More eating and then vomiting)
- Binge eating disorder (Consuming large amount of food)

# Impulse-control and Addiction Disorders

- Involve an inability to control impulses, resulting in harm to oneself or others.
- Pyromania (starting fires), Kleptomania (stealing), Trichotillomania (hair pulling) and Compulsive gambling are examples of impulse control disorders.
- Alcohol and drugs are common objects of addictions. Often, people with these disorders become so involved with the objects of their addiction that they begin to ignore their responsibilities and relationships.

# Personality Disorders

- People have extreme and inflexible personality traits that are distressing to the person and cause problems in work, school, or social relationships. In addition, the person's pattern of thinking and behavior with the person's normal functioning.
- Examples include: Antisocial personality disorder, obsessive compulsive personality disorder and paranoid personality disorder