



Disability Dilemma: Unravelling the Curse versus Boon Paradigm

Thiruveedula Seshu Babu¹
Prof. Saraswati Raju Iyer²

Abstract: This study investigates the contentious perception of disability as either a curse or a boon. Objectives include exploring historical, religious, and societal perspectives and identifying role models. Employing a review of literature, findings reveal diverse historical interpretations, varying religious perspectives, societal attitudes influenced by cultural norms, and inspiring role models challenging stereotypes. This study sheds light on the complex discourse surrounding disability, informing efforts towards inclusivity and understanding.

Keywords: Curse, boon, religious, society, role model

Introduction

The belief that a disability is a blessing or a curse has long been a source of controversy, with strong roots in societal, religious, historical, and personal viewpoints. Diverse narratives have arisen throughout history and culture, influencing how people view and interact with people with disabilities. This study explores the nuances of this conversation by looking at historical viewpoints, religious beliefs, cultural perceptions, and the influence of role models on how people view disability.

Disability has historically been seen through a variety of prisms, reflecting the values, beliefs, and superstitions that are common in various societies. Disability was seen as a sign of shame or a divine punishment in some ancient cultures, which led to social marginalisation and stigma. On the other hand, there were societies that held disabilities in high regard, considering them to be symbols of exceptional favour or imbued with spiritual meaning.

Religious viewpoints on disability have added to the conversation by providing a range of interpretations and conceptual frameworks. Religious traditions differ in their emphasis on compassion, acceptance, and the intrinsic value of every person. Some view disability as a test of faith or as an expression of divine will. Religious groups have influenced societal attitudes and actions by supporting and caring for their members who are disabled.

- Author's
1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
 2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



The way that society views disabilities has changed over time as a result of advocacy work, social awareness developments, and shifting cultural norms. Despite advancements in accessibility and inclusivity, prejudice and unfavourable views are still prevalent in many societies, making it difficult for people with disabilities to fully integrate and participate in society.

Disability-positive role models have been instrumental in dispelling myths and spurring reform. These individuals serve as beacons of resilience, determination, and potential, challenging prevailing narratives and shaping perceptions of disability. They range from historical figures who achieved greatness despite societal barriers to modern advocates who champion inclusion and empowerment.

The goal of this research article is to highlight the complexity of human attitudes and experiences while advancing a nuanced understanding of disability as a social construct by examining these multifaceted dimensions. Disability is viewed, understood, and responded to in society in a variety of ways, which can be understood by looking at historical perspectives, religious beliefs, societal understanding, and the role of role models. Disability is not seen as a sin or a blessing, but rather as a normal part of human diversity deserving of respect, opportunity, and support. With empathy, education, and advocacy, we can collaborate to create.

Objectives

- Explore historical and religious perspectives of disability
- Identify societal understanding and role models of persons with disability
- Examine disability as a curse or a boon

Historical Perspective of Disability (National and International)

Although the idea of disability has existed throughout history, perceptions of it have changed significantly depending on the period and culture. The historical perspectives on disability from prehistoric times to the present will be briefly discussed in this essay, with an emphasis on the shifts and persistence's in how society has perceived and treated individuals with disabilities.

1. Ancient Civilizations: In ancient societies like Greece and Rome, people with disabilities were frequently connected to moral failings or divine retribution. For instance, blindness was considered a divine curse in Greek mythology. Individuals with disabilities were frequently considered inferior or even dangerous, and they were frequently marginalised and excluded

- Author's
1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
 2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



from society. People with disabilities have occasionally been abandoned or allowed to perish, especially if they were born with an obvious physical defect.

2. Middle Ages: The Middle Ages saw a slight shift in how people viewed disability. People with disabilities were frequently regarded as saints or holy figures, and disability was considered a test of one's faith. People with disabilities were frequently taken advantage of due to their perceived abilities, and this viewpoint was frequently accompanied by a belief in their supernatural or magical abilities. People who were dwarfed, for instance, were frequently hired as jesters or court performers.

3. Renaissance: A new humanistic era and a move toward a more logical and scientific understanding of disability were ushered in by the Renaissance. Scientists and doctors started researching disability and its causes, and in order to assist those with sensory impairments, new technologies like hearing aids and eyeglasses were created. People with disabilities, however, were still stigmatised and kept out of mainstream society in spite of these advancements.

4. Enlightenment: The Enlightenment brought about a significant change in perceptions of disability. The concept of the "social contract," which maintained that no one could have their rights and freedoms taken away by the government or other members of society, came into being. This notion helped shape the contemporary notion of disability rights and gave rise to institutions and groups that supported and empowered individuals with disabilities.

5. Industrial Revolution: People with disabilities saw substantial changes in their lives during the Industrial Revolution. While the growth of urban centres led to the development of specialised institutions for people with mental disabilities, new innovations and technologies, such as electricity and steam power, created new employment opportunities for people with physical disabilities. Unfortunately, a large number of these facilities were poorly managed and offered subpar care, which resulted in widespread abuse and neglect of individuals with disabilities.

National Perspectives of Disability

1. The idea of disability has changed over time and has been interpreted differently in many historical eras and cultural contexts.

2. People with disabilities were frequently shunned or abandoned in ancient societies like Greece and Rome, and occasionally they were even killed.

- Author's
1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
 2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



3. People with disabilities were frequently the targets of exorcisms and other forms of torture during the Middle Ages because it was believed that they were possessed by witches or demons.

4. A change toward a more medical understanding of disability occurred during the Renaissance, when scientists and doctors studied and categorised various forms of disabilities.

5. The Enlightenment brought forth concepts such as individual dignity and human rights, which eventually resulted in the rights of those with disabilities being acknowledged.

6. Institutions for the disabled were established in the 19th century, and these were frequently marked by exploitation, abuse, and neglect.

7. As the eugenics movement gained traction in the early 20th century, individuals with disabilities were singled out for forced sterilisation and even extermination.

8. In the 1960s and 1970s, the disability rights movement began, with activists calling for equal rights, access to public places, jobs, and education, as well as an end to stigmatisation and discrimination.

International Perspectives of Disability

1. Definitions of disability vary: There is no universally accepted definition of disability in any nation or culture. According to the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD), disability is "an evolving concept" that arises from the interplay of personal factors, environmental and attitudinal barriers, and impairments. On the other hand, political, social, and cultural variables can influence how a disability is defined.

2. Disability is a global issue: People with disabilities are present everywhere. Over a billion people worldwide live with disabilities, according to the World Health Organization (WHO), and as people age and non-communicable diseases become more common, this number is projected to rise.

3. Disability is a human rights issue: According to the UNCRPD, everyone has human rights, including those of people with disabilities, and these rights need to be upheld. This covers the rights to healthcare, work, education, and social interaction. In order to advance the rights of individuals with disabilities, international organisations like the World Health Organization

- Author's
1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
 2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



(WHO) and the International Labour Organization (ILO) have also created policies and guidelines.

Curse

Since the beginning of time, people with disabilities have faced prejudice and social exclusion because they are perceived as a burden. They have had fewer opportunities and have found it more difficult to fully engage in all facets of life as a result of this unfavourable perception. But the possibilities and skills of people with disabilities are gradually becoming more acknowledged in society. Breaking down barriers and building an inclusive world can start with recognising disability as a unique and diverse characteristic rather than a limitation. By adopting a different viewpoint, we can acknowledge the abilities and accomplishments of people with disabilities and ensure that they receive the assistance and modifications they require to flourish. We can work to create a society that respects and embraces everyone, regardless of ability, armed with this knowledge

Boon

It is important to recognise and honour the tenacity and willpower exhibited by individuals with disabilities. Individuals with disabilities have demonstrated remarkable resilience and perseverance in navigating a society that does not always provide for their needs, in spite of the obstacles they encounter. Through the adoption of an inclusive approach and the development of accessible environments for individuals with diverse abilities, we can effectively utilise their skills and input to enhance societal equity and inclusivity. Ensuring accessibility for individuals with varying abilities can be accomplished by incorporating universal design principles into public areas, transportation, and building construction. Equal opportunities for all should be a top priority for workplaces and educational institutions alike by implementing inclusive practises. A society that values diversity and encourages the inclusion and well-being of all its members can be established by acknowledging and valuing the distinctive viewpoints and abilities of people with disabilities.

Review of Literature

Disability is a complicated, multidimensional problem that is frequently influenced by societal, religious, and cultural views. The references offer a thorough understanding of how different communities view disability. The societal attitudes towards disability are deeply rooted in cultural and religious beliefs, with many perceiving disabilities as a curse or punishment for wrongdoing (Akasreku, B., Habib, H., & Ankomah, A. 2018; Nuri, R., Ghahari,

- Author's
1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
 2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



S., Aldersey, H., & Huque, A. 2020; Baraily, 2021; Tefera, B., Engen, M., Schippers, A., Eide, A., Kersten, A., & Klink, J. 2018; Alidou, 2020; Cleaver, S., Polatajko, H., Bond, V., Magalhães, L., & Nixon, S. 2018; Mukushi, A., Makhubele, J., & Mabvurira, V. 2019; Wilbur, J., Kayastha, S., Mahon, T., Torondel, B., Hameed, S., Sigdel, A., & Kuper, H. 2020; Hassan, S., Khalid, A., Arshad, M., & Qursam, S. 2020). According to Wilbur, J., Kayastha, S., Mahon, T., Torondel, B., Hameed, S., Sigdel, A., & Kuper, H. (2021); Nuri, R., Aldersey, H., Ghahari, S., Huque, A., & Shabnam, J. (2021); Sadiki & Kibirige, 2022; Namasaba, M., Kazembe, N., Seera, G., & Baguwemu, A. 2021). Many societies hold the view that having a disability is a curse, which causes disabled people to be marginalized and isolated (Rattray, 2023; Opoku, 2022; Mrstik, S., Dieker, L., & Abosi, C. 2020; Hassan, S., Khalid, A., Arshad, M., & Qursam, S. 2020). Moreover, discrimination and hardship can be compounded by these unfavourable perceptions, which can also affect the families and caregivers of people with disabilities (Fonzi, V., Sheriff, B., Dalglish, S., Anum, A., Agyei, E., Diggs, D., & Sakyi, K. 2021; Kyei & Dogbe, 2019; Namasaba, M., Kazembe, N., Seera, G., & Baguwemu, A. 2021).

It's crucial to remember, though, that not everyone views disability as a sin. Disability is not seen as a sin or a benefit in certain cultures, but rather as a normal aspect of being human (Widinarsih, 2018).

Furthermore, some people claim that their disability has given them a new outlook on life, demonstrating that having a disability can be a complex experience that involves both difficulties and novel insights (Aydoğdu, 2019).

People with disabilities and their families are impacted by the widespread belief that having a disability is a stigma or a curse. It has been discovered that stigma associated with disabilities has a detrimental effect on people with a variety of disabilities' well-being Krauss & Olkin (2020). But according to recent studies, claiming one's identity as a person with a disability is linked to a number of advantages, such as increased life satisfaction, self-efficacy, self-esteem, social support, and decreased psychological distress (Bogart & Dunn, 2019). In addition, compared to children without disabilities, children with disabilities may be more likely to experience abuse, die young, or commit infanticide due to stigma (Smythe, T., Adelson, J., & Polack, S. 2020). Moreover, one of the most persistent obstacles preventing individuals with disabilities from obtaining equal rights and opportunities including the use of accessible assistive technology is the stigma surrounding disabilities (Barbareschi, G., Carew, M., Johnson, E., Kopi, N., & Holloway, 2021). Service managers and other professionals involved in the care of people with disabilities should take into account the multifaceted nature of the experience of disability stigma, which is a result of complex lives and social contexts that are hostile to body diversity (Silván-Ferrero, P., Recio, P., Molero, F., & Nouvilas-Pallejá, E. 2020).

- Author's
1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
 2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



A review of the literature can be used to investigate the idea that disability is a blessing or a curse in the Indian context. The article by Saini & Kapoor (2021), which addresses the perception, attitude, and behaviour toward persons with disabilities in India, is one pertinent source for this investigation. The article by Wilson (2019) explores the barriers and enablers provided by Hindu beliefs and practices for people with disabilities in India, shedding light on the cultural and religious aspects that may influence the perception of disability. It also sheds light on how disability in India has been largely characterized as a medical problem, focusing on "abled bodies."

When taken as a whole, these references offer a thorough understanding of the cultural, religious, medical, educational, and health-related facets of disability in the Indian context. This understanding can help explain why people in India view disability as a blessing or a curse. In summary, the belief that a disability is a curse is pervasive in many societies and contributes to marginalization, stigma, and discrimination. Disabled people are not the only ones impacted by these negative attitudes; their families and caregivers are also affected. Acknowledging the multiplicity of viewpoints regarding disability is crucial as we endeavour to establish inclusive and encouraging settings for people with disabilities.

Challenges Faced by Divyangjan

Individuals with disabilities often face various challenges in their daily lives, ranging from physical barriers to social stigmas. Many public spaces, transportation systems, and buildings are not designed with accessibility in mind, making it difficult for individuals with disabilities to navigate and participate fully in society. Educational institutions and workplaces also frequently overlook the needs of individuals with disabilities, limiting their opportunities for learning and employment. These challenges can hinder the full inclusion and participation of individuals with disabilities, reinforcing inequality and hindering their overall well-being.

Disability as a Curse

Discussion on the negative impact of disability on individuals

Often, society views disability as a curse, perpetuating negative stereotypes and attitudes towards individuals with disabilities. This perspective creates a harmful cycle of prejudice and discrimination, leading to social exclusion and the marginalization of disabled individuals. The belief that disability is a curse not only undermines their self-esteem and

- Author's
1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
 2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



confidence but also denies them the right to be treated with dignity and respect, further deepening their sense of alienation and isolation.

It is crucial to challenge this harmful notion and instead promote a more inclusive society that recognizes and values the abilities and contributions of all individuals, regardless of their disabilities.

Disability as a Boon

Identification of positive aspects and opportunities associated with disability can help shift the narrative surrounding disability. Some disabled individuals have found that their unique perspectives and experiences have allowed them to excel in certain areas, such as problem-solving, creativity, and resilience. By highlighting these strengths and celebrating the achievements of disabled individuals, society can begin to see disability as a valuable attribute rather than a hindrance. Additionally, disability can also create opportunities for innovation and accessibility, as disabled individuals often have firsthand knowledge of the barriers they face and can offer valuable insights on how to overcome them. Embracing disability as a boon not only empowers disabled individuals but also fosters a more inclusive and equitable society for all.

Highlighting examples of individuals with disabilities who have achieved success can serve as powerful role models and inspire others to pursue their dreams. By showcasing the accomplishments of disabled individuals in various fields such as sports, arts, and sciences, society can challenge stereotypes and misconceptions about disability.

This not only encourages a shift in mindset but also encourages the belief that anyone, regardless of their abilities, can achieve greatness. By celebrating these achievements, society can break down barriers and create a more inclusive and accepting environment for people with disabilities.

Discussion on how disability can lead to increased empathy and understanding in society

When society acknowledges and appreciates the accomplishments of disabled individuals, it fosters a sense of empathy and understanding for the challenges they face. It helps to break down the stigma and encourages people to see disability as a unique aspect of someone's identity rather than a limitation. This increased understanding promotes inclusivity and encourages everyone to recognize the strengths and talents of individuals with disabilities,

- Author's
1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
 2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



thus creating a more compassionate and accepting community. Ultimately, by valuing and celebrating the achievements of disabled individuals, society can learn valuable life lessons about perseverance, determination, and the power of the human spirit.

The Role of Society

Analysis of society's role in perceiving disability as a curse or boon

The analysis of the role that society plays in perceiving disability as a curse or a boon is an essential component in the process of shaping attitudes and behaviours towards people who have disabilities. When a society views disability as a curse, it encourages feelings of pity, exclusion, and stereotypes, which in turn hinders the possibility of meaningful relationships and equal opportunities. Nevertheless, when society acknowledges disability as a blessing, it opens the door to a variety of perspectives, acknowledging the one-of-a-kind contributions and resiliency that disabled people bring to the table. It is possible for us to pave the way for a society that is more equitable and inclusive if we challenge the dominant narratives and work to bring about a shift in the perceptions held by society.

- Author's
1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
 2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



	Historical Perspectives	Religious Perspectives	Understanding of Society	Role Models
Disability as a Curse	In ancient civilizations, such as Ancient Greece and Rome, disability was often viewed as a divine punishment for sins, reflecting the belief in retribution from the gods.	In Christianity, disability was sometimes seen as a consequence of sin or moral failing, reflecting the fallen nature of humanity. However, the New Testament also includes stories of Jesus healing the sick and disabled, suggesting compassion and hope.	Historically, disabled individuals were often marginalized, treated as burdens, and excluded from societal participation. This marginalization led to limited access to education, employment, and social opportunities.	Helen Keller: Deaf-blind activist and author who overcame her disabilities to become a leading advocate for disability rights. Keller's achievements challenged societal perceptions of disability and inspired many with her resilience and determination.
	Disability was associated with superstitions, fear, and shame in many ancient cultures, leading to social ostracization and discrimination against individuals with disabilities.	In Islam, disability is sometimes seen as a test of faith or a means of purification, with the potential for spiritual growth. However, negative attitudes towards disability, rooted in cultural beliefs and superstitions, have led	Some cultures practiced infanticide or abandonment of disabled infants due to beliefs about disability. This resulted in the loss of countless lives and perpetuated harmful	Franklin D. Roosevelt: The 32nd President of the United States who led the country through the Great Depression and World War II while using a wheelchair. Roosevelt's leadership challenged perceptions of disability and highlighted the capabilities of

Author's 1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
 2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



		to discrimination and social exclusion.	stereotypes and discrimination.	individuals with disabilities in positions of power and influence.
	The perception of disability as a burden frequently resulted in social isolation and a restricted range of opportunities.	In Hinduism, disability may be seen as a result of karma, with some interpreting it as punishment for past actions. However, Hindu teachings also emphasize the interconnectedness of all beings, regardless of ability, promoting compassion and inclusion.	Individuals who were disabled were frequently marginalised and excluded from society due to the stigma that was attached to their condition.	Sudha Chandran is a well-known actress and dancer who, despite having lost her leg in an accident, has achieved great success in life and serves as a source of motivation for many people.
Disability as a Boon	Some ancient cultures, such as ancient Egypt and certain indigenous societies, revered disability as a sign of divine favour, endowing individuals with special powers or insights.	In Buddhism, disability is sometimes interpreted as a test of faith or a means of spiritual growth, with disabled individuals regarded as bearing unique gifts or insights.	Misconceptions and superstitions that are associated with the subject of disability are responsible for the perpetuation of discriminatory attitudes and attitudes that are negative.	Stephen Hawking: Renowned physicist despite living with amyotrophic lateral sclerosis (ALS). Hawking's contributions to science challenged perceptions of disability and demonstrated the potential for individuals with disabilities to excel in their fields.

- Author's
1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
 2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



	<p>A significant number of people who have disabilities perceive it as a barrier; however, people make use of opportunities that are available to them and achieve success in life.</p>	<p>Disability is sometimes interpreted as a means of spiritual growth or enlightenment in various religious traditions. In Christianity, for example, disabled individuals may be seen as bearing unique gifts or insights that contribute to the spiritual growth of the community.</p>	<p>People who are disabled face additional societal barriers as a result of the limited accessibility and accommodations options that are available to them.</p>	<p>Malala Yousafzai: Nobel laureate and education rights activist who continued her activism despite being targeted and injured in an assassination attempt. Yousafzai's resilience and commitment to advocating for education challenged societal perceptions of disability and inspired millions around the world.</p>
	<p>It is possible that disability could serve as a source of inspiration or spiritual enlightenment, which would ultimately lead to reverence from society.</p>	<p>The Quran encourages the provision of support and care for disabled individuals within the community, promoting compassion and inclusion.</p>	<p>In order to ensure that everyone has the feeling of being empowered, society needs to acquire a more in-depth understanding of those who require assistance and support.</p>	<p>Nick Vujicic: Motivational speaker born without limbs who has inspired millions with his messages of hope and resilience. Vujicic's positive outlook and determination to overcome challenges have challenged societal perceptions of disability and inspired individuals</p>

Author's 1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
 2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



				worldwide to embrace their differences and pursue their dreams.
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1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
 2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



Key Observations

Diverse Perceptions: The research uncovered a wide range of perspectives on disability, with some viewing it as a curse, associated with shame and stigma, while others perceive it as a boon, endowing individuals with unique strengths and insights.

Influence of Religion: Religious beliefs played a significant role in shaping attitudes towards disability, with interpretations varying from divine punishment to tests of faith and manifestations of divine will.

Societal Attitudes: Societal understanding of disability was influenced by cultural norms, historical contexts, and advancements in social awareness, resulting in varying degrees of acceptance, inclusion, and discrimination.

Role Models: Role models with disabilities emerged as influential figures challenging stereotypes and inspiring change, demonstrating resilience, determination, and the potential for greatness irrespective of physical or cognitive differences.

Cultural Influences: The study revealed that cultural beliefs and norms significantly impact perceptions of disability as a curse or boon. In some cultures, disability is associated with supernatural forces or ancestral spirits, leading to varying degrees of acceptance or ostracization within the community.

Generational Perspectives: Findings suggest that generational perspectives on disability can differ significantly, with younger generations often exhibiting more inclusive attitudes and a greater appreciation for the capabilities and contributions of people with disabilities compared to older generations.

Media Representation: The research uncovered the influential role of media representation in shaping societal perceptions of disability. Portrayals of disability in film, television, and other media can either challenge stereotypes and promote inclusion or perpetuate harmful misconceptions and stigma.

Intersectionality: Intersectional factors such as race, gender, sexuality, and socio-economic status were found to intersect with disability, resulting in unique experiences and challenges for individuals with multiple marginalized identities. Intersectionality adds layers of

- Author's
1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
 2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



complexity to the perception of disability as a curse or boon and underscores the importance of addressing multiple forms of oppression.

Regional Variations: The study identified regional variations in attitudes towards disability, with cultural, economic, and political factors influencing perceptions and responses. In some regions, government policies and social welfare programs may promote inclusion and accessibility, while in others, systemic barriers and discrimination persist.

Coping Mechanisms: Individuals with disabilities employ a variety of coping mechanisms to navigate societal attitudes and challenges associated with their condition. These coping strategies may include seeking social support, cultivating resilience, advocating for their rights, and finding meaning and purpose in their experiences.

Impact on Mental Health: Findings suggest that the perception of disability as a curse or boon can have significant implications for the mental health and well-being of individuals with disabilities. Internalized stigma, discrimination, and feelings of inadequacy may contribute to mental health challenges, highlighting the importance of addressing psychosocial factors in disability support and advocacy efforts.

Suggestions

Promote Awareness and Understanding: Launch educational initiatives to challenge stereotypes, combat stigma, and promote empathy and understanding towards people with disabilities.

Enhance Inclusivity: Develop policies and programs aimed at fostering inclusive practices in education, employment, healthcare, and public accommodations to ensure equal opportunities and participation for individuals with disabilities.

Support Role Models: Recognize and celebrate the achievements of role models with disabilities, providing platforms for their voices to be heard and their stories to inspire others.

Advocate for Rights: Strengthen legal protections and anti-discrimination laws to safeguard the rights and dignity of people with disabilities, ensuring equal access to opportunities and services.

- Author's
1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
 2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



Empower Disabled Individuals: Empower disabled individuals to advocate for their rights, participate in decision-making processes, and contribute to social change, fostering a sense of agency, dignity, and belonging.

Foster Inclusive Communities: Create inclusive communities that value diversity, promote social inclusion, and provide support networks for disabled individuals and their families.

Invest in Accessibility: Invest in infrastructure and technology to improve accessibility in public spaces, transportation, and digital platforms, ensuring equal access and participation for disabled individuals.

Promote Intersectional Approaches: Recognize and address the intersecting identities and experiences of people with disabilities, including race, gender, sexuality, and socio-economic status, to ensure inclusive and equitable support.

Invest in Education and Training: Provide comprehensive education and training programs for professionals working with people with disabilities, including healthcare providers, educators, employers, and service providers, to improve understanding and support.

Enhance Access to Assistive Technology: Increase access to affordable and innovative assistive technologies that enhance independence, communication, and quality of life for people with disabilities, prioritizing usability and affordability.

Ensure Accessible Information and Communication: Develop guidelines and standards for accessible information and communication, including websites, documents, and public announcements, to ensure equal access and participation for people with disabilities.

Promote Universal Design: Advocate for the adoption of universal design principles in architecture, transportation, and urban planning to create environments that are accessible and inclusive for people of all abilities.

Address Health Disparities: Address health disparities and barriers to healthcare access for people with disabilities, including inadequate healthcare coverage, discrimination, and lack of accessible facilities.

Author's
1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
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Support Family Caregivers: Provide support and resources for family caregivers of people with disabilities, including respite care, counselling, and financial assistance, to alleviate caregiving burden and promote family well-being.

Foster Peer Support Networks: Facilitate the creation of peer support networks and community groups for people with disabilities, providing opportunities for social connection, empowerment, and advocacy.

Promote Employment Diversity: Encourage employers to embrace diversity and inclusion by implementing inclusive hiring practices, providing reasonable accommodations, and fostering a supportive work environment for employees with disabilities.

Combat Environmental Barriers: Identify and address environmental barriers, such as inaccessible buildings, transportation, and outdoor spaces, that limit the mobility and independence of people with disabilities.

Encourage Research and Innovation: Invest in research and innovation to advance our understanding of disability, develop new interventions and treatments, and improve the quality of life for people with disabilities across the lifespan.

By implementing these suggestions, stakeholders can work towards creating a more inclusive and equitable society where disability is recognized not as a curse or a boon but as a natural aspect of human diversity deserving of respect, support, and opportunity.

Conclusion

The discourse surrounding whether disability is perceived as a curse or a boon is rich and complex, shaped by historical, religious, societal, and individual perspectives. This research article has explored the diverse narratives and implications associated with these contrasting viewpoints, shedding light on the nuances of disability experiences and perceptions.

Historically, disability has been interpreted through various lenses, ranging from notions of divine punishment and shame to reverence and spiritual enlightenment. Ancient civilizations often viewed disability as a reflection of moral failing or a burden to be borne,

- Author's
1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
 2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



leading to societal stigma and marginalization. However, there were also cultures that regarded disability as a sign of special favour or endowed with unique powers, fostering societal acceptance and even reverence.

Religious perspectives on disability have further contributed to the discourse, with interpretations varying across different faith traditions. While some religious teachings emphasize the inherent dignity and worth of all individuals, regardless of ability, others portray disability as a test of faith or a manifestation of divine will. Religious communities have played a significant role in providing support and care for disabled members, offering solace, and fostering a sense of belonging.

Societal understanding of disability has evolved over time, influenced by cultural norms, superstitions, and advancements in social awareness. Despite progress towards inclusivity and accessibility, negative attitudes and discrimination persist in many societies, hindering the full participation and integration of disabled individuals. Nevertheless, there are examples of societies that recognize the strengths and capabilities of disabled people, value their contributions, and foster inclusive practices.

Role models with disabilities have played a crucial role in challenging stereotypes and inspiring change. From historical figures who achieved greatness despite societal barriers to contemporary advocates who champion inclusion and empowerment, these individuals demonstrate resilience, determination, and the potential for greatness irrespective of physical or cognitive differences.

In conclusion, the perception of disability as a curse or a boon reflects the complexity of human attitudes and experiences. While historical, religious, and societal factors have influenced prevailing narratives, individual perspectives and lived experiences vary widely. By embracing diversity, challenging stereotypes, and promoting inclusivity, we can create a society that celebrates the inherent worth and potential of all individuals, regardless of ability. It is through empathy, understanding, and collective action that we can truly affirm the dignity and rights of people with disabilities, fostering a more equitable and inclusive world for future generations.

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 2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



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1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
2. Prof. Saraswati Raju Iyer. Research Director, Professor, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.



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Author's

1. Thiruveedula Seshu Babu, UGC NET SRF, Ph.D. Research Scholar in Social Work, Department of Sociology and Social Work, Acharya Nagarjuna University, Guntur District, Andhra Pradesh, India.
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