



## **Awareness of Stammering Disorder among Related Fields University Students, Lahore Pakistan**

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### **Authors' contributions**

*This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.*

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### **ABSTRACT**

**Aims:** To determine the awareness of stammering disorder among university students of related fields that are Speech Language Pathology, Psychology, and Allied Professionals.

**Study design:** Cross sectional survey is used as research design in this study.

**Place and Duration of Study:** University of Central Punjab, The University of Lahore. Superior University, Lahore campus between June 2020 and July 2021.

**Methodology:** Sample (N=333) was drawn through purposive sampling technique from various universities of Lahore with age range of 17 – 35 years of 44% male and 56% female students of related fields( Speech Language Pathology, Psychology, Allied Professionals). Standardized questionnaire was used to determine the awareness. Data was analyzed through SPSS with descriptive statistic of frequency and percentages.

**Results:** Majority of participants 59.6% had accurate awareness regarding stuttering is more common in male and stuttering is not hereditary.

**Conclusion:** It was concluded that majority university students of related fields have accurate awareness regarding stammering disorder in Lahore, Pakistan.

**Keywords:** *Stammering; Disorder; speech problem; awareness; Psychology; speech language Pathology; Occupational Therapy; Behavioral Therapist.*

## 1. INTRODUCTION

Awareness is the condition of being aware or monitoring something. Even more unequivocally is the capacity to straightforwardly or clearly know and see, to feel, or to be discerning of occasions. Another definition depicts it as a state wherein a subject knows about some data when that data is straightforwardly free to bring to bear toward a wide scope of social activities [1,2]. Faltering, stuttering otherwise called stammering and is a discourse problem in which the progression of discourse or talk is disturbed by compulsory reiterations or emphases and prolongations of sounds, syllables, words, or phrases or on the other hand expresses just as compulsory quiet stops or squares in which the individual who stammers can't create sounds or incapable to deliver sounds [2]. The term faltering or stuttering is most generally connected with compulsory sound redundancy, in any case, it likewise incorporates the anomalous faltering or stopping before discourse, alluded to by individuals who stammer as squares, and the prolongation of explicit sounds, regularly vowels or semivowels. As per Watkins et al., "stammering is an issue of "choice, inception, and execution of engine arrangements essential for familiar or natural discourse creation" [3]. For certain people who waver, excess or repeating the words or sounds involuntary is the major issue. The articulation "Stuttering" covers a wide extent of reality and seriousness. From hardly perceivable obstacles that are generally therapeutic to genuine signs or serious manifestations that effectively hinder oral correspondence. Very nearly 60 million individuals overall flounder about 1% of the complete people. Four-fifths of people with speech issues are male [3,4]. With everything taken into account, 53.1% of the respondents were of the evaluation that stuttering is more unavoidable in youngsters than in young women, 6.6% thought that stuttering is more normal in young ladies and 40.3% believed that there is no sexual orientation distinction. The greater part of the respondents (56.9%) was of the evaluation that the explanation behind stuttering is energetic or passionate. Less routinely the beginning or the inception is acknowledged to be neurologic (11.1%), characteristic (8.9%), a talk or discourse deformation (2.8%), impersonation (1.8%), natural (yet not further specified) (1.3%), or of course at this point something different (17.2%).

The last characterization contained answers, for instance, "on the grounds that the guardians didn't right their kid's discourse" or "being unexpectedly alarmed or frightened by something [4]. Stuttering is an overall general issue that impacts in excess of 60 million people around the globe. Numerous components can contribute to the ability of a person who stammers to supervise and adjust to their faltering social circumstances. While faltering is known to happen in all societies and social orders around the globe, Evaluations of regularity figures for stuttering shift by and large between solitary or singular examinations, going from 0.35 to 2.12%, with a lion's share of discoveries assessing a predominance of 0.75%.<sup>5</sup> Stuttering has been delegated formative, neurogenic, and psychogenic. Developmental stuttering (DS) [5]. Neurogenic stuttering is more extraordinary than DS and normally happens after a mind injury occasion, (for example horrible cerebrum injury, stroke, Alzheimer sickness) [5,6]. Faltering neurogenic is conveniently isolated from DS since patients with neurogenic stuttering by and large need discretionary practices [6]. Children who stammer are additionally bound to be dismissed by their companions and considered more uncommon than kids who don't falter. It isn't the ideal commonplace of awesome mix-up free talk. After some time, this normal discourse ought to be supported. Any backslide is an allegation for treatment. There is no data on how long it should continue to be a good indicator of the last reliable state after the end of treatment [7,8]. A research in 2020 conducted and results shows that associated with the intellectual, emotional, and mutual gift over people who falter stammering people. This exploration is important to realize whether individuals comprehend their broken discourse examples and understand what the signs and manifestations of stammering are, and what they really mean and do in discourse creation and how they cause discourse creation issues [9]. A research conducted in 2020 estimates that there is a stammered in more than 23,000 undergraduates in UK Higher Education. This article means to fundamentally assess the encounters of understudies who stammered in Higher Education. To be more shockingly mindful of stammering than kids with guidelines for high feelings. Given the key finding, just as the smooth connection between the regard for floundering and the contrary assessment of stammering, the finding repeated in the current

examination [10,11]. It seems, by all accounts, to be accepted that there is a need to spread more information among clinical and non-clinical specialists about the correspondence issues as a gathering approach to address improving the individual fulfillment of youngsters who are in danger. Wide investigation on PWS possibilities has been completed, however restricted proof depicts how to best alter undergrad mentalities toward PWS. Changes in perspectives toward PWS have been appeared to alter in a positive course following a mediation about stammering [12,13]. A research was conducted in 2008 on investigating attitudes to peoples who stutter: a model mixed Process. The inspiration driving this assessment was to see school understudies' feelings on individuals who stammer (PWS). The instructor was scored well on understandability and adequate discourse volume in the current examination, yet less well on familiarity, discourse rate, and listening ease. Clearly, the respondents had the option to sincerely gauge the discourse capacity of the educator, granting mean familiarity evaluations that were generally somewhere between completely familiar and totally diffident [14,15].

## 2. MATERIALS AND METHODS

The study design was cross sectional survey. Data was collected from various universities of Lahore, Pakistan included The University of Lahore, University of Central Punjab, Superior university, Lahore Campus. The Sample size (N=333) was calculated on the basis of average number of enrolled students in related fields of various universities of Lahore. Duration of study was between June 2020 and July 2021. Purposive sampling technique was used to drawn the sample from population. Participants included in this study were enrolled university students of speech language pathology, psychology and allied professionals of age range from 17 to 35 years of 44% male and 56% female students of related fields (Speech Language Pathology, Psychology, Allied Professionals). University staff, skeleton staff, admin staff, teachers were not included in this study. Standardized close ended questionnaire based on the 15 items was used. Data was analyzed through SPSS. Descriptive statistic was used. Frequency and percentages were presented in table.

## 3. RESULTS AND DISCUSSION

The total number of participants was 333 from that 188 female and 145 males. The age ranges

from 17- 23 contain 282 participants. 24-28 age range contain 44 participants, and 29-35 contain 7 number of participants. Data was collected from the students of various universities of Lahore. 78 participants were from UCP, 148 from UOL, and 107 from SUPERIOR. Table 1 shows that 72.7% majority 242 participants answered yes on the question was asked about, have you ever met a stutterer? The question was asked about the cause of stuttering? Majority of 153 participants (45.9%) answer Psychological causes. The question was asked about; what is the age range of the onset of stuttering according to you? Majority of 140 participants (42.0%) answer 1-10 years. The question was asked about; can stuttering be treated? 209 Participant answer (62.8%) Yes. The question was asked about; do you think there is sufficient awareness of stuttering? Majority of 117 participants answer (35.1%) Yes. The question was asked about; Do you think stuttering hinders professional development? 185 participants (55.6%) answer yes.

A study was conducted to see whether is significant awareness among students at the university level regarding a prevalent speech disorder like stammering. Stammering is a condition which affects the rate and fluency of speech, in this condition there seems to be considerable effort to pronounce certain words despite there being no organic issue observable. The data was collected from 3 private universities, and from 333 participants. The questionnaire comprised of 15 questions which explored two aspects, one being the awareness of the condition, second people's perception towards it, that allowed us to judge whether the youth are aware of stammering as a condition and their modeled perception of using stammering a tool for bullying to a more understanding and empathetic approach. From the questionnaire we can see answer to our hypothesis with the most perspective with regard to the two major aspects of study. From the data we conclude that majority of the students have either witnessed a stutterer or met a stutterer. Most students regard stuttering as a psychological issue rather than an organic disease, which manifest in the early ages of life. The students said that they recall that most stammering people were males, but didn't notice that whether this was related to their dexterity and were fiercely against the notion that stammering was bound to cast, creed or color. Students regarded the disease that is most often acquired and is treatable like any other

**Table 1.Awareness of university students about stammering Disorder (N=333)**

Items Question	Frequency (%)		
	Yes	No	Don't Know
Have you ever met a stutterer?	242(72.7%)	73(21.9%)	18(5.4%)
Is dexterity related to stuttering?	82 (24.6%)	104(30.6%)	149(44.7%)
Is stuttering race oriented?	98(29.4%)	147(44.1%)	88(26.4%)
Can stuttering be treated according to you?	209(62.8%)	73(21.9%)	51(15.3%)
Is stuttering according to you hereditary?	119(35.7%)	156(46.8%)	58(17.4%)
Do you think there is sufficient awareness of stuttering?	117(35.1%)	185(55.6%)	31(9.3%)
Do you think stuttering is properly represented on social media?	103(30.9%)	203(61.0%)	26(8.1%)
Do you think stuttering received well in schools?	131(39.3%)	173(52.0%)	29(8.7%)
Do you think stuttering hinders professional development?	185(55.6%)	104(31.2%)	44(13.2%)
Do you think stutterer is taken seriously?	163(48.9%)	140(42.0%)	30(9.0%)
is stuttering due to lack of confidence?	220(66.1%)	90(27.0%)	23(6.9%)

conditions. The students regarded their stammering counterparts as equal to them in intellect. But the students were unanimous in their decision that media does not depict stammerers well and has created a negative image regarding stammering. They also said that the teachers in schools were not very supportive of the students with the condition and is not well received in schools. The participants regard this condition as major barrier to professional development and said that stammerers at university level are taken seriously but regard stammering as a lack of confidence of the individual. These results clearly show that awareness is fairly high among the younger generation and they look towards stammering in a positive light. There are many investigations or assessments have been directed in past that identified with my examination. In 2020 an examination was led with respect to assess the arrangement, insight about discourse problems stammering and attention to language training in youthful grown-ups in Pakistan. Another examination in UK was held over countless understudies. Furthermore, the principle motivation behind that specific examination was to research the encounters of people of advanced education who person with speech issues or have any sort of talking issue. In 2009, another study was undertaken in Kuwait on parents' perceptions, knowledge, and understanding of stammering.

#### 4. CONCLUSION

It was concluded that majority university students of related fields have accurate awareness regarding stammering disorder in Lahore, Pakistan. The purpose of this research is to see students are sufficiently informed about speech abnormalities in their children. And the findings reveal that students are becoming more conscious of their children's stuttering or other speech issues. And there are a variety of causes for this increased knowledge, including the fact that now everyone is interested intaking advantage of all medical breakthroughs in any profession or for any ailment.

#### CONSENT AND ETHICAL APPROVAL

As per international standard or university standard guideline participant consent and ethical approval has been collected and preserved by the authors.

#### COMPETING INTERESTS

Authors have declared that no competing interests exist.

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