



Exploring the contents of blind's dream: A phenomenological study

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Abstract

This study explores the dream content among Blinds in different areas of Pakistan like Gilgit, KPK, Sindh, Kohat, Hassan Abdal, Wah Cantt, Rawalpindi and Islamabad. The purpose of the study is to examine the variables like dreaming, day dreaming, optimism and emotional regulation regarding dream content among blinds. Dreaming for blinds is less sighted and sometimes unable to understand but their dreams are unique in nature because blind see dreams without visual experiences. This study explored the elements of dreams like structure, figures, family members' appearance, colours, good or bad events, existence of other people. It was compared to the real life aspects such as how blinds perceived their family members in dreams and how they look in real life. Data was collected by interview guidelines taken by 16 blinds. Most of them were totally blind and rest of them were partially blind. The data was analysed thematically by creating themes and codes from the interviews by researcher manually. An ethical interview guideline approved by experts was used to take interviews consisted on 23 demographic variables and four other variables such as dreaming which had 13 questions, day dreaming had 18 questions, dream optimism had 16 questions and dream emotional regulation had also 18 questions. The comparative findings of this thematic analysis concluded that some of the events of dream content of blinds is not reality based such as partially blinds perceived their family members in dreams, they are not seemed as in real life and totally blinds even can't see their family members in dreams.

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Keywords: *Dreaming, day dreaming, dream optimism and dream emotional regulation.*

Introduction

A person having weak eye sight with 80% or above is considered as blind. There are so many reasons of blindness. Some people may be blind by birth or get visual impairment due to some others reasons like injury and surgeries. Blinds can face so many challenges in their lives in different aspects such as dependency, navigation of places, reading textbooks without braille, screen reading, colour combination and other out-door or in-door tasks. But it may be a great challenge for blind individuals to see, to understand and to convey their dreams. By birth blind individuals has not clear images in their dreams but it depends on their severity level of blindness. Similarly, People with total blindness can see dreams as well. Sometimes totally blind person can see large structures and individuals that are also understandable (Helmenstine, 2020).

Sometime totally blind people can count objects and their movements they see in dreams. They observe events more in dreams such as weddings and funerals on the basis of their experiences. Partially blind individuals cannot see clear images in dreams but sometimes they has somehow light perception so they can also see images and figures. In the case of later blindness in life, the individuals see perfect clear images in their dreams are the normal individual can see. When blinds see dreams, they construct a world in their dreams that resembles to their experiences (Ryan, 2022).

In Pakistan, there is task that operating to presents the vision to 5500 blind kids in Pakistan. Most people can identify the vivid visual imagery evoked by dreamscapes when they think about their dreams. It resembles watching a movie in one's head for many people. Although there may be additional components to the encounter, such as noises, touch, taste and scents, the visual experience is the most important one.

A dream is s succession of imaginations, thoughts, feelings and sensations that typically arises involuntarily with inside the thoughts at some point of sure degrees of sleep. Blind humans can do dream, alive though their dreams may be relatively distinctive from the ones of humans who normal sight. Every individual dreams. It takes place in unique degrees in sleep cycle. Dreams

are the memories of the mind tells throughout the REM (fast eye movement) degree of sleep. People usually have more than one goals every night time that develop longer as sleep as attracts more. Dreams usually derived one's feelings. During the day, our mind are operating difficultly to make connections to gain sure functions (Raypole, 2019). A dream is an imagined sequence of occasions that one imagines while as sleep. One encounters assumed events in imagination when one dream in sleeping (Collins Dictionary, 2022).

Daydreaming or fantasy is the power or manner of making specifically unrealistic pictures in reaction to mental state. It is an intellectual photos or a sequence of intellectual pictures (including daydreaming) (Merriam Webster, 2021). The most prevalent type of consciousness is daydreaming. Consciousness is the degree to which we are always aware of what is happening both inside and outside of us. It reflects a person's level of awareness. But throughout the day, our states of consciousness frequently shift often times without even realising it. The brain frequently prefers to act independently (Lawrence, 2022). When individuals becomes frustrated and tensed due to past experiences than it becomes their conflicts and they started daydreaming in the form of fantasy. Fantasy is consider as a dream world in which the individuals concentrate to assumes themselves daring, authoritative or brave as they want to be in their real life (Sam, 2018). Day and night time mares may also happens occasionally or each day workouts that shows the fantastic things within side the curriculum of exploration of internal emotions of deaf (Drothy. et al. 1976). Emotional regulation is the capacity to volume manipulate over one's personal emotional state. Emotional law is a whole greater deal, due painful beyond memories along with abuse or trauma, (Salters, 2020). Conscious or unconscious control of emotion, mood or affect is an emotion management which is known as emotional regulation. Conscious control sometimes referred to as a coping mechanism is an active mental process or a commitment to an activity to manage your emotion. Non-conscious control refers to thoughts and actions from which one is not aware of such as temperament and the lack of emotion in some people (Devis, 2021).

Optimism is a mindset reflecting a perception or wish that presents the final results of a unique standard that may be fine, favorable and desirable as looking ahead to the exceptional final results from any given state of events (Weiten, Wayne, Lloyd, 2005). Optimism is an intellectual mindset characterised through wish and self-belief in fulfillment and a fantastic destiny. Optimists are people who has mindset related to some of advantages together with higher coping skills,

decrease pressure ranges, higher bodily fitness and better staying power while pursuing goals. (Scott, 2020) optimism means one that has faith in one's ability to succeed and is confident in the future. Optimists frequently see difficulties as opportunities for growth or brief or setbacks. Even the worst day carries the hope that tomorrow will probably be better for them (Scott, 2022).

Literature review

A study concluded that dream content of blind individuals are same as the dreams of individuals with vision. Both types of individuals may dream, their failure and success in life, their quarrels, fights, aggression and also about animals such as their pets. Blind individuals may have auditory, olfactory and tactile dreams more than visual dreams (Bhumikavr, 2022). Another study stated that individuals who have been blind since birth appeared to still have visual images in their dreams and to exhibit eye movement that were associated with recalling visual dreams (Bertolo, Barrio, Antona, Mestre, 2017). On other hand, blind subjects reported the same dream experiences, including visual content although having fewer REM eye movements than the subjects with vision (Cherry, 2022).

A study explored the community data of having a day dream and related among the emotional regulation and having a day dream. Two community fashions have been estimated. In having a day dream simplest community, in the accelerated community, there have been institutions and confined emotional guidelines techniques. It imply that problems with management is critical to having a day dream and associated with emotional dysregulation (Talya. G, 2020).

In Pakistan, according to the survey of 2003 the number of blind individuals is almost 1,140,000. In Pakistan, a survey was conducted in which almost 44,800 blind individuals were counted with age range of 50 and above in 2019 to 2021. It was compared to the survey of 2004 in which almost 9,028,073 individuals were reported as totally blind. There was a declination in the strength of blind individuals such as 484,027 totally blind individuals were reported out of 1.5 billion blinds in Pakistan. Totally blindness is reduced to 49% in Pakistan. 150 THQ hospitals, 122 DHQ hospitals 32 teachings of eye departments were established during 2004 to 2020 (Junaid, 2022).

The useful gadgets consist of listening to aids, braille gear, virtual listening to aids, magnetic white board, audio players, Braille slate and stylus, studying glasses, magnifiers, watches and white canes. Less than 1% of dreams involve olfactory, gustatory or tactile sensations. The majority of dream elements are kinesthetic such as related to movement. (Hoson, Hong, & Friston, 2014). These sensations are most frequent during dreams in blind at night persons who are blind persons who are blind rely on their other senses to compensate or their lack of vision (Peters, 2022).

A study explored the community shape of having a day dream and related among the emotional law and having a day dream. Two community fashions have been estimated. In having a day dream simplest community, gadgets clustered in 3 groups maximum gadgets had been definitely linked and issue controlling the daydreams became maximum vital. In the accelerated community, there have been institutions and confined emotional guidelines techniques. These locating imply that problems with manage is critical to having a day dream and associated with emotional dysregulation (Talya. G, 2020).

Nightmares displays improved deficits in emotional law include bad dream imagery extra references to death, aggression and hostility and are notably extra excessive and much more likely to be extra distressing than awful goals (Levin and Nielson, 2009). Bad desires include greater emotional processing articulated and modulated expressions of feelings. A take a look at desires contextualise the dominant feelings of the dreamer and that goals after trauma or annoying activities may be visible as a type if continuity (Fireman et al. 2014).

In Pakistan, according to the Lyton Rahamatulla Benevolent Trust (LRBT) for affiliation of blind is running donation campaigns in almost 19 eye hospitals and 57 eye clinics, celebrating a blinds protection day as worldwide day for blind to elevate attention to the struggles and demanding situations and to make the conversation manner smooth for the blinds. Pakistan trust ensured public data and fitness care verbal exchange messages as important facts need inclusive braille, audio, huge prints, and understandable language and to study (LRBT- 2007).

This study is ambitions to offer a wealthy thematic community and outline of the facts set. The cause of this kind of evaluation is to growth attention referring to troubles around blind in conveying their emotions and feelings and ideas to others, which could assist each scientific and

social understanding knowledge. This study may be useful for the society because the human beings can capable of convey to dream content material of blind and may be convey to their ideas, questioning and wishes.

Research Questions

Can blind people dream or daydream?

Can blind distinguish between good and bad in dreams?

How they perceive peoples?

What kind of events blinds see in their dreams?

How much blinds have positive attitude towards dreams and daydreams?

Are the dreams and daydreams of blinds reality based or not?

What are the effects of dreams and daydreams on emotions of blinds?

Method

Research Design

This comparative study will be qualitative in nature. In order to reach the objectives this research was carried out. Semi structured interview guideline was developed to collect data. (1) To determine the content of dreaming (2) to investigates the daydreaming (3) and to examine the emotional regulation (4) and to examine the optimism. Moreover the study also aims to understand the relationship of different demographic variables dreams of blinds.

Sample

After studying the literature in detail three focus groups discussion was done with 1 totally blind male and 1 partially blind female. After that an interview guideline was made by researcher that was approved by experts. A sample of N=16 blinds was taken. Both purposive and snow ball sampling techniques were applied. Data was taken from different areas of Pakistan like Gilgit, KPK, Sindh, Kohat, Hassan Abdal, Wah Cantt, Wah Cantt, Rawalpindi and Islamabad. Participants showed their interest in interviews and gave permission for recording their interviews.

Instruments

Demographic variables sheet: The demographic sheet comprised of 22 demographic variables like age, gender, marital and socio economic status, occupation, Religion, Regional background, parental status (Alive or death), Family Type (Nuclear or Joint), Number of siblings, Birth order, Number of children, schooling, type of schooling, etc

Interview guidelines: Data was collected via formal interview guidelines individually which were related to blind's experience that were developed by researcher with the open ended statements. Total no. of questions in interview guideline for dreaming were 13. Day dreaming interview guideline had 18 questions, dream optimism had 16 questions and dream emotional regulation had also 18 questions. The questionnaire was designed for the blinds male and female as interview questions of blinds were focused on visual image.

Ethical consideration: Ethics approval became sought and granted through participant's care takers and parents. When the people were certainly informed of the manner and consent forms were signed, researcher commenced with the interviews. Participants have been informed about confidentiality.

Thematic Analysis: According to Braun and Clarke (2006), thematic evaluation will be used to analyse content material of the records because it identifies and examines the underlying assumptions, conceptualisations and ideologies. Phases of Thematic Analysis. Braun and Clarke (2006) mentioned the subsequent 6-level method as a guiding principle for researchers to behavior thematic evaluation is supplied below:

Phase 1: Familiarising yourself with data.

Phase 2: Generating initial codes

Phase 3: Searching for themes

Phase 4: Reviewing themes.

Phase 5: Defining and naming themes.

Phase 6: Producing the report.

Participant emphasised on group of words. An in-depth inductive thematic analysis was done. Data was analysed by coding the scripts and by grouping the codes in themes. Themes were rechecked and selected the major themes regarding past experiences of blinds. Thematic analysis focused on different aspects including continuity of dreams and daydreams and their effects.

Procedure

Interviews were conducted according to the schedule for this study that was based on a dreaming group method (Schredl, 2012), which includes listening to the dreamer to draw out dream content. One to one method was used to take interviews individually. Interviews were completed in four stages, 1) by asking the participants to understand the questions carefully. 2) Explore the different content of dream such as colours or characters related to dreams 3) report the attitude towards dreams like positive or negative opinions regarding dreaming and day dreaming 4) details about the action plans regarding dream influenced by emotional regulation.

They may be choose via specific regions of Pakistan like Gilgit, KPK, Sindh, Kohat, Hassan Abdal, Wah Cantt, Rawalpindi and Islamabad. They were given brief instruction approximately the purpose of the studies in knowledgeable consent. Then the participants were requested to answer that turned into used for the studies reason. After that facts were used for the evaluation.

Results

Descriptive Results

Table 1

Descriptive details of participants (N=16).

Disability type	Gender	f	%
Partially blind	Male	5	31
	Female	4	18
	Total	9	56
Totally blind	Male	3	18
	Female	4	25
	Total	7	43

No. of participants (N=16)

Table 2*Frequency and percentage table for Demographic variables among blinds.*

Variables	Categories	f	%
Age	15-30	8	50
	31-60	3	18
	61-80	3	18
	80 or above	2	14
Gender	Male	8	50
	Female	8	50
Marital status	Married	4	25
	Unmarried	12	75
Blindness	Totally blind	8	50
	Partially blind	8	50
Birth order	1	2	13
	2	4	25
	4	8	6
	5	1	6
	6	1	6
No. of siblings	1-3	6	38
	4-6	10	62
Education	Nil	2	13
	Matric	2	13
	Bachelors	4	25
	Masters	8	50
Care taker	Parents	9	56
	Siblings	7	43
Sleep duration	3 to 6 hours	4	25
	6 to 10 hours	12	75
Any other disability	No any	16	100
Duration of blindness	Since birth	5	31
	1 to 10 years	8	50
	20 to 30 years	2	13

	40 or above years	1	6
Parental life status	Both are alive	10	63
	Both are dead	2	13
	One is alive	4	25
Occupation	Student	12	88
	Employee	4	13
Schooling type	Nil	2	13
	Mainstream	5	31
	Inclusive	11	69
Religion	Muslim	15	94
	Non-Muslim	1	6
Schooling sector	Government	6	37
	Private	10	63
Socio economic status	Middle	14	88
	Upper	2	13
Dependency status	Dependent	9	50
	Independent	4	25
	Partial	4	25
Mood most of time	Euthymic	10	63
	Irritated	1	6
	Perplexed	1	6
	Low	2	13
Reason of blindness	Happy	2	13
	By birth	2	13
	Operation	4	25
	Injury	2	13
	Other eye problems	10	63
Attachment with	Father	8	50
	Mother	4	25
	Siblings	2	13
	Friends	2	13
Family structure	Joint	7	44
	Nuclear	9	56
Belonging areas	Gilgit	1	6

KPK	1	6
Sindh	1	6
Kohat	1	6
Balochistan	1	13
Hassan Abdal	1	19
Wah Cantt	3	18
Rawalpindi	2	12
Islamabad	5	31

Discussion

The study purposed to analyse the dreams and imaginations of blind people. A qualitative study was carried out to assess and tap the reality and nature of the world through the lens of a visually-challenged people. Interviews were taken from the blind people. 23 Demographic variables were asked to the participants such as Age, Gender, Marital status, Blindness, Birth order, No. of siblings, Education, Care taker, Sleep duration, Any other disability, Type of blindness, Duration of blindness, Parental life status, Occupation, Schooling type, Religion, Schooling sector, Socio economic status, Dependency, Mood most of time, Reason of blindness, Attachment with, Family structure and Belonging areas. The age range was 15 to above 80 years old. It is concluded that the older age blinds had more blurred dreams. 80% vision became impaired or blurred within the age (Mahesh, 2019).

The sample of two types of blinds were taken such as totally blind and partially blind so it revealed that partially blinded people can see more images in dreams. As they has vision earlier and later on blindness so they can see more clear images. The subjects who had normal vision before they can see images, colors and form clear perception in dreams (Michael, 2021). 4 participants reported independent status. They are well-educated and skilled. As many blind children are having different opportunities and facilities for different senses like hear, touch, smell. Adults also had different types of application that help them in using modern devices and by the help of clear concepts of space and movement blind can move from one place to another independently so blinds can also be independent (Osaba, et al. 2019).

Additionally, 9 blind individuals reported dependent and 4 participants reported as partially dependent. People with maximum visual blindness are more dependent in their lives. It is difficult for them to perform daily activities or daily routine tasks independently (Brown, et al. (2014). 3 blind participants reported as employees as teacher. There can be various general professions in which blinds can do work as well. Such teaching, musician, psychologist, rehabilitation teacher, judge, authors, researchers, artists or motivational speakers etc. (Sandy, 2023).

Different themes were extracted congruous to the research questions. The themes emerged from the analysis of the data are summarised as the first theme that arose from the data was the participant's "Dreams with Blurred content". Due to not seeing the things in reality, most of the participant's dreams were having blurred content. The people and things they see in dreams are blurred. When participants say

"I see blurred vision in dream and fantasies" (P1, P2, P8, P10 AND P12),

"I can't see clear images in dreams" (P11, P13, P15),

It indicated that their dreams are not clear or they are not able to clarify what they see in their dreams. According to Hurovitz et al. (1999), there are no clear images in the dreams of those who are born blind and who are unable to experience visual imagery in waking life. It seems that sometimes blind subjects see vivid and blurred images in their dreams. They can experience voice, smell and touch but and clear image. (Conner, 2008). Similarly when participant says:

"I didn't saw anybody in real life so I can't see them in dreams clearly but I see shadows" (P1, P3, P4, P5, P6, P14).

"I try to identify vivid images and things in dreams" (P10)

"I see things in dreams according to my real vision" (P16)

It seems that the blinds have some vivid images in dreams but they try to give meaning to their dream content. Blind individuals have all types of senses in dreams so they can feel touch, hear, smell etc. so the things blinds perceive whether vivid or blurred, they try to give them shape or meaning (Hurovitz, 1999).

The next theme was emerged as participant's "Self-Perception". Most of the participants perceived themselves as disable and unable to do different tasks that other normal people easily do. When participants say,

"I saw myself blind in dreams and fantasies also" (P8, P12, P13, P16)

According to this verbatim, blinds showed self-perception as disable person. Blind individuals see their selves as disables. It show their reality contact with dreams and somehow their inferior imagination and self-awareness. (Gerhard, 2021). When participant reports:

"I often see myself doing any task" (P1),

It shows that blind individuals has sense of doing task by self. Therefore, they have dreaming related to activity. According to (burgundy, 2019) blind have vivid but colourful images and also some activities like running, talking shaking hands, screaming like sensory informative tasks. Similarly when subject said:

"I see myself sitting peacefully because I know I can't do anything" (P2),

It showed that blind subject needs others help as they are dependent and cannot do their tasks independently. According to the Royal national institute of blinds, that blind individuals have positive interactions with people. (Vernon, 2023). It seems that they are always struggling to do the things by their selves, but they failed to do so. According to Cimarolli & Boerner, (2005) blinds reported perceives themselves as weak and needy, and they appeared to have lack of support due to which they face challenges in accomplishing different tasks. When subject said:

"I imagine myself in different events" (P3, P7, P9)

It can say that blind individuals are mostly less social due to their visual impairment. So blind people fantasise themselves to see their selves to enjoy in different events because they also want to spend their times in good places. In this way, blind can also visit to different places such as walking trails by their concepts of space and move, they can go to restaurants if they can locate their food, they can travel in groups, so blind individuals can also enjoy holidays. The visual impairment and blind society (VIBS) established a community for blind people in which they can take a part in different social events and activities (Akinyele, 2022). As participant said:

“I see myself enjoying swings in dreams” (P4),

It seems that blind people also have the wish for fun. Blind individuals can enjoy many outdoor tasks such as adventures at different places, parks, shopping etc. they can associate with family members and friends and can enjoy in groups. Blinds can enjoy planting outside, meditation as yoga and outdoor exercise in parks, water activities like swimming or boating (Orcam, 2022). The next theme emerged was “Curiosity”. It seems that the participants have many wishes to explore the things and see things by their eyes. When participants say,

“I imagine that how my grandchildren look like” (P3)

“I imagine that how my wife and friend’s graves look like” (P3)

It seems that they feel curious that how the things will feel if they would have vision. According to Bottrill, (2009) blind people have desire to explore and see things in reality and they satisfy their needs by talking about things. The next theme was “wishes”. The verbatim showed that the blinds also have some wishes that they dream or fantasise to fulfill. Individuals wished to do tasks independently and wished to see different things. As blind participants said,

“I wish and imagine to see and do things like other children” (P2)

“I wish and imagine that I am not blind and can do tasks by own” (P6)

“I wish to perform things as other people do” (P10)

“I wish and imagine to participate my son wedding and to do works” (P3)

“I wish to see my younger son’s wedding” (P3)

It shows that blind individuals have also strong and weak points. Their most dominant weakness blindness. Like other normal people blinds have also wishes to get things which they want. We should respect the wishes of blind individuals. The next theme emerged was “Family Perception”. Interviews of participants revealed that they dreams about their family members, and perceives them according to how every member in the family acres and supports for them. When most of the participants says,

“I saw my mother in dream as an obese lady” (P4)

“I saw my mother caring me in dreams” (P13)

“I talk to my siblings and relatives in dreams” (P1, P2, P10)

“I see my wife in dream she has been died” (P3)

“I see my son wedding in dreams” (P3)

It means that they have dreams about the family and have wished to see them in reality. According to Gul (2020) blinds usually dreams about those family members who interacts and cares for them mostly. Due to the lack of blind people seek sympathy even they also have the ability of neural empathy like other people. Blind can understand the situation and also want from others to understand them. (Gatin, 2014) The next theme that emerged was the participants’ perception about social support. Interviews suggests that they have need of support from others, and are seeking sympathy from others, and they wants others to understand. As for example, most of the participants remarked

“All other people help me in my dreams and fantasies” (P7, P11) P14, P15)

“I imagine that all people came to me on my call for once”

(P3, P11. P12)

“I imagine myself normal in dreams and fantasies and I wish to be normal in my real life as well” (P6, P7, P15)

“I see stable relations with cousins and relatives in dreams and fantasies”

(P6, P7, P8)

“When I see strange things in dreams I can’t understand what’s going on” (P3, P5, P6, P8, P11, P13)

Researches have claimed that the support to the persons with disabilities lead to a very high psychological wellbeing in them (McAndrew, 2000). The participant also acknowledged assistance from peer members and seemed to share a good bond with them. According to Kef (2012), social networks of visually challenged have been reported to consist mostly of family

members, close relatives and friends. Additionally, the next theme that emerged was “Friendliness”, participants seemed to understand its intricacies and sensitivities and quickly added that,

“I enjoy swings with my friends in dreams and fantasies” (P4)

“I imagine to enjoy events like my other friends” (P8, P11, P12)

“I imagine my friends weddings and funerals because I can’t see these things in real” (P3)

They also reported that for a trustful relation with friends, one’s needs to be selfless. Participant’s interviews showed that they have the desire to do the things what their normal friends usually do. Hartup (2020) mentions that blind young adults form a basis and sense of friendship with an increased involvement, intimacy and shared thoughts and feelings with their peers. They do not want other people to sympathise with them. They just seek social acceptance from others. The next theme that came up was “inferiority complex”. They seemed to feel weak as compared to others who are sighted. There seems to be a kind of wishful identification within them too as they further remarked.

“Sometime I feel sad that I can’t even see my family members” (P12)

“There are lots of things which other people can do but I can’t” (P13)

“I feel that I am not blessed to see my parents and siblings” (P2)

It shows that they have induced sense of inferiority. For example, Meighan (2020) found in her study that visual impairment may cause people to feel inadequate and inferior to others. These feelings may reflect their lack of social acceptance, physical incapability and social maladjustment. Thus, they wish to be like their other sighted peers. The other theme emerged in the interviews was “Need for accomplishment”. They seemed to be motivated to accomplish more. They were motivated to hard work and study like normal people. When they reported in interviews that,

“I love to do makeup and I try to do it by fantasies and brain storming” (P13)

“I try to keep busy myself to avoid bad fantasies” P15)

“I try to convince myself for hard work in fantasies” (P15)

“I can distinguish between dreams and fantasies, (P12)

It seems that they also have the need to accomplish things and study more to achieve goals. According to Klinkosz et al. (2006), blind students coped well with their studies and passed their examinations on time. They all viewed a university education and the acquisition of knowledge and vocational skills as forms of self-realisation. Another theme emerged was Death perception. It seems that the participants perceives death as dreadful and they are afraid of death. When participants reported,

“I often see dreams lie someone is strangling herd” (P11)

“I often see dream that someone is behind me and wants to kill me” (P8)

“I saw my death in dream and fantasy” (P7)

“I saw in dreams and fantasies that I am going to die” (P8)

“I know everyone will be die one day but I feel scared when I saw death of my close ones” (P8)

“I imagine that I will be die as blind” (P3)

It means that for them Death is a worse reality. According to Andrew (2008) blinds are much scared of the death because they find themselves as helpless and weak. Next up, the theme, “Perceiving disability as barrier” emerged as critical theme. Participants seemed to be hesitant to talk about their blindness and they take their disability as barrier, as they remarked,

“I start cry when I see that I can’t do anything in dreams and fantasies” (P13)

“I imagine that why it happened to me? Why I am blind?” (P14)

It seems that their distress about disability stems from their functional restrictions. Support to this finding is lent by numerous studies. For instance, Huurre (2000) reported that blinds may have functional restrictions, especially relating to mobility and orientation and they find it difficult to participate in certain social events and have difficulty in maintaining relationships with other

people which ultimately, may cause them to feel distressed about their disability. Despite all this, the next theme that emerged was “Fearful about Future”. Interviews showed that the participants have certain fears about future because of their disability. When blind individuals say

“I imagine that I can’t do anything other children will grow successfully” (P9)

“I imagine future plans” (P1, P4, P5, P9, P10, P13, P14, P16)

“I imagine that I will die as blind even after so many treatments” (P3)

It seems that they feel confused about their future and are afraid about how to deal with the difficulties that comes in life with time. According to Kızılaslan & Kızılaslan (2018) visually impaired individuals have wish to be part of the society, but the obstacles cause anxiety in many different ways as they constitute their futures, and it negatively affects their motivation and academic performance. Another theme emerged was “Fantasising life”. Blind subjects reported that,

“I always do fantasy regarding my blindness and performing tasks” (P8)

“I imagine that how to improve myself” (P2)

“I talk with others in fantasies” (P2, P3, P8, P15)

“I go with others in park and enjoy swings in dreams and fantasies” (P9)

It seems that they usually used imagination to relax themselves and fantasise the things they want to do. Blind people usually fantasise their responsibilities, which they are unable to fulfill in reality. It means that they fantasise more and use imaginations as a coping strategy. Additionally, another theme emerged was “Self-pity in imaginations”. It seems that they perceive themselves as weak human beings and they find themselves helpless in doing different things. Participants reported that

“I imagine to enjoy with friend which I can’t do so” (P9)

“I wish and imagine to enjoy my son’s wedding” (P3)

“I feel sad when I see my deceased wife in dreams” (P3)

It seems that they imagine themselves as disable and helpless. According to Ackerman (1995) blinds take themselves as unable to do certain tasks as compared to others and they take themselves as more pitied than others. The next theme emerged was “Emotional imagination”. The theme suggests that they usually imagine emotional Scenarios and they wish to enjoy with family by imagining social events with them. They remarked that,

“I feel sad when I see my deceased wife in dream that she attended son’s wedding and doing different things” (P3)

“I feel sad when I see myself that I can’t do anything in dreams and fantasies” (P10)

“My mother has been died and I feel sad when I see my mother in dreams and fantasies” (P12)

In this verbatim, the blind participant P3 showed highly emotional content. There is an evidence that blinds are highly emotional and they express their emotions when they have interaction with people. Even blind individuals have also facial expression to show emotions (Valente, 2017). According to Wang et al (2012) blinds usually imagine emotional scenarios and finds themselves as helpless being in their imaginations.

“I often see my granddaughter’s birthday party which was held when I was not blind and I wish and imagine to enjoy other events like this also” (P9)

“I often see in dreams that I am enjoying the educational tours with my teachers and class mates.” (P2)

“I saw an big black cobra who want to hurt me and suddenly he sting a buffalo near me and that buffalo turned into a small piece like fly” (P12)

This verbatim indicated that the blinds have evidences of mental representation in which they convey their visual images they see in dreams and present a mental representation accordingly. It allow blinds to think and recognise the images on the basis of their dreams (Renzi, et al, 2013).

“I saw quarrels with other people in dreams and fantasies” (P3, P7, P12)

“I feel angry when I see a person in dream which I dislike” (P3, P12)

“When I feel angry I notice I saw myself aggressive in dreams also” (P3)

“I feel sad when I see unstable relationships in dreams and fantasies” (P12)

“I feel restless when I see separation with close ones in dreams and fantasies” (P15)

“It feels good when I see my parents in dreams” (P12, p15)

“I feel good and happy when I have good fantasies” (P2, P4, P6, P10, P12, P15)

It means that due to their disability they usually imagine emotionally, in which they find themselves unable to enjoy events. Blind individual portray their aggression in dreams which show they have mood swings it occurs when they have disturbed sleep (Sadeh, et al, 1995). As some individual reported in demographics that they have less than 6 hours sleep or more than 10 hours sleep. It has directly effect on their mood. Sometimes blind people have low mood, less sleep and low energy (Steele & Charleston, 2009). The theme “Loneliness feeling” also emerged in the interviews. Blinds usually sit lonely most of the time and are usually thinking and fanaticising most of the time. They usually talk less with others. Blind people reported that,

“I wish and imagine that I could have a daughter who can take care of me, I feel alone when my sons are not at home” (P3)

“I usually fantasise when I am alone” (P11)

“I feel that I will die alone I feel loneliness because I have no any friend” (P4)

Researches on blinds reported that blinds feels lonely most of the time because they talks very less to others because of shyness and disability. In this verbatim, the blinds showed loneliness they experience it shows their emotional distress and social isolation (Rokach, Bermam & Rose, 2021). Second last theme “Optimistic thinking/imagination” emerged as an important theme. When participants says

“I don’t dislike anybody who I saw in my dreams” (P4, P9)

“I see less failures in dreams” (P4)

“I imagine that how to manage my disability” (P4)

“I am satisfied with my life” (P13)

It means that they think positive and imagine success. The discussion broadens and explicates different concepts about blinds. The themes emerge indicate that they also want to enjoy the life like other normal people enjoys, but their disability acts as an obstacle in doing so. Finally, the last theme “motivation” perceived the ability of blinds that they have concerns regarding their study, career and self-motivation. As the participants reported that:

“I wish to study” (P4, P13)

“I wish to complete my studies and to grow” (P4)

“I wish and imagine that my future will be more bright” (P2)

“I have to grow successfully and to get fame” (P13)

It indicated that blind people have so many challenges in their life such as less opportunities for job and studies like other normal people but the blinds still have motivation to study and to build their career. (Rampersad, 2018)

Conclusion

Thus, the current study examined the nature of experiences of a blind people and notions about life in general and ideological beliefs in particular. The results indicated that blinds dream about certain things. They usually fantasise the thing in which they find themselves helpless in reality. Nevertheless, they seemed to be optimistic and determined and try to persist through their disability with self-Acceptance.

Age and socioeconomic status indicated their social acceptance that old age partially blinds are mostly less social due to their low vision and teen age totally blinds perceive the world according to their concepts. As we compare their verbatim with their real life there were some contradictions between their dream and real world. According to the observations, as a participants reported that

“I see my mother in dreams as obese lady” (P4)

It was indicated that participant (P4) who was partially blind and saw her mother when she was 5 years old and later on she got partial blindness. She had visual images in dream which she had in childhood before blindness (Conner, 2008). So she can see visual images clearly but she cannot see the current images when she is 15 years old after blindness. Because she saw her mother as fatty lady but she is slim and smart in real. There is also evidence that the dreams of blinds are also reality based as they see the death perception in their dreams. They also has fears regarding death and especially death being blind. As participant reported that:

“I saw my death in my dream” (P7)

His death that may become in the form of visual images in dreams. These dreams are reality based. According to (Puiu, 2021) blinds experiences in real life turned into images in their dreams. As they think in daydreaming or fantasise the events whether good or bad they become images. They give meaning to their imaginations and dreams which they see in real life also.

Implications

The findings of this research may have implications for the importance of dreams of blind people. Blind people need to have proper care and assistance from the people. Furthermore, there is a need for a better understanding of the experiences of social reality of blinds in order to enhance their psychological well-being.

The blind people also have emotions, feelings and wishes that they want to be true. They need mutual understanding from other people to know about their need and to help them in better way. So the blinds can live their life as other normal people do. The things which blind individual cannot do or see in real life may start imagination on the basis of spending good time. The people need to understand that the blinds should take a part in gatherings and conversations so they can convey their wishes and opinions to others in productive way.

Limitations

Though this study offers support for most of the research questions, there are limitations to be mentioned. First, the sample utilised in this survey was made up of a convenience sample with the sample size of the study that was not large enough therefore the findings cannot be generalised nationwide. This sample is easy to capture, the overall generalisability is not optimal. Thus, others

should use caution when generalising these results. The large sample can also be taken. The study sample was restricted to blinds only which limited the researcher to generalise the whole population. It should be done on other populations like deaf and handicaps. It is suggested that longitudinal studies with large sample can also be undertaken to look into the interactions between lived experiences and its impact, for instance on self-esteem, etc. Comparative studies can also be undertaken to find out differences in the lived reality and adjustment difficulties between blind and individuals having other kinds of disability.

Acknowledgment

I am grateful to all to encourage me to start the work, persevere with it, and finally to publish it. A special word of gratitude is due to Muhammad Shafique, Muhammad Usama Shafique, Muhammad Affan Shafique, and Usama Shakeel, for their support. They all kept me going and this book would not have been possible without them. I am indebted to each and every one of you.

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