Psychosocial Challenges Faced by Albinos in Inclusive Societies and Coping Strategies Practiced by them to address these challenges. A case of Lahore City

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ABSTRACT

Albinism is a genetic condition characterized by the complete or partial lack of melanin, a pigment responsible for the color of skin, hair, and eyes. Albinism, like all other groups of disabilities, is associated with certain psychosocial challenges in an or inclusive society. The present study aimed at examining the psychosocial challenges faced by persons with albinism in our inclusive society and the coping strategies used by them to address these challenges. For the study, the interpretive phenomenological research design was used. The data was collected from five individuals who were purposively selected from different areas of Lahore. Semi-structured interviews were conducted for each individual based on the interview protocol developed as a tool of research. The data was analyzed by thematic analysis. The findings of the study revealed that Albinos are facing psychosocial challenges in our inclusive society due to a lack of knowledge about albinism. Many myths and misconceptions about albinism were found in the local inclusive community. The most common psychosocial challenges faced by albinos in our inclusive society were variable social attitudes of the people; fear of rejection anxiety, stress, anger, and negative self-perception. Moreover, they have very limited social circles due to fewer chances of social inclusion because of their limited vision and sensitive skin. The study revealed defense mechanisms, acceptance coping, and religious coping strategies used by Albino in an inclusive society.

Keywords: inclusive society, albinism, psychosocial challenges, coping strategies.

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Introduction

The concept of inclusive society explains the idea of a society where inequalities are reduced and full educational, social and cultural participation is advanced for individuals with albinism and other disabilities (Dillenburger, et al, 2015). Inclusive societies are required to promote equality, flourish in the inclusion of marginalized groups, and learn from diversity (Shore & Chung,2022; Bernstein & Bilimoria, 2013). Unfortunately, due to stigmatization, low literacy rate, and social prejudice, the inclusion of Persons with visual impairment has not been fully achieved in the local inclusive societies. There are certain reasons for the low level of social inclusion of persons with Albinism in inclusive societies. The stereotypical behavior of people living in society, the limitations due to impairment, and their unique looks are some of the major reasons.

The literature reveals that the physical aspect of personality has a great deal with its psychosocial aspect, thus albinism, being an apparent condition greatly influences the behaviors of the persons with albinism as well as the other members of their society. People with albinism face numerous challenges in their lives and it is thought that the reason behind these challenges is the physical appearance and social behaviors of others (Kromberg, 2018). People usually don't have knowledge about albinism, so they associate it with many myths and superstitions and creating difficulties for people with albinism to adjust to society in a normal manner (Tambala-Kaliati, et.al., 2021).

Albinism is a genetic condition characterized by the mal production of melanin, a pigment responsible for color in the hair, skin, and eyes (Kromberg, & Kerr, 2022). The word "Albinism" has been derived from the Latin word "Albus" meaning "white". It refers to their white milky skin. People with albinism are usually called "albinos". People with albinism usually have white skin, white to golden hair, and hazel to light blue or light brown eyes) Albinism is always associated with visual impairment and some skin problems (Estrada-Hernandez & Harper, 2007). People with albinism are at high risk of skin cancer or sunburn. The health factors of albinism lead to psychological and social problems. The management of albinism is incomplete without addressing these issues as it is suggested that among all the groups of disabilities, psychological problems are most common in persons with albinism (Hernandez, 2007).

Albinism has many psychosocial effects. Psychosocial is the combination of two words "psychological" and "social". Thus, psychosocial challenges refer to the challenges that are related to the psychological aspect of personality and have a social basis (Richard, 2016). The psychosocial challenges are related to mental health, personality traits, self-beliefs, and social and environmental factors that lead to anxiety, stress, or other behavioral issues. To cope with these challenges, people with albinism use many strategies such as defense mechanisms, intellectualization, isolation, or religious practices (Wan, 2003). Coping strategies are the ways to deal with challenges (Richard, 2016).

Albinism is found all over the world and its prevalence rate is 1 in 17,000 worldwide (Wright, et. al.,2014). The ratio of albinism is different in different regions of the world. It is most common in African countries and hence, many types of research related to Albinism are from an African context. In Pakistan, there is very little research on Albinism and all of them are about the medical or clinical aspects of albinism. Hardly one or two researches could be found that throw light on the psychosocial aspect of albinism. Thus, the present study is the first one of its nature as the gist of this study is to examine the psychosocial challenges faced by people with albinism and their coping strategies.

Literature Review

Much research is being conducted on the psychological aspects of disabilities to improve rehabilitation services (Zamani Varkaneh, et. al., 2022). As albinism is a visible characteristic, it holds the interest of many researchers in countries where it is found in a greater ratio. The literature reveals a thorough understanding of the concept of "albinism" and its associated aspects such as factors that affect the personal and psychological development of people with albinism and become the basis for social attitudes and behaviors (Masanja, 2020).

Albinism is caused by the deficient or complete lack of pigmentation from skin, hair, and eyes due to mutation in one or more genes, depending on the type of muted gene, albinism has many types. In the past, albinism was classified into two categories, "Oculocutaneous Albinism/ OCA" affecting eyes, skin, and hair, and "Ocular Albinism" affecting only eyes (Hovnik, et. al.,2021). Albinism could be syndromic or non-syndromic. OCA and OA are non-syndrome types of albinism while "Hermansky Putlak syndrome type 1, 2, 3, and 4" and "Chediak Higashi syndrome" are syndromic (Estrada & Harper,

2018). With time, doctors continued their studies, and currently, seven phenotypes of oculocutaneous albinism have been discovered in Pakistan (Shah, et. al., 2018).

Researchers have conducted studies on many aspects of people with albinism such as their self-concept, anxiety level, their intelligence, and attitudes towards albinism but Hernandez (2018) concluded that none of the research was linked with the psychosocial factors of albinism. He conducted most of his studies in countries where the lack of knowledge was the basis of how albinism was perceived there. According to Aborisade (2021), the self-concept of persons with albinism is lowered when they are subjected to unreliable information about albinism or when he fails to meet their social needs. The failure in meeting the social criteria, the persons with albinism go through psychological distress.

According to Chu, et. al., (2021)), albinism is associated with many myths and superstitions in the history of the African context. These myths have changed over time but are often associated with folk stories and tales. Some studies suggest that albinism is a blessing and is associated with unusual powers; others say that it is the result of evils and punishments. The general reason behind all these beliefs is the lack of knowledge about albinism.

Albinism is associated with many psychosocial challenges as revealed by the study conducted by Estrada-Hernandez (2018). According to this study, physical differences play an important role in determining interaction patterns with albinism which affect their psychological development and quality of life. In inclusive societies, people have a typical look and physical appearance, and structure. As explored by the researcher, a lack of knowledge about albinism contributes to the discouraging attitude toward albinism by sighted people (de Groot, et.al.,2022).To lessen the rate of discrimination against people with albinism, the members of society should be aware.

A study was conducted by Sarah (2016) on psychosocial challenges and coping strategies among people with albinism in Tanzania. The findings of her study suggested that stigmatization and social discrimination by the people of inclusive societies are the most common psychosocial challenges among albinos in inclusive societies and they use "social isolation" and "social avoidance" as coping strategies. In her study, she used the social model of disability to explain the challenges of

albinism. This study also became the basis for the present study as the researcher also wanted to address the same issues.

According to Mutasa (2014), people with albinism face discrimination at educational and employment levels in inclusive societies. This discrimination is generally conceived by the social model of disability. The findings of the study also suggest that albinism is associated with some myths and superstitions. The elements of aggression and depression were also found in the participants of the study. The study concluded that albinism is associated with psychosocial challenges. However, the study provides recommendations to change societal attitudes such as awareness campaigns about the rights of persons with albinism. The study suggests that family plays an important role in accommodating persons with albinism.

The research studies on albinos have highlighted that people with albinism face many medical and social issues (Lund & Gaigher 2002). The studies showed a greater risk of skin problems and reduced visual acuity among people with albinism (Wilhelmsen, et. al.,2022). Another study conducted by Samdani & Khoso (2009) conducted an epidemiological study on people with albinism from a rural area of Sindh, Pakistan. Their study aimed at exploring the medical and financial issues of albinos. The results of the study found that all the participants were at risk of skin problems, especially during the summer season. Albinism has many financial issues as well as there is a burden of medication and protection needs. The study found that besides these challenges, people with albinism also face many social and psychological challenges which are needed to be addressed by separate research studies.

The psychosocial challenges of persons with Albinism increase the challenges of their life in inclusive societies (Ngula & Bitso, 2021). The studies have explored that persons with Albino (PWA) faced attitudinal problems in the inclusive society which promote their social exclusion. The exclusion from inclusive society refrains them to participate in social events and reduce their social roles as a member of this society. Living with Albinism is not living an ordinary life in our local inclusive societies as highlighted by the experiences of persons with Albino (Inyango,2021). The most common challenges faced in inclusive societies as highlighted by the study conducted by Tambala-Kaliati, et. al., (2021) lack of community support, labeling, superstitions, and discrimination. These challenges have a positive correlation with their psychological problems and tilt them to use certain coping strategies

to survive in this world of normal people with typical physical features. The use of coping strategies is essential for the PWA as it will help them to reduce their psychosocial challenges and will enable them to be an integral part of larger inclusive societies (Zamani Varkaneh, et.al., 2022). Hence, PWA will be able to get benefits from inclusive education (Inyango, 2021) and professional institutions to become productive citizens and share their financial burden as PWA are suffering from financial issues globally and locally due to social exclusion and marginalization within inclusive societies.

The above literature presents a holistic idea about the challenges faced by persons with albinism across the world. Most of the research is from the African context, few are from the Pakistani context. All the research has recommended the need for further research in the addressed field. The present study was also conducted in light of the above research. Because of its nature, the study is of great significance in the field of albinism as such studies are highly needed to be conducted to raise awareness about albinism at a mass level for their proper inclusion in inclusive or inclusive societies.

Purpose of the Study

The present study identified the gaps in the previous studies in this field and tried to bridge those gaps by addressing the psychosocial challenges faced by persons with albinism in becoming part of an inclusive society in the context of Pakistan. The study also explored the coping strategies employed by albinos to cope with their challenges and keep themselves socially included within an inclusive society. The study also aimed at raising awareness about albinism so that the issues of albinism could be brought to the national level. The study will also help the general public to modify their behaviors toward albinism. The present study will add to the existing literature on albinism.

Research Objectives

The objectives of the present study were to
1.   Highlight the psychosocial challenges faced by people with albinism in an inclusive society in the local context.
2.   Observe the coping strategies used by people with albinism to deal with psychosocial challenges in an inclusive society.

Research Questions

The main research questions for the present study were;

1.   What type of challenges are faced by persons with Albinism in an inclusive society?
2.   What is the cultural and ethnic background of albinism in Pakistan?
3.   What type of coping strategies are used by Albino to meet the psychosocial challenges in an inclusive society?

Methodology

The following research methodology was used to conduct this study.

Research Design

Selecting the methodological procedure is the most important step in research work. Keeping in view the nature of the problem, the qualitative research approach was found to be the most suitable under which phenomenological interpretive research design was used. The population for the study was persons with albinism living in the city of Lahore. To study the underlying phenomenon, detailed interviews with five albinos were conducted. A purposive sampling technique was used to approach the sample.

Participants

All the participants were from the central and peripheral areas of Lahore. Among the participants, there were three young adult females, one adult male, and one adolescent male. All the participants were educated. All the participants knew the biological basis of albinism except one male adult who was unfamiliar even with the term "albinism". The following table presents the general description of the participants;

Table 1
Demographics of the participants of the study

No of participants	Gender	Age (years)	Birth order	Marital status	Family type	Siblings without albinism
1	Male	24	1	single	Joint	4
2	Female	25	1	single	Nuclear	1
3	Male	17	5	single	Nuclear	1
4	Female	21	2	single	Joint	1
5	Female	22	3	single	Nuclear	2

Data Collection Procedure

The data was collected with the help of the interview protocol. In addition to demographics, the interview comprised two sections, the first section was comprised of questions about the psychosocial challenges faced by persons with albinism to be part of an inclusive society, and the other section was comprised of questions about the coping strategies used by them to cope with their challenges facing the inclusive society. A questionnaire was designed for the interviews; both open-ended questions were included in the questionnaire. The interview was framed keeping in view the research questions of the study.

The interviews were conducted in the first language of the participants i.e. in the Urdu language. Before the formal beginning of the interviews, an informed consent form was signed by the individuals. Then, the demographic information of the participants was collected. The responses of the participants were recorded on the answer sheets. The researcher also took field notes from the familial context of the participants.

Ethical Considerations

All of the participants were willing to be part of this study without any pressure.

The interviews of the respondents were cast off after the completion of the study to keep the secrecy of the information shared by the respondents. The respondents were allowed to refuse any question if they consider it undesirable.

Data Analysis

Thematic analysis was used to analyze the data gathered from the interviews. Themes emerged from both sections of the interviews. The researcher analyzed the data in an unbiased way to present the actual results of the study. The researcher did not add his point of view in analyzing the data and followed all the research ethics.

Limitations

The limitations of the study are the following;
1. The study was conducted on a small sample due to the nature of the sample.
2. All the participants of the study were single, so the study could not present challenges for the married individuals
3. The findings of the study could not be generalized to the population living in the other areas of the province without considering their cultural and social context.
4. Due to less availability of local research conducted on the research topic, few local research studies are cited here.

Results

This section presents the thematic responses based on participants' interviews.

Table 2

Psychosocial challenges faced by the persons with albinism

Chunks	Codes	Themes
1. The people of my society do not know about albinism, so, they associate it with myths.	do not have knowledge associated with myths	Knowledge and attitude
2. I don't know what albinism means but I live with it.	don't know	
3. People ask abrupt questions about my white skin and golden hair.	ask abrupt questions	
4. Sometimes, people laugh at my physical appearance.	laugh at me	

5. People make fun of my white color and call me by the wrong names such as "Bagga" or "Gora".	make fun call by wrong names	
6. Some people like my golden hair and white complexion and praise me.	like me praise me biological basis	
7. When I tell people about the biological basis of albinism, they don't believe it. Rather they deny and say that it is a disease.	don't believe disease gaze strangely	
8. People gaze at me strangely.		
1. I get irritated when being stared at strangely.	Get irritated Get angry	Psychological issues
2. I get angry at people's teasing compliments about my different physical appearance.	Teasing compliments Get Anxious	
3. I get anxious in new situations by thinking that how people would behave toward me.	Awkward-looking personality	
4. I perceive myself as having an awkward-looking personality.	Emotional Stressing Do not express needs	
5. I get emotional very soon.	Fear of rejection	
6. I remain in stressing condition all the time.	Become sad	
7. I do not express my needs because I have fear of getting rejected by other people.	Different physical appearance, the biggest challenge Worthless	
8. I become sad when my needs remain unfulfilled.		
9. My different physical appearance is the biggest challenge for me.		

10.	I don't think I am of any worth in society.		
1.	I have very few friends which are with me since my childhood.	Few friends	Social issues
2.	I think that people do not like to keep me with them.	Don't like me	
3.	I hesitate in making new relationships.	Hesitate new relationships relatives don't trust	
4.	My relatives do not trust my ability to participate in many social activities.	parents do not understand	
5.	My parents do not understand my needs, thus, do not make any effort to satisfy my social needs.	did not play	
6.	Children of my neighbor did not use to play with me.	cannot communicate non-verbally	
7.	I cannot take part in many social activities due to my reduced vision.	make fun	
8.	I cannot understand the non-verbal cues and gestures of other people.	depend on others	
9.	I do not like to go to school as my fellows make fun of me.		
10.	I cannot go outside due to my sensitive skin.		
11.	I have to depend on others for many activities.		

Knowledge and Attitude

It is the first theme that emerged from the data gathered from the interviews of the participants. It revealed that the common people do not know about albinism; even the families of the people were unaware of the needs of their albino children. The lack of knowledge was the primary reason for the unaddressed needs of albinos and the strange attitudes and

beliefs of people of inclusive societies towards persons with albinism. There is a variety among the social behaviors of people toward albinism. Some people take it as an element of beauty. Others perceive it as an illness or disease and dislike the white complexion of albinos.

One of the participants expressed "People do not have an idea of our abilities and strengths, the only thing they know about albinism is its association with low vision. Even being aware of this fact they ask abrupt questions like "Why are you seeing like this?" or "Why don't you respond to non-verbal cues?" People also ask questions like "Why are you so white? Such questioning attitudes negatively impact the self-concept of people with albinism and led them to think that they are not part of this inclusive society ……. rather something different from inclusive society.

The global theme of knowledge and attitude reflects that one of the major reasons for the psychosocial problems of Albino while living in an inclusive society is a lack of knowledge about the characteristics of Albino and the nature of the disability they are facing.

Psychosocial Issues

The other two themes "Psychological issues" and "Social challenges" emerged from the responses of the participants. These two themes present the psychosocial challenges faced by people with albinism due to their impairment and perceived image by society. These challenges lead to their distorted self-image and other behavioral issues such as anger, anxiety, and fear which results in improper psychosocial development. One of the participants said, "

Besides educational and economic challenges, we also face several social challenges in an inclusive society e.g. we cannot participate in all social activities and if we want to do so, other people never let us do so. Such kind of situations also makes us weak psychologically but no one cares. This behavior of an inclusive society hinders us to become part of this society.

On one side, our medical problems limit our abilities and on the other side, the discriminatory social behaviors of people of our inclusive society restrict our opportunities to intermingle with an inclusive society, thus what can we do?

Table 3

Coping Strategies used by the persons with albinism

Chunks	Codes	Themes
1. I try to accept myself with albinism.	Accept albinism	Acceptance coping
2. I have accepted my physical difference and I try to adjust in all situations being an albino,	Accept physical difference	
3. I have made up my mind that I have to support myself as an albino.	Support me	
4. I have accepted that people's attitudes can't change so life cannot be ruined for them.	Accepted, can't change people's attitudes	
5. I ignore the negativity about albinism and accept it as a part of my life.	Ignore negativity	
6. I try to take part in all social activities to present myself as a normal human being.	Normal human being	
1. I suppress my feelings.	Suppress	Defense mechanism
2. I hide my needs because I know, that even after disclosing them, they will remain unaddressed.	Hide feelings	
3. I do not share my issues with my parents because in that case, they will think that I am disabled.	Do not share	
4. I never let my emotions out as I pretend to be strong.	Pretend, strong	
5. I sublimate my feelings in other forms rather than through direct discussion.	Sublimate feelings	
6. If I become overwhelmed with negative thoughts, I push them back to my unconscious.		
1. I seek support from God to cope with my challenges.	Seek support from God	Religious coping
2. I pray to God for lessening my worries.	Pray	

3.	I pray to God to guide people on the right way of dealing with other people like us.	Pray, guide people
4.	I tell people that physical differences cannot be the basis of discrimination as mentioned in Islam.	The religious basis of equality
5.	I follow the concept of equality described by Islam to satisfy myself.	Share problems with God
6.	I spend more time in solitude and discussing my problems with God.	
7.	I request God to make me able to bear people's bad attitudes.	

Coping Strategies

Three themes emerged from the second section of the interviews "Coping strategies used by the people with albinism". Each of the three themes presents the coping strategies used by persons with albinism to cope with their challenges. Acceptance coping and religious coping were found in all the individuals but the defense mechanisms were found more in females than in males. As all the individuals were Muslims, they used to seek light from Islam to cope with their psychosocial challenges.

One of the participants said, "The verses of the Holy Quran and the sayings of the Holy Prophet (PBUH) are a source of satisfaction for me and they are enough for me to adapt to this challenging condition of life". Social avoidance and social isolation were found as the coping strategies employed by persons with albinism in Africa but they are found at a moderate level in Pakistani albinos.

Discussion on Major Findings

Research has revealed that persons with disabilities have to meet many human development needs in addition to managing the impacts of disability (Estrada-Hernandez, 2018). These needs range from personal, social, psychological, educational, and medical needs to the acquisition of the correct knowledge about their disability (Bosques-Barreto et al, 1992). Persons with albinism are not excluded from this experience. The studies

on albinism have thrown light on such experiences but the majority of the studies are from the context of Africa. In Pakistan, many studies are being done on the medical aspect of albinism but its psychosocial aspect is not being addressed. The current study ought to examine the psychosocial challenges faced by persons with albinism and explore the coping strategies employed by them. In this way, it is the first study of its type.

The study was conducted on a very small sample of five individuals who were purposively selected from a rural area of Lahore. The prevalence of albinism is very rare in the context of Pakistan. The prevalence of albinism is 1 in 20,000 worldwide. A semi-structured interview was planned for every participant. The participants described the challenges faced by them in society. The interview reports revealed that the challenges faced by Pakistani albinos are different from those who belong to African regions. The very first issue that rose was the knowledge about albinism. 1 out of 5 individuals was even unaware of the term "albinism". The people were unaware of the biological basis of albinism. They accepted the different phenotypes of persons with albinism only as a natural phenomenon or as a will of God. Lack of knowledge was the basis of my attitude towards albinism.

The physical difference leads to several challenges while socializing (Hernandez, 2018). The self-concept is also affected. The current study found that there exists a gender difference on a personal basis for adapting to albinism. Girls showed positive and satisfactory responses when asked about their personal opinion about their skin complexion. However, boys were found inconvenient and unsatisfied with their white skin. A common point between them was they feel strange when being compared to other members of their society (Muckler & 2020). The attitudes of other people toward their white skin vary in nature. Some people dislike the white color and associate it with some illness or disease. Others associate it with superstitions (Dapi, et al, 2018). Most women associate it with beauty and appreciate individuals with albinism. Some people make fun of the physical appearance of albinism and call them by the wrong names such as "Gora" or "Bagga" the synonyms of "white" in the Urdu language. Some people taunt some hate and some tease. Such behaviors impact negatively the psychological development of albinos.

The participants also described the interaction between the physical traits of albinism and social reactions(Masanja, 2020). The negative attitudes of people toward albinism create challenges for them in society and this is why they cannot socialize like all other people (Masanja,

et al, 2014). Very few opportunities for socialization are given to them but in each case, their needs are not addressed. They can also not describe their needs as the common people cannot understand. Besides this, there is a fear of rejection from inclusive society or exclusion from the sighted community therefore, albinos do not express their needs. Such situations create a state of imbalance in their personalities. This situation impacts their socialization with normal people and leads them to form a segregated group within inclusive societies(Dapi, et al., 2018).

According to Smart (2009), scholars of disabilities have described that the quality of life s not measured by the same criteria across disabilities yet, based on functional limitations, some common elements could be found such as social independence, educational opportunities, access to healthcare services and familial and social support. The interviews of the participants reflected that their social activities are also affected by the medical aspect of albinism e.g. greater risk of sunburn can limit their social activities (Lund, 2001). Moreover, people with albinism have reduced visual acuity for which their abilities are underestimated and they are not expected to participate in many social activities resulting in a lack of independence in society.

People with albinism face many psychological challenges (Hernandez, 2018). The majority of the psychological problems are associated with social issues and thus are termed "Psychosocial challenges". The participants told that the major psychological problems faced by them are stress and anxiety. Distorted self-image, poorer self-confidence, anger, hesitation, and fear were also found in the interview reports of the participants (Zamani, et al., 2022). Social stigmatization and discrimination (the most common challenges faced by persons with albinism according to the literature) are found in the Pakistani context and that is also contributing to the social exclusion of the Albino in the inclusive society.

To cope with the challenges, people with disabilities develop mechanisms that can lead to their successful survival in an inclusive society (Sarah, 2016). Acceptance coping and religious coping is found as the most common coping strategies among Pakistani individuals with albinism to deal with their psychosocial problems due to the behavior of the sighted community. A defense mechanism is also observed in the interviews of the participants. As Pakistan is a Muslim state, religion plays a very important role in dealing with the challenges of life. There was a gender difference in responding to the social behaviors toward albinism. Boys had a lesser tendency to bear negative attitudes, they sometimes engage in quarrels and fights for their rights but girls used to beet such attitudes.

All the individuals who were interviewed stated that they have accepted themselves with albinism. Although they feel bad about

themselves when being teased, they need extra support from parents, their needs remain unaddressed but they do not share such things with anyone and share with the researcher for the first time only for the sake of spreading awareness about albinism. There is a need to take serious steps for the welfare of people with albinism. The general public, school teachers, and healthcare providers are needed to be awards of the challenges of albinism, and such platforms should be created where people with albinism can seek help.

Conclusion

In this study researchers have tried to explore the psychosocial challenges faced by persons with Albinism in their native inclusive societies. The participant of this study overall expressed societal attitudes and stigmatization as the main factors causing their psychosocial problems. The lack of knowledge about persons with Albinism is expressed by the participants of the study. The respondents use acceptance and religious-focused coping strategies more as compared to simple defense strategies. The study highlighted the need to create awareness among the masses to increase the knowledge about disability and to bring a positive change in the attitudes of inclusive societies' members. Persons with Albinism cannot cope with their disability-specific challenges without the support of an inclusive society until they become an integral part of the inclusive society.

RECOMMENDATIONS

The study gives the following recommendations;
1. It will open new gates of research in the field of albinism.
2. It will help the policymakers to understand the needs of the people with albinism.
3. It will help people with albinism cope with their challenges.

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