



EMOTIONAL ADJUSTMENT OF ORPHAN ADOLESCENTS

Rajeswari S.¹ and S. Sumathi²

¹Assistant Professor, Department of Social work,
Jamal Mohamed College (Autonomous), Tiruchirappalli, Tamil Nadu, India.

²Assistant Professor & Head, Department of Social Work,
Thanthai Hans Roever College (Autonomous), Perambalur, Tamil Nadu, India.

ABSTRACT :

Orphan adolescents are those individuals who have lost their parents, and long for love, affection, care and concern from others in their life. Adolescence is a crucial stage of development, where the adolescents face lot of physical, emotional and psychological changes in them. They need support and helping hand from their parents and other family members, but the loss of their parents create a great impact on the positive development of adolescents. Such orphans are sometimes taken care of by other family members, but in the long run, even the significant others find it difficult to take care of them and they are institutionalized in the residential care home. These adolescents may not be able to adjust with others in the residential care home as they develop feeling of insecurity, fear and frustrations. They isolate themselves from others, and may become easy prey to deviant behaviours such as trafficking, drug abuse and violence. Hence, the present study aims to analyse the level of emotional adjustment of orphan adolescents and suggest suitable measures to enhance their emotional adjustment. The researcher has planned to adopt Descriptive research design to describe the emotional adjustment of orphan adolescents. The researcher is to select 60 orphan adolescents as respondents by using Disproportionate random sampling method. Adolescent's Emotional Adjustment Inventory developed by Dr.R.V.Patil (1989) will be executed and the reliability co-efficient of the scale under Split half method is 0.82. The findings and suggestions will be further discussed.

KEYWORDS : Orphan adolescents, Emotional adjustment.

INTRODUCTION

Adolescence is a transition period from childhood to adulthood, where the adolescents face lot of physical, emotional and psychological changes in them. During this transition, the adolescents need the support from their parents and significant others in their family. They need an environment at home and school conducive for their development. Orphan adolescents are those individuals who have lost their father, mother, or both and long for love, affection, care and concern from others in their life. These orphan children would have had bitter childhood experiences, which play a major role in developing the personality



of them. These orphans are sometimes taken care of by other family members like grandparents, uncle or aunty. However, in the long run, even these significant others find it difficult to take care of these orphan adolescents and they place them in the residential care home. It becomes highly discomfoting for them to stay in the residential care home and adjust to the new environment. It is at this stage where the adolescents indulge in experimentation and try to explore new ideas

and look for recognition. But when they are denied of it, they feel very sad and depressed.

REVIEW OF LITERATURE

Dhyani & Singh (2013) made a study on "Adjustment level of adolescents from Foster Home and Biological families". The objective of the study was to assess and compare the adjustment level of adolescents from foster home and biological families. The study was conducted with 90 adolescents comprising 45 adolescents from foster home and 45 from biological families. The study revealed that girls from both the settings exhibited higher level of adjustment when compared to boys and majority of them from both the settings have average or higher level of adjustment. It was also found that 25 % of the respondents have dissatisfactory level of adjustment and respondents from biological families have higher level of emotional and social adjustment when compared to adolescents in foster home. Sujatha. S and Subin Mariya Jacob (2014) made a study on "Emotional and Behaviour Problems among adolescent children in selected orphanages at Mangalore". The aim of the study was to identify the psychological well-being of orphan adolescents. The sample consisted of 40 orphan adolescents between the age group of 12 to 17 years from 2 orphanages. The study identified that 7.5 % of the respondents are at the risk of hyperactivity, 37.5 % of the respondents have peer problems, 12.5 % of the respondents have severe peer problems and 5 % of the respondents have severe pro-social behaviour. In a study made by Sherin Justus (2010) on "Adjustment Problems and Coping strategies among adolescents residing in selected orphanages at Mangalore" revealed that the researcher has adopted descriptive research design with the objective to assess the adjustment problems and coping strategies among adolescents residing in orphanages. She used non-probability purposive sampling technique and collected data from 100 respondents by using Modified Bell's Adjustment Inventory. The study revealed that there is significant association between the age, education, dietary habits, personal interest and hobbies and the level of adjustment. Saraswati, Hunshal and Gaonkar (2008) made a study on "Adjustment of Institutionalized Children". The study comprised of 148 children in the age group between 10 to 16 were selected as sample and used the Adjustment Inventory developed by Sinha and Singh (1997). The study revealed that majority of the respondents had dissatisfactory social, emotional and educational adjustment and their age and academic performance had significant influence on the adjustment level. The study also revealed that boys had more adjustment in the dimensions of emotional, social and educational when compared to girls and the different period of stay in the institution did not differ significantly.

METHODOLOGY

Objectives: The present study aims to analyse the emotional adjustment of orphan adolescents with the following objectives. To study the socio-demographic characteristics of the orphan adolescents. To study the level of emotional adjustment of the orphan adolescents. To suggest suitable measures to enhance the emotional adjustment of orphan adolescents.

Research Design: The researcher has adopted Descriptive research design to describe the socio-demographic characteristics of the orphan adolescents and also their level of emotional adjustment. **Pilot Study:** The research has been conducted in one of the orphan homes in Trichy and the researcher interacted with a few adolescents staying in the orphan home and explained them about the need and purpose of the research. **Universe:** The universe of the study consists of 112 orphan adolescents studying X standard and XI standard in which 70 adolescents (40 boys and 30 girls) and 42 adolescents (12 boys and 30 girls) were studying in X standard and XI standard respectively. **Sample:** The researcher has adopted disproportionate random sampling method and selected 60 respondents for the study. **Tools of Data Collection:** The researcher administered the Adolescent's Emotional Adjustment Inventory developed by Patil (1989) and the reliability co-efficient of the scale was found to be 0.82 by using Split half method **Hypotheses:** Based on the objectives the following hypotheses were formulated:

There is a significant relationship between the age of the orphan adolescents and their level of emotional adjustment

There is a significant difference between the gender of the orphan adolescents with regard to their level of emotional adjustment

- There is a significant difference between the education of the orphan adolescents with regard to their level of emotional adjustment
- There is a significant difference between the paternal orphan adolescents with regard to their level of emotional adjustment
- There is a significant difference between the maternal orphan adolescents with regard to their level of emotional adjustment
- There is a significant association between the years of stay of the orphan adolescents in the residential care home and their level of emotional adjustment
- There is a significant association between the number of siblings of the orphan adolescents and their level of emotional adjustment.

RESULTS

Panel 1 of Table - 1 indicates that nearly half (43 %) of the respondents are 16 years of age, 42 % of the respondents are 15 years of age and 15 % of the respondents are 17 years of age. It is inferred from the above table that nearly one-third (30 %) of the respondents, are male and two-third (70 %) of the respondents are female. The table – 1 also indicates that nearly two-third (67 %) of the respondents are studying X standard and one-third (33 %) of the respondents are studying XI standard. From the panel 4 of table 1, it is inferred that more than one-fourth (27 %) of the respondents' fathers are alive and more than two-third (73 %) of the respondents' fathers are dead. It is inferred from panel 5 of table 1 that more than one-third (35 %) of the respondents' mothers are alive and nearly two-third (65 %) of the respondents' mothers are dead. It is indicated from the panel 6 of table 1 that more than one-third (38 %) of the respondents' parents are dead and nearly two-third (62 %) of the respondents' parents either father or mother was died. It is inferred from the panel 7 of table 1 that nearly two-third (62 %) of the respondents are staying in the residential care home for less than 3 years, more than one-third (34 %) of the respondents are staying in the residential care home for 4 to 6 years and 4 % of the respondents are staying in the residential care home for more than 7 years.

It is indicated from the panel 8 of table -1 that more than half (58 %) of the respondents have below two siblings, more than one-third (37 %) of the respondents have 3 to 4 siblings and 5 % of the respondents have more than 5 siblings.

Table – 1: Distribution of Respondents by various Socio – Demographic Variables

Sl.No	Variables	Frequency (N = 60)	%
1	Age (in years)	15	42
		16	43
		17	15
2	Gender	Male	30
		Female	70
3	Standard	X	67
		XI	33
4	Number of Fathers	Alive	27
		Dead	73
5	Number of Mothers	Alive	35
		Dead	65

6	Number of Parents	Father and mother dead	23	38
		Father or mother alive	37	62
7	Years of stay in the home	Below 3 years	37	62
		4 to 6 years	20	34
		7 years and above	3	4
8	Number of siblings	Below 2	35	58
		3 to 4	21	37
		5 and above	4	5

Table – 2: Distribution of Respondents by the level of Emotional Adjustment

Level of Emotional Adjustment	N	%
Low	31	52
High	29	48

Table 2 shows that more than half (52 %) of the respondents have low level of emotional adjustment and nearly half (48 %) of the respondents have high level of emotional adjustment. This study is consistent with the study made by Saraswathi, Hunshal and Gaonkar (2008) which revealed that majority of the respondents had dissatisfactory level of emotional, social and educational adjustment. This may be due to bitter childhood experiences, which they had due to the loss of their parents and the emotional fury, which they develop during adolescence.

Table – 3: Karl Pearson's Co-efficient of Correlation between Age and the level of Emotional Adjustment

Variable	r value	p value
Age and level of emotional adjustment	-.013	p<0.05

Table - 3 indicates that there is a significant relationship between the age of the respondents and the level of emotional adjustment (value= -.013, P<0.05) of the respondents. This study is consistent with the study made by Saraswathi, Hunshal and Gaonkar (2008) and Sherin Justus (2010) which revealed that age had a significant influence on the adjustment level of the orphan adolescents. This may be due to the fact that as the age progresses, the adolescents also learn the adjustment pattern from other children in the home.

Table – 4: 't' test between Gender with regard to the level of Emotional Adjustment

Variable	N	Mean	SD	p value
Level of Emotional Adjustment				
Male	18	48.33	9.00	t = 2.738
Female	42	45.76	6.26	p<0.05

Table 4 indicates that there is a significant difference between the gender of the respondents with regards to the level of emotional adjustment (t =2.738, P 0.05) of the respondents. Further, the table indicates that male respondents have more emotional adjustment when compared to female respondents. This study is consistent with the study made by Saraswathi, Hunshal and Gaonkar (2008) which revealed that boys had more adjustment in the dimensions of emotional, social and educational when compared to girls. This may be due to the fact that boys have more chances to ventilate their emotions with other friends and develop intimacy in their relationship.

Table – 5: 't' test between the Educations with regard to the level of Emotional Adjustment

Variable	N	Mean	SD	p value
Level of Emotional Adjustment				
X	40	45.40	7.47	t = 0.313
XI	20	48.80	6.21	p>0.05

It is inferred from the table - 5 that there is no significant difference between the education of the respondents with regards to the level of emotional adjustment ($t = 0.313$, $P>0.05$) of the respondents. This may be because they all lack support from their parents due to their loss.

Table – 6: 't' test between the Paternal Orphan with regard to the level of emotional adjustment

Variable	N	Mean	SD	p value
Level of Emotional Adjustment				
Father Alive	16	46.12	8.43	t = 1.148
Father Dead	44	46.68	6.81	p>0.05

The Table - 6 indicates that there is no significant difference between the father's status of the respondents with regards to the level of emotional adjustment ($t = 1.148$, $P>0.05$) of the respondents.

Table - 7 indicates that there is no significant difference between the mother's status of the respondents with regards to the level of emotional adjustment ($t = 0.574$, $P>0.05$) of the respondents.

It is inferred from the table - 8 that there is no significant association between the years of stay in the residential care home and the level of emotional adjustment of the respondents.

Table -7:'t' test between the Maternal Orphan with regard to the level of emotional adjustment

Variable	N	Mean	SD	p value
Level of Emotional Adjustment				
Mother Alive	21	46.09	6.59	t = 0.574
Mother Dead	39	46.76	7.59	p>0.05

Table – 8: Association between the years of stay in the residential care home and the level of emotional adjustment

Years of Stay	Level of Emotional Adjustment		N	p value
	Low	High		
Below 3 years	18	19	37	$\chi^2 = 1.095$ df = 2, p>0.05
4 to 6 years	12	8	20	
7 and more years	1	2	3	

Table – 9: Association between the number of siblings and the level of Emotional Adjustment

Number of Siblings	Level of Emotional Adjustment		N	p value
	Low	High		
Below 2	15	20	35	$\chi^2 = 2.842$ df = 2, p>0.05
3 to 4	13	8	21	
5 and above	3	1	4	

The above table indicates that there is no significant association between the number of siblings of the respondents and the level of emotional adjustment of the respondents.

Measures to Enhance the Emotional Adjustment of Orphan Adolescents

Social work intervention is very much essential for the adolescents in the residential care home. Adolescents need to be given motivation and strengthen their ego by using case work intervention as a strategy. Group discussions need to be facilitated in order to understand their needs and expectations from the residential care home. Apart from this, they need to be given life skills training in order to enable them to cope with their emotions such as anger, happiness, sadness, feeling of insecurity, inferiority complex and to develop their inter-personal relationship. It is also necessary to provide training for the caregivers of the residential care home to understand the adolescents and provide them necessary support to cross the stage of adolescence and promote environment conducive for their development. All these measures will enable the orphan adolescents to develop positive outlook towards life.

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