



A STUDY OF PSYCHOLOGICAL AFFLICTION AMONG ORPHANAGE CHILDREN

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Abstract

The family is the most important social group in the world. It is the basic unit that makes future generations and gives the kids love and affection while they learn how to be social. The presence of the family has a big impact on the well-being of children. Unfortunately, orphaned children don't get the warmth, care, and guidance they need from their parents, which makes them more likely to have problems with their mental and social health. Everyone has his or her own idea of how to deal with problems in life, and this is way to live a life in own way.

Most of the time, orphans learn how to deal with things when they have to deal with things in their lives. So, this study was done to find out how well orphanage kids in Delhi were taking care of their health. People's social, emotional, and psychological dynamics and functioning are shaped by their childhood experiences. Children who have had bad or painful childhoods can harm their mental and social health. Psychosocial well-being affects children's abilities, intelligence, productivity, and social abilities. Data analysis involved comparing interview transcripts for content analyses and figuring out what different themes were. There were a lot of kids who craved having a mother or father around and wanted to be loved and looked after. In addition to having low self-esteem and not having a sense of purpose in life, these kids had been bereaved for a long time, which caused them to be depressed and anxious. One method orphaned youngster dealt with their predicament was to try to forget their parents, avoid crowds, make new friends, and find a family at the care home. This study reveals that children's growth and healing can be aided by positive relationships with caregivers and peers.

Keywords: *Orphan, children, mental health, health, social, growth, psychological, pain.*

Introduction

Children who have had bad or painful childhoods can harm their mental and social health. Psychosocial well-being affects children's abilities, intelligence, productivity, and social abilities. Mental health is very important at every stage of life, and it needs to be taken care of. This is because many things can cause mental health problems. These things include things like genetics that make brain chemicals, trauma or abuse in your life, and a family history of mental health problems. It is said that if children don't reach their social and behavioral potential, they lose their confidence and have a lot of mental health problems. Immediately after the death of a parent, children are sad and anxious and don't have a lot of help or support. Feelings of shame, guilt, insecurity, and improper behavior can happen to kids when they lose their parents because of the trauma. Children who are having a hard time with their mental and social well-being do things that are bad for them, like drinking, fighting, and being delinquent. A number of recent studies have found that young people are more likely to get sick because of mental health problems, such as depression, than physical illnesses. When teenagers start going out with other people, they feel a lot of changes in their lives. They feel a lot of changes and have to deal with a lot of things. Alcoholism, drug abuse, prejudice, underachievement, and dropping out of school are just few of the issues that they face. WHO says that around the world, 10% to 20% of children have mental health problems? Almost half of all mental illnesses start at the age of 14 and two-thirds by the time they are in their late 20s. There are a lot of big problems for kids in this age group. They have to deal with things like stigma and discrimination, as well as a lack of health care and schools. Estimates from the UNICEF say that more than 140 million children in the world have lost one or both of their parents. Many orphaned and vulnerable children live in India, which is the largest country in South Asia and has the most people. There are 30 million who are in need in India orphan and vulnerable children (OVC). As bad as this is, it's not true that every child in a home is an orphan. Most of them have been left by their parents, and they live in institutions now, not with them. Because they are poor and their families have broken up, they don't have a lot of money. Their home has been a place where they have been attacked, and they have a lot of rioting in their neighborhood. There are many things that can happen to adolescents who have poor mental health, like more alcohol, tobacco, and illegal drugs use; adolescent pregnancy; school dropout; and bad behavior, like drug abuse.

In Uttar Pradesh, Madhya Pradesh, and Chhattisgarhi are home to billions of orphaned children who are under the age of 18. As many as 7.1 million people may live in this area by

2021, and states in the eastern part of India could have up to 5.2 million people by then. These states have seen a big rise in the number of abandoned and orphaned children because of poverty. It is important for people to know about their physical and mental health by a lot of different groups all over the world, so if a child doesn't have parents or only has one, he or she isn't getting enough food and doesn't reach their full potential in terms of mental and intellectual abilities, UNICEF says.

Here, we talk about how orphan and vulnerable children (OVC) who live in institutions in Delhi have problems with their mental health and what they need to do to help them. This study also tries to find out how children cope with their resilience and recovery. The findings could be used by government and non-government organizations to show that children have unaddressed psychosocial problems and help them deal with them.

Objectives

- To focus on the psychological suffering and wants of orphans residing in orphanage.
- To analyse children's psychosocial issues and assist them in dealing with them.

Research Methodology

A survey of children's homes and orphanages was employed in this study.

Study design

An exploratory method was used to get data in this study, and it worked well. Such study design allowed to gain insights into the experiences of children while residing in children's homes. It helped us to get familiarized with the problems of OVC.

Study Area

The survey was performed in Delhi, the capital city of India's National Capital Region. Primary data from three orphanages was used in the study. Delhi's population is expected to expand by 21% in the next decade, from 2016 to 2019. With a predicted population of 26 million, Delhi's urban area will be the second largest in the world. By 2030, the city's population should have doubled. Delhi is the country's second-most productive metropolis hub city. Children may travel alone or with their pals in various circumstances.

The Department of Women and Child Development provided a list of orphanages in Delhi. Non-government and government orphanages were chosen at random for in-depth interviews in this study. For this study, orphanage children were the only group that took part. For this study, we selected children using non-probability purpose selection. Conveniently, it was determined that a sample size of 20 youngsters, consisting of 10 boys and 10 girls, would be adequate for gathering the necessary data. Included were orphans aged 10-17, who had been residing in the institution for at least a year, and who were open to participating in the study.

Survey Instruments

This research was conducted in Delhi's orphanages using a variety of survey instruments. Researcher visited orphanages numerous times before conducting the survey in order to build a relationship with the participants. Data were gathered through in-depth interviews because of the study's sensitivity. Respondents were polled using an open-ended semi-structured guideline. An orphanage's background, entrance to the orphanage, education, nourishment, and health and well-being were all included in this guideline.

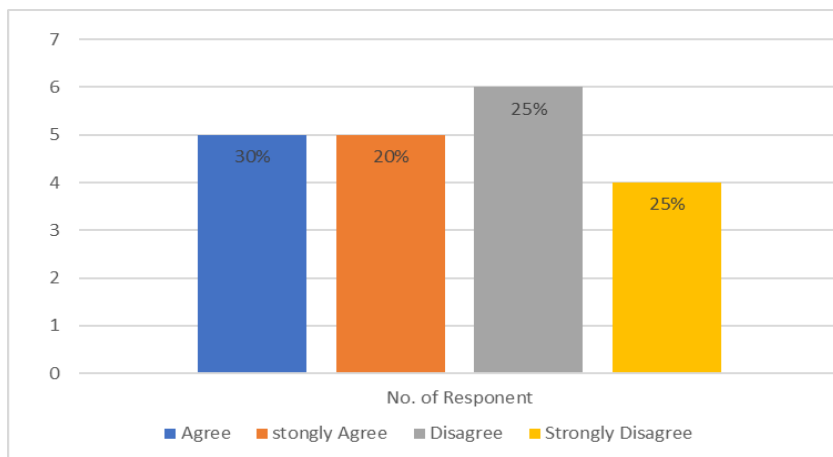
Questionnaire for survey

Survey questions	Agree	Strongly Agree	Disagree	Strongly disagree
Q 1: Do you think that the health checkup provided by the orphanage is insufficient?	5	5	6	4
Q 2: Do you think that the homely atmosphere is given properly in the orphanage?	3	5	5	7
Q 3: Do you feel that proper education is provided in orphanages?	6	6	4	4
Q4: Do you feel loneliness in an orphanage?	6	4	5	5
Q5: Do you get adequate love and affection in orphanage?	5	6	4	5

and results

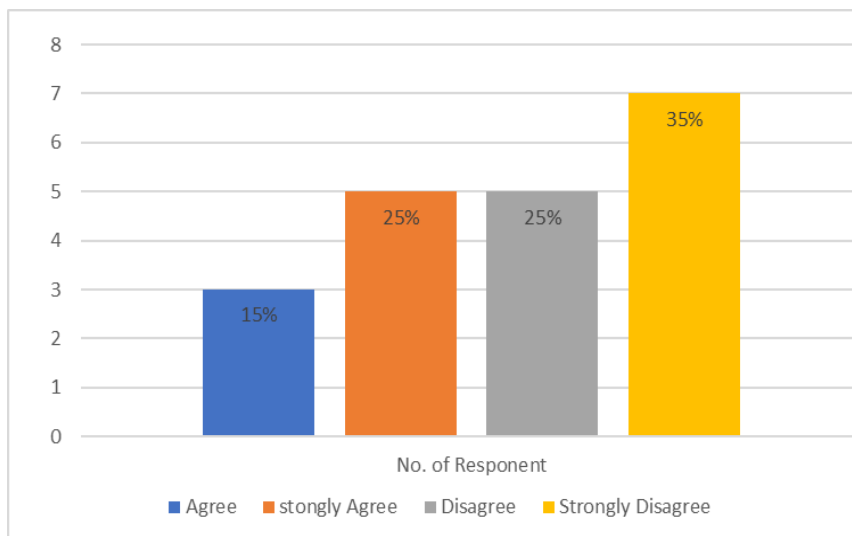
The present study on the topic “A STUDY OF PSYCHOLOGICAL AFFLICTION AMONG ORPHANAGE CHILDREN” was carried out with such results. Thus, keeping in view the objectives of the study, the findings of the study were presented as following:

Do you think that health checkup provided by the orphanage is sufficient?



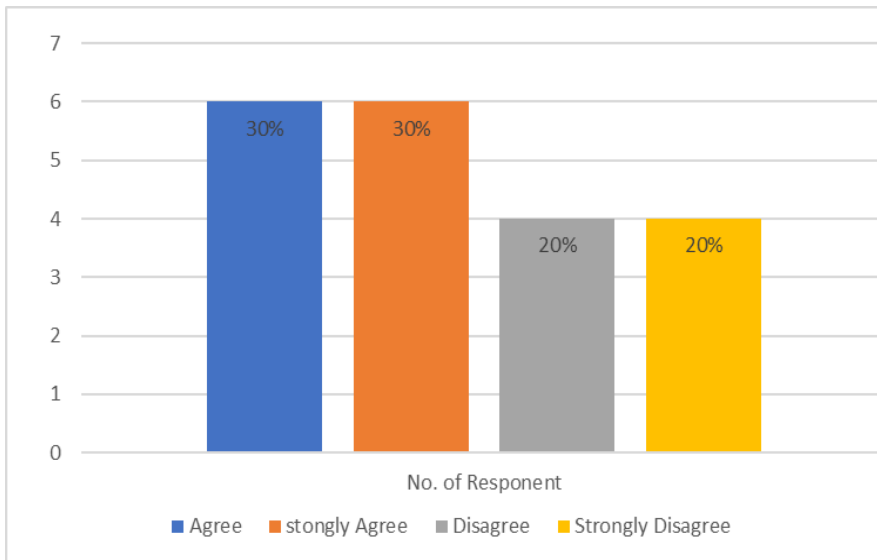
strongly disagreed and 20% were Strongly Agree. While asking the question do you think that health checkup provided by the orphanage is sufficient? 25% were disagree with the statement. 25% were strongly agreed and 30% were agreed.

4.2: Do you think that the homely atmosphere given properly in the orphanage?



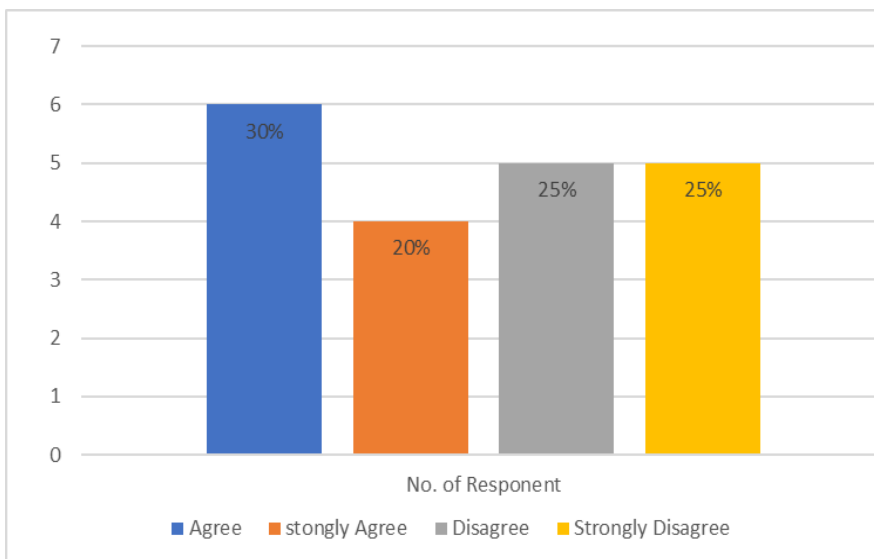
While asking the question Do you think that the homely atmosphere given properly in the orphanage? 35% were strongly disagreed and 25% were disagreed with the statement. While 25% were strongly agree and 15% were agreed with the statement.

4.3: Do you feel that proper education is providing in orphanage?



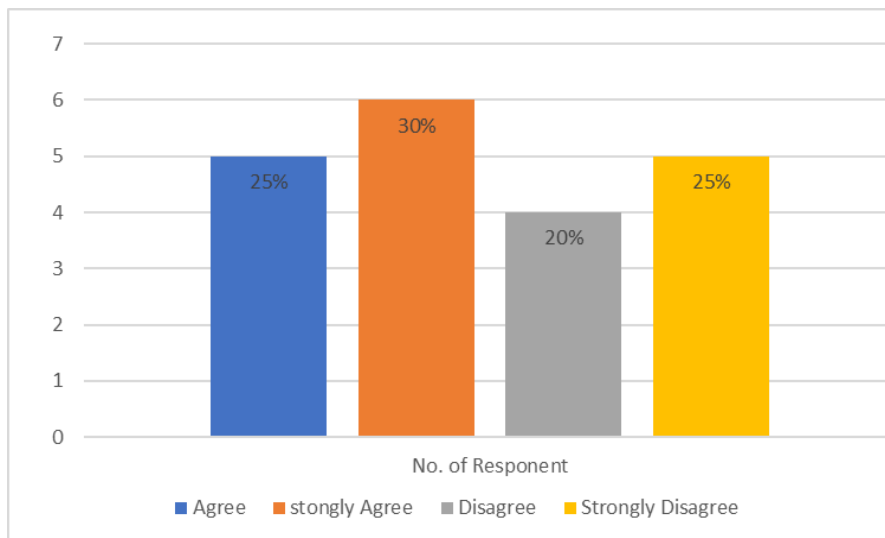
While asking the question Do you feel that proper education is providing in orphanage? 20% were strongly disagreed and 20% were disagree with statement.30% were strongly agreed but 30% were agreed with statement.

4.4: Do you feel loneliness in orphanage?



While asking question that Do you feel loneliness in orphanage? 25% were strongly disagreed but 25% were disagreed.20% were strongly agreed but 30% were agreed with the statement.

4.5: Do you get adequate love and affection in orphanage?



While asking question Do you get adequate love and affection in orphanage?25% were strongly disagreed 20% were disagreed with the statement.30% were strongly agreed 25% were agreed with the statement.

Conclusion

This study sought to better understand OVC in orphans' psychosocial suffering. Food, clothing, and a place to stay were all within reach for the children. In order to receive medical treatment, they might attend school. The orphanage children were grateful for the facilities because they could not previously afford them. Ample fundamental services and amenities reduced OVC daily miseries. Despite adversity, children were confident that the orphanage education would help them overcome life's challenges. The present investigation also revealed that while the orphanage met the children's physical needs, their psychosocial needs were unmet. Most of the kids had some sort of psychiatric issue, which is detrimental to their well-being.

This study, like others, found that children suffer psychologically from parental loss. These are only a few of the psychological challenges that OVCs experience. Children are meant to benefit from parental care and support. Children's aspirations, adjustment, and successes are shaped by parental love and care. Except for a few orphans, these kids had no social skills.

Psychological problems

The majority of youngsters were discovered to be suffering from one or more of the psychological problems outlined below.

- Anxiety and depression
- Low self-esteem and purpose
- Loneliness and helplessness

- Love and affection

The current investigation found that OVC has access to all fundamental necessities. However, youngsters have a lot of psychosocial issues. The orphanage continued to address these issues inefficiently. For the well-being of OVCs, it was evident that ongoing programmed for material and emotional requirements were essential. New interventions targeting OVC's psychological concerns, social skills, coping methods, and resilience should be implemented. As a result, a guidance and counselling cell could be developed, and workshops and seminars on personality development and group discussions might be held on a regular basis to help foster children in institutions maintain their mental health.

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