

THE INFLUENCE OF RESILIENCE ON THE PSYCHOLOGICAL WELLBEING AMONG MALE AND FEMALE ORPHAN AND NON ORPHAN ADOLESCENCE

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Abstract : The present study provides insight into vulnerable segment of the population and helps to identify the factors contributing to their Psychological wellbeing. Thus following this view, the objectives of the study was to examine the gender difference among orphan and non orphan adolescents in the level of resilience as well as in the level of psychological well-being. The participants were 30 orphan and 30 non-orphan adolescents (15 males & 15 females in both group), aged 13-18 years and were administered Child and Youth Resilience Measure (Ungar & Liebenberg, 2005), Ryff's multi-dimensional Psychological wellbeing scale (Ryff & Singer, 1989). The findings revealed that there is no significant gender difference among orphan and non orphan adolescents in the level of Resilience. In the level of psychological wellbeing, there is significant gender difference in the level of Psychological wellbeing among orphan & non orphan adolescents.

Keywords: Resilience, Psychological wellbeing, Orphan, Non- Orphan adolescents, gender.

Introduction

Resilience. Resilience stems from the Latin word "resiliens" which was originally used to refer to the pliant or elastic quality of a substance (Joseph, 1994). Masten (1994) asserted that resilience is the interplay between certain characteristics of the individual and his environment, a balance between stress and his ability to cope and a dynamic and developmental process that is important at life transitions.

It is predicated on a sense of self-control, self-worth, self-reliance, positive approach to life that enables a young person to thrive in the face of adversity and achieve wholesome development (Jessor, 1993; Cobb, 2001). Lack of internal resilience has been identified as a precursor to maladaptive behaviors that compromise adolescent's health and overall wellbeing (Rew & Horner, 2003; Everall et al., 2006). It is argued that resilient children generally have four attributes in common- social competence; problem-solving skills; autonomy; a sense of purpose and future (Benard, 1995).

Psychological wellbeing. Well-being is dynamic concept that includes subjective, social, and psychological dimensions as well as health related behaviors (Tricia, 2005). Verma & Verma (1989) defined generally wellbeing as the subjective feeling of contentment, happiness, and satisfaction with life's experiences and of one's role in the world of work, sense of achievement, utility, belongingness and no distress, dissatisfaction or worry, etc. Wellbeing refers to a person's ability to cope with events in daily life function, responsibility in society and experience personal satisfaction.

According to Huppert (2005), psychological well being is being able to feel good about one self and to be able to function effectively. Also feeling good does not mean presence of positive emotions but also presence of affection, confidence, interest and engagement. Being able to function effectively includes a range of things like having a sense of control over one's life, to be able to exploit one's potential, having a sense of purpose in life and experiencing positive relations with others. Bradburn (1969) viewed it as a person's position on the dimension of psychological well being as not just the excess of positive affect over the negative, but also frequency in the experiences of positive affect relative to the negative.

Orphan and Non orphan Adolescents. Studies have shown significant differences between the orphans and the non-orphans in terms of nutritional status, immunisation, education and health care seeking behaviour (Bhattacharya M. et al, 2010).

Lower social and emotional competencies have a great impact on the generation with an increase in illicit drug and alcohol abuse, road rage, intentional delinquent behaviour, mental illness, eating disorders, obesity, homelessness and premature deaths as a result of poor decision making. The unique changes in the brain during adolescence impact enormously on the young person's thinking, moods, behavior and ability to communicate. Research shows that the adolescent years are critical in the development of mental and emotional competence that impacts resilience in adult life.

Parental involvement is found to be significant with children's psychological adjustment (Imam and Shaikh, 2005). Single parent's home are more likely to bring up children with higher levels of emotional, psychological and behavioral problems. Most of the research reveals that orphans suffer higher level of psychosocial problems than non-orphan.

Research has found that resilience is a key individual characteristic in the well-being of individuals (Diener, Oishi & Lucas, 2003; Samani et al., 2007; Abolghasemi and Taklavi Varaniyab, 2010; Souri and Hasanirad, 2011; Liu et al., 2012; He et al., 2013; Smith and Smith H., 2015). Ryff and Singer (2003) argued that resilient individuals are usually able to maintain their physical and psychological health and have the competence to recover quickly from stressful events. Evidence suggests that resilience is effective in improving psychological well-being (Fredrickson, 2001).

Adolescence having good psychological health leads to an effective and successful way of transition from their childhood to adulthood (Parker & Benson, 2004; Resnick et al., 2004; Hair et al., 2005). Whereas, impaired psychological health disrupts their functioning at individual, household and societal levels and also the emotional, physical and social processes of their lives (Kakar, 1979; Saraswathi & Rai, 1997). It is also seen that father-absent girls showed more dependence on female adults and reported to have feeling of insecurity than father-present girls. It is also seen that child reared in orphanage are more hostile, alienated and had strong external locus of control. Studies have shown that person with high self esteem, personal control and resilient are more proactive in leading healthy lifestyle and purposefully engage in initiatives associated with psychosocial and developmental well-being

Theoretical Framework

Resiliency Theory: Resiliency theory supplies the structure for studying and understanding the growth of adolescent to be a healthy adult in spite of risks exposure (Garmezy, 1991; Masten, et al., 2007; Rutter, 1987; Werner & Smith, 1982). Resiliency focuses on the positive contextual, social, and individual variables that interfere or disrupt developmental trajectories from risk to problem behaviours, mental distress, and poor health outcomes. These positive contextual, social, and individual variables are promotive factors (Fergus & Zimmerman, 2005), operate in opposition to risk factors, and help adolescent overcome negative effects of risk exposure. (Ah Shene, 1999; Greff, Vansteenwegen & Ide, 2006; Zauszniewski, Bekhet & Suresky, 2009),

Thus, resilience theory describes resilience as a process marked by the interaction between the child and his or her environment (Glantz & Sloboda, 1999; Kaplan, 1999; Luthar et al., 2000). Protective and risk mechanisms varies accordingly to the type of adversity, type of resilient outcome, and life stage under analysis (Rutter, 1999; Smith-Osborne, 2006; Ungar, 2004).

Psychological well-being theory: Well-being is seen as an essential part of a positive quality of life (Sagiv, Roccas & Hazan, 2004). Ryff (1989) stated Psychological well-being (PWB) as a set of psychological features involved in positive human functioning (Ryff, Keyes & Schmotkin, 2002) that included several resilience-related aspects as maturity (Allport, 1961), purpose in life (Crumbaugh & Maholick, 1969), self-efficacy (Schwarzer & Warner 2013). The paradigm of psychological well-being has been analyzed in relation to other constructs such as resilience and hardiness (Kobasa, Maddi & Kahn, 1982; Masten et al., 1999).

The Ryff Scales of Psychological Well-Being focuses on multiple facets such as Self- acceptance; the establishment of quality ties to others; A sense of autonomy in thoughts and actions; The ability to manage complex environments to suit personal needs and values ;The pursuit of meaningful goals and a sense of purpose in life; Continued growth and development as a person .Therefore, adolescence who exhibit strength in each of these areas will be in a state of good psychological wellbeing, while adolescence who struggle in these area will be in a state of low psychological wellbeing. Several studies reported that the quality of relationship within families majorly determine psychological wellbeing in adolescence (Shek, 1997; Sastre & Ferriere, 2000; VanWel, Linssen & Ruud, 2000).

Significance & Scope of the Present Study

Significance of the study. The present study on resilience and psychological wellbeing among male and female orphan and non orphan adolescents will be helpful in understanding their life experiences. The study would provide insight into vulnerable segment of the population. As it is found that young adolescent's responses to stresses are better when they have supportive and stable families (McCubbin et al, 1999, Haan, Hawley & Deal, 2002. Hence this helps them to identify the factors contributing to their wellbeing.

Scope of the study. The present study will help to develop effective intervention program, in psycho-educational purposes, also give clear view of issues related to gender differences which will help in enhancing the level of resilience and psychological wellbeing of both orphan and non orphan adolescents (male/female).The study would also add to the existing review of literature.

Review of Literature

This section focuses on examining previous researches that has been conducted along the similar lines of the present study in order to objectively develop the hypotheses. A review of literature in this area of Resilience and Psychological wellbeing of Orphan and non orphan adolescents has explicitly brought out into light various factors influencing the same. Both western and Indian studies have been investigated

Nabunya and Ssewamala (2014) examined the effects of parental loss on the psychosocial well-being of AIDS orphaned children in communities severely affected by HIV/AIDS and to determine if boys and girls are affected differently. Sample of total of 1410 adolescents was selected who had lost one or both parents due to HIV/AIDS. The results showed that both boys and girls reported high levels of sadness, isolation, being scared and worried following parental loss. Socio demographic characteristics like parental loss affect boys and girls differently. It is seen that parental loss has significant negative effects including socio economic and psychological distress on children especially girls

Tsegaye (2013) conducted a study to compare the psychological well-being of orphan and non-orphan children in Addis Ababa and to explore the conditions or situation that could promote the psychological wellbeing for the orphan. Both quantitative and qualitative methods were employed to achieve the research objectives. Three schools in Yeka Sub-city of Addis Ababa participated in the study. The participants were: 120 orphan children, 120 non-orphan children, and 3 representatives of charity clubs in the selected schools. A demographic questionnaire, a psychological wellbeing scale and interviews instruments was administered. Results indicated that orphan had low psychological wellbeing whereas the non-orphan had high psychological wellbeing. Results from Pearson correlation analysis revealed that grade level was significantly and positively correlated with psychological wellbeing whereas parental status was significantly and negatively correlated with psychological wellbeing. Gender and age were not significantly related with psychological wellbeing. From the analysis of the qualitative data, encouraging the orphan's individuality and autonomy and enhancing their self-esteem, and respect and care by adults were identified as the major themes that could promote orphan children's sense of well-being.

Makame et al (2002) investigated psychological wellbeing of 41 orphans and non-orphans living in the poor suburbs of Dar Es Salaam, Tanzania. The finding showed that orphans had markedly increased internalizing problems compared with non-orphans. 34% reported that they had contemplated suicide in the past year. It is also seen that the independent predictors of internalizing problem scores were sex (females higher than males), going to bed hungry, no reward for good behaviour, also not currently attending school as well as being an orphan.

Raja, McGee & Stanton (1992) investigated 935 adolescent's perceived attachments to their parents and peers and their psychological health and well-being. The findings suggested that perceived attachment to parents did not significantly differ between males and females. However, females scored significantly higher than males on a measure of attachment to peers. Also, relative to males, they had higher anxiety and depression scores, suggesting poorer psychological well-being. Overall, a lower perceived attachment to parents was significantly associated with lower scores on the measures of well-being. Adolescents who perceived high attachments to both their parents and peers had the highest scores on a measure of self-perceived strengths. Adolescent's perceived attachment to peers did not appear to compensate for a low attachment to parents in regard to their mental ill-health.

Pravitha & Sembayan (n.d) evaluated the psychological well-being among adolescents in the current scenario. 50 adolescents were selected randomly for the study. Ryff's Psychological well being scale was used which includes the variables- personal growth, environmental mastery, autonomy, positive relations with others, purpose in life and self-acceptance. Using, correlation test, ANOVA, the results indicated that socio-demographic variables does not influence adolescent psychological well-being. Gender and age is negatively related with psychological well-being whereas stay in hostel is positively related with psychological well- being

Verma (2016) conducted a study focusing on the role of gender in predicting the relationship between resilience and psychological well-being in early adolescents from shelter homes. It was hypothesized that there is significant difference in the level of resilience and psychological well-being between single and mixed-sex shelter homes. The sample selected was 120 early adolesc*ents (Mean age of 14. 2 years, SD =0.9). The results indicated that resilience and psychological well-being had a significant predictive relationship. Males and females showed a higher level of resilience in mixed-sex settings. Male adolescents showed a higher level of psychological well-being in mixed-sex settings compared to single-sex settings whereas female adolescents showed a higher level of psychological well-being in single-sex settings compared to mixed-sex settings.

Methodology

The present study is based on survey method and is empirical in nature. This section explains the design of the study and highlights the details about the research procedure followed in conducting the study. The primary data was collected from male and female Orphan and non orphan adolescents from Bangalore. Based on the above review of literature the present study has been developed as follows.

Aim : To study the influence of Resilience on the Psychological wellbeing among male and female orphan and non-orphan adolescents.

Objectives

1. To examine the gender difference among orphan adolescents in the level of resilience
2. To examine the gender difference among non- orphan adolescents in the level of resilience.
3. To examine the gender difference among orphans adolescents in the level of psychological well-being.
4. To examine the gender difference among non-orphans adolescents in the level of psychological well-being.

Hypotheses

1. There is no significant gender difference among orphan adolescents in the level of resilience.
2. There is no significant gender difference among non orphan adolescents in the level of resilience.
3. There is no significant gender difference among orphan adolescents in the level of psychological well-being.
4. There is no significant gender difference among non orphan adolescents in the level of psychological well-being.

Variables

Independent Variables. Gender, Adolescence (orphan and non-orphan)

Dependent Variables. Resilience, Psychological wellbeing.

Operational Definitions

Adolescence. G. Stanley Hall (1844-1924), defined adolescence period to begin at puberty at about 12 or 13 years, and end late, between 22 years to 25 years of age.

Orphan adolescents. UNICEF (2015) defines an orphan as a child who has lost one or both parents.

Psychological Well-being. In this study, Ryff characterized psychological well-being involving six components: a positive attitude toward oneself and one's past life (self-acceptance), high quality, satisfying relationships with others (positive relations with others), a sense of self determination, independence, and freedom from norms (autonomy), having life goals and a belief that one's life is meaningful (purpose in life), the ability to manage life and one's surroundings (environmental mastery), and being open to new experiences as well as having continued personal growth (personal growth).

Resilience. In this study, Ungar (2002) defined resilience as the capacity of individuals to navigate their ways to resources that sustain well-being; individual's physical and social ecologies to provide those resources; the capacity of individuals, their families and their communities to negotiate culturally meaningful ways to share resources.

Research Design

The research design employed for this study was non-experimental co-relational research design. This method was utilized to study the relationship between resilience and psychological well-being among orphan and non orphan adolescents.

Sample

Sample Description. The sample for the present study was chosen were the orphan and non orphan adolescents living in Bangalore. The selected sample was the true representative of the population. In- order to obtain the sample for the study, non orphan adolescents from three schools and orphan adolescents from three orphanages were chosen meeting the inclusion and exclusion criteria. The present study included orphan and non orphan adolescent girls and boys between the age group of 13 – 18 years.

Sampling Method. For the present study purposive sampling technique was followed. In this method the researcher purposively choose the particular units of the universe for constituting a sample on the basis that the small mass was selected out of a huge one being representative of the whole (Kothari & Amp; Garg, 2015).

Sampling Size. For the present study, a total sample of 30 orphan adolescents (15 males and 15 females) and 30 non orphan adolescents (15 males and 15 females), age ranging from 13- 18 years were chosen.

Inclusion & Exclusion Criteria

Inclusion.

1. Male and female
2. Adolescents in the age range of 13-18 years
3. Urban / sub- urban
4. Delinquent/ under trial orphan adolescent

Exclusion.

1. Single parent child.
2. Adolescents with mental and chronic physical illness
3. Residing in hostel or with any guardian

Tools for Data Collection

The following questionnaires were used for collecting the data from the sample.

Consent form. Consent form was obtained from the sample for answering the questionnaire. The purpose of the research was explained to the sample and confidentiality was assured.

Socio Demographic Sheet. In order to elicit demographic information relevant for the study, a socio demographic information sheet was formulated by the researcher to acquire information about the participants such as name, age, gender, marital status, number of members in the family, educational qualification, place of living, occupation and other details required for the study.

Questionnaire/Scale

Ryff's multi-dimensional Psychological wellbeing scale (1989). This scale was developed by Carol Ryff (Ryff & Singer, 1998) to measures positive aspects of psychological functioning at a particular moment in time.

In this study 54 item version was being used where participants responded in a six-point scale of strongly disagree, moderately disagree, slightly disagree, slightly agree, moderately agree and strongly agree, which were being scored 1, 2 , 3 4, 5 and 6 respectively for the positive items (+). Responses to negatively scored items (-) were reversed in the final scoring procedures so that high scores indicate high self-ratings on the dimensions being assessed.

The scale had been used in various researches on well-being and had been found to have high reliability and validity. The test-retest reliability coefficient of RPWBS was 0.82. The internal consistency of the six scales ranged from .86 to .93 for the 20-item parent scale. The Cronbach's alpha of the subscales of Self-acceptance is 0.71, Positive Relation with Others is 0.77, Autonomy is 0.78, Environmental Mastery is 0.77, Purpose in Life is 0.70, and Personal Growth is 0.78 respectively. Internal consistencies for the six scales ranged from 0.86 to 0.93. Inter-correlations between the six factors ranged from 0.32 to 0.76.

The Child and Youth Resilience Measure (CYRM). CYRM-28 (aged 10-23) is a measure of the resources including individual, relational, communal and cultural available to individuals that may reinforce their resilience. For this research study, CYRM 28- youth version was used which has three sub-scales of individual capacities/ resources, relationships with primary caregivers and contextual factors that facilitate a sense of belonging. The responses are summed on five point scale and the higher scores, indicated as more of the resilient components being present in the lives of participating youths. Cronbach's alpha

ranged from .65 to .91 and was acceptable in all case. The coefficients were satisfactory, 0.84, 0.78 and 0.64 respectively for the three components of Individual/Social, Family, and Community/Spiritual and 0.88 for a total score. (Liebenberg et al., 2012)

Procedure for Data Collection

Various orphanages were contacted and the permission for data collection was taken from the respective authorities in the primary phase for orphan adolescents. Similarly for non orphan adolescents the permission was taken from the higher authorities of schools. The sample was approached and consent was obtained following this, rapport was established with the chosen participants, an overview of the study and its nature was explained. Participants were informed about the confidentiality regarding information collected from them. A time for data collection was set up that was conducive for the participants. Necessary instructions to mark the responses were given to the samples in the group and individually for both Child and Youth Resilience Measure (CYRM) Youth Version; and Ryff's psychological wellbeing questionnaires. After this informed consent form, socio - demographic sheet and the questionnaires were distributed. The approximate times taken for the completion of the questionnaires were 30- 45 minutes. Necessary help was provided by the researchers whenever the participants required. The responses obtained were scored based on the scoring criteria provided in the manual of the questionnaire.

Procedure for Data Analysis

After the completion of the data collection, the obtained data were verified and tabulated in the Statistical Package for Social Sciences (SPSS) version 20.0 released by IBM in 2015. Parametric statistics - Mann Whitney U were used for analyzing.

Mann-Whitney U test was used to compare two samples that come from the same population, and to test whether two sample means are equal or not. Thus, to examine the gender difference in relation to the variables and to determine the level psychological wellbeing among orphan and non orphan adolescents, Mann Whitney U test was used.

Ethical Considerations

Informed consent was taken from the parent/guardian and the sample and confidentiality was ensured. It was ensured that no physical or emotional harm was caused to the participants during and after the research. None of the samples were forced to be a part of the research. Throughout the study, participant's safety and rights were given utmost importance. The data obtained shall be used only for academic purpose. The participants were allowed to leave the research work if he /she wished to.

Results and Discussion

This section deals with the analysis, results and discussion of the objectives and hypothesis through a complete statistical analysis of the data obtained.

The study, involved 30 orphan adolescents (15 males and 15 females) and 30 non orphan adolescents (15 males and 15 females), age ranging from 13- 18 years. Mann Whitney U was used for analyzing and testing the hypothesis.

Descriptive statistics

The table below shows a comprehensive overview of the descriptive statistics such as means, SD, Skewness and kurtosis.

Table 1: Descriptive Statistics of Resilience and Psychological wellbeing in Orphan and Non orphan Adolescents.

Orphan & non orphan adolescents	N	Mean	Std. Deviation	Kurtosis	Skweness
Resilience	30	115.55	13.472	0.208	-0.903
Autonomy	30	34.83	5.927	1.377	0.717
Environmental Mastery	30	36.20	5.461	-0.425	-0.017
Personal Growth	30	34.43	6.958	-0.516	0.612
Positive relations with Others	30	35.38	6.722	-0.737	0.276
Purpose of Life	30	36.22	7.820	-0.697	0.051
Self Acceptance	30	39.25	7.410	-0.515	-0.092

In the table 1 descriptive statistics of Resilience and Psychological wellbeing among the male and female Orphan and Non orphan Adolescents are shown. For the total number of respondents (N=60), a group of samples with enough representation of 30 orphan adolescents (15 males & 15 females) and 30 non orphan adolescents (15 males & 15 females) were selected. The

table shows the mean score, Skewness and kurtosis of Resilience and the various components of psychological wellbeing which are identified between the range of -1.96 to +1.96, hence the distribution is normal.

Findings and Discussion

Objective 1: To examine the gender difference among orphan adolescents in the level of resilience.

Hypothesis 1: There is no significant gender difference among orphan adolescents in the level of Resilience.

Table 2: Mann-Whitney U Test –Gender Differences among orphan adolescents in the level of resilience.

Dependent variable	Independent variable	N	Mean Rank	Mann-Whitney U	Z	Significance
Resilience	Female	15	17.60	81.000	-1.308	0.191
	Male	15	13.40			

Dependent Variable	Independent Variable	N	Mean Rank	Mann-Whitney U	Z	Significance
Resilience	Female	15	18.10	73.500	-1.620	0.105
	Male	15	12.90			

In the table 2, Gender differences among orphan adolescents in the level of resilience are shown.

For this research sample ($n = 30$), the group of Female orphan adolescents ($Mean Rank = 17.60$, $n = 15$) has higher Resilience than the group of male orphan adolescents ($Mean Rank = 13.40$, $n = 15$), $z = -1.308$, $p = 0.191$ and is not significant at 0.05 level.

Therefore $p > 0.05$, hence the null hypothesis is accepted and alternate hypothesis is rejected. Hence there is no significant gender difference among orphan adolescents in the level of Resilience.

The findings of the present study indicates that positive, stimulating and enriched environment and care-giving in the orphanages sustained over time contribute to boosting resilience among both male and female orphan children's. Peer attachment/friendship bonds may buffer children and adolescents from the adverse effects of parental absence. Also there are some developmental assets that facilitate resilience in orphan children. These relate to four main components: external stressors and challenges, external supports, inner strengths and interpersonal and problem solving skills. Right from the early years, orphan children are left alone to fight their own battle and face the challenges. The hard circumstances pull their inner strengths to the maximum to face the adverse circumstances in life, thus, contributing a spark of resilience among both males and females as compared to those who a reared at homes with their parents.

On enquiry, it was found that they used to visit their relatives in their holidays which exposed them to warm relationships. In orphanages, various workshops, activities, trips are conducted and children over there are exposed to challenges and guidance is given in every step which makes the orphan adolescents more resilient.

Objective 2: To examine the gender difference among non-orphan adolescents in the level of Resilience.

Hypothesis 2: There is no significant gender difference among non-orphan adolescents in the level of Resilience

Table 3: Mann-Whitney U Test - Gender differences among non orphan adolescents in the level of resilience

In the table 3, Gender differences among non orphan adolescents in the level of resilience are shown.

For this research sample ($n = 30$), the group of female non orphan adolescents (*Mean Rank* = 18.10, $n = 15$) has higher Resilience than the group of male non orphan adolescents (*Mean Rank* = 12.90, $n = 15$), $z = -1.620$, $p = 0.105$ and is not significant at 0.05 level.

Therefore $p > 0.05$, hence the null hypothesis is accepted and alternate hypothesis is rejected. Hence there is no significant gender difference among non- orphan adolescents in the level of Resilience.

The results indicate that there is no difference among males and females among the non orphan adolescents which may be due to the reason that both males and female adolescents have one or more adults providing caring support; are provided with equal education and other extracurricular skills in today's time which are very essential required to deal effectively with their life. As the sample was based on urban setting, parents take care of their children a lot and also make them involve in many extra curriculum activities which makes them more trained to face challenges. Parents maintain open communication with their adolescent and support their adolescent's growing independence and promote the young person's self-worth

Objective 3: To examine the gender difference among orphan adolescents in the level of Psychological well-being

Hypothesis 3: There is no significant gender difference among orphan adolescents in the level of psychological well-being

Table 4: *Mann-Whitney U Test* - Gender differences among orphan adolescents in the level of Psychological wellbeing

Dependent Variable	Gender	N	Mean Rank	Mann Whitney U	Z	Significance
Autonomy	Male	15	15.43	111.50	-0.042	0.967
	Female	15	15.57			
Environmental Mastery	Male	15	11.37	50.500	-2.577	0.010
	Female	15	19.63			
Personal Growth	Male	15	13.07	76.000	-1.518	0.129
	Female	15	17.93			
Positive Relation With Others	Male	15	19.07	59.000	-2.227	0.026
	Female	15	11.93			
Purpose Of Life	Male	15	13.83	87.500	-1.038	0.299
	Female	15	17.17			
Self Acceptance	Male	15	13.73	86.000	-1.104	0.270
	female	15	17.27			

For the table 4 , Gender differences among orphan adolescents in the level of psychological wellbeing are shown.

For this research sample ($n = 30$), the group of female orphan adolescents (*Mean Rank* = 15.57, $n = 15$) has higher autonomy score than the group of male orphan adolescents (*Mean Rank* = 15.43, $n = 15$), $z = -0.042$, $p = 0.967$ and is not significant at 0.05 level. Therefore $p > 0.05$, hence there is no significant gender difference in autonomy among orphan adolescents.

For this research sample ($n = 30$), the group of male orphan adolescents (*Mean Rank* = 19.63, $n = 15$) has higher environmental mastery score than the group of female orphan adolescents (*Mean Rank* = 11.37, $n = 15$), $z = -2.577$, $p = 0.010$ and is significant at 0.05 level. Therefore $p < 0.05$, hence there is significant gender difference in environmental mastery among orphan adolescents.

For this research sample ($n = 30$), the group of female orphan adolescents (*Mean Rank* = 17.93, $n = 15$) has higher Personal growth score than the group of male orphan adolescents (*Mean Rank* = 13.07, $n = 15$), $z = -1.518$, $p = 0.129$ and is not significant at 0.05 level. Therefore $p > 0.05$, hence there is no significant gender difference in personal growth among orphan adolescents.

For this research sample ($n = 30$), the group of male orphan adolescents (*Mean Rank* = 19.07, $n = 15$) has higher positive relations with others score than the group of female orphan adolescents (*Mean Rank* = 11.93, $n = 15$), $z = -2.227$, $p = 0.026$ and is significant at 0.05 level. Therefore $p < 0.05$, hence there is significant gender difference in positive relations with others among orphan adolescents.

For this research sample ($n = 30$), the group of female orphan adolescents (*Mean Rank* = 17.17, $n = 15$) has higher purpose of life score than the group of male orphan adolescents (*Mean Rank* = 13.83, $n = 15$), $z = -1.038$, $p = 0.299$ and is not significant at 0.05 level. Therefore $p > 0.05$, hence there is no significant gender difference in purpose of life among orphan adolescents.

significant at 0.05 level. Therefore $p > 0.05$, hence there is no significant gender difference in Purpose of life among orphan adolescents.

For this research sample ($n = 30$), the group of female orphan adolescents (*Mean Rank* = 17.27, $n = 15$) has higher self acceptance score than the group of male orphan adolescents (*Mean Rank* = 13.73, $n = 15$), $z = -1.104$, $p = 0.270$ and is not significant at 0.05 level. Therefore $p > 0.05$, hence there is no significant gender difference in self acceptance among orphan adolescents.

Therefore, the null hypothesis is rejected and alternate hypothesis is accepted. Hence, there is significant gender difference among orphan adolescents in the level of psychological well-being. The results indicate that the variables of environmental mastery, positive relation with others, influences both male and female orphan adolescents in their psychological wellbeing. Whereas the variable of autonomy, Personal Growth, Purpose of life, Self acceptance does not show any effect on both males and females Psychological wellbeing. This may be due to females experiencing markedly increased internalizing problems compared with males (Makame et al, 2002) and also socio demographic characteristics like parental loss affect boys and girls differently. Boys and girls reported high levels of sadness, isolation, being scared and worried following parental loss. Research found that parental loss has significant negative effects including socio economic and psychological distress on children especially girls (Nabunya and Ssewamala, 2014). Both girl's and boy's life satisfaction, positive affect and negative affect are greatly influenced by our environment.

Objective 4: To examine gender difference among non-orphans adolescents in the level of psychological well-being

Hypothesis 4: There is no significant gender difference among non orphan adolescents in the level of psychological well-being.

Table 5: Mann-Whitney U Test - Mann-Whitney U Test - Gender differences among non orphan adolescents in the level of Psychological wellbeing.

Dependent variable	Gender	N	Mean Rank	Mann Whitney U	Z	Significance
Autonomy	Male	15	14.47	97.000	-0.645	0.519
	Female	15	16.53			
Environmental Mastery	Male	15	14.43	96.500	-0.667	0.505
	Female	15	16.57			
Personal growth	Male	15	15.27	109.000	-0.146	0.884
	Female	15	15.73			
Positive relation with others	Male	15	16.30	100.500	-0.499	0.618
	Female	15	14.70			
Purpose of life	Male	15	11.90	58.500	-2.247	0.025
	Female	15	19.10			
Self Acceptance	Male	15	11.83	57.500	-2.286	0.022
	Female	15	19.17			

For the table 5 Gender differences among non orphan adolescents in the level of psychological wellbeing are shown. For this research sample ($n = 30$), the group of female non orphan adolescents (*Mean Rank* = 16.53, $n = 15$) has higher autonomy score than the group of male non orphan adolescents (*Mean Rank* = 14.47, $n = 15$), $z = -0.645$, $p = 0.519$ and is not significant at 0.05 level. Therefore $p > 0.05$, there is no significant gender difference in autonomy among non orphan adolescents.

For this research sample ($n = 30$), the group of female non orphan adolescents (*Mean Rank* = 16.57, $n = 15$) has higher environmental mastery score than the group of male non orphan adolescents (*Mean Rank* = 14.43, $n = 15$), $z = -0.667$, $p = 0.505$ and is not significant at 0.05 level. Therefore $p > 0.05$, there is no significant gender difference in environmental mastery among non orphan adolescents.

For this research sample ($n = 30$), the group of female orphan non adolescents (*Mean Rank* = 15.73, $n = 15$) has higher Personal growth score than the group of male non orphan adolescents (*Mean Rank* = 15.27, $n = 15$), $z = -0.146$, $p = 0.884$ and is not significant at 0.05 level. Therefore $p > 0.05$, there is no significant gender difference in personal growth among non orphan adolescents.

For this research sample ($n = 30$), the group of male non orphan adolescents (*Mean Rank* = 16.30, $n = 15$) has higher positive relations with others score than the group of female non orphan adolescents (*Mean Rank* = 14.70, $n = 15$), $z = -0.499$, $p = 0.618$ and is not significant at 0.05 level. Therefore $p > 0.05$, there is no significant gender difference in positive relations with others among non orphan adolescents.

For this research sample ($n = 30$), the group of female non orphan adolescents (*Mean Rank* = 19.10, $n = 15$) has higher purpose of life score than the group of male non orphan adolescents (*Mean Rank* = 11.90, $n = 15$), $z = -2.247$, $p = 0.025$ and is significant at 0.05 level. Therefore $p < 0.05$, there is significant gender difference in Purpose of life among non orphan adolescents.

For this research sample ($n = 30$), the group of female non orphan adolescents (*Mean Rank* = 19.17, $n = 15$) has higher self acceptance score than the group of male non orphan adolescents (*Mean Rank* = 11.83, $n = 15$), $z = -2.286$, $p = 0.022$ and is significant at 0.05 level. Therefore $p > 0.05$, there is significant gender difference in self acceptance among non orphan adolescents.

Therefore, the null hypothesis is rejected and alternate hypothesis is accepted. Hence there is significant gender difference in the level of Psychological wellbeing among non orphan adolescents. The results indicate that the variables of purpose of life and self-acceptance significantly influences both males and females non orphan adolescents in the level of psychological wellbeing. The variable Autonomy, Environmental Mastery, Personal Growth, Positive relations with others is found to have no influence on the gender in the level of psychological wellbeing. This may be due to the reason that both girls and boys differ in their goals in life and a sense of directedness; holds different beliefs that give their life a purpose; they also develop gradually different aims and objectives for living. Both genders differs a positive in their attitude toward the self, acknowledges and accepts multiple aspects of self - both good and bad qualities in different perspectives.

Therefore, this research finding is similar to the research study which found that females to be significantly higher than males on a measure of attachment to peers. Also, relative to males, they had higher anxiety and depression scores, suggesting significant differences in the psychological well-being (Raja, McGee & Stanton, 1992).

Summary & Conclusions

The purpose of the study was to study the effect of Resilience on the Psychological wellbeing among male and female orphan and non orphan adolescents. 60 participants (orphan=30 and non orphan=30) were taken through a purposive sampling method and administered with the Ryff's Psychological wellbeing scale (1989), the Child and Youth Resilience Measure (Ungar & Liebenberg, 2005).

Significant Findings

In relation to first objective and hypothesis, Mann Whitney U Test was done and found that there is no significant gender difference among orphan adolescents in the level of Resilience. The research study also found that there is no significant gender difference among non orphan adolescents in the level of Resilience, corresponding to the second objective and hypothesis.

In this research study, corresponding to the third objective and hypothesis, Mann Whitney U test was carried and found that there is significant gender difference among orphan adolescents in the level of psychological well-being. The results indicate that the variables of Environmental Mastery, positive relation with others influence both male and female orphan adolescents in their psychological wellbeing.

In relation to fourth objective and hypothesis, Mann Whitney U test was done and results showed that there is significant gender difference in the level of Psychological wellbeing among non orphan adolescents. The results indicate that the variables of purpose of life and self-acceptance significantly influences both males and females non orphan adolescents in the level of psychological wellbeing.

Implications of the study

The findings of this study would help in throwing light into certain neglected fields like education, daily need of adolescents, physical activities, lack of love and affection. The study has implications for social welfare workers, policy makers, government and other agencies to develop programs with holistic approach for orphans and non orphans through various NGO's.

Limitations of the Present Study

The present study is limited in its scope due to the small sample size of 60 participants, of which 15 are males and 15 are females for both the groups. It was conducted in urban area due to which rural population was not taken into account for diversity of responses which in turn limits it from generalisation to the population. It is also noticed that even if orphan adolescents had no parents, they have significant others as relative or siblings to visit on holidays; which enable them to be happy and maintain good relationships, and may be a reason to differences in their responses.

Scope for Further Research

The present study is based on Bangalore region, thus the study can be widened in terms of the geographical area so that the sample size could be increased and can represent the wider section of the society.

Further, the study should focus on the both orphan and non orphan adolescent's of single parent, or adolescent's residing in hostel or with any guardian should be taken into account to get more in-depth knowledge about the other factors affecting their resiliency and their Psychological wellbeing.

Conclusions

The relevance of the present study in Indian context caters to adolescents, where they learn how to handle their rapidly changing minds, bodies and emotions while navigating their way through the crucial years of their lives. They develop skills that enable them to manage their life and at the same time explore their identity.

The present research aimed to study the effect of Resilience on Psychological wellbeing of orphan and Non orphan adolescents. A total of 60 participants of 30 orphan and 30 non orphan adolescents (15 male and 15 female each) participated in this study. The results indicated that there were no differences in males and females of both orphan and non orphan adolescents in the level of Resilience. While, there was difference in males and female orphan adolescents in terms of Environmental Mastery and positive relations with others. There were differences among males and females non orphan adolescents in terms of purpose of life and self acceptance.

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