

Self- Esteem and Behavioral Problems among Orphans in Manipur

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Abstract

Objective: To explore whether there is any significant difference in Self-Esteem and Behavioral Problems among Orphans and Non-Orphans in Manipur, India. **Method:** 200 Children were selected through multistage random sampling method. Of which, 100 (50 Males & 50 Females) were children living in an Orphanage in Manipur age range falling between 11 years to 16 years and another matched group of 100 children (50 Males & 50 Females) currently staying with their biological parents at home. Rosenberg's Self-esteem Questionnaire & Strengths and Difficulties Questionnaire (SDQ) were administered to assess the Self-Esteem and Behavioral problems of the study samples respectively. **Results:** It indicated that there is significant independent effect of orphanage and gender on Self-Esteem ($p < .01$). Results also highlighted that the Non-orphans have higher score in Self-esteem than the Orphans ($M=21.19; 18.14; p < .01$) and the boys are higher than girls ($M=20.18; 18.14$) on Self-esteem for the whole sample. The significant Interaction effect of 'Orphanage and Gender' was also found on Self-Esteem ($p < .01$). Significant independent effect of Orphanage was found on all the subscales of Strengths and Difficulties Questionnaire except on prosocial behaviour. Significant independent effect of Gender on subscales except for Internalizing behaviours was found in the current study. The interaction effect of 'Orphanage and Gender' was also found to be significant. **Conclusion:** The findings of the present study revealed that there is significant difference between the level of Self-Esteem and behavioural problems among the Orphans and Non-Orphans with orphans having lower level of self-Esteem as compared with their counterparts with Orphan boys scoring higher than the Orphan girls. A significant difference among the two groups on behavioral problems also was found.

Index terms: Orphans, Self-Esteem, Behavioral Problems.

INTRODUCTION

An Orphanage is often examined through problematic psycho-social functioning of children. There is general agreement among researchers that children placed in orphanage settings at a very young age and for long periods of time are at greatly increased risks for the development of serious psychopathology later in life. The negative effects of institutional rearing are well documented. Poor caregiving; lack of stimulation and the absence of a consistent caregiver have been implicated in the negative outcomes among institutionalized children (Rutter, Kreppner and O'Connor, 2001). Orphans exist in every age and in all civilizations. According to the joint report of UNICEF, HIV/AIDS and Development (2002), about 1.7 billion children are orphans worldwide. Out of this number, Asia contributes 6.5% orphans and Africa leads with 11.9% orphans. According to another report of the United Nations Children's Fund (UNICEF) and the joint UN program (2005), 7.6% of children of the total population of the world are orphans. On the other hand, "The Report on the Situation of World Children" published by UNICEF in 2014 states the world's orphan population at 150 million. A new study by an international charity for orphaned and abandoned children called SOS Children's Village India in the year 2011 found that India is home to 20-million orphans, a figure projected to increase by 2021. The study found that 4 % of India's child population of 20 million are orphans. Most of these children have been abandoned by their parents. In fact, the charity estimates that only 0.3 % of these orphans are children whose parents have actually died. The study found that states such as Uttar Pradesh, Bihar and West Bengal had more orphans than Indian's richer states. The state of Madhya Pradesh, Uttar Pradesh and Chhattisgarh are home to 6-million orphaned children under the age of 18. The eastern region, encompassing Bihar, Orissa, Jharkhand and West Bengal, now houses 5.2-million orphans (India's Family Health Survey-3; 2005-2006). There are different ways of defining an orphan. A child who is below 18 years of age and who have lost one or both parents may be defined as an orphan (George, 2011). Maternal orphan is referred to a child who has lost his/her mother and the paternal orphan is referred to a child who has lost his/her father. Social orphans are children who are living without parents because of abandonment or because their parents gave them up as a result of poverty, alcoholism or imprisonment, etc. (Dillon, 2008).

Self-esteem: Self-esteem is a sense of self, the value one puts on self and the worth one attaches to self. In fact, self-esteem is a basic belief about self. Self-esteem refers to the extent to which we like, accept or approve of ourselves or how much we value ourselves. Self-esteem always involves a degree of evaluation and we may either have a positive or negative view of ourselves. Thus, it may be argued that, if one has a positive belief system about one's self, one will have positive self-esteem. On the other hand, if one views oneself as worthless, one will have negative self-esteem (Mazhar, 2004). Nathaniel Branden (1969) has also briefly defined Self-esteem as "the experience of being competent to cope with the basic challenges of life and being worthy of happiness". The most frequently referred definition of self-esteem is that of Morris Rosenberg (1965), where he defines self-esteem

in terms of a stable sense of personal worth or worthiness. Rosenberg (1979) identified three distinct selves: “the extant self (as one privately views oneself), the desired self (as one would like to be), and the presenting self (the self, one attempt to disclose to others)”. Problems in self-esteem arise when there is marked disparity between these selves.

Behavioural problems: Behavioural problems can occur in children with all ages and very often they start in early life. Many risk factors have been proposed for the occurrence of mental disorders, among which social factors are clearly implicated in the genesis and maintenance of these and their extension into adulthood. Internalizing behaviour comes with anxiety, depression, and withdrawal from others. Developmental research proposes children with internalizing symptoms may, in certain cases, perform externalizing behaviour (Perle et al., 2013). Internalizing behaviour in children can result in mild to severe consequences. Since internalizing is drawn inward towards oneself it can affect the psychological and emotional state. Externalizing behaviour problems are considered under controlled behaviours and manifest in children’s outward actions toward the external environment. Examples include aggression, opposition/defiance, disruptive behaviour, hyperactivity-impulsivity, and conduct problems. In contrast to externalizing behaviours, internalizing problems tend to be covert and represent an inner-directed pattern of behaviour (Achenbach et.al, 1987), occurring when individuals try to control internal emotions or cognitions to an excessive and maladaptive extent (Merrell & Gueldner, 2010). Examples of internalizing behaviours include anxiety, depression, social withdrawal, somatic complaints, and negative self-thoughts. Internalizing problems are associated with impairment in academic performance and social and family functioning (Liu, Chen, & Lewis, 2011; Rapport, Denney, Chung, & Hustace, 2010).

OBJECTIVES

- To explore whether there is any significant independent effect of ‘gender’ and ‘orphanage’ on Self Esteem and Behavioral problems in the selected population.
- To explore whether there is any significant interaction effect of ‘gender and orphanage’ on Self Esteem and Behavioral problems in the selected population

Samples: 200 Children {(2 groups of Children (100 Orphans and 100 Controls) and 2 Genders (Boys and Girls)} was selected through multistage random sampling method. Of which, 100 was children living in an Orphanage in Manipur and whose age range falls between 11 years to 16 years. Data was also obtained from another matched group of the orphan children on extraneous variables, comprising of 100 children who are currently staying with their biological parents at home for control group/comparison group.

Inclusion criteria:

- The Child should have completed at least a period of one year of stay in an orphanage.
- Children who are willing to participate and able to give consent or ascent from their primary caregiver.

Exclusion criteria: For the control group,

- The Child not staying with both the parents are excluded.
- No prior history of staying away and neglect from parents.

Psychological tool to be used:

- 1) **Rosenberg’s Self-esteem Questionnaire (SES); Rosenberg, 1965:** Used to assess self-worth and self-acceptance of children and adolescents. Internal consistency reliability is 0.77 and Test-retest reliability ranges from 0.63 to 0.85.
- 2) **Strengths and Difficulties Questionnaire (SDQ); Goodman, 2001:** The SDQ is a widely used measure of behavioral and emotional problems. The SDQ consists of the 5-subscales of *Hyperactivity, Emotional, Conduct and Peer problems, as well as a pro-social subscale*. This scale also gives externalizing and internalizing score. Reliability is satisfactory, whether judged by internal consistency (mean Cronbach α : .73), or retest stability after 4 to 6 months ($r=0.62$).

Procedure

A list of Orphanages which were registered was obtained from the Social welfare Department, Government of Manipur for selection of samples as per designs. Altogether 21 orphanages/children homes which were registered to the Integrated Child Protection Scheme, Govt. of Manipur were identified. Out of which 13 orphanages were short listed and were contacted. Permission was taken from the concerned authorities for conducting the present research. Following which 6 Children Homes gave permission for conducting the study, where the inmate’s age range falls between 11 years to 16 years which were located in 4 different districts of Manipur viz., Imphal East, Imphal West, Thoubal and Senapati district. 20 children each were randomly selected using lottery method from the selected homes with equal match of boys and girls for Psychological evaluation as per objectives of the study which comprises of 120 children for experimental group (orphans). Then, another 120 non-orphans were selected who were currently staying with their biological parents at home with a due care to well match the experimental group on ground of age, location, gender, education, religion, except on orphanage status; and also cross checked with the help of socio-demographic profiles. Out of 240 children 200 were selected after checking for outliers. All necessary information regarding the purpose of the study, maintaining confidentiality, time requirement etc. were explained thoroughly to each of the participants. Any doubt or queries of them were clarified. Then, consent was taken from the samples as prescribed by APA code of research ethics.

RESULTS AND DISCUSSION

The Descriptive statistics results presented in **Table-1** highlights the Mean comparison among the four comparison groups: Orphan Girls, Orphan Boys, Non-orphan Girls & Non-orphan Boys. It indicated that for the measure of Self Esteem, the Non-orphan Boys had highest score ($M=22.56$) followed by Non-orphan Girls ($M=20.98$), then by Orphan Boys ($M=17.80$) and lowest score was observed among Orphan Girls ($M=15.30$). Results also highlighted that the Non-orphans have higher score in Self-esteem than the Orphans ($M=21.19$; 18.14 ; $p<.01$) and the boys are higher than girls ($M=20.18$; 18.14) on Self-esteem for the whole sample as showed in Table -1. This findings are supported by studies by Guthman et al (2002), Wanjiru, M & Gathogo, J, (2014) The gender difference may be explained by different socializations. Boys feel they are more valued by the society (Guthman et al, 2002).

The table also highlights the results of the mean values calculated for the subscales of Strengths and Difficulties subscales for the whole sample. The mean values on emotional problem subscale were higher among the orphans ($M=18.64$) than the non-orphans ($M=16.02$). Similarly, the Orphans group was observed to have higher mean value than the non-orphan group on the subscales of conduct problems ($M=21.33$; 16.70), hyperactivity ($M=18.96$; 15.78), prosocial behaviour ($M=19.89$; 16.30), externalizing ($M=20.14$; 16.24) and internalizing ($M=19.26$; 16.14) problems. However, peer problem was observed to be more among non-orphans than the orphans ($M=16.27$; 13.64). Overall, boys were found to have higher mean values than the girls on emotional problem ($M=18.10$; 16.56), conduct problems ($M=20.29$; 17.74), hyperactivity ($M=18.18$; 16.56), prosocial behaviour ($M=19.02$; 17.17) peer problem ($M=15.74$; 14.17), externalizing ($M=19.23$; 17.15) and internalizing ($M=16.92$; 16.56) problems.

Makame, V, Ani, C, Grantham-McGregor, S, (2002) found Orphans had markedly increased internalizing problems compared with non-orphans ($p < 0.01$) and 34% reported they had contemplated suicide in the past year. Another study by Boadu, S.O (2015) investigated behavioural and emotional problems among children and results from the quantitative data revealed that significant differences existed in terms of behavioural and emotional problems among children in orphanages. This current study's results are supported by previous research conducted by Kaur R and colleagues (2018) on 292 orphans and vulnerable children in institutional homes of Visakhapatnam city wherein, 49 (16.78%) out of 292 children and adolescents were found to be having behavioural and emotional problems.

Table-1: Showing Mean comparison between groups on Self-Esteem and the Strengths and Difficulties subscales for the whole sample.

Groups	Self-Esteem	Strengths and Difficulties Questionnaire						
		Emotional problem	Conduct problems	Hyperactivity	Peer problem	Prosocial	Externalizing	Internalizing
Orphan Girls	15.30	17.06	19.90	17.70	12.48	19.20	18.80	14.74
Orphan Boys	17.80	20.22	22.76	20.22	14.80	20.58	21.49	17.51
Non-Orphan Girls	20.98	16.06	15.58	15.42	15.86	15.14	15.5	15.96
Non-Orphan Boys	22.56	15.98	17.82	16.14	16.68	17.46	16.98	16.33
Total Orphans	16.55	18.64	21.33	18.96	13.64	19.89	20.14	19.26
Total Non-Orphans	21.77	16.02	16.70	15.78	16.27	16.30	16.24	16.14
Total Girls	18.14	16.56	17.74	16.56	14.17	17.17	17.15	16.56
Total Boys	20.18	18.10	20.29	18.18	15.74	19.02	19.23	16.92
Total	19.16	17.33	19.02	17.37	14.96	18.10	18.19	16.14

The ANOVA results in Table-2 showed significant independent effect of Orphanage on Self-Esteem with 43% effect ($F=149.50$; $p<.01$, $\eta^2=.43$). Several previous studies supported the study findings of the current study that self-esteem was lower among the children living in orphanages as compared to those who are living with both parents (Siyad.B.R. & Muneer.P; 2016) (Mashkoor, A.L & Ganesan, P; 2017) (Jain, V & Prapsi, A; 2018) (Kannan,R;2016).

Results also depicted the significant independent effect of Gender on Self-Esteem with 6% effect ($F=13.92$; $p<.01$, $\eta^2=.06$). This finding is supported by Wanjiru, M and Gathogo, J (2014) where they observed that Self-esteem was found to be influenced by gender of orphans. The significant Interaction effect of 'Orphanage and Gender' was also found on Self-Esteem with 49% ($F=65.14$; $p<.01$, $\eta^2=.49$). Similar results were seen in study by Amongin, H.C, et al (2012). Other line of studies contradicted the results and suggested no significant gender difference in self-esteem of the orphans and the children living with their parents (Mashkoor, A.L & Ganesan, P; 2017 and Farooqi and Inteza; 2009).

The ANOVA results in Table- 2 also highlighted significant independent effect of Orphanage on subscales of Strengths and Difficulties Questionnaire viz; Emotional Problems with 27% ($F=73.62$; $p<.01$, $\eta^2=.27$), Conduct Problems with 33% ($F=96.15$; $p<.01$, $\eta^2=.33$), Hyperactivity with 28% ($F=78.11$; $p<.01$, $\eta^2=.28$), Peer Problems with 26% ($F=71.13$; $p<.01$, $\eta^2=.26$), Externalizing

with 19% ($F=47.58$; $p<.01$, $\eta^2=.19$) and Internalizing with 35% ($F=106.42$; $p<.01$, $\eta^2=.35$). Orphanage did not have any significant effect on prosocial behaviour. Makame, V., et al, 2002 also found similar trend of results in their study.

Significant independent effect of Gender on subscales of Strengths and Difficulties Questionnaire viz; Emotional Problems with 6% ($F=14.52$; $p<.01$, $\eta^2=.6$), Conduct Problems with 4% ($F=9.21$; $p<.01$, $\eta^2=.4$), Hyperactivity with 7% ($F=14.26$; $p<.01$, $\eta^2=.7$), Peer Problems with 13% ($F=28.66$; $p<.01$, $\eta^2=.13$) except for Internalizing behaviours was found in the current study. Past studies by Kaur, R, et al (2018); Makame, V., et al (2002) supported the current study findings.

The significant Interaction effect of 'Orphanage and Gender' was also found on subscales of Strengths and Difficulties Questionnaire viz; Emotional Problems with 34% ($F=33.91$; $p<.01$, $\eta^2=.34$), Conduct Problems with 37% ($F=39.41$; $p<.01$, $\eta^2=.37$), Hyperactivity with 36% ($F=37.36$; $p<.01$, $\eta^2=.07$), Peer Problems with 38% ($F=40.04$ $p<.01$, $\eta^2=.38$), Prosocial with 19% ($F=11.01$; $p<.01$, $\eta^2=.19$), Externalizing with 49% ($F=63.48$; $p<.01$, $\eta^2=.49$) and Internalizing with 36% ($F=38.13$; $p<.01$, $\eta^2=.36$).

Table-2: Showing the independent and interaction effect (ANOVA) of orphanage and gender on Self-Esteem and subscales of strengths and difficulties for the whole sample.

Dependent Variable	Independent Variable	F	Sig.	Eta Sq
Self- Esteem	Orphanage	149.50	0.00**	.43
	Gender	13.92	0.00**	.06
	Orphanage x gender	65.14	0.00**	.49
Emotional Problem	Orphanage	73.62	0.00**	.27
	Gender	14.52	0.00**	.06
	Orphanage x gender	33.91	0.00**	.34
Conduct Problem	Orphanage	96.15	0.00**	.33
	Gender	9.21	0.00**	.04
	Orphanage x gender	39.41	0.00**	.37
Hyperactivity	Orphanage	78.11	0.00**	.28
	Gender	14.26	0.00**	.07
	Orphanage x gender	37.36	0.00**	.36
Peer Problem	Orphanage	71.13	0.00**	.26
	Gender	20.59	0.00**	.09
	Orphanage x gender	40.04	0.00**	.38
Prosocial	Orphanage	1.78	0.18	.04
	Gender	28.66	0.00**	.13
	Orphanage x gender	11.01	0.00**	.14
Externalizing	Orphanage	47.58	0.00**	.19
	Gender	79.80	0.00**	.28
	Orphanage x gender	63.48	0.00**	.49
Internalizing	Orphanage	106.42	0.00**	.35
	Gender	3.38	0.07	.02
	Orphanage x gender	38.13	0.00**	.36

**. Mean difference is significant at the 0.01 level

CONCLUSION:

From the current study it can be concluded that there is significant difference between the level of Self-Esteem and behavioural problems among the Orphans and Non-Orphans. The Orphans were found to exhibit lower level of self-Esteem as compared with their counterparts who are staying with their biological parents. And Orphan Boys were found to have higher Self- Esteem than the Orphan girls. The Orphans group was observed to have higher mean value than the non-orphan group on the subscales of emotional problem, conduct problems, hyperactivity, prosocial behaviour, externalizing and internalizing problems. However, peer problem was observed to be more among non-orphans than the orphans.

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