ROLE OF EMOTIONAL INTELLIGENCE IN PSYCHOCGENIC NEEDS, PSYCHACHE AND LONELINESS OF ORPHANS

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When you lose a parent, you realize how vital they are to the foundation of your life. It's impossible to understand what it means until that curtain is pulled. You're an orphan. But then I think that life is kind of remarkable, and the thing that causes the biggest pain can also bring amazing energy.

(Neneh Cherry)

Abstract:
The study aims to determine the role of Emotional Intelligence in Psychogenic needs, Psychache and Loneliness of orphan adolescents living in orphanages. It has been observed that emotional needs of children in orphanages are least cared for. The persons in-charge there do not recognize their emotional problems. Hence pay little attention to these aspects. In many cases adolescents are punished for expressing their negative emotions, thereby adding to their psychic pain. Adolescents who are frustrated, fearful, and depressed may fail to concentrate in studies and therefore tend to perform badly in every aspect of life. Orphanages lack one-to-one primary caregiver relationship. Thus the basic needs of adolescents are neither, understood nor met with. All this ultimately intensifies the level of psychache in orphans. Though primary needs are basic to all human beings, development of psychogenic needs is greatly influenced by individual’s personal and interpersonal experience in the given context as well as various kinds of deprivations. It is contended here that psychogenic needs especially achievement, abasement, affiliation and autonomy needs will be influenced by their emotional intelligence. The government and NGOs do provide financial support to the orphanages but very little is being done to deal with the psychological distress experienced by the orphans. They need to be provided with psychological support, counseling services and training for their caregivers is also very essential. Therefore, the present study aims at highlighting all these factors so that some attention is paid to the neglected group of orphans because even they have the right to live happily like all of us. For this purpose, a total of 200 (180 boys and 20 girls) orphan children (age ranging between 16 to 20 years) studying in classes ranging from tenth to undergraduate level, from orphanages across Cuttack City, participated in the study. Duration of stay in a particular orphanage was one of the most important criteria for selecting the sample; the orphan adolescents should have stayed for atleast 5 years in that particular orphanage. They were administered with four psychological tests in order to obtain the scores on Emotional Intelligence, Need for Achievement, Need for Affiliation, Need for Power, Psychache and Loneliness. The tests used were as follow: Trait Emotional Intelligence Questionnaire- Adolescent Short Form (TEIQue-ASF) (Petrides, Sangareau, Furnham, & Frederickson, 2006), Thematic Apperception Test (TAT) (Uma Chowdhary, 1960 1984), Psychache scale (Holden et al., 2001) and Perceived Loneliness Scale (PLS) (Praveen Kumar Jha, 1997). Correlational analysis and stepwise multiple regression analysis was carried out in order to analyse the collected data. The findings supported all the framed hypothesis.
Introduction

Imagining life without parents, family and siblings is like a nightmare. The orphan children live with it on a daily basis and that too without their fault. The child has not committed any sin to live such an awful life. Orphans live in orphanages where they are brought up like slaves. Various children are supervised by a single person (who at times, is untrained to perform such a duty). This unhealthy environment affects a child’s psychological, emotional, social as well as physical development. These children are often found to be emotionally disturbed and physically tortured as well. These days most of the orphanages are able to fulfill the basic needs of orphans which are food, clothing and shelter but their psychological needs are never catered to. They do not receive the adequate quantity of affection, care, concern and the most important „unconditional love”. Adolescence is a phase of life during which numerous transitions occur varying from physical, sexual, psychological, emotional as well as hormonal. An orphan adolescent child living in an orphanage can face emotional turmoil. The adolescent needs to deal with bodily changes as well as face the demands and pressures of the heads of orphanage. When this pressure and pain extends beyond the bearable capacity the child would try to stop of such painful existence by choosing to attempt suicide. Like other youngsters adolescent orphans are also the youth of our country and thus it is quite essential to identify the reason why this large part of our society is still lagging behind in various aspects such as education, employment and so on. It has been often found that emotional disturbance and unsatisfied psychogenic needs are the major cause of severe psychological pain in a person. This severe psychological and emotional pain is called psychache and is one of the major causes of suicidal tendencies. The term „lack of mothering” was introduced by Spitz (1946) and Rutter (2000) in order to explain that children require an affectionate, loving and warm caregiver. These children experience the void of an unconditional interpersonal relationship. They have a great desire for affiliation. Long term institutional care adversely affects the child’s emotional, social and cognitive development. These developmental lags have an unpropitious effect on the learning ability of a child as well. This also has consequences on the need for achievement of the orphan children. They are low on need for achievement which reduces their motivation to achieve good grades and curb their desire to attend school. Orphan children are always under the observation of supervisors which makes them feel trapped and restricted. They yearn for independence and freedom. They aspire to gain control of their own life and to be able to take decisions for themselves. Consequently, their need for power is quite high. However, the frustration of these psychogenic needs breeds an immense amount of psychological pain. This psychological pain, if not properly addressed can become acutely unbearable and is associated with feelings like shame, hurt, anguish, despair, loneliness, fear and dread. If the child’s pain exceeds the threshold for tolerance then in order to escape from this psychache these children can also be inclined towards suicide. Heidegger (2000) was of the view that perception of problems associated with nature, others or self can escalate the feeling of loneliness as well as psychache. Thus, the orphan children who are constantly in a struggle with themselves as well as the world around them fall prey to the negativistic feeling of loneliness as well as psychache. Loneliness is an unpleasant emotional response that is associated with negativistic feelings like lack of connectedness, depression and so on. Emotional instability was found to be one of the primary causes of loneliness and loneliness further triggered a persons’ psychological pain and induced the feeling of suicidality. Emotional unstability, lack of motivation to achieve goals, absence of love and affection and lag in various areas of development declines the overall emotional intelligence of a child, generates feeling of loneliness and intensifies their level of psychache.

Goleman (1995) had emphasized that family and school are the two most important places that play a major role in the development of emotional intelligence of a child. Murray (1938) had focused on the various primary and viscerogenic needs that were believed to act as the driving force behind every behavior of a person. Later McClelland (1961) had extended Murray’s work and highlighted only three needs namely, need for achievement, need for affiliation and need for power. He stated that people differ according to the dominancy of these needs in them. Shneidman (1993) associated the frustration of these needs to unbearable psychological pain which was labeled as psychache. Shneidman (1993) believed that psychache is associated with feelings of hurt, anguish, soreness, aching, psychological pain in the psyche, the mind. Psychache was also found to be linked with loneliness (Shneidman, 1993, 1999). Weiss (1973) theorized that loneliness mainly occurs due to unfulfillment of need for attachment, need for social integration and need for nurturance. Hence it can be rightly said that emotional intelligence, psychogenic needs, loneliness and psychache are closely related to each other. These variables were chosen after reviewing diverse previous researches. Thus the
The present study aimed to explore the emotional intelligence of the orphan children along with their psychogenic needs, their psychache levels coupled with loneliness. The relationship between all these variables was explored with the hope to gain more insight about the life of orphans. The results of the present study could be used to modify the culture of orphanages and make it more children friendly.

**Statement of the Problem:**

**Role of Emotional Intelligence in Psychogenic Needs, Psychache and Loneliness of Orphans.**

*The main objectives of the present study were:*

1. To study the relationship of Emotional Intelligence and Psychogenic needs (Need for Achievement, Need for Affiliation and Need for Power) in orphans.
2. To study the relationship of Emotional Intelligence with Psychache in orphans.
3. To study the relationship of Emotional Intelligence and Loneliness in orphans.
4. To study the relationship of Psychogenic needs (Need for Achievement, Need for Affiliation and Need for Power) with Psychache in orphans.
5. To study the relationship of Psychogenic Needs (Need for Achievement, Need for Affiliation and Need for Power) with Loneliness in orphans.
6. To study the relationship of Psychache with Loneliness in orphans.
7. To analyze predictive value of Emotional Intelligence in Psychogenic needs (Need for Achievement, Need for Affiliation and Need for Power), Psychache and loneliness of orphans.

*The following hypotheses were proposed:*

1. Emotional intelligence would be positively correlated with Need for Achievement in orphans.
2. There would be inverse relationship between Emotional Intelligence and Need for Affiliation, Need for Power in orphans.
3. Emotional Intelligence would be inversely correlated with Psychache in orphans.
4. Emotional Intelligence would be inversely correlated with Loneliness in orphans.
5. Need for Achievement would be negatively correlated with Psychache in orphans.
6. Need for Affiliation, Need for Power would be positively correlated with Psychache in orphans.
7. Need for Achievement would be inversely correlated with Loneliness in orphans.
8. Need for Affiliation and Need for Power would be positively correlated with Loneliness in orphans.
9. Psychache would be positively correlated with Loneliness in orphans.
10. Emotional Intelligence would have predictive value in Psychogenic needs, Psychache and Loneliness in orphans.
Method:
A total of 200 (180 boys and 20 girls) orphan children (age ranging between 16 to 20 years) studying in classes ranging from tenth to undergraduate level, from orphanages across Cuttack city participated in the study.

Duration of stay in a particular orphanage was one of the most important criteria for selecting the sample; the orphan adolescents should have stayed for atleast 5 years in that particular orphanage. They were administered with four psychological tests in order to obtain the scores on Emotional Intelligence, Need for Achievement, Need for Affiliation, Need for Power, Psychache and Loneliness. The tests used were as follow:

1. Trait Emotional Intelligence Questionnaire- Adolescent Short Form (TEIQue-ASF) (Petrides, Sangareau, Furnham, & Frederickson, 2006)
2. Thematic Apperception Test (TAT) (Uma Chowdhary, 1960, 1984)
3. Psychache scale (Holden et al., 2001)
4. Perceived Loneliness Scale (PLS) (Praveen Kumar Jha, 1997)

Results were computed using statistical techniques of:
1. Mean and Standard Deviation
2. Correlation Analysis
3. Stepwise Multiple Regression Analysis

THE MAIN FINDINGS OF THE STUDY WERE:

1. Emotional Intelligence was found to be positively associated with need for achievement in orphans. This clearly states that the orphans with low emotional intelligence were found to be low on need for achievement. These orphans normally possess traits like choosing very easy tasks, in order to minimize risk of failure or choosing highly difficult task, so that failure would not be embarrassing.

2. An inverse relationship existed between emotional intelligence and need for affiliation. This suggested that a person low on emotional intelligence would have a greater need for affiliation. In orphan children it was found that they had lower level of emotional intelligence but they scored high on need for affiliation i.e. a strong desire to form close bonds with people.

3. Similarly, an inverse relationship existed between emotional intelligence and need for power. The orphan children are emotionally disturbed hence they score low on emotional intelligence but they score high on need for power i.e. the desire to have a great control over their lives.

4. Emotional Intelligence and Psychache were inversely related suggesting that low level of emotional intelligence is associated with high level of psychache. The orphan children scored low on emotional intelligence and high on psychache thus further indicating suicidal tendencies.

5. Emotional intelligence has been found to be negatively associated with loneliness. A child with completely disturbed emotional state tends to be high on the loneliness dimension.
6. Need for achievement was inversely related to psychache indicating that higher the psychological pain lower would be the desire to achieve things in life. The orphan children do not have any family member to push them to set targets for themselves and aim to achieve them. Thus they have low need for achievement and high level of psychache.

7. Positive correlation was seen between need for affiliation and psychache. It implies that an orphan child who is emotionally disturbed, suffering from extreme psychological pain would have a strong need to affiliate and form close bonds with people.

8. Similarly, positive association was found between need for power and psychache. The life of Orphan children is always under the control of the care givers. Thus they have a strong desire to gain power over their own lives but alongside the demands and pressures of the orphanage increase their psychache level.

9. Negative correlation has also been obtained between need for achievement and loneliness. A child with lonely feelings does not focus on the goals of life rather focuses on overcoming this emotion of loneliness, thus they are low on need for achievement.

10. Need for affiliation and Need for Power were found to be positively associated with the feeling of loneliness in orphans. In an attempt to overcome the dreaded feeling of loneliness one craves for a social support and also wants to grab a hold on their life. Loneliness is coupled with a persons’ desire to affiliate with people and also the need to have mastery over one’s life, that is, need for power. Orphans desire to have association with others as well as want to gain control over their life.

11. Psychache and Loneliness were positively associated with each other. A child who is high on loneliness was also found to be high on psychache. The feeling of loneliness intensifies one’s psychological pain ultimately converting it into psychache.

12. Emotional Intelligence was found to be a strong predictor of psychogenic needs, psychache and loneliness in orphans. This depicts that emotional intelligence plays a vital role in the establishment of various psychogenic needs, psychache and loneliness. The various sub-dimensions of emotional intelligence like sociability, self control, well-being and emotionality have a strong predictive value in psychogenic needs, psychache as well as loneliness.

DISCUSSION AND CONCLUSION

The objective of the present research was to study the role of emotional intelligence in psychogenic needs, psychache and loneliness among orphans. The findings in table no. 2 show significant positive correlation between emotional intelligence and need for achievement (r=0.46, p<0.01). This implies that individuals who are high on emotional intelligence tend to be high on need for achievement. The present findings can be discussed within the framework of Goleman’s model of affective regulation (1995) which highlighted that person’s emotions can contribute in the development of psychogenic needs of an individual. High emotional intelligence can contribute to a person’s learning process (Ubriaco, Reese et al., 1992; Goleman, 1996; Elias, Svetlana, 2007). The present findings get support from the previous researches (Elias, Ubriaco, Reese et al., 1992; Chaudhary and Uppal, 1996; Goleman, 1996; Svetlana, 2007; Sinha, Roy, & Suman, 2013). These studies displayed positive correlation between emotional intelligence and Need.
for achievement. In a supporting evidence by Chaudhary and Uppal (1996) reported that adolescents staying at home with parents had higher levels of achievement motivation and had higher emotional maturity as compared to orphans. High level of emotional intelligence helps an individual to get synchronized with one’s own self and increases the confidence level. This in turn, helps a person to control his needs and thus deal with day to day life challenges. Emotional intelligence helps a person to understand his own needs as well as those of others (Bar On, 2006). Lam and Kirby (2002) also gave the opinion that emotional intelligence involves perceiving, understanding, and regulating emotions. This high level of emotional stability motivates one to perform and achieve goals, gives energy to exhibit behaviours such as intentionality, persistence, creativity, impulse control, compassion, intuition and integrity (Kapp, 2002). Thus, it can berightly said that emotional intelligence increases a person’s desire to achieve success in life i.e. need for achievement. The research done by Parker et al. (2004) had also revealed the positive association between emotional intelligence and need for achievement. From these studies, it can be inferred that orphans who are devoid of emotions tend to have emotional vacuum so they are low on emotionality, sociability, empathy and self control. Thus they are not able to deal with emotional issues and have poor relationships with others (Goleman, 1995). Living in an orphanage among strangers and emotionally lacking environment also affects the emotional intelligence as well as their need for achievement. Goc (2010) had explored various factors that had affected the achievement motivation of students such as effectiveness of the teacher, friends, the student’s attitude towards school, students' perceptions about their own abilities, past experiences (positive or negative), the importance given to the student's success, parents approaches towards their children and school. In the life of an orphan most of these factors are affected which simultaneously affects their emotional intelligence and need for achievement. There is absence of a role model in the life of an orphan, due to which they are unable to imbibe the characteristics of a successful person into their own life.

These children are surrounded by people who carry out their duties in a businesslike manner. These people are extremely expressionless most of the day and they talk in a monotonous manner. All of this leaves a mark on the child and gives him a feeling of rejection and un-acceptance. These children are unable to even manage this rejection appropriately. Thus unavailability of appropriate emotional support affects their aspirations in life. The child does not have a goal in life to achieve and there is no one to push him forward as well in order to create his own goal. Thus most of the orphaned children tend to be low on need for achievement as it is depicted in our results as well. Similar results have been obtained by Freedman, Ghini and Jensen (2005) they had found out that emotional intelligence is associated with a person’s success in his or her own life. Whetten et al. (2011) had researched on 1,200 orphans and 272 non orphans from Cambodia, Ethiopia, India, Kenya and Tanzania; they had also found that emotional support is of primordial importance for the development of a child. Orphan children do not receive the sufficient amount of emotional support that is essential for their overall healthy development. Due to this deficient emotional support the child’s emotional intelligence is largely affected. This makes it difficult for the child to understand his own emotions as well as those of others. It also affects his decision making ability and success in life (Freedman, Ghini & Jensen, 2005). The emotional instability primarily affects the child’s need for achievement. All these researches as well as the correlational analysis of the current research, indicate that emotional intelligence is positively associated with need for achievement in orphans. Thus the first hypothesis “Emotional Intelligence would be positively correlated with Need for Achievement in orphans” stands validated.

The second hypothesis to be discussed is “There would be inverse relationship between Emotional Intelligence and Need for Affiliation, Need for Power in orphans”. The findings in table no. 2 show significant inverse correlation between emotional intelligence and need for affiliation (r=-0.33, p<0.01) and need for power (r=-0.37, p<0.01). This specified that if the emotional intelligence is increased then the need for affiliation and need for power would decrease. These results have been obtained from orphan children who are raised by caregivers in less cohesive environment. These institutions do not promote complete development (Barth, 2002) of a child, thus affecting them psychologically, emotionally as well as physically. Saarni (1997) and the Bar-On Model (1997) had emphasized on the importance of environment for the development of one’s emotional intelligence. The environment of these orphan children is absolutely unfavorable which in turn adversely affects their emotional
intelligence. Lower level of emotional intelligence makes it difficult for the child to understand their own emotions as well as those of others. Along with this the orphanages are found to be low in affection and care (Triseliotis & Hill, 1990), the caregivers tend to be harsh and rude which makes it difficult for the child to form close bonds with them (Colton, 1992). This makes the orphan child long for love and affection. Thus it can be rightly said that emotional intelligence and need for affiliation are inversely related. Similar results were obtained by Carpenter, Clyman, Davidson and Steiner (2001); Kortenkamp and Ehrle (2002) such as the children living in substandard orphanages showed higher levels of behavioural, emotional, school and mental and physical problems compared to children reared by biological parents, step parents or low income single parents. These emotional problems are coupled with disturbed relationships with the caregiver in the orphanage. In the life of an orphan child the siblings, friends, mother and father all are missing. All these people are very important for appropriate psychological and emotional development (Dacey and Travens, 1994). As these essential bonds are missing in the life of an orphan child, so they have a strong urge for affiliation. This supports our present findings that emotional intelligence and need for affiliation are inversely related. Various other researchers such as Tizard and Rees (1974); Tizard and Hodges (1978); Ernst (1988); St. Petersburg–USA Orphanage Research Team (2005) and Seggane (2007) had also researched on orphans and had found out that they suffer from social and emotional neglect. They have a strong need for love and protection, identity, security, play, schooling, food and shelter. Thus, indicating the association of low level of emotional intelligence with a strong desire to affiliate. One of the latest researches done by National Scientific Council on the Developing Child (2012) stated that the orphanages may be able to meet the basic survival needs of a child but the children in an orphanage are like workers in a factory where there is complete lack of love and affection. Thus they are low on emotional intelligence but high on need for affiliation. Similar results were obtained by Dobrova, Kranenburg, van Ijzendoorn and Juffer, (2010) and Simbayi et al. (2006) thus supporting the current findings that emotional intelligence is inversely related to need for affiliation. The death of a parent creates havoc in the life of a child; the child has to leave his homely environment and shift to a completely strange place like an orphanage (Giese, Meintjes, Croke & Chamberlain, 2003; Chabilall, 2004; Robson & Kanyanta, 2007; Van Wyk & Lemmer, 2007; Moletsane, 2008). Thus he feels completely powerless. The child has no control over anything that is happening in his/her life. Thus they have a strong need for power. The unfulfilment of this need causes frustration in a person (Jay and Rabindra, 1988). This makes the child emotionally disturbed to such an extent that he loses the control over himself and thus in this unstable state the child indulges himself in numerous antisocial behaviours. Antisocial behaviour, physical abuse etc. have been found to be associated with the need for power in men (Mason & Blankenship, 1987). The orphan children are in the midst of stressful and problematic situation. They have a constant desire to be out of these problems. They are regularly under the close scrutiny of the supervisors and have to live in a restricted environment. This increased need for power in the child, as he/she wants to be independent and wants to hold complete responsibility of the happenings in their life. Thus, the findings that need for power and emotional intelligence are inversely related, stands true. These findings can be further supported by the researches done by Chitiyo, Changara and Chitiyo (2008) and Nyamukapa (2010) where they have found out about emotional disturbances and how this emotional disturbance generates a feeling to gain independence in life. The orphan children are humiliated, degraded, denigrated, blamed, punished and so on. These children intend to move out of this mess by aiming for self employment and complete independence. Thus the second hypothesis “There would be inverse relationship between Emotional Intelligence and Need for Affiliation, Need for Power in orphans” stands validated. The findings in table no. 2 display inverse correlation between emotional intelligence and psychache ($r=0.49$, $p<0.01$). This implied that orphans who were low on emotional intelligence were high on psychache. The present findings lend support from various psychologists like Bancroft, Skrimshire and Simkin (1976); Bancroft et al. (1979); Boergers, Spirito and Donaldson (1998); Chopin, Kerkhof and Arensman (2004); Rodham, Hawton and Evans (2004); Sullivan, Arensman, Keeley, Corcoran and Perry (2004) they revealed that emotional disturbance leads to unbearable psychological pain and in order to terminate this unbearable pain, one tends to commit suicide. Weiner (1980); Stephens (1988) and Shneidman (1993) also stated that emotional disturbance or emotional turbulence is the major cause of extreme unbearable psychological pain. Shneidman (1993) was of the view that psychache, which is the unbearable psychological pain is the major cause of suicide. The orphan children are low in emotional intelligence hence they are unable to handle their emotions appropriately. This inability intensifies the emotional pain. There is no one in the orphanage who can understand the child’s problem and resolve it, due to this the emotional pain reaches a
threshold level where suicide seems like the only way out of this emotional pain i.e. psychache. Thus it has been found that the suicidal rate in orphans is about 10%-15% (UNICEF & UNAIDS, 2003). Johns and Holden (1997); Holden et al. (1998); Holden & Kroner (2003) and Flamenbaum & Holden (2007) provided the supporting evidence for the present findings stating that emotional disturbance and psychache are strongly associated with suicidal tendencies. Similarly, the supporting evidence was also provided by Lansky (1995) who had reported that lower level of emotional quotient is associated with suicidal tendencies and suicidal tendencies occur majorly due to extreme psychological pain that is psychache. Thus, indicating an inverse relationship between emotional intelligence and psychache. Lauer et al. (1997) emphasized that family support acts as a buffer in psychache of a person. The orphan children are not living with their family hence their emotional issues are not taken care of by anyone. This lack of support, love and affection intensifies the emotional pain converting it into psychache and ultimately culminating into suicide. Thus lower level of emotional intelligence is correlated with higher level of psychache. Various researchers had researched on HIV/AIDS orphans and had obtained similar findings (Sengendo and Nambi, 1997; Atwine, 2005; Pelton & Forehand, 2005; Xu et al., 2009). These researchers had compared HIV/AIDS orphans along with non-orphans and found out that the orphans were much more emotionally unstable and were experiencing severe negative emotions coupled with extreme psychological pain and suicidal tendencies. Kalemba (1999) had researched on the Malawi community which believed that orphanages do not provide a healthy environment, which is required for the overall development of an orphan child.

This unhealthy environment makes the children emotionally unstable, uncontrollable and lead to the development of extreme unbearable psychological pain. Ivanoff, Jang and Smyth (1996); Lester (2000); Holden, Mehta, Cunningham, and McLeod (2001); Mills and Kroner (2005) also provide evidence for the present findings as they reported that emotional distress is followed by extreme psychological pain. Therefore lower level of emotional intelligence is strongly associated with high intensity of emotional pain. Lester (2000); Holden et al. (2001); Flamenbaum & Holden (2007) had conducted researches on undergraduate students and had obtained results similar to the current findings. They had reported that emotional disturbances and negative emotions like depression and hopelessness lead to the formation of psychache. Similar results were obtained by quite a recent research by Jane (2011) it was reported that emotional distress and negatives issues such as sadness, unhappy family and childhood background lead to psychache. Thus, it can be inferred that emotional intelligence and psychache are inversely related to each other. Thus, the third hypothesis “Emotional Intelligence would be inversely correlated with Psychache in orphans” stands proved.

In the context of fourth hypothesis that is, “Emotional Intelligence would be inversely correlated with loneliness in orphans”, the findings in table no. 2 displayed negative correlation between emotional intelligence and loneliness (r= -0.72, p<0.01). This indicated that a child who was low on emotional intelligence would be high on loneliness. These results get support from the research done by Zysberg (2012) who explored correlation between emotional intelligence and loneliness on college students. The results revealed a negative correlation between emotional intelligence and loneliness. Zysberg (2012) had found out that emotional intelligence plays an important role in the formation of an individual’s social network. Children who share a healthy relationship with friends and family are often feel lonely. Rubin (1999) had stated in the research that school children and adolescents who scored high on emotional intelligence were rated by their peers as less aggressive, more prosocial, and more empathic (Ciarrochi et al., 2000). Emotional intelligence is strongly related to self-report measures of social adjustment among older adolescents and adults (Saklofske et al., 2003). Researches have also displayed that various emotional intelligence abilities are related to a range of friendship qualities as believed by friends (Kafetsios, 2004). Thus, it can be clearly stated that a child who has a healthy social network will be high on emotional intelligence and thus, in turn will be low on loneliness. These researches evidently indicate a negative correlation between emotional intelligence and loneliness. Lonely people generally do not have trusted friends. They show a lack of trust in others (Rotenberg et al., 2004), which adds on to their interpersonal difficulties making it extremely difficult for them to experience security or intimacy in their friendships (Qualter & Munn, 2002;
The orphan children face various problems in terms of their relationships which completely change when they are shifted from home to an orphanage. These children experience numerous traumatic incidents (Margooob, Arshad & Zaid et al., 2002), yet they do not have access to mental health services. This majorly affects their level of loneliness, instead of decreasing their loneliness goes on increasing. Few studies have also suggested that long-term adverse effects on orphans can be lessened by warm personal relationship (Freud & Danns, 1951; McFarlane, Bellissimo & Norman, 1998), which means that helping a child resolve the emotional turmoil will also help in overcoming loneliness. Further in a research done by Yasir and Mushtaq (2006) in orphanages across Kashmir found out that the children who were in a relatively better orphanage scored lowest on loneliness compared to the other groups. Evidently stating that if the institutions have a quality residential setup, care giving, living, food and modern education, then they are quite effective in meeting the emotional needs of these orphan children (Yasir & Mushtaq, 2006). All these researches support our hypothesis, indicating a clear negative correlation between emotional intelligence and loneliness. Emotional Intelligence plays a major role in forming as well as maintenance of relationships. In an orphanage there are damaging effects on cognition, behavioral, emotional and social development of young children (Bowlby, 1951; Rutter, 1998). Due to lack of emotional development orphans often face difficulty in forming relationships with strangers in an orphanage. Unavailability of friends and family makes the child in an orphanage feel completely lonely. Therefore, it can be stated that emotional intelligence and loneliness are negatively correlated. Thus the fourth hypothesis “Emotional Intelligence would be inversely correlated with loneliness in orphans” stands validated. Further negative correlation between need for achievement and psychache (r=-0.84, p<0.01) in table 2 clearly depicted that individuals who were low on need for achievement would be high on psychache. Orphan children are often found to be low on need for achievement as it was depicted by Joshi (2009) in his research comparing orphans and non-orphans and high in psychache and suicidal tendencies (UNICEF & UNAIDS, 2003). On the same line of thought Doshi and Yogesh (2014) revealed that orphans scored low on need for achievement as compared to non orphans. The orphan children have no parents or family members who would motivate them to set their goal and try achieving it. Family and especially parents play a major role in the development of need for achievement in children (Braxton, 1999). On the other hand orphans have no parents to show path in life, they suffer a lot in fulfilling their needs, they feel the intense pain as there is no family member in their life who can understand their emotional disturbance and help them cope up with it. Psychache disturbs a person emotionally, psychologically as well as mentally (Shneidman, 1993). The school performance and emotional intelligence are significant contributors in need for achievement (Steinmayr & Spinath, 2009). An orphan child high on psychache gets affected due to this deprivation which adversely affects his need for achievement, also he has no particular goal in life. The traits of a person high on need for achievement as identified by Murray (1938) are setting realistic goals and constantly striving towards it. McClelland and Winter (1969) added that they have internal locus of control, they take responsibility for own decisions and behaviors. But unfortunately none of these traits are found in orphans. Orphans do not have a realistic goal towards which they can strive with complete focus and dedication, they have external locus of control (Uma & Immanuel, 1991). Thus these children are found to be low on need for achievement and high on psychache. Discussion of the sixth hypothesis which stated that “Need for Affiliation, Need for Power would be positively correlated with Psychache in orphans” follows the same line of thinking. The absence of parents in the life of an orphan child creates a void which cannot be filled by any other person. This lack of love and affection generates the need for affiliation and the feeling of dependence and constant supervision creates the need for power. The supporting evidence can be provided by Durkheim (1897). Durkheim had reported that need for affiliation and need for power are strongly associated with severe psychological pain. Higher the frustration of these social needs higher is the psychological pain. Similarly, Wurmser (1981) also believed that people tend to attack their own self only because they have a strong need for love and respect. The orphan children are amongst strangers in the orphanage. They neither form strong bonds nor do they develop a feeling of trust and security. This makes these children feel insecure about the relationships. Holmes (2001) believed that need for security and need for attachment, which are associated with need for affiliation are quite important. When people with insecure attachments face negative life events like the orphans it prevents them from enjoying the satisfaction of these basic needs and may bring some of them closer to suicide (Wasserman, 2001). Researchers have also stated that stressful situations, extreme emotional and psychological pain and fearful situations trigger a strong need for affiliation (Kassin, Fein, & Markus, 2008). Along with this the feeling of lack of control over such situations intensifies the need for power (Jay & Rabindra, 1988). Thus supporting our current findings that, need
for affiliation and need for power are positively associated with psychache. Need for power is associated with need for recognition, need to avoid loss of status and need to avoid shame and guilt. Pridmore and McArthur (2009) were of the view that frustration of need for recognition, need to avoid loss of status and need to avoid shame and guilt are also strongly associated with suicidal behaviours. De Leo and Heller (2004); McDermott, Roen and Scourfield (2008); Skegg (2005) were also of the same view that frustration of need to avoid humiliation and shame is associated with an increased risk of deliberate self-harm, and sexual orientation worries. Joiner and Rudd (1996) had identified that frustrated social needs are a high risk factor for unbearable psychological pain and suicide. Thus all these researches are in the support of our present findings that need for affiliation and need for power are positively associated with psychache. The fulfillment of psychogenic needs is of supreme importance for the healthy development of a person. On the other hand frustration of these psychological needs has been found to be the major cause of psychache and suicidal tendencies (Shneidman, 1999, 2005; Beautrais, 2004a; Cooper et al., 2005; Skegg, 2005; Kim & Kim, 2008). In the case of orphans most of their psychogenic needs are thwarted and therefore they are found to be high on psychache. The orphans do not have parents or siblings who would motivate them to set goals and aim to achieve those goals, which normally happens in the life of non-orphans. Therefore the need for achievement of orphans is low. Similarly, lack of love and affection in their life increases the need for affiliation. They face lack of control in their life and have a feeling of powerlessness, due to which they have a strong need for power. Thus, the fourth hypothesis “Need for Achievement would be negatively correlated with Psychache in orphans” and the fifth hypothesis “Need for Affiliation, Need for Power would be positively correlated with Psychache in orphans” stand validated.

Table no. 2 shows that there is a negative correlation between need for achievement and loneliness (r=-0.61, p<0.01). This implied that person who was low on need for achievement would be high on loneliness. Negative moods and emotions were found to have detrimental effects on the cognitive processes that are effective in learning (Oatley & Nundy, 1996). Researchers have stated that loneliness affects cognitive functioning (Pavri & Monda-Amaya, 2000) and social loneliness is associated with academic achievement (Galanaki & Kalantzzi-Azizi, 1999). Thus, it can be clearly ascertained that higher levels of negative emotions like loneliness are associated with lower levels of need for achievement. The orphan children living in orphanages are surrounded by negative emotions and are high on the trait of loneliness. This directly affects their need for achievement. These children have no one in their life who would motivate them to achieve great heights in their lives. Extremely high level of effort and support can only help these children overcome their low level of achievement. Emotions of a person influence the cognitive processes such as learning, thus a negative emotion like loneliness has a great impact on the need for achievement of a person (Ellis & Hunt, 1989). Oatley and Nundy (1996) had revealed that lonely children divert their entire cognitive energy towards improving their social life rather than focusing on their grades (Williams, 2001) or goals that they should achieve. Similarly, Tsige (2001) had also explored that poor academic achievement is strongly associated with loneliness. The present findings get support from various researchers who stated that loneliness is associated with lack of belongingness in the school (Pavri & Monda-Amaya, 2000), inability to concentrate (Cotterell, 1996) memory capabilities (Ellis & Hunt, 1989) and school drop-out (Seidell & Vaughn, 1991). Thus, it can be inferred from these researches that high level of loneliness is associated with lower need for achievement. These researches support our present hypothesis that need for achievement is negatively associated with loneliness. It has been observed that orphan children have a greater tendency of dropping out from school (World Bank Educational Indicators, Country at a Glance, 2004), they also left school without any basic skills (World Bank Educational Indicators, Country at a Glance, 2007). Orphan children are not motivated to achieve academic goals in life. Various other researches done by Parker & Asher (1987); Hawker and Boulton (2000) and Buhs et al. (2006) and have also indicated that loneliness is associated with academic failure and school drop-out. Therefore, clearly stating that need for achievement is negatively associated with loneliness. If loneliness is high then the need for achievement is quite low. Thus, the seventh hypothesis stands validated that “Need for Achievement would be negatively correlated with loneliness”.

The next hypothesis to be discussed is “Need for affiliation and Need for Power would be positively correlated with loneliness in orphans”. The findings in table no. 2 show a positive correlation between need for affiliation and loneliness (r=0.48, p<0.01). This indicated that children who were high on need for affiliation would have a tendency to be high on loneliness as well. The need for affiliation has always been of prime importance (Freud, 1930). Freud
stated that intimacy need in terms of sex drive which had to be satisfied at every stage of development. Similarly, Maslow (1968) placed the need for love and belongingness in the middle of the hierarchy. Thus need for affiliation is quite important for a person and if the child has no one to satisfy this need then his/her inclination towards loneliness is quite high. Our present hypothesis has also been supported by another research which states that a person’s lost relationships need to be replaced by another relation, for them to not feel lonely. If their close relationships got lost due to some crisis and are not replaced then they have a greater tendency to feel lonely. Weiss (1973); Shaver and Buhrmester (1983) were of the view that feeling of loneliness is associated with insufficient amount of social contact (social loneliness) or by a lack of meaningful, intimate relatedness (emotional loneliness), thus giving evidence for our present hypothesis that need for affiliation is positively associated with loneliness. Leary (1990); Leary and Downs (in press); Tambor and Leary (1993) had stated in their research that people feel lonely when there is complete loss or lack of an important relation. Wheeler, Reis and Nezlek (1983) and Reis (1990) had stated in their research that loneliness triggers due to lack of intimate relations rather than lack of social contact. Thus, the frustration of a strong need to affiliate with people generates the feeling of loneliness. These researches indicate that need for affiliation and loneliness are positively associated with each other. Weiss (1973) evidently stated that loneliness is simply not the craving for a relationship; rather, it is associated with only specific forms of relationships. On the basis of Weiss’ research it can be highlighted that children who live in orphanages have various other children around them but their own family and siblings are always missing. This feeling of missing the family and living midst the strangers generates a strong feeling of loneliness. They have a strong desire to affiliate with people. These children crave for love and affection that a child living at home receives from his/her parents. Consequently, it can be stated that children high on need for affiliation would also have the tendency to be high on loneliness. Baron and Byrne (2003) had emphasized that people who are high on need for affiliation are more emotionally involved in relationships. Thus, orphan children who are high on need for affiliation have a tendency to long for affectionate social relations. Unfulfillment of this need generates a feeling of loneliness in the child. Therefore, it can be evidently stated that need for affiliation and loneliness are positively associated with each other. Thus the first part of eighth hypothesis “Need for affiliation would be positively correlated with loneliness in orphan” stands validated.

The second part of the eighth hypothesis was „Need for Power would be positively correlated with loneliness in orphans.“ The findings in table no. 2 show a positive correlation between need for power and loneliness (r=0.45, p<0.01). This hunch depicted that a child with high need for power would also have the tendency to score high on loneliness scale. This hypothesis can be supported by one of the researches done by Solano (1987). He stated in his research that lonely people are aware that their social needs are not being met, but the problem intensifies when they start perceiving that they have no control over the fulfillment of this need and start feeling completely powerless. The people high on need for power have the desire to control their own life as well as that of others. The frustration of this need makes a person feel negativistic and lonely. Adam et al. (2006) had also stated that loneliness is associated with lack of control. Chau and Koestner (2008) had explored in their research that feeling of loneliness depends on whether a person feels autonomous rather than controlled. Their results had clearly depicted that autonomous social behavior has a great impact on loneliness. Thus, it can be precisely affirmed that the feeling of lack of control over surroundings generates a feeling of loneliness in a person. Children living in orphanages have to face neglect as well as rejection. This feeling of being left abandoned in a strange world makes the child quite aggressive. The aggressiveness is also due to lack of control over the happenings in their life. These children have the need to get a control over their life but this need is never fulfilled in an orphanage. These children report the utmost degrees of loneliness and social dissatisfaction (Asher, Parkhurst, Hymel, & Williams, 1990). Similarly, Hanson and Carpenter (1994) had reported that people who have healthy positive relations and a greater sense of control and independence are least effected by problems in life. Thus they rarely experience the feeling of loneliness. On the other hand, people who are caught up in poor relations and experience a lack of control over their environment are more affected by problems in their life.
Thus, they often experience loneliness as well. In a research by Morgenthau (1962) it was depicted that the chase for power involves an attempt to escape from loneliness. Morgenthau believed that people fear the threat of isolation and people constantly strive to break this barrier between each other to experience a sense of togetherness. Morgenthau believed that the hunt for power does not permit a person to overcome loneliness, paradoxically, the individuals who are most powerful end up feeling completely isolated and lonely. Thus it can also be stated that the need to belong is the major cause that triggers the desire for power as well as loneliness. Morgenthau’s research also supports our present hypothesis and thus we can evidently state that need for power is positively associated with loneliness. The problem that the orphan children face is unfulfillment of the need for affection and intimacy. This triggers loneliness and in an attempt to overcome loneliness they use the strategy of overpowering each other. The irony is that this strong need for power is also not capable of helping these children in overcoming their loneliness. Thus the above observations and present findings clearly support our hypothesis “Need for Power would be positively correlated with Loneliness in orphans.” The findings in table no. 2 show a positive correlation between psychache and loneliness (r=0.69, p=0.01). This finding highlighted that a person high on loneliness would have a greater tendency to be high on psychache as well. Loneliness is the unpleasant experience that occurs when a person’s network of social relations is deficient in some important way, either quantitatively or qualitatively (Perlman & Peplau, 1981). Lack of social support completely distorts a persons’ life. This feeling of loneliness increases the psychological pain of a person. Thus, it can be rightly stated that loneliness and psychache are positively associated with each other. These findings are in line with explanation of psychache by Shneidman (1996). He revealed that Psychache is the hurt, anguish, or ache that takes hold in the mind and the pain of excessively felt shame, guilt, fear, anxiety, loneliness, angst, dread of growing old or of dying badly. Thus, indicating that higher the feeling of loneliness higher would be the psychache.

Lester and Leenaars (2005) tested Shneidman’s theory and found a strong positive correlation between loneliness and psychological pain i.e. psychache. Joiner and Rudd (1996) had identified that loneliness was one of the major risk factors for suicide. In orphan children their relations are quite disturbed. They do not have parents and siblings in their life who can provide them with the required affection. This leaves these children with the feeling of complete loneliness. The feeling of loneliness generates the psychological pain. This psychological pain converts into psychache. Ultimately psychache mediates the feeling of loneliness to suicide. Feeling of loneliness basically develops when a child feels lack of social support which means that they do not receive the required love and affection. This unmet psychological need generates the psychological pain (Berlim et al., 2003). Horney (1945); Sullivan (1953); Fromm (1955, 1956); de Rivera (1984); Hogan (1983); Epstein (1992); Ryan (1991); Guisinger and Blatt (1994) have similar viewpoint that attachment needs and the formation of intimate relations are an essential part of an individuals’ life. These affection needs also affect a person’s overall development. If these needs are frustrated especially in the childhood and the child feels lonely then it can have severe consequences in the later part of a child’s life (Freud, 1930). This feeling of loneliness emotionally disturbs a person generating an excruciating psychological pain referred to as psychache. Thus the above observations and present findings support the hypothesis “Psychache would positively correlate with Loneliness in orphans”. In order to see the independent contribution of sub dimensions of emotional intelligence i.e. emotionality, self control, well-being and sociability in psychogenic needs, psychache and loneliness stepwise regression was carried out. Surprisingly, one dimension that contributed majorly in all the dependent variables i.e. need for achievement, need for affiliation, need for power, psychache and loneliness was well-being. Well-being refers to a person’s perception about the quality of their life in terms of physical, emotional as well as psychological aspects. Well-being dimension of emotional intelligence made positive contribution of 30% in need for achievement (table 9). It negatively contributed 21% in need for affiliation (table 10) and 14% in need for power (table 11). Similarly, a 44% of negative contribution was observed in psychache (table 12) and 69% contribution was seen in loneliness (table 13) as well. This highlighted that among all the four sub dimensions well-being contributed the maximum in all the three psychogenic needs, psychache as well as loneliness. Well-being solely contributed in all the dependent variables covering effect of the other three dimensions namely, self control, emotionality and sociability. In need for power well-being, the dimension of emotional intelligence made negative contribution of 14% and another dimension i.e. emotionality contributed 2% in need for power (tneed for power). The findings indicate that the contribution of emotionality in need for power is quite meager, in comparison to well-being, depicting that once a child becomes mentally and physically healthy then his craving for power will also come to a stability. The orphan children
are often emotionally disturbed; this makes it difficult for them to identify their own emotions as well as express their feelings to others. It develops a feeling of helplessness in them and this in turn affects their desire to have control over their own life. Along with well-being (69%), emotionality has also displayed a negative predictive value of 5% in loneliness (table 13). These findings clearly depicted that the emotional instability of the orphan children majorly affects their feeling of loneliness. It is of due importance for the orphan child to be able to identify his emotions as well as be able to express it to others. They need to imbibe the ability of managing their emotions well, in order to come out of the black hole of loneliness. According to Petrides, Sangareau, Furnham and Frederickson (2006) in their TEIQue-ASF questionnaire the dimension of well-being indicated that a generalized sense of well-being extended from past achievements to future expectations. The orphan children had scored low on this dimension demonstrating low self-regard and feeling of disappointment about life. Loss of parents has been found to be a major factor affecting the psychological wellbeing of a child (Sengendo & Nambi, 1997). In the life of an orphan child the absence of parents imposes various challenges to them. Life becomes stressful and poses new demands and constraints, feeling of helplessness starts seeping in which has a huge impact on the psychological as well as physical well being of the child. Emotional disturbance is displayed by feelings of sadness, depression and loneliness. According to Warr (1987) well being is one of the vital components of mental health. Dahlback, Makelele, Nduhani, Yamba, Bergstrom and Ransjo Arvidson (2003) had conducted a study in Zambia on 788 orphans pertaining to their emotional well-being. The findings indicated that orphans often had scary dreams or nightmares. They also found out that most of these children often fought with other children, had strong desire to stay alone and they often seemed worried. Orphan children have to encounterable 11). This implied that the inability of an orphan child to manage his own emotions as well as the disturbed overall well-being of a child increases his numerous hardships during their childhood along with a decline in psychological well-being, health as well as nutrition (Camfield & Skevington, 2008). World Health Organization, has also defined health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” (WHO, 1948). Recently, WHO defined positive mental health as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” (Huppert, 2009). Thus, it can be undoubtedly stated that physical, psychological, mental and emotional well-being is of utmost importance for a children. The present research findings clearly depict that for orphan children their well-being is of paramount value. Unless, there is improvement in their well-being, there would not be any improvement in their psychache level as well as feeling of loneliness. The Relational model of emotional intelligence by Bar-On (1997) emphasized that emotional intelligence is a combination of various abilities like self regard, self actualization, assertiveness and moods like happiness and optimism. This depicted that a person must be in a positive state of well-being in order to feel mentally stable. The state of well-being does not mean that a person must feel good all the time; rather it means that one must experience painful emotions, disappointment, failure, grief etc. but must be able to manage these negative or painful emotions. However psychological well-being gets acutely compromised when the negative emotions are of extreme intensity or long lasting and interfere with their daily life (Huppert, 2009). This majorly happens in the life of orphans. Petrides, Sangareau, Furnham and Frerickson (2006) have also mentioned in the TEIQue-ASF scale that the scores obtained on the dimension of well-being will largely depend upon the other three dimensions i.e. self control, emotionality and sociability. Thus it can be inferred that well-being which is a sub dimension of emotional intelligence scale is highly associated with the other three sub dimensions of emotional intelligence. Enhancement in the overall well-being of a child will have direct impact on the other three dimensions as well. This is the reason why among the four sub dimensions of emotional intelligence only the sub dimension of well-being came out to be a significant predictor in psychogenic needs, psychache as well as loneliness of orphans. The last hypothesis that needs to be discussed is „Emotional Intelligence would have predictive value in psychogenic needs, psychache and loneliness of orphans.” The hypothesis can be discussed within the framework of Shneidman’s (1993, 1999, 2005) theory on psychache. Shneidman highlighted that emotionality and thwarted psychogenic needs play an important role in the prediction of psychache as well as loneliness. The orphan children are often low on emotional intelligence and are unable to manage their own emotions and understand emotions of others. This inability restricts a child mentally to such an extent that it affects their psychogenic needs, psychache as well as intensifies the feeling of loneliness. The present findings can get support from various researchers such as Johns and Holden (1997); Holden et al. (1998); Holden and Kroner (2003); Flamenbaum and Holden (2007) have obtained...
similar results that emotionality plays an important role in prediction of psychache, frustrated psychological needs as well as loneliness. Student Health Service Department of Health (2010) had stated that “Parents have a vital role in the emotional development of their children. Parents can help their children learn how to express their feelings through instructing, modeling, and guiding them in applying the skills of emotional management.” The irony of orphan children is that their parents are permanently missing in their life. This majorly affects their emotional development and thus in turn affects their psychogenic needs, level of psychache as well as feeling of loneliness. Therefore it can be rightly stated that emotional intelligence acts as predictor for psychogenic needs (nAch= 31%, nAff= 22%, nPow= 17%), psychache (46%) and loneliness (75%) in orphans (table 4, table 5, table 6, table 7 and table 8 respectively). The feeling of being left alone in the world is extremely depressing for an orphan child. Orphans who live with their relatives can still cling on to them but orphans without any family support are left to the mercy of the environment. This leaves the child with numerous emotional problems which go on intensifying due to the absence of an affectionate caregiver. These emotional problems give rise to unfulfilled psychogenic needs, psychache and loneliness. Bowlby (1951) and Rutter (1998) had stated in their research that in an orphanage there are damaging effects on cognition, behavioral, emotional and social development of young children. Lester (2000); Holden et al. (2001); Flamenbaum and Holden (2007) had conducted researches on undergraduate students and had reported that emotional disturbances and negative emotions like depression and hopelessness lead to the formation of psychache. Further, Chitiyo et al. (2008) and Nyamukapa (2010) had reported about how emotionality plays an important role in the need to gain independence in life, Freedman, Ghini and Jensen (2005) had indicated that emotional intelligence plays a vital role in a person’s need to succeed in life and Dobrova, Kranenburg, van Ijzendoorn and Juffer (2010) had researched about the role of emotional intelligence in the need for affiliation. Thus, it can be rightly inferred that emotional intelligence is a significant predictor of psychogenic needs, psychache and loneliness. Emotional intelligence is a vast term which does not focus alone on the individual’s ability but also upon understanding the emotions of others. Thus being one of the most important abilities of a person it contributes in the prediction of psychogenic needs, psychache as well as loneliness. The above findings and present observation clearly stated that in the orphan population emotional intelligence has a strong predictive value for psychogenic needs, psychache and loneliness. In the light of above discussion, the last hypothesis that “Emotional Intelligence would have predictive value in psychogenic needs, psychache and loneliness of orphans” stands confirmed.

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