

## A Study on self esteem of family reared and institutionalized orphan children in Anantnag district of Jammu and Kashmir

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### Abstract

The present research investigated a study on self - esteem and academic performance of family reared and institutionalized orphan children. The sample of this study was composed of 160 children (80 children from orphan institutions and 80 children living with their both parents in their homes (father and mother). In present study non - probability purposive sampling method was used. Children of family reared i.e. living with their both parents (father and mother) were drawn from different private schools of Anantnag district of Jammu and Kashmir and orphan children were drawn from orphanages of same area. Jonathan Berent's Self esteem Scale (1994) was separately managed to all the research respondents. The author self study scale granted permission for its use in the current research. The children in orphanages accounts inferior degree of self - esteem than children living their both parents. Further the findings of present suggest that there was not found significant gender difference in self - esteem of the orphans and the children living with their parents. Therefore the findings of present research will encourage our perceptive of self - esteem and the personality of family reared and in orphanages children.

**Keywords:** self esteem orphan, family reared, children, and orphanage

### Introduction

Self - esteem may be defined as the self-evaluation of any person toward himself/herself, this is one of the basic human needs; it is really a characteristic of a normal person. Many sociologists and psychologists know its deficiency as the core of many psychological, sociological and humanism diseases. This attribute is more important in adolescence children, because adolescence is considered as one of the dominant and main processes of social and psychological growth of personality. Although many new aspects have been reported in relation to self - esteem like specific language impairment, weight status, socio-demographics, child personality characteristics, gender, and family structure. But the association between self - esteem parents reared and orphanages children has been emphasized in other studies.

The present research examined the difference in self - esteem and academic performance of family reared and orphan children. Self - esteem is the feeling of being joyful with your abilities and characters. Self - esteem is understandable in a wonderful feeling of inner balance, beached on a healthy and self- acceptance, comforting self respect towards you. This is totally dissimilar from self confidence which is deeply rooted in what you believe you can attain (Ameachi, 2007). Simon and Schuster (1997) <sup>[15]</sup> explains self - esteem as the character to know-how oneself as being capable to manage with the main challenges of life and of being precious of happiness. It may also be argued that self - esteem is in fact confidence in the efficacy of our aptitude and in our mind to think. Simon and Schuster (1997) <sup>[15]</sup> further explained that by addition, it is assurance in our ability to learn, make suitable choices, decisions, and respond effectively to change. It also experience that achievement, fulfillment, success, happiness, are right, good and natural for us. (Mazhar 2004) <sup>[13]</sup> portrays

that the meaning of self - esteem is a sense of self, the importance one puts on self and the value one attaches to self. In fact, self - esteem is the main belief about self.

So, it may be argued that, if one has an optimistic belief system about one's self, one will have a optimistic self-esteem. On the other side, if one views oneself as rubbish, one will have a pessimistic self-esteem.

(Rogers 1959) <sup>[16]</sup> portrays that self - esteem has three main different components: - (i) Self- images, (the view you have yourself); (ii), self-esteem, self concept or self-worth (how much worth you place on yourself); and (iii) ideal- self (what you desire you were really like). According to (Rogers 1959) <sup>[16]</sup> high self-esteem refers to optimistic view of ourselves which tends to lead to assurance and confidence in our own abilities; self-acceptance; hopefulness and not distressing about what others think. On the other side, lower self-esteem portrays to unenthusiastic view of ourselves which tends to lead to be short of dissimilarities in self esteem of Orphan Children and of assurance and confidence; wish to be look like someone else; always distressing what others might think about ourselves.

(Maslow and Boeree, 2006) <sup>[2]</sup> described self-esteem in his hierarchy of requirements. He explained two descriptions of esteem requirements, an upper one and a lower one. The upper form involves the requirement for self respect, including such feelings as confidence, mastery, independence competence, achievement, and freedom, that this is the higher form of esteem requirement; because, unlike the respect of other one, once you have a self-respect, it is lot harder to lose. The lower one is the necessity for the respect of others, the requirement for status, recognition, attention, fame, reputation, appreciation, dignity glory, and even dominance. (Twenge 2009) <sup>[17]</sup> declared that self-esteem has a powerful

relation to happiness. He disagreed that the people high in self-esteem assert to be more attractive and likeable; to have superior interactions and relationships and to make superior impressions on others than people with low self-esteem. Though, objective procedures disconfirm most of these beliefs planned by (Twenge 2009) [17]. For example, the Narcissists are attractive at first but tend to isolate others eventually. therefore, it may be argued that self-esteem has not been shown to calculate the quality or duration of relationships.

Juffer, Marinus and Ijzendoorn (2007) [9] described that family reared adopted children show lower self-esteem than their non- adopted peer groups. Family reared adopted children are hypothesized to be at risk of low self-esteem. They may also undergo from the consequences of neglect, under feeding and abuse in institutions before adoption. They have to survive with their adoptive status which often includes problems associated with the lack of similarity to their adoptive parents. Furthermore, transracial, societal and international adopters may feel less integrated into their family, resulting in low self-esteem. This was similarly true for international, societal, and transracial adoptees. Litt, Cuskey and Rosenberg's (1982) [10] in their research findings found that high self- efficacy and self-esteem have been associated with increased obedience with medicine regimens and lesser health problems.

Adolescent children with high self-esteem have a much close relationship with their parents than the children with low self-esteem. (Coopersmith 1967; Gecas and Schwalbe 1986; Kernis 2000) [3, 5, 5, 9] Felson and Zielinski (1989) [4] affirmed that there may be a mutual effect between parental reared and institutional support of self-esteem among children. The results also highlights that parents' reared behavior, as measured by children's report affects the self-esteem of children but that self-esteem also affects how much institutional supportive children report their parents give them. Furthermore, Felson & Zielinski (1989) [4] found that parents have a superior effect on the self-esteem of girls than of boys. Kallestal *et al.* (2000) [7] examined the association between oral health behavior and self-esteem. Simple regression analysis on self-esteem highlights that having very deprived self-esteem as opposed to prevailed self-esteem was connected with being a girl, not living with one's biological parents, deprived social support, shows less interest in politics, poor adaptation in school and poor health behavior. Result also recommended that being a boy, choosing statements reflecting low exemplary behavior and being not as much of well adapted in school will increased the risk of having deprived health behavior as did racial group relationship and having poor self-esteem. Thus, the related review of literature and relevant researches of this study put forward that self-Differences in Self Esteem of Orphan in orphanages and self-esteem is a crucial variable in the personality development of the children.

Lanz *et al.* (1999) initiates that there are some little differences in parent reared child communication and in adolescent's self-esteem with separated, adoptive, and intact non-adoptive families and to examine the extent to which parent child communication is related to adolescent self-esteem in the three different types of families. The findings showed that adolescent children from different families have more problems in their relationships with both their peers and

parents and that adoptive reared children identify a more positive and good communication system with their own parents than biological type of children. Moreover, the adoptees in this study highlight lower self-esteem than the other two groups of adolescents.

### Methodology

Statement of The Problem: - A research critique on the self-esteem experiences of orphans and family reared children at selected orphanages and private institutions in Anantnag District of Jammu and Kashmir.

### Objectives

1. To study the socio demographic profile of respondents.
2. To investigate the difference on self esteem between family reared and institutionalized orphan children.

### Research Design

Qualitative research design and phenomenological approach was selected for the study.

### Sampling technique and sample

Non- probability purposive sampling method was used in this research. The sample was composed of 160 children. Out of the total sample, 80 respondents were living in the orphan institutions (42 girls and 38 boys); and 80 respondents are family reared children (44 girls and 36 boys) at the time of this research.

### Data collection

The specification criteria were: 1) children were ready to participate in the present research. 2) The age group range between 12-18 years and 3) the orphan children must be living in orphanages for the past 1 year whereas family reared children are living with their both parents should not have any history of parental loss by death or divorce.

### Data Analysis

The collected data was analyzed using:

- i) Demographic Information Form and
- ii) Colaizzis. (Phenomenological method)

Demographic Information Form was used to gather information about gender, education, age, birth order and number of siblings. Phenomenological self esteem method is used to measure the self-esteem of an individual. The phenomenological Self-esteem Scale consists of eight statements with four optional responses which determine how extremely you value yourself, such as: Always, Sometimes, Frequently, Never. Respondents are directly to select one of the four optional responses to each statement in order to indicate how much each of the eight statements represents the way they feel or think about themselves during the past 1 year. There is also inverse scoring for all the eight statements. Thus, the highest score on Phenomenological Self-esteem Scale would signify lowest level of self-esteem; whereas lowest score would show highest level of self-esteem.

### Tools

The tool consists of

- 1) Socio – Demographic data of the orphan children and family reared children.
- 2) Interview with open – ended question

**Procedure**

Formal permission was obtained from Zubiada national institute and sir syed memorial trust to draw the sample of orphans from these orphanages. Moreover, formal permission was also obtained from different private schools in Anantnag District.

**Results and Findings**

**Table 1:** Distribution of demographic variables of respondents by Age and gender

Total Sample of respondents				Orphan Children		Family reared children	
Characteristics	Number	percentage	Number	percentage	Number	percentage	
Age	13-15 years	86	53.75	37	46.25	49	61.25
	16- 18 years	74	46.25	43	53.75	31	38.75
Total		160	100	80	100	80	100
Gender	Boys	74	46.25	38	47.5	36	45
	Girls	86	53.75	42	52.5	44	55
Total		160	100	80	100	80	100

From the above table, it is clear that out of total 160 respondents, mostly 86 (53.75%) of respondents belonged to the age group between 13 - 15 years, and 74 (46.25%) of respondents belonged to the age group of 16 – 18 years. Out of the 160 respondents, 80 respondents belonged to orphan children in which majority 43 (53.75%) of respondents had age group between 13-16 years and 37 (46.25%) had age group between 13-15 years,. out of remaining 80 respondents 49 (61.25%) belonged to age group of 13-15 years and remaining 31(38.75%) respondents belonged to 16-18 years of age. Out of total 180 respondents mostly 86 (53.75%) of respondents are girls and only 74 (46.25%) respondents are boys. 80 repondents belonged from orphan children in which mostly 42 (52.5%) respondents belonged to girls and 38 (47.5%) of respondents belonged from boys. and remaining 80 respondents are from family reared children out of them majority 44 (55%) of respondents are girls and only 36 (45) are boys

**Table 2:** Variation in self-esteem of orphan children and family reared children

Category of respondents	Number	Mean	S.D	t- test	P value
Orphan children	80	20.26	4.65	0.59	3.60 (NS)
Family reared children	80	40.31	25.55		

By statistical analysis the variations by means of self esteem of respondents on the basis of orphan children and family reared are shown in the table-2, as an outcome of independent sample t-test, it can be inferred that the t-value of 0.59 corresponding to the category of respondents is not found to be significant at a p-value of 3.60. Hence, the null hypothesis is accepted and the alternative hypothesis is rejected. So, there exists no significant difference between orphan children and family reared children.

Particularly the mean value of 20.26 approximated for the orphan children category is significantly lower than the estimated mean value of 40.31 for the family reared children. Particularly This outcome suggests that the self esteem of respondents is significantly higher for the family reared children than that of orphan children.

**Statistics**

The SPSS (Statistical Package for Social Science, version 20) was used to analyze data. t- test sample was applied to find out the differences in self-esteem of orphan children and family reared children.

**Table 3:** Gender difference in self-esteem of orphan children and family reared children

Gender	Number	Mean	S.D	t- test	P value
Boys	74	19.23	4.43	0.56	0.51 (NS)
Girls	86	19.68	4.51		

By statistical analysis the variations by means of self esteem of respondents between boys and girls shown in the table-3, as an outcome of independent sample t-test, it can be inferred that the t-value of 0.56 corresponding to the gender difference is not found to be significant at a p-value of 0.51. Hence, the null hypothesis is accepted and the alternative hypothesis is rejected. So, there exists no significant difference between boys and girls.

Particularly the mean value of 19.23 approximated for the boys is significantly lower than the estimated mean value of 19.68 for the girls. This outcome suggests that the self esteem of respondents is significantly higher for girls than that of boys.

**Table 4:** Variation in self-esteem of boys in orphanages and family reared boys in private institutions

Gender	Number	Mean	S.D	t- test	P value
Boys in orphanages	38	18.1	2.90	0.78	0.04 (S)
Boys in private institutions	36	16.4	3.20		

By statistical analysis the variations by means of self esteem between boys in orphanages and boys in private institutions in the table-4, as an outcome of independent sample t-test, it can be inferred that the t-value of 0.78 corresponding to the self esteem is found to be significant at a p-value of 0.04. Hence, the null hypothesis is rejected and the alternative hypothesis is accepted. So, there exists a significant difference between boys in the orphanage and boys in the private institutions.

Particularly the mean value of 18.1 approximated for boys in the orphanage is significantly higher than the estimated mean value of 16.4 for boys in the private institutions.. This outcome suggests that the self esteem of respondents is significantly higher in orphanage boys than that of boys in the private institutions.

**Table 5:** Difference in self-esteem of girls in orphanages and family reared girls in private institutions

Gender	Number	Mean	S.D	t- test	P value
Girls in orphanages	42	18.31	3.20	0.73	0.03 (S)
Girls in private institutions	44	17.01	2.90		

By statistical analysis the variations by means of self esteem between girls in orphanages and girls in private institutions in the table-5, as an outcome of independent sample t-test, it can be inferred that the t-value of 0.73 corresponding to the self esteem is found to be significant at a p-value of 0.03. Hence, the null hypothesis is rejected and the alternative hypothesis is accepted. So, there exists a significant difference between girls in the orphanage and girls in the private institutions. Particularly the mean value of 18.1 approximated for girls in the orphanage is significantly higher than the estimated mean value of 17.01 for girls in the private institutions.. This outcome suggests that the self esteem of respondents is significantly higher in orphanage girls than that of girls in the private institutions.

**Conclusion**

The findings of the present research suggest that there is a significant difference in self-esteem of the orphan children and the family reared children. The orphan children reported lower self-esteem than family reared children. The findings of this research have implications for understanding the emotional state of mind and personality development of the children living in orphanages as compared to those who are living with both parents.

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