RESEARCH ARTICLE

SELF ESTEEM OF GIRLS IN AN ORPHANAGE HOME: A COMMUNITY BASED CROSS SECTIONAL STUDY

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Manuscript Info	*Abstract*
……………………. *Manuscript History* Received: 25 November 2022 Final Accepted: 27 December 2022 Published: January 2023 *Key words:-* Mental Health, Orphanage, Self-Esteem	……………………………………………………………… **Background:** Mental health of orphan children is important since they are exposed to additional stressors due to lack of proper care, separation from family, death of parents etc. All these make them more vulnerable to psychological disorders like low esteem. Aim of this study was to assess the self-esteem of girls staying in an orphanage home and to find out the relation of self-esteem and age. **Materials and Methods:** The study was conducted in an orphanage of Aurangabad city after taking permission from concerned authorities. Cross sectional Study design was used. 240 orphan girls of age group 9 to 15 were selected and interviewed. For assessing self-esteem Rosenberg's self-esteem scale was used. Questions on socio demographic data were also included. Data were analysed using both descriptive (percentage, mean) and inferential statistical methods. **Results:** Among total 240 girls, 54 was found to have low self-esteem. Mean self-esteem score was observed to be 19. Mean age of children was 12.75. One way ANOVA test was used to analyse relationship between age and Self-esteem score and it was found to be significant (p value 0.025) and relationship between years spent in institution and self-esteem score was found to be significant (p value 0.002). **Conclusion:** The study revealed that 75% children were found to have good self-esteem. Statistical test revealed that there is significant relation with years spent in institution, age and self-esteem.

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Materials and Methods: The study was conducted in an orphanage of Aurangabad city after taking permission from concerned authorities. Cross sectional Study design was used. 240 orphan girls of age group 9 to 15 were selected and interviewed. For assessing self-esteem Rosenberg's self-esteem scale was used. Questions on socio demographic data were also included. Data were analysed using both descriptive (percentage, mean) and inferential statistical methods.

Results: Among total 240 girls, 54 was found to have low self-esteem. Mean self-esteem score was observed to be 19. Mean age of children was 12.75. One way ANOVA test was used to analyse relationship between age and Self-esteem score and it was found to be significant (p value 0.025) and relationship between years spent in institution and self-esteem score was found to be significant (p value 0.002).

Conclusion: The study revealed that 75% children were found to have good self-esteem. Statistical test revealed that there is significant relation with years spent in institution, age and self-esteem.

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Introduction:-

Mental health is a state of well-being in which in an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community[1]. Childhood and adolescence are the most important time period for cognitive and socio-emotional development which in turn leads to mental health. It is proved that the Environmental factors play a great role in shaping children's well-being and development[2,3]. Worldwide more than 10% adolescents and children are suffering from mental health issues [4]. During the developmental period the term Self-esteem is very relevant, which means a person's evaluation of his/her worth and it is positively associated with happiness and satisfaction in life[5].

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Adverse events like parental death in the childhood, can impart negative effect in mental development. These children who are forced to grow up in orphanages usually lack social skills and poor academic performances even if they are reared in well run-institutions.The inability to relate positively in social situations may lead to low self-esteem. This makes them highly vulnerable to psychological disorders like depression and anxiety disorder. The depression and anxiety then lead to further inability to relate with others or be fully accepted in social groups which then adds to the feelings of low self-esteem [6,7].

Behavioral changes in children can be linked to impaired mental and emotional development and the intensity of this problem is not recognized well. Orphan children tend to have low self-esteem and demotivated towards education. Children manifest these problems as various somatic complaints, henceforth caretakers of children play a vital role in identifying these changes and act upon [8,9].

A physically as well as mentally healthy children are the future and their self-esteem and the determinants are to be studied in depth. There are very few studies conducted in India on mental health of children living in orphanage homes. This study aims to find out the level of self-esteem and their determinants among girls living in an orphanage home.

Materials And Methods:-
A cross-sectional study design was adapted. The study was conducted in an orphanagehome for girls in Aurangabad city after taking permission from concerned authorities. The study was done for a period of 3 months January 2021 to March 2021. The orphanage home was inhabited by 300 school going girls of 9 to 15 age group.

Prevalence of low self-esteem in orphanage home children was taken as 27% from a previous study[10]. Taking 95% confidence interval, 80% power and 6% absolute error, sample size came to be 210. Considering 10% non-respondence rate sample size of 233 was calculated, rounding upon, final sample size came to be 240.

Study tool was divided into 2 sections. Section I consists of demographic data of child including age, years spent in orphanage home, class she belongs to, any repetition in class, extra-curricular activities, time spent for them and number of close friends. Section II was for assessing self-esteem using Rosenberg's Self-esteem scale which is a 10-item scale measuring both positive and negative feelings about the self. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree[11,12]. Informed assent form was taken before the study. The questions were translated to Marathi and were used for data collection from children.

After data collection, completion of data was checked. Analysis was done using SPSS 26 version. The qualitative data expressed in frequencies and percentage. The self-esteem score will be expressed as mean and standard deviation. The children will be grouped into 3 groups according to scores, that is low (0-15), normal (16-25) and high (26-30) self-esteem groups. The association between self-esteem score and years spent in orphanage, age of children and other demographic data will be analysed with ANOVA test and as post-hoc Bonferroni test.

Results:-
A total of 240 girl children were interviewed for the study. The minimum age was 9 years and the maximum was 15 years. Mean age was 12.75 and median age was 13 (Refer Table 1). The standard deviation was 1.84 and standard error of mean was 0.12. Study sample included children from 3rd standard to 9th standard.

The data regarding years the children spent in orphanage was taken. Mean years they spent in orphanage was 8.57, median was 9 years. Standard deviation was 2 and standard error was 0.13.

Only 5 students had to repeat in class. The most common extracurricular activity was sports followed by crafts and music. 52.5% girls practice sports, 30% spent time learning music, while 8.75% girls learn crafts and 21 (8.75%) girls don't engage in any of the extra-curricular activities. Mean time spent for extracurricular activity was 1 hour (refer table 2).

Self-esteem score was estimated using Rosenberg's score ranging minimum 0 to maximum 30. The score was graded 0-15 low, 16-25 normal and >25 high. The Mean score was 19, standard deviation 6.13, standard error 0.39 and inter-quartile range 20-23. 54 girls (22.5%) had low self-esteem (refer figure 1). The mean age was 13.3,
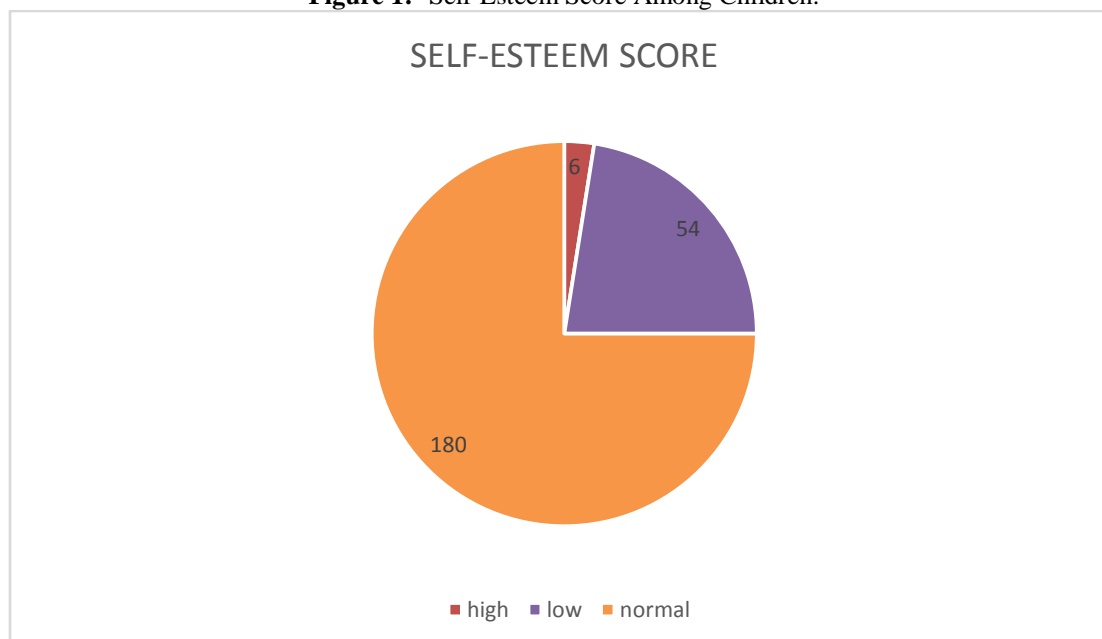
standard deviation 1.78 among girls with low self-esteem score. 180 girls (75%) had normal self-esteem score, their mean age and standard deviation being 12.56, 1.85. Only 6 girls (2.5%) had high scores and their mean age and standard deviation were 13, 1.09.

One way ANOVA test was used to analyse relationship between age and Self-esteem score and it was found that age is associated with self-esteem in orphanage girls (p value 0.025). Post-hoc test (Bonferroni test) was applied and the significant difference was observed between low and high self-esteem groups with respect to age (p value 0.022).

Relationship between years spent in institution and self-esteem score was analysed, and difference was found to be significant (p value 0.002). Bonferroni test revealed a significant difference between low and high self-esteem girls as well as normal and high self-esteem girls with respect to years spent in orphanage (p value 0.002 and 0.013 respectively).

Figure Legends

Figure 1:- Self-Esteem Score Among Children.

SELF-ESTEEM SCORE

■ high   ■ low   ■ normal

Tables:

Table 1:- The Frequency And Percentage Distribution Of Background Data Of Children.

VARIABLES	FREQUENCY	PERCENTAGE
YEARS SPENT IN ORPHANAGE <8 YEARS ≥8 YEARS	102 138	42.5 57.5
EDUCATIONAL STATUS OF CHILD CLASS 3- CLASS 5 CLASS 6- CLASS 7 CLASS 8- CLASS 9	57 87 96	23.75 36.25 40.00
REPETITION IN CLASS YES NO	5 235	2.08 97.92

EXTRA CURRICULAR ACTIVITIES SPORTS MUSIC CRAFTS NIL	126 72 21 21	52.50 30.00 8.75 8.75
TIME SPENT IN ACTIVITIES 30 MINUTES 1 HOUR 2 HOURS	40 120 80	16.67 50.00 33.33

Table 2:- Association Of Age Of Children And Self-Esteem Score.

AGE VERSUS SELF-ESTEEM SCORE	FREQUENCY	MEAN	Std. Deviation	Std. Error
LOW	54	13.3333	1.78040	.24228
MODERATE	180	12.5667	1.85237	.13807
HIGH	6	13.0000	1.09545	.44721
TOTAL	240	12.7500	1.84436	.11905

p value 0.025

Table 3:- Association Of Age Of Children And Self-Esteem Score.

YEARS IN ORPHANAGE VERSUS SELF-ESTEEM SCORE	FREQUENCY	MEAN	Std. Deviation	Std. Error
LOW	54	8.0556	2.21842	.30189
MODERATE	180	8.6500	1.90991	.14236
HIGH	6	11.0000	.00000	.00000
TOTAL	240	8.5750	2.00903	.12968

p value= 0.002.(Significant)

Discussion:-

This study aimed at estimating self-esteem score of girls inhabiting an orphanage home in a city. In present study, only girls were enrolled (N=240) and the mean age was 12.75. In Jessil T E et[10] al[10], a study conducted on self-esteem of children staying in Coimbatore, they studied 100 children and 59% were females. 43% were of 14 years of age. Sethi and Asghar et al[9] studied 155 orphans and 170 non-orphans from Peshawar, Pakistan. The participants were of 13-16 years. Shiferaw et al[6] studied a total of 220 orphan children from Ethiopia, 52% males and mean age of the study sample was 14.7. Sahad et al[13] conducted a study in Malaysia with 240 adolescents from orphanage centre and 240 school going adolescent non-orphans. Age group of study sample ranged from 13-17 years. Erango et al[14] study was from Ethiopia and they conducted the study in 4368 children and 52.2 % of sample was females.

In present study 2.5% of orphan children had high self-esteem score, 75% had normal score and 22.5 % had low score. The self-esteem score was calculated using Rosenberg self-esteem score in the study. Jessil et al[10] got 27% children with low self-esteem and 46% moderate and 27% high self-esteem score.

In Sethi and Asghar et al[9] study they compared self-esteem scores between non-orphans and orphans and found out that non-orphans had a higher score compared to orphans (Mean difference -0.65). They also found out that scores on self-competence and academic self-concepts, orphans had a slightly higher score. Shiferaw et al[6] study revealed prevalence of depression among orphans in Ethiopia and they found out that 24.1% had depression and slightly higher prevalence was seen in females (27.7%) as compared to males (21.24%). They also found out that gender was significantly associated with depression (OR-3.29), as well as older age (OR-2.09), staying in orphanage less than 2 years (OR-2.08), history of physical abuse (OR-3.1) and having a medical illness (OR-1.94). Sahad et al[13] studied

prevalence of depression, anxiety and stress with DASS21 scale and got increased scores in orphans which was found to be significant.

Erango et[14] al found out that 59% among orphan children had low self-esteem also only 40% got societal considerations, 27% only got some level of support, 35% got support financially or materially while 20% only received physical protection.

Acknowledgements:-

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