

Effectiveness of Self-Esteem Therapy on Level of Self-Esteem among Adolescent Children Residing at Selected Orphanage Home

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Abstract: *Children of today are tomorrow's citizens. There are between 143 million and 210 million orphans worldwide, 250,000 children are adopted annually. Children with a sound mind in a sound body are essential for future development of country. The development of a strong sense of self-esteem during childhood is important if children are to withstand the family stresses, social pressures, and temptations of deviance encountered at earlier ages of life. Low self-esteem in children is linked to poor health and deviant social behaviors such as smoking, substance abuse, poor academic achievement, depression, suicide, and pregnancy (Harter Daane, 2003). The therapy provide enhancement of self-esteem during childhood and is important for preventing poor health behaviors, poor academic performance, and subsequent problems of deviant social behavior. Thus, providing preventive self-esteem development intervention at an early age is especially important. So the investigator wishes to study the effectiveness of self esteem therapy to improve the level of self esteem among school age orphan children*

Keywords: self esteem, adolescent children, orphanage home

1. Introduction

Children of today are tomorrow's citizens. There are between **143 million** and **210 million** orphans worldwide, **250,000** children are adopted annually. Children with a sound mind in a sound body are essential for future development of country. As the population of orphan children is growing in epidemic proportions, there is an enormous immediate need to give the necessary care for those orphans so that they have a fruitful life and bright future. Self-esteem is a central concept that is related to academic achievement, social functioning and psychopathology of children and adolescents. With respect to academic achievement, various studies indicate that children with low self-esteem are less successful at school (Mann, Hosman, Schaalma, & De Vries, 2004)

A 10-session program focusing on understanding consequences of behavior, self-acceptance, decision making, and social responsibility was found to be effective in increasing 4th graders' self-esteem (Silvestri, Dantonio, & Easton, 1994)⁵⁹. In another study, children participating in 10 weekly wellness promotion guidance activities, developed to enhance self-esteem, significantly increased their levels of self esteem (Omizo, & D'Andrea, 1992)⁵⁴. A 6-session life skills program was found to improve body image satisfaction and self-esteem at post-intervention. (McVey, 2004)⁵⁰. Children easily adopt the views that others, like caregivers and other relevant adults, have about them (Leary & MacDonald, 2003). Thus, people who are approving, responsive and nurturing are likely to build high levels of self-esteem in children, whereas disapproving, unresponsive and uninterested people may break down self-esteem levels in children.

Sociometer theory acknowledges the importance of competence related beliefs for high self-esteem (e.g., academic achievement or athletic competence), but argues that the impact of these beliefs on self-esteem is mediated by

perceived relational value (Leary & Baumeister, 2003) According to UNICEF, statistics in the year 2005 there are 25,700,000 orphan children in age group between 0-17 years. According to Rykers Dream Orphan Ministry and Relief World Statistics there are 3.5 million orphans in Asia. . In 2007, there were 25 million orphans in India; according to UNICEF .There are 31,908 public orphanages and 5583 private orphanages in India. More than 1.4 billion children from age 6 to 14 years approximately 87% of all children live in developing country, because of biggest environmental changes, existing problems are impaired learning, poor school performances. However, only 3,332 adoptions (853 international, 2479 domestic) took place in 2006. UNICEF sees India's increasing orphan population as symptomatic of a global orphan crisis. (UNICEF).

The development of a strong sense of self-esteem during childhood is important if children are to withstand the family stresses, social pressures, and temptations of deviance encountered at earlier ages of life. Low self-esteem in children is linked to poor health and deviant social behaviors such as smoking, substance abuse, poor academic achievement, depression, suicide, and pregnancy (Harter Daane, 2003). The therapy provide enhancement of self-esteem during childhood and is important for preventing poor health behaviors, poor academic performance, and subsequent problems of deviant social behavior. Thus, providing preventive self-esteem development intervention at an early age is especially important. So the investigator wishes to study the effectiveness of self esteem therapy to improve the level of self esteem among school age orphan children.

2. Statement of the Problem

A study to assess the effectiveness of self esteem therapy on level of self esteem among adolescent children residing at selected orphanage home.

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3. Objectives

- 1) To assess and compare the pre test level of self esteem among adolescent children residing at the selected orphanage home between experimental and control group.
- 2) To assess and compare the post test level of self esteem among adolescent children residing at the selected orphanage home between experimental and control group.
- 3) To assess and compare between the pre and post test level of self esteem of adolescent children residing at the selected orphanage home in experimental and control group
- 4) To associate the post test level of self esteem with their selected demographic variables in experimental and control group.

4. Materials and Methods

Research approach was Quantitative in nature, focusing on effectiveness of Self esteem therapy on the level of self esteem. The Research design adopted was Quasi Experimental design (Pre test – post test only). The study was conducted at selected orphanage home. The population has all the adolescent children aged 15 to 18 years. Samples were the adolescent children aged 15 to 18 years with low and moderate self esteem who fulfilled the inclusion criteria. The sample size for the study was 60; 30 in Experimental group and 30 in Control group. Samples were selected using non – probability convenient sampling method.

Plan for Data Analysis

The Data collected were arranged and tabulated to interpret the findings of the study. The data was analyzed using both descriptive and inferential statistical methods.

Descriptive Statistics

- Frequency and percentage distribution is used to analyse the demographic variable.
- Mean percentage and standard deviation used to compute the level of self-esteem.

Inferential Statistics

- Un-paired t- test, to compare the pretest level of self-esteem between experimental and control group.
- Unpaired t-test to compare the posttest level of self-esteem between experimental and control group.
- Paired t-test to compare the pre and post interventional level of self-esteem in experimental group.
- Paired t-test to compare the pre and post interventional level of self-esteem in control group.
- Chi-squared test to associate the effectiveness of self-esteem therapy on self-esteem with demographic variables.

Data Collection Procedure

The study was done on sixty samples who fulfilled the inclusion criteria. Samples were selected using non – probability convenient sampling method and equally distributed into experimental and control groups. Consent was obtained from the samples. Pretest was done - the

demographic variables were collected self esteem was assessed using the Brief Self Esteem Inventory. The samples in the experimental group were divided into two groups. Both the groups received the intervention for a period of two weeks. The intervention comprises of play therapy, personal activity, social activity, and role play which was given for about 60 minutes for each child, and three days a week for two weeks which may help to improve the level of self esteem in adolescent children. Post test was done on the following week using the same tool which was used for the pretest. The collected data was tabulated and analyzed using both Descriptive and Inferential statistics.

Tools for Data Collection:

Section A: Demographic variables like age, sex, educational status, religion, duration of stay, reason for admission, child transferred by whom.

Section B: Brief Self Esteem Inventory consisting 20 items using four point scale to assess the level of self esteem with the scores ranging from one to four.

Scoring Key:

A Four point scale was used to assess the level of self esteem with the scores ranging from one to four. The total score was 80. The scores were interpreted as:

Scores	Interpretations
76-80	Excellent self-esteem
66-75	Normal self-esteem
56-65	Moderate self-esteem
46-55	Low self esteem
0-45	Poor self esteem

5. Findings of the Study

The Pretest and post test levels of self esteem among the Experimental group and Control group was analyzed using “paired t test”. For the Experimental group, the Pretest Mean is 52.7 , with a Standard Deviation 5.9 and the Post test Mean is 67.9 with a Standard Deviation 2.1, and the „t” value is 16.920 which shows a statistically significant difference between Mean and Standard Deviation of Pretest and Post test at $p < 0.001$ level. For the Control group, the Pretest Mean is 48.9 with a Standard Deviation 3.53 and the Post test Mean is 52.9 with a Standard Deviation 3.28 and the „t” value is 9.001 which shows that there is no significant difference between Mean and Standard Deviation of Pretest and Post test at $p < 0.781$ level. Findings reveals that, adolescent children residing at selected orphanage home had moderate and low level of self esteem during the pre test and during the post test they had normal level of self esteem. There was statistically significant difference between the pre and post test level of anxiety at $p < 0.001$ level.

Comparison between pretest & posttest levels of self esteem among the adolescent children residing at the selected orphanage home in the experimental group and control group, N= 60

Test	Pre test score		Post test score		Paired t-test
	Mean	SD	Mean	SD	
Experimental group	52.7	5.9	67.9	2.1	t= 16.920 p<0.001 significant
Control group	48.9	3.53	52.9	3.28	t= 9.001 P<0.781 Not significant

6. Recommendations

The following recommendations are done based on this study:

- A similar study can be done for a large sample for better generalization.
- A similar study can be done by comparing among children of other age group.
- Similar study can be done in other setting.
- A similar study can be done for a longer period of duration.
- A similar study can be done for children who have physical disabilities

7. Conclusion

Self esteem is a cornerstone of positive attitude towards living. It refers to an overall evaluation of one's worth or value as person. Children residing at orphanage home have more needs to lead a healthy life. The development of a strong sense of self-esteem during childhood is important if children are to withstand the stresses, social pressures, and temptations of deviance encountered at earlier ages of life. Findings reveals that, adolescent children residing at selected orphanage home had moderate and low level of self esteem during the pre test and during the post test they had normal level of self esteem. There was statistically significant difference between the pre and post test level of self esteem. The findings were consistent with the literature and was concluded that self esteem therapy was effective on improving the self esteem of adolescent children at the selected orphanage home.

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