

COMPARATIVE STUDY OF ORPHANS AND NON-ORPHANS IN TERMS OF RESILIENCE

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DOI: 10.5958/2278-4853.2024.00013.6

ABSTRACT

Orphans are children who are deprived from parents and feel isolated and lonely. The current study investigates the differences among orphans and non-orphans in terms of resilience. The samples of 50 orphans were collected from orphanages and 50 non-orphans were selected from different schools of Aligarh UP India. T-test was used for the analyses. The result of the study revealed a significant difference between orphans and non-orphans in terms of resilience where orphans were found to be less resilient as compared to non-orphans.

KEYWORDS: *Orphans, Resilience, Non-Orphans.*

INTRODUCTION

Orphans are children who have lost one or both parents before the age of 18 years. Parents are important for healthy development of children, due to lack of parental care orphans reported psychological distress (Sahad et al., 2018). The study conducted by Bhat et al. (2015) revealed various mental health problems among orphans such as agoraphobia, social phobia, dysthymia, and generalized anxiety disorders. During the stressful time orphans feel lonely and thereby the reported emotional instability (Bhatt 2015). In comparison to non-orphans it was found that orphans had lower psychological well-being (S & Verma, 2016). The literature on orphans revealed that orphans have more psychological problems as compared to non-orphans. However, there are few researches on how orphans cope with adversities of life and how they are different from non-orphans in terms of resilience.

The ability to cope with adversities and challenges of life is called “Resilience”.

The concept is derived from the strength-based approach of positive psychology (Seligman & Csikszentmihalyi, 2000) promoting the individual has the tendency to preserve their mental health and can cope with their adjustment disorders through several innate and acquirable personality traits.

Literature Review

The study conducted by Cheraghi et al. (2021) examined that hope and goals for future, confidence and self-esteem found as factors of resilience among adolescents. Moreover, peers and school support were also emerged as resilience factors.

Resilience were found to be positive related with emotional intelligence (Diaz et al. (2018), grit and self-regulation (Gupta and Sudesh2018,).

There is a study reported a positive relationship between resilience and psychological well-being (Vinayak & Judge, 2018).

The study conducted by Singh et al.(2019)aim to explore the socio-demographic factors associated with low resilience among adolescents. The results revealed the girls were almost twice the odds of being in the low resilience among all socio-demographic variables compared to boys. Other factors associated with low resilience were not being physically active, higher birth order, and having parents who were separated or divorced.

SIGNIFICANCE OF THE STUDY

The present study aims to see the level of resilience among orphans and non-orphans. The study also explored the difference among orphans and non-orphans in terms of resilience.

OBJECTIVES

To study the resilience among orphans and non-orphans

To explore the differences among orphans and non-orphans in terms of resilience.

METHOD:

For the purpose of the study, the data was collected through questionnaire method by using standardized scales as described below:

Connor-Davidson Resilience Scale (CD-RISC) - Short Version

The 10-item CD-RISC measures resilience with responses ranging from 0 (not true at all) to 4 (true nearly all the time), with higher scores indicating greater resilience. Developed by Connor and Davidson, the scale has a Cronbach Alpha of .825 in this study.

SAMPLE:

The study consists 50 orphans from different orphanages of Aligarh city an 50 Non-orphans from different schools of Aligarh city, India. The age range of participants are from 12years to 18 years. In the total sample there were 50 males and 50 females.

Results and Discussion:

TABLE 1 SHOWS THE DEMOGRAPHIC DETAILS OF PARTICIPANTS

Variables	Category	Frequency
Gender	Males	50
	females	50
Parental status	Orphans	50
	Non-orphans	50
Age	13-15yrs	50
	16-18yrs	50

**TABLE 2 SHOWS THE DIFFERENCE BETWEEN ORPHANS AND NON-ORPHANS
ON RESILIENCE.**

Group	N	Mean	SD	t-value	Sig.
Orphans	50	66.30	14.93	6.98	.000
Non-Orphans	50	87.36	16.71		

Table shows the resilience of orphans is significantly differs from non-orphans. The mean score of resilience of orphans (M=66.30) was found to be higher than the mean score of the non-orphans (87.36).

CONCLUSION

The present study was conducted to find out the differences between orphans and non-orphans in terms of resilience.

The findings indicated that orphans show lesser resilience tendencies as compared to the non-orphans

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