



## ASSESS THE EFFECTIVENESS OF SELF ESTEEM TRAINING TO IMPROVE THE SELF ESTEEM AND COPING STRATAGIES AMONG ORPHANS IN ST.ALOYSIOUS ORPHANAGE HOME, DHARAPURAM

**\*Angeline Lavanya, S.**

Assistant Professor, Saveetha College of Nursing, Saveetha University Chennai, 602105

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### ABSTRACT

Self esteem of the orphan children and the children living with their parents are different. The children in orphanages reported lower degree of self esteem than the children living with their parents. The study was evaluative approach. The research design used for the study was pre experimental one group pre test and post test design. Purposive sampling technique was used to select the 100 samples. Pre test data was collected by self administered questionnaire using 4 point likert scale. In that 33 boys and 67 girls had low self esteem with inadequate coping. The mean post test score of self esteem was 22.01 (SD  $\pm$  3.086) higher than the mean pretest score of self esteem 9.57 (SD  $\pm$  1.87), with a mean difference of 12.44 and the corresponding 't' value was 10.2 which was significant at  $p < 0.05$  level. The mean post test score of coping strategies was 101.62 (SD  $\pm$  7.7931) which is higher than the mean pretest scores of coping strategies 46.96 (SD  $\pm$  11.7) with a mean difference of 54.66 and the corresponding "t" value was 50.456 was significant at  $p < 0.05$  level. Association between self esteem and selected demographic variables showed that there was no significant relationship among variables where as the association between coping strategies and selected demographic variables showed that there was a significant relationship between coping strategies and age ( $\chi^2=6.4998$ ) coping strategies and education ( $\chi^2=8.257$ ) coping strategies and hobbies ( $\chi^2=12.7345$ ) which was significant at the level of  $p < 0.05$ . The study finding revealed that there was a significant improvement in the level of self esteem and coping strategies after self esteem training.

#### \*Corresponding author

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## INTRODUCTION

*The Youth of a Nation are the trustees of Posterity*

- Benjamin Disraeli

Adolescents are unique stage of development that occurs between ages 11 to 20 years, when a shift and learning occurs. The developmental tasks that emerge during adolescent threaten the person's defenses. They can either stimulate new adaptive ways of coping or lead to regression and mal adaptive coping responses. Old problems may interfere with the adolescent's coping abilities, and environmental factors may help or hinder the adolescent's attempts to deal with these

issues. Previous coping skills, if used successfully, can promote healthy adaptation and integrated adult functioning. An earlier but still popular view of adolescence is as a time of conflict and upheaval that for necessary for later personality integration. "Adolescents" are individuals in the 10-19 years age group. Orphans are children who have lost both of their parents due to death or the termination of legal parental rights. Orphans are defined in three mutually exclusive categories, A maternal orphan is a child whose mother has died but whose father is alive, A paternal orphan is a child whose father has died but whose mother is alive; A double orphan is a child whose mother and father have both died

**Research Approach:** Evaluative approach

**Research Design:** Pre experimental one group pre test and post test design.

**Population:** Adolescent orphans.

**Sample:** Adolescent orphans with low self esteem and inadequate coping.

**Inclusion Criteria**

- Adolescent orphans with the age group of 10-19 years.
- Both male and female adolescent orphans.
- Adolescent orphans with low self esteem.

**Exclusion Criteria**

- Who are not willing to participate.
- Absentees.
- Who are physically ill.

**Sample Size:** 100 adolescent orphans who met the inclusion criteria were selected for the study.

**Sampling Technique:** Purposive sampling technique was used for the study.

**Instrument and Scoring Procedure:** The instrument consists of 3 sections.

**Part I**

It consists of demographic data such as age in years, Sex, religion, supportive system, education, duration of stay and hobbies.

**Part II**

**Rosenberg self esteem scale:** It includes Rosenberg self esteem scale. It is a standardized instrument with 4 point likert scale which consists of 10 questions. Out of which 5 questions have positive scoring and 5 questions have negative scoring. The highest score for the test is 30 and the lowest score is zero.

**Scored as follows:** Items 1, 2, 4, 6 and 7 have positive scoring. Strongly agree =3, Agree=2, Disagree=1, Strongly disagree=0. Items 3, 5, 8, 9 and 10 have negative scoring.

Levels of self esteem	Score	Percentage
Low self esteem	0-14	0-47%
Normal self esteem	15-25	48-83%
High self esteem	26-30	84-100%

**Part III**

**K. Matheson & H. Anisman., [2001]:** Coping strategies survey scale was used to assess the coping level of adolescent orphans. It is a standardized instrument with 4 point likert scale which consists of 46 positive items. The highest score for the test is 138 and the lowest score is zero. Scored as follows: Always=3, Often=2, Sometimes=1, Never=0

**SCORING INTERPRETATION**

**Part II**

**Rosenberg self esteem scale:** The highest possible total score for the whole test would be 30 and the lowest possible score for the test would be zero. Totally 5 questions have positive scoring and 5 questions have negative scoring.

**Scored as follows**

Items 1, 2, 4, 6 and 7 have positive scoring. Strongly agree =3, Agree=2, Disagree =1, Strongly disagree=0. Items 3, 5, 8, 9 and 10 have negative scoring. Strongly agree = 0, Agree =1, Disagree = 2, Strongly disagree =3

**Part III**

**Coping strategies survey scale**

**K. Matheson & H. Anisman, [2001]:** Totally 46 positive questions. The highest possible total for the whole test would be 138 and the lowest possible score for the test would be zero.

**Scored as follows:** Always=3, Often=2, Sometimes =1, Never=0

LEVELS OF COPING	SCORE	PERCENTAGE %
Inadequate coping	0-44	0-32%
Moderately adequate coping	45-103	33-75%
Inadequate coping	104-138	76-100%

**Data Analysis and Interpretation**

**Table 1. Frequency and percentage distribution of demographic variables among orphans**

n = 100

S. No	Demographic Variables	Frequency	Percentage
1.	Age in years		
	a. 10– 12 years	25	25
	b. 13 – 15 years	58	58
	c. 16– 19years	17	17
2.	Sex		
	a. Male	33	33
	b. Female	67	67
3.	Religion		
	a. Hindu	55	55
	b. Christian	39	39
	c. Others	6	6
4.	Supportive system		
	a. Any one of the Parent	44	44
	b. Relatives	14	14
	c. Others	42	42
5.	Education		
	a. Middle school	39	39
	b. High school	41	41
	c. Higher secondary	20	20
6.	Duration of stay		
	a. 1 month – 1year	31	31
	b. 1 year – 2 years	39	39
	c. Above 2 years	30	30
7.	Hobbies		
	a. TV	20	20
	b. music	9	9
	c. Games	58	58
	d. Others	13	13

**Table 2. Frequency and percentage distribution of pre test and post test level of self esteem among orphans**

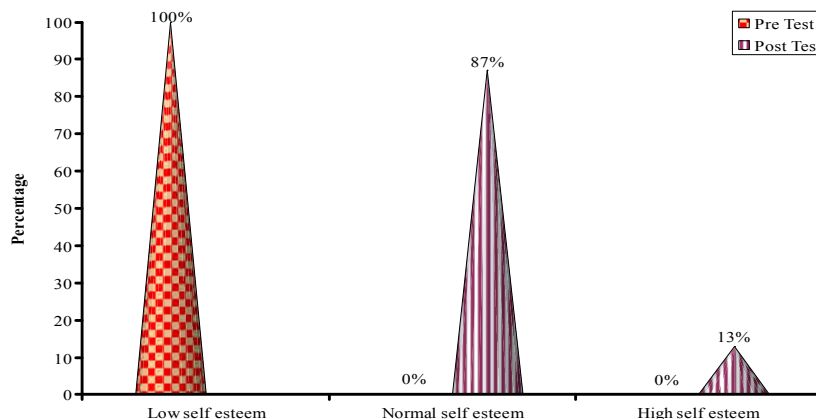
n=100

Category	Pre test		Post test	
	F	%	F	%
Low self esteem	100	100	-	-
Normal self esteem	-	-	87	87
High self esteem	-	-	13	13
Total	100	100	100	100

Table 2 depicts that in the pre test all of them 100 (100%) had low self esteem where as in the post test 87(87%) had normal level of self esteem and 13(13%) had high self esteem. Table 3 depicts, that in the pre test majority 58(58%) had moderately adequate coping 42(42%) of orphans had inadequate coping

where as in the post test 56(56%) had moderately adequate coping and 44(44%) had adequate coping. Table 4 depicts that mean scores of Pre test and post test level of self esteem among orphans were 9.57 (SD ± 1.87) and 22.01 (SD ± 3.086) respectively.

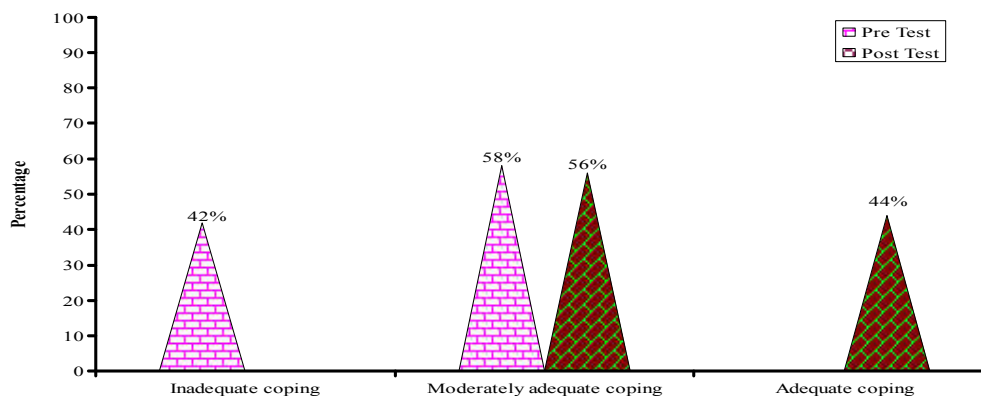
**PERCENTAGE OF PRETEST AND POSTTEST LEVEL OF SELF ESTEEM AMONG ORPHANS**



**Table 3. Frequency and percentage distribution of pre test and post test level of coping strategies among orphans**

n=100				
Category	Pre Test		Post Test	
	F	%	F	%
Inadequate Coping	42	42	-	-
Moderately Adequate Coping	58	58	56	56
Adequate Coping	-	-	44	44
Total	100	100	100	100

**PERCENTAGE OF PRE TEST AND POST TEST LEVEL OF COPING STRATEGIES AMONG ORPHANS**



**LEVEL OF COPING STRATEGIES**

**Table 4. Comparison of Mean, standard deviation and paired‘t’ value of pre test and post test level of self esteem among orphans**

n=100							
S. no	Variables	Mean	Standard deviation	Mean Difference	‘t’ value	Table value	Inference
1.	Pre test	9.57	1.87	12.44	10.2	1.96	Significant
2.	Post test	22.01	3.086				

df = 99 P<0.05

**Table 5. Comparison of Mean, standard deviation and paired‘t’ value of pre test and post test level of coping strategies among orphans.**

n=100							
S. no	Variables	Mean	Standard deviation	Mean Difference	‘t’ value	Table value	Inference
1.	Pre test	46.96	11.17	54.66	50.456	1.96	Significant
2.	Post test	101.62	7.7931				

df = 99

**Table 6. Association of post test level of self esteem among Orphans with their selected demographic variables**

n=100

S. No	Demographic Variable	Level of self esteem				Chi- square	Table value	Inference
		High self esteem		Normal self esteem				
		F	%	F	%			
1.	Age in years					0.0891		NS
	a) 10-12 yrs	4	4	21	21		5.99	
	b) 13-15 yrs	6	6	52	52		(df=2)	
	c) 16-19yrs	3	3	14	14			
2.	Sex					2.0969		NS
	a) Male	2	2	31	31		3.84	
	b) Female	11	11	56	56		(df=1)	
3.	Religion					5.9944		NS
	a) Hindu	6	6	49	49		5.99	
	b) Christian	7	7	32	32		(df=2)	
	c) Others	-	-	6	6			
4.	Supportive system					1.1142		NS
	a) Any one of the Parent	4	4	40	40		5.99	
	b) Relatives	2	2	12	12		(df=2)	
	c) Others	7	7	35	35			
5.	Education					0.0954		NS
	a) Middle school	5	5	34	34		5.99	
	b) High school	5	5	36	36		(df=2)	
	c) Higher secondary	3	3	17	17			
6.	Duration of stay					3.3128		NS
	a) 1 month – 1 year	3	3	28	28		5.99	
	b) 1year – 2 years	8	8	31	31		(df=2)	
	c) Above 2 years	2	2	28	28			
7.	Hobbies					0.4551		NS
	a) Television	3	3	17	17		7.82	
	b) Music	1	1	8	8		(df=3)	
	c) Games	8	8	50	50			
	d) Others	1	1	12	12			

NS- Not significant S-Significant P&lt;0.05

**Table 7. Association of post test level of coping strategies among adolescent orphans with their selected demographic variables**

S. no	Demographic Variable	Level of coping strategies				Chi-square	Table value	Inference
		Adequate coping		Moderately adequate coping				
		F	%	F	%			
1.	Age in years							
	a) 10-12 yrs	8	8	17	17			
	b) 13-15 yrs	24	24	34	34	6.4998	5.99	S
	c) 16-19yrs	12	12	5	5		(df=2)	
2.	Sex					2.2741		NS
	a) Male	11	11	22	22		3.84	
	b) Female	33	33	34	34		(df=1)	
3.	Religion					0.6559		NS
	a) Hindu	26	26	29	29		5.99	
	b) Christian	16	16	23	23		(df=2)	
	c) Others	2	2	4	4			
4.	Supportive system					0.0351		NS
	a) Any one of the Parent	19	19	25	25		5.99	
	b) Relatives	6	16	8	8		(df=2)	
	c) Others	19	9	23	23			
5.	Education					8.2578		S
	a) Middle school	12	12	27	27		5.99	
	b) High school	18	18	23	23		(df=2)	
	c) Higher secondary	14	14	6	6			
6.	Duration of stay					2.4750		NS
	a) 1 month – 1 year	17	17	14	14		5.99	
	b) 1year – 2 years	17	17	22	22		(df=2)	
	c) Above 2 years	10	10	20	20			
7.	Hobbies					12.73		S
	a) Television	7	7	13	13		7.82	
	b) Music	3	3	6	6		(df=3)	
	c) Games	28	28	30	30			
	d) Others	6	6	7	7			

NS-Non significant S - Significant P&lt;0.05

Mean Difference was 12.44 and the corresponding paired 't' value was 10.2 which was significant at  $P < 0.05$  level. Table 5 depicts that the mean scores of Pre test and post test level of coping strategies among orphans were 46.96 (SD±11.17) and 101.62 (SD±7.7931) respectively. Mean Difference was 54.66 and the corresponding 't' value was 50.456 which was significant at  $P < 0.05$  level. Table: 6 The Chi square values were calculated to find out the association between the self esteem among orphans with their selected demographic variables revealed that there was no significant association with age, sex, religion, supportive system, education, duration of stay and hobbies among orphans. Table: 7 The Chi square values were calculated to find out the association between the post tests of coping strategies among orphans with their selected demographic variables revealed that there was no significant association with sex, religion, supportive system, duration of stay in orphanage home except for their age ( $\chi^2=6.4998$ ) education ( $\chi^2=8.257$ ) and hobbies ( $\chi^2=12.7345$ ) significant at  $P < 0.05$ .

## DISCUSSION

### Description of demographic variables of adolescent orphans

#### Major findings of the study

- Majority (58%) of the orphans belongs to the age group of 13 - 15 years.
- Majority (67%) of the orphans were females.
- Majority (55%) of the orphans belongs to Hindus.
- Majority (44%) of the orphans were supported by their one of the parent.
- Majority (41%) of the orphans were studying high school education.
- Majority (39%) of orphans were staying 1-2 years in orphanage home.
- Majority (58%) of the orphans hobby were watching Television.
- During pre test all of them 100 (100%) had low self esteem where as in the post test 87(87%) had normal level of self esteem and 13(13%) had high self esteem.
- During pre test majority 58(58%) had moderately adequate coping 42(42%) of orphans had inadequate coping where as in the post test 56(56%) had moderately adequate coping and 44(44%) had adequate coping.
- The mean post test scores of self esteem 22.01(SD±3.086) was higher than mean pre test scores of self esteem 9.57 (SD±1.87). Mean difference was 12.44 and the corresponding paired 't' value was 10.2 (table value 1.96) which was significant at  $P < 0.05$  level. This indicates the effectiveness of self esteem training on low self esteem among orphans.
- The mean post test scores of coping strategies 101.62 (SD±7.79) was higher than the mean pre test scores of

coping strategies at 46.96 (SD±10.75). Mean difference was 54.66 and the corresponding paired 't' value was 50.456 (table value 1.96) which was significant at  $P < 0.05$  level. It indicates the effectiveness of self esteem training on inadequate coping strategies among orphans.

- There is no significant association between post test scores of self esteem and their selected demographic variables.
- Significant association was found between post test scores of coping strategies with their age ( $\chi^2=6.4998$ ) education ( $\chi^2=8.257$ ) and hobbies ( $\chi^2=12.7345$ ).

The study revealed that the post test scores of self esteem and coping strategies was significantly improved after practicing self esteem training. Findings showed that practicing self esteem training regularly may improve the self esteem and coping strategies of orphans in orphanage home.

## Conclusion

The present study assessed the effectiveness of self esteem training to improve the self esteem and coping strategies among orphans. The mean post test scores of self esteem 22.01(SD±3.086) was higher than mean pre test scores of self esteem 9.57 (SD±1.87). The paired 't' value was 10.2 (table value=1.96) showed that there was a significant difference between pre test and post test scores of self esteem among orphans ( $P < 0.05$ ) level. The mean post test scores of coping strategies 101.62 (SD±7.79) was higher than mean pre test scores of coping strategies 46.96 (SD±10.75) The paired 't' value was 50.456 (table value=1.96) showed that there was a significant difference between pre and post test scores of coping strategies among orphans at ( $P < 0.05$ ) level. The present study showed that the effectiveness of self esteem training to improve the self esteem and coping strategies among orphans.

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