SELF ESTEEM OF THE CHILDREN STAYING IN ORPHANAGES AT COIMBATORE DISTRICT

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ABSTRACT: In 1974 the government of India had adopted National policy for the children are the Nation's most important asset and ensures that "It should be the policy of the state to provide adequate services to children both before and after birth through the period of their growth, to ensure their full physical, mental and social development. The state should progressively increase the scope of such services so that within a reasonable period all children in the country would enjoy optimum conditions for their maximum growth".

Children living in orphanages are getting only basic facilities and not much programmes are provided for them to improve their self esteem (Paul, A. 2016). The researcher had adopted descriptive research design for the study. In Coimbatore district the researcher has collected 100 samples from the various orphanages by using purposive sampling method. Among the total respondents, nearly half of the respondents have moderate level of self esteem. Government and other private settings are willing to take special care and concentration to these children and gave them to proper guidance and counselling.

Keywords: Self Esteem, Children's Home, Loneliness, Psychological Distress, Socio Economic Status, Emotional Problems

1. INTRODUCTION

After 20th century, the numbers of orphan children are increasing in India. Because of those family problems, divorce of parents, poverty, AIDS, physical and mental disability, was changing attitude of the society about family and increased number of unmarried mothers. Physically and mentally these children's are faced lots of problems. In the developmental stage of children the most important period is during childhood. In the nation development children's are the future back bone of economic development. The development of child mainly includes good health, education, family environment, proper training, love and care, and also good diet. Many of these children's have lack of parental guidance and control, lack of positive models. Many of them grow a street children or loss of parents and siblings. These children are growing up in pressurized circumstances without adequate parenting supporting and opportunities. They are developed high risk of antisocial behavior in society and also becoming less productive individual in society. In

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our society orphan children's are vulnerable group. They are faced lots of problems like psychological distress, safety measures, and lack of parental nurturing, problems with basic needs, inheritance lack of education, emotional problems, loneliness and self esteem.

1.1 Self esteem

Self Esteem is the term used for how we feel about ourselves, and what we believe about ourselves and our self-worth. Another way to explain self-esteem is to consider it a combination of believed ability or capability and how much an individual feels loved and lovable. The importance of self-esteem is not only played out in the emotional health of the child, but in child's ability to succeed in society. Self-esteem is the way individuals think and feel about themselves and how well they do things that are important to them. In children, self-esteem is shaped by what they think and feel themselves. Their self-esteem is highest when they see themselves as approximating them as "ideal" self, the person they would like to be. Children who have their high self-esteem have an easier time in handling conflicts, resisting negative pressures, and making friends. They laugh and smile more and have a generally optimistic view of the world and their life.

Dobruyal N C, (2008) Social Work for Institutionalized Young people, Sumith Enterprises. Children's home is a privately run home for orphans and other children in difficult circumstances. It is registered as a charity. Its mission is to provide homely shelter for children in need of care and to develop each child to full potential. Many of children have experienced rejection and loss in their past. The girls stay until they have some job training and are self-esteem, while the boys move away another home after completing primary school. Apart from safety and love, the Home provides Medical care, school tuition, clothing, food and shelter for these deserving young people. The charity organization run the home and had difficult task of providing all these services under extremely challenging economic circumstances.

Students in Children's Home are the disadvantaged ones who are being compelled to spend their childhood in Children's Voluntary Homes. These children's are socially and economically deprived and have faced a variety of problematic experiences in their lives. Education represents perhaps the only promise for a better future for these children. In normal circumstances children live and grow in the family interacting with members of family, school, neighbourhood and community. However a large number of children due to one reason or another are deprived of parental or familial care children deprived of such are come under the category of orphans.

Kids with low self-esteem not want to try new things, and may frequently speak negatively about themselves: "I'm stupid," "I'll never learn how to do this," or "what the point is? Nobody cares about me anyway." They may exhibit a low tolerance for frustration giving up easily or waiting for somebody else to takeover.

Kids with healthy self-esteem tend to enjoy interacting with others; they are comfortable in social settings and enjoy group activities as well as independent pursuits.   You have a right to feel about yourself. However, it can be very difficult to feel good about yourself when you are under the stress of having symptoms that are hard to manage when you are dealing with disability, when you are having a difficult time, or when others are treating you badly. At these times, it is easy to be drawn into a downward spiral of lower and lower self-esteem. For instance, you may begin feeling bad about yourself when someone insults you, you are under a lot of pressure at work, or

you are having a difficult time getting along with someone in your family. Then you begin to give negative self-talk like "I'm no good." That may make you feel so bad about yourself that you do something to hurt yourself or someone else, such as getting drunk and yelling at your children. By letting the ideas and activities at this booklet, you can avoid doing things that make you feel even worse and do those things make you feel better about yourself. The physical and emotional changes that take place in adolescence, especially in early adolescence present new challenges to a child's self-esteem.

A child's self esteem influences what he or she does and how it's done. Self esteem is how a child feels about him or herself. These feelings will then impact self image and beliefs about one's self. A child will act in ways that increase a sense of self worth and satisfaction, seeking praise and approval, for instance,   A child will also act in ways that it confirm self-image by others behaving in congruence with that self image. Also, a child will act to maintain consistence in that self image, regardless of changing surroundings.

Jean Illsely Clark, (1978) Self Esteem, Winston Press, P 67. Self esteem is your High self esteem is a good opinion of yourself and low esteem is a bad opinion of yourself. Low self esteem results from a poor self image. Yourself image is based on how you see yourself. Do you think you are a reliable, hardworking, honest or friendly person? Low self esteem depends on other factors like our job. For example, do you value the job you do? Does the job you have help you be happy with who you are? Low self esteem feeds your negative thinking and makes you believe negative comments others make. This can cause you to lose confidence so it is vital to end negative thoughts if you want to build your self esteem. High self esteem is the opposite of the above. If you have a high level of self esteem, you will be confident, happy, highly motivated and have the right attitude to succeed.

2. METHODOLOGY

2.1 Objectives

1. To study about the socio economic conditions of the families of children staying in orphanages.
2. To analyze the academic performance of children staying in orphanages.
3. To find out the level of self esteem among the children staying in orphanages.

2.2 Research Design

The researcher has chosen descriptive research design for the study. In this research, the researcher describes socio-economic status of the children staying in orphanages and measures the level of self esteem.

2.3 Sample

The universe of the study covers all the children staying in orphanages in Coimbatore district. The researcher had selected the Coimbatore district was purposely. For the selection of the respondents, the researcher selected 100 samples from the children staying in orphanages by using purposive sampling method.

2.4 Method of Data Collection and Analysis

The researcher used questionnaire to collect relevant information from the respondents. The questionnaire consists of questions pertaining to children's personal profile and level of self esteem of children staying in orphanages. One standardized scale was used to measure self esteem of the children. The questionnaire was prepared in English and also it was translated in to Tamil. The questionnaire translated in to Tamil was given to the children for data collection.

After the collection of data, the questionnaires were initially edited. The data obtained for the study were quantitative in nature. The analysis of data was done through the Statistical Package of Social Science by the researcher. The researcher was examined carefully for processing data. After screening the answer sheets, 100 questionnaires were available for final analysis. The statistical techniques like percentage analysis and quartile deviation were used for the purpose of analysis. The scores of the scale used in this study are grouped into low, medium and high.

3. RESULTS AND DISCUSSION

3.1 Socio-Demographic Profile of the respondents

➢ Majority of the respondents (59%) are female in this study.

➢ In the case of parental status most of the respondents are fatherless.

➢ Nearly half of the respondents (43%) are 14 years old and 16% are 12 years old. Overall majority of the respondents are in their adolescence period.

➢ Above half of the respondents parents doing daily wages work and also earned below Rs 5001.

➢ Majority 68.4 per cent of the respondents reside in urban areas.

➢ Most of the respondents from joint family.

➢ More than one fourth of the respondents parents are illiterates.

➢ 60% of the respondents have siblings and also 53% of their siblings along with them in the hostel.

➢ Majority of the respondents (94%) are staying in the orphanages getting overall help.

➢ Most of the respondents are very regular to school.

3.2 Self Esteem

Table 1: Respondents based on their Level of Self Esteem

S.No.	Level of Self-esteem	Frequency	Percentage
1	Low	27	27
2	Moderate	46	46
3	High	27	27
Total		**100**	**100**

From the table 1, it is clear that among the total respondents, nearly half 46 per cent of the respondents have moderate level of self esteem in their life, 27 per cent of the respondents have high level of self esteem and 27 per cent of the respondents have low level of self esteem.

3.2 Academic Performance

Table 2: Respondents academic performance in the school

Performance	Always	Sometimes	Rarely
Regular to school	93.4%	2.6%	4%
Performance in study	7.3%	89%	3.7%
Timely completion of home work	3.8%	91%	5.2%

Table 2 shows the academic performance of the respondents. Majority of the respondents are very regular to school and only few of them are irregular to school. Most of the respondents' study of performance is good and mostly doing their home work in time. Only few of the respondents' academic performance are below average. Overall the academic performances of the respondents are good. This is because of the hostel has been arranged regular morning and evening study hours under the supervision of hostel staff. They also arranged special tuition for high school children.

4. SUGGESTIONS

- Every institution must be provided proper guidance and counselling facilities for the children.
- Adequate intervention from the government authorities ensuring the health, safety and welfare measures of the children staying in orphanages and also there should take proper monitoring about the rules and regulations of the organisations is followed properly or not.
- The organisations should be maintained homely atmosphere and the inmates feel a friendly environment. It will help the children for their future life.
- The authorities of the organization must help the children to rectify their personal problems. If they needed proper professional help must be arranged by the authorities.
- Special care and attention for the children who have deviant behaviour and also gave them to proper counselling and guidance for their future life.

5. IMPLICATION OF SOCIAL WORK

The main aim of social work is to help individuals to help themselves. Social case work is to be practiced by a variety of agencies and organizations in the community. Through case work the problems of the child can be studied thoroughly and gave them t proper remedial measures. In the orphanages, the children's faces several problems and the practice of case work will certainly help the individuals to maintain a normal balanced life.

Social work research in this field is used for find out the problems of children and proper remedial measures can be sought out in a scientific way. Group work helps to the individuals in their relations to certain groups. Inside the orphanages, the researcher find out the scope of group work is high. In the group work, the social workers engage the children's in different group activities such as art and craft, games, sex education and discussion of problems causes of physical problems and other psychological problems.

Social workers must take more interest in study of the problems of the children's staying in orphanages and its findings of the research must be seriously considered by the government. The social welfare administration in the different institution can be developed for the welfare of children. By the means of community welfare organization, the welfare of the children's staying in orphanages could be addressed and their problems could be resolved.

6. CONCLUSIONS

Orphanages carries major role for the orphan and destitute children for their future life. Children's are the future back bone of our country once they enter into right path they will follow through it. Now a day's government gets an appreciable efforts t uplifting these children. In this study the findings have highlighted various problems faced by the institutionalized children and also level of self-esteem and academic performance. So I hope this study will helpful to the organizations to do their service in more effective manner. All the orphanages either government or non government will take special care and attention for these children for their future life.

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