



A COMPARATIVE STUDY TO ASSESS THE ADJUSTMENT PROBLEMS AND COPING STRATEGIES AMONG ADOLESCENTS LIVING IN HOMES AND ORPHANAGES IN SELECTED SETTINGS IN GUNTUR, ANDHRA PRADESH

Mental Health Nursing

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ABSTRACT

This descriptive comparative study aimed to assess the level of adjustment problems and coping strategies among adolescents living in homes and orphanages in Guntur, Andhra Pradesh. **Background:** Adolescence is a critical developmental phase where adjustment difficulties can lead to significant psychological distress. The environment in which adolescents grow up-such as in homes or orphanages-can influence their ability to adjust and develop coping mechanisms, ultimately affecting their mental health. **Objectives:** This study aimed to assess and compare adjustment problems and coping strategies between adolescents living in homes and orphanages, determine the correlation between these factors, and explore associations with demographic variables. **Methodology:** A total of 60 adolescents participated in the study, with 30 adolescents selected from homes and 30 from orphanages. Simple random sampling, specifically the lottery method, was used to select the participants. Data were collected using two tools: a modified version of the Adjustment Inventory to assess adjustment problems and a modified Rochester COPE Inventory to evaluate coping strategies. **Results:** The findings revealed that Adolescents in orphanages exhibited significantly higher adjustment problems (mean = 30.9, SD = 7.49) compared to those in homes (mean = 16.73, SD = 9.95), with a t-value of 6.214 ($p = 0.0001$). Additionally, adolescents in homes demonstrated significantly better coping strategies (mean = 26.33, SD = 11.74) than their counterparts in orphanages (mean = 18.37, SD = 11.60), with a t-value of 2.6445 ($p = 0.0105$). A moderate negative correlation between adjustment problems and coping strategies was found in home adolescents ($r = -0.573$, $p = 0.000$), while a weak negative correlation was observed in orphanage adolescents ($r = -0.436$, $p = 0.016$). **Conclusion:** The study concluded that adolescents in orphanages face greater adjustment challenges and require targeted psychological interventions. Furthermore, education on adjustment and coping strategies is crucial for both home and orphanage adolescents to improve mental well-being.

KEYWORDS

Adjustment problems, coping strategies, homes, orphanages, comparative study.

INTRODUCTION

Adolescence is a pivotal stage of human development, marked by rapid physical, emotional, and psychological changes. These transitions often present significant challenges as adolescents adapt to new roles, responsibilities, and social expectations. Adjustment problems, such as anxiety, depression, and behavioral issues, can arise when coping mechanisms are inadequate. Effective coping strategies are crucial for adolescents to navigate these changes successfully.

Adolescents living in different environments, such as homes and orphanages, face unique challenges that influence their adjustment and coping abilities. Those in orphanages may experience additional difficulties due to factors like past trauma, lack of familial support, and institutional living conditions, which affect their emotional well-being, social interactions, and stress management.

This study aims to assess and compare the adjustment problems and coping strategies of adolescents in homes and orphanages in Guntur, Andhra Pradesh. The results will provide valuable insights into their specific needs, contributing to the development of targeted interventions and policies that promote their overall well-being.

Need For The Study

Adolescence is a phase of life marked by significant adjustment challenges due to physical, emotional, and social changes. The World Health Organization (WHO) reports that 10-20% of adolescents globally experience mental health issues, with adjustment problems being a prominent but often underdiagnosed concern.

In India, adolescents represent 28.2% of the population, and about 10% face mental health challenges. The 2007 UNICEF report highlighted that 25 million orphans exist in India, many vulnerable to psychological and behavioral problems. Studies show that institutionalized adolescents are 3.5 times more likely to develop psychiatric disorders than their peers in family care.

In Andhra Pradesh, 10.9% of adolescents face adjustment problems, with boys (11%) more affected than girls (7.7%). Guntur district, with its urban and rural settings, lacks comprehensive research on the specific adjustment issues faced by adolescents living in homes and orphanages.

This study fills the research gap by comparing the adjustment problems and coping strategies of adolescents in these two settings. The findings will guide the creation of tailored interventions and policies aimed at

improving adolescent mental health and well-being at both local and broader levels.

Statement Of Problem

A Comparative Study To Assess The Adjustment Problems And Coping Strategies Among Adolescents living In Homes And Orphanages In Selected Settings In Guntur, Andhra Pradesh

OBJECTIVES:

- To assess the level of adjustment problems and coping strategies among adolescents living in homes and orphanages.
- To compare the level of adjustment problems and coping strategies between Adolescents living in homes and orphanages.
- To determine the co-relation between adjustment problems and coping strategies among adolescents living in homes and orphanages.
- To find out the association between level of adjustment problem and coping strategies with selected demographic variables among adolescents living in homes and orphanages.

HYPOTHESIS:

The following hypotheses will be;

H₁: There is a significant difference in the level of adjustment problems and coping strategies between adolescents living in homes and those living in orphanages.

H₂: There is a significant co-relation between adjustment problems and coping strategies among adolescents living in homes and orphanages.

H₃: There is a significant association between the level of adjustment problem and coping strategies with selected demographic variable among adolescents living in homes and orphanages.

Research Approach: A quantitative approach was employed in this study.

Research Design: A comparative descriptive design was used.

Research Setting: The study was conducted at the Government Children Home for Boys, SKCV Vidya-Vihar Girls' Orphanage, and homes in and around Pedakakani village.

Variables Of The Study: The research variables were adjustment problems and coping strategies of adolescents.

Population: The study population comprised adolescents living in homes and orphanages.

Sample: The sample included adolescents from homes and orphanages in Guntur.

Sample Size: A total of 60 adolescents participated, with 30 selected from homes and 30 from orphanages.

Sampling Technique: A simple random sampling technique, specifically the lottery method, was used to select the participants.

Inclusion Criteria: Adolescents in homes and orphanages who are willing to participate, available during data collection, and can read/understand English or Telugu.

Exclusion Criteria: Adolescents who are chronically ill or undergoing treatment for psychological disturbances.

Development And Description Of The Tool: The tool consists of three sections.

Section A: Demographic variables: Age, Gender, religion, residing at, education, source of income, occupation.

Section B: Tool to Assess Adjustment Problems

The tool used is a modified version of the Adjustment Inventory introduced by Hugh M. Bell (1934). It consists of 40 yes/no questions.

Level of adjustment problems	Score	Percentage (%)
Excellent adjustment	1-5	1-12.5%
Good adjustment	6-10	12.6-25%
Average adjustment	11-20	26-50%
Poor adjustment	21-30	51-75%
Very poor adjustment	31-40	76-100%

Scoring: Yes = 1, No = 0.

Section C: Tool to Assess Coping Strategies

The tool used is a modified version of the Rochester COPE Inventory scale, consisting of 40 yes/no questions. **Scoring:** Yes = 1, No = 0.

Level of coping strategies	Score	Percentage (%)
In adequate coping strategies	0-13	0-32.5%
Moderate coping strategies	14-29	32.6%-72.5%
Satisfied coping strategies	30-40	72.6%-100%

Plan for Data Analysis:

Descriptive Statistics: Frequency, percentage distribution, mean, and standard deviation will be used to analyze adjustment problems and coping strategies.

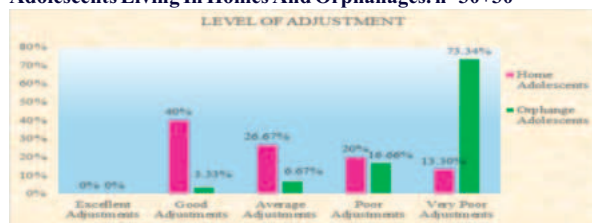
Inferential Statistics, including the Karl Pearson correlation, independent t-test, and chi-square test, were used to analyze the data based on the study objectives.

DATA ANALYSIS:

Frequency And Percentage Distribution Of Demographic Variables Of Adolescents Living In Homes And Orphanages.

Among adolescents living in homes, 40% were aged 19 years, while the majority in orphanages (36.7%) were aged 13–14 years. Females accounted for 56.67% in homes and 66.7% in orphanages. In both groups, most adolescents (46.67%) were Christians, followed by Hindus (33.33%), Muslims (13.33%), and others (6.7%). In homes, 80% resided with parents, and 20% with relatives, whereas all adolescents in orphanages (100%) resided there. Secondary education was the highest among both groups, with 56.67% in homes and 50% in orphanages. Higher secondary and primary education were also noted in both groups. Most adolescents in homes (83.33%) relied on parental income, while 96.67% in orphanages depended on trust/society. A small percentage in both groups were self-reliant.

Percentage Distribution Of Level Of Adjustment Among Adolescents Living In Homes And Orphanages. n=30+30



Percentage Distribution Of Level Of Coping Strategies Among Adolescents Living In Homes And Orphanage n=30+30



Section-B: mean, Standard Deviation And Independent “t” Test Value Of Adjustment Problems And Coping Strategies Of Adolescents Living In Homes And Orphanage. n=30=30

S.no	Variables	Home adolescents		Orphanage adolescents		Independent “t” test
		Mean	Standard deviation	Mean	Standard deviation	
1	Level of adjustment problems	16.733	9.95	30.9	7.49	t=6.214 df=58 p=0.0001 S
2	Level of coping strategies	26.33	11.74	18.37	11.60	t=2.6445 df=58 P=0.0105 S

Section:C Correlation Among Adjustment Problems And Coping Strategies Of Adolescents Living In Homes And Orphanage. n=30=30

S. No	Variables	Adjustment problems		Coping strategies		Correlation
		Mean	Standard deviation	Mean	Standard deviation	
1	Adolescents living in homes	16.733	9.954	26.33	11.74	r= -0.573 p=0.000 S
2	Adolescents living in Orphanage	30.9	7.489	18.366	11.598	r= -0.4358 p=0.016 S

Objective 1: To assess the level of adjustment problems and coping strategies among adolescents living in homes and orphanages.

Adjustment Problems:

- Homes:** 40% had good adjustment, 24% average, 18% poor, and 12% very poor. None had excellent adjustment.
- Orphanages:** 74% had poor adjustment, 17% average, 6% moderate, and 3% good. None had excellent adjustment.

Coping Strategies:

- Homes:** 60% had satisfied coping strategies, 23% inadequate, and 17% moderate.
- Orphanages:** 60% had inadequate coping strategies, 28% satisfied, and 17% moderate.

The Second Objective Was To Compare Adjustment Problems And Coping Strategies Between Adolescents In Homes And Orphanages.

Adjustment Problems: Home adolescents had a mean of 16.73 (± 9.95), while orphanage adolescents had a mean of 30.9 (± 7.49), with a significant t-value of 6.214 ($p = 0.0001$).

Coping Strategies: Home adolescents had a mean of 26.33 (± 11.74), and orphanage adolescents had a mean of 18.37 (± 11.60), with a significant t-value of 2.645 ($p = 0.0105$).

Hypothesis-1: There is a significant difference in adjustment problems and coping strategies between the two groups. Therefore, H_1 is accepted.

The third objective was to determine the correlation between adjustment problems and coping strategies.

In adolescents living in homes, a moderate negative correlation ($r = -$

0.573, $p = 0.000$) was found, while in orphanages, a weak negative correlation ($r = -0.436$, $p = 0.016$) was observed. Both correlations were statistically significant.

Hypothesis-2(H2): There is a significant correlation between adjustment problems and coping strategies. **H2 is accepted.**

The fourth objective was to find out the association between level of adjustment problem and coping strategies with selected demographic variables among adolescents living in homes and orphanages.

The association between the level of adjustment problems and source of income ($X^2 = 23.4$) was statistically significant at the 0.05 level in home adolescents. Other variables such as age, gender, religion, residing at, and education were not statistically significant.

In orphanage adolescents, the association between adjustment problems and age ($X^2 = 8.89$), gender ($X^2 = 1.69$), religion ($X^2 = 9.28$), residing at ($X^2 = 0$), education ($X^2 = 6.76$), and source of income ($X^2 = 0.376$) were not statistically significant at the 0.05 level. For coping strategies, the association with source of income ($X^2 = 11.89$) was statistically significant at the 0.05 level in home adolescents. The associations with age ($X^2 = 6.69$), gender ($X^2 = 3.47$), religion ($X^2 = 5.04$), residing at ($X^2 = 2.46$), and education ($X^2 = 6.50$) were not significant.

In orphanage adolescents, the association between coping strategies and age ($X^2 = 6.60$), gender ($X^2 = 0.625$), religion ($X^2 = 7.31$), residing at ($X^2 = 2.46$), education ($X^2 = 3.04$), and source of income ($X^2 = 0.68$) were not statistically significant at the 0.05 level.

H3 is accepted for the association between source of income and adjustment problems, as well as coping strategies, among home adolescents.

Nursing Practice:

Nurses should assess adolescents' adjustment problems and coping strategies during hospital visits and educate them and their families on the causes and management of these issues.

Nursing Education:

Nurse educators should organize conferences to educate adolescents and nursing personnel on adjustment problems, their prevention, and effective coping strategies.

Nursing Administration:

Nurse administrators should organize continuing education on adjustment problems for nursing staff and support research opportunities on adolescent care.

Nursing Research:

Nurse researchers should share study findings to encourage practical application, explore alternative therapies to enhance coping strategies, and conduct further research on interventions to improve adolescents' adjustment and coping skills.

Recommendations:

- Conduct similar studies with larger samples for generalization.
- Explore similar studies in diverse settings.
- Conduct experimental studies providing health education on adjustment problems and coping strategies.
- Study the impact of early therapeutic interventions for adolescents.

Limitations:

- Difficulty in gaining full cooperation from some adolescents.
- Findings cannot be generalized to a larger population.

CONCLUSION:

The study reveals that adolescents in orphanages face more adjustment problems than those in homes. It highlights the need for psychological interventions in orphanages and emphasizes educating home adolescents and their parents to prevent adjustment issues.

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