Research Article

A Comparative Study to Assess the Level of Self-Esteem among Adolescents Boys Who Resides in Selected Foster Homes and Biological Homes of Selected Area

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Abstract

Aim: The aim of the study was to assess the level of self-esteem among adolescents' boys who resides in selected foster home and biological home and to compare level. **Materials and Methods:** Non-experimental comparative descriptive study design was used. Purposive sampling technique was used 30 adolescent boys from biological home and 30 from foster home who fulfills inclusion criteria. Adolescent boys of biological home were selected by survey method. Roseburg's self-esteem scale is used to assess the level of self-esteem. **Results:** Adolescent boys (33.34%) are in the age group of 14 years. About 33.33% of adolescent boys of foster home are from 8th standard, 30% are from 7th standard, 23.33% are from 9th standard, and 13.33% from 10th standard. About 30% of adolescent boys of biological homes are 7th standard, 26.67% from 8th standard, 23.33% from 9th standard, and 20% from 10th standard 30 boys from foster home and 30 from biological homes. Most of the adolescence boys residing in a foster home since 2 to 10 years. The self-esteem of adolescent boys of foster home and biological home, non-parametric Mann–Whitney U-test was done to calculate Median difference. Median difference of level of self-esteem of adolescent boys of biological home was 19 and level of self-esteem of adolescent boys of foster home was 16 states that level of self-esteem is higher in adolescent boys of biological home than adolescent boys of foster home. **Conclusion:** Researcher tries to improve the level of self-esteem of adolescent boys of foster home by providing guidance and counseling session to low self-esteem group.

Key words: Adolescent boys, biological home, foster home, level of self-esteem, Rosenberg self-esteem scale

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Introduction

Adolescence is the sequence of events by which an individual is transformed to young adult by a series of biological changes.[1] The adolescent's personal evaluation or view of

self, influences his feelings and behavior. The term self-esteem comes from a Greek word meaning "reverence for self." The "self" part of self-esteem pertains to the values, beliefs, and attitudes that we hold about ourselves. The "esteem" part of self-esteem describes the value and worth that one gives oneself. Simplistically, self-esteem is the acceptance of us for whom and what we are at any given time in our lives. Adolescence is a critical phase of life where is an individual undergoes many changes. The word "adolescence" comes from the Latin word verb "adolescence," which means "to grow" or "to grow maturity." It is period of transition when the individual changes physically and psychologically from a child to an adult. Adolescence is much more than one rung up the ladder from childhood. It is a built-in, necessary transition period for ego development.[2]

Adolescents are the hope of a country's future and so they should be well handled and educated. When orphaned,

those need even more love, care, and support as they often are exposed to several socio-economic and health challenges. The common reactions of a child to death of parent include: Loneliness, low self-esteem, hopelessness, anger, confusion, helplessness, anxiety, depression, and suicidal ideation reported that orphans were found to suffer greater psychological distress than non-orphans, and reasons for increased levels of distress include trauma, being out-of-school, being cared for by a non-parent, inadequate care, child labor, physical abuse, and stigma and discrimination.[2] According to Rosenberg, high self-esteem expresses the feeling that one is good enough and self-esteem is defined as a favorable or unfavorable attitude toward the self. What is more, self-esteem is generally used to describe a person's overall sense of self-worth and can involve a variety of beliefs about the self. High self-esteem is considered a fundamental aspect of personal well-being, happiness, and adjustment. Individuals with higher self-esteem are more satisfied with their lives, have fewer interpersonal problems, achieve at a higher and more consistent level, and are less susceptible to psychological problem (e.g., anxiety and depression) and physical illness than those with lower self-esteem. Furthermore, self-esteem refers to the positive or negative way people feel about themselves as a whole, which is also often called global self-esteem or global self-worth. Global self-esteem is defined as the overall positive or negative attitude toward the self. High global self-esteem has been found to be related to positive self-evaluations, characterized by having an accepting attitude toward one's self, and has been identified as a crucial factor in preventing stress and mental health problems such as depression. In contrast, low global self-esteem has been found to be associated with negative self-evaluations, characterized by self-doubts and self-rejection and has been shown to predict stress symptoms and ill-health.[3]

Materials and Methods

The study was conducted in rural area of Nashik City. Research design selected for the present study was Non-Experimental Descriptive Comparative Study. Study period was November 11, 2017 to November 15, 2017. The sample size was 60 (30 for adolescent boys of foster homes and 30 for adolescent boys of biological homes). Purposive sampling technique was used.[4]

Data collection instrument

Section-A Demographic data of adolescent boy who resides foster home and biological home. This section consists of, age in year, education, residence, and duration in stay in foster home.

Section-B Standardized Rosenberg's self-esteem scale.[5]

Survey format for biological home to select adolescent boys from selected area.

Data collection procedure

Researcher has obtained Ethical Committee approval and written inform consent from parents of adolescent boys of biological home and consent from adolescent boys of foster home as well as their authority. After selection of sample, researcher has introduce herself and explained about study to samples. Researcher conducted study for 13 adolescent boys at afternoon session. And remaining adolescent boys of foster home study conducted on Monday and Tuesday in morning session before school time, that is, 10 am. After that researcher has explained scale and conducted interview of remaining adolescent boys on 12 November 2017 holiday that is on Sunday. Adolescent boys were available in foster home to solve Roseburg's self-esteem scale, 30 min was provided to each adolescent boy to complete the scale. After completion of the study adolescent boys who having low group of self-esteem, guidance, and counseling was provided by expert of psychology department to improve the self-esteem.

Researcher has obtained permission from the sarpanch of selected rural area for selection of biological homes. After permission researcher has done survey to find out adolescent boys (13–16) staying in biological homes. In survey researcher done survey for 68 families and among that family researcher selected 30 adolescent boys were selected for study by purposive sampling method. From survey researcher has selected adolescent boys' biological homes for study. After selection of sample, researcher has introduced herself and has given explanation about study and taken written assent from parents. Researcher went to meet the adolescent boys on holiday because other days they were engaged with their academic activity. Half adolescent boys of biological home interview taken on holiday that is on Sunday and rest of other has taken at morning session of working day that is on Monday to Wednesday before their school timing, that is, 11.30 am. Then researcher has conducted interviewed of each adolescent boys of biological home to assess self-esteem with help of Roseburg's self-esteem, 30 min time period was provided to complete the scale. It was informed to group finding of the study will be kept confidential.

Statistical analysis

Demographic variables were analyzed in term of percentage, frequency, median, and standard deviation, assessment of level of self-esteem among adolescent boys of foster home and biological home as per Roseburg's self-esteem scale.[6] (According to statistician normal score of self-esteem scale converted into average score for Inferential Statistics).

Inferential statistics: Comparison of self-esteem of adolescent boys of foster home and biological home mean using non-parametric Mann–Whitney U-test.[7]

Results

Table 1 represents percentage wise distribution of adolescent boys of foster as per their age groups, majority,

that is, 33.33 of adolescent boys of foster home were 14 years, 26.67 were between 13 years, 23.33 were between 15 years, and 16.67 were 16 years. Adolescence staying in a biological home were 26.67% from 13 years, 23.33% from 14 years, 26.67% from 15 years and 23.33% from 16 years respectively.

Data show that the percentage wise distributions of adolescent boys of foster were, as per their standards of education, majority, that is, 33.34 of adolescent boys of foster home studying in 8th standards, 30 studying in 7th standards, 23.33% were studying in 9th standards, and 13.33 were studying in 10 standards. And in biological home's adolescent are majority, that is, 30 were studying in 7th standard, 26.67 were studying in 8th standard, 23.33 were studying 9th standard, and 20 were from 10th standard [Table 2].

Table 3 maximum percentage distribution of adolescent boys of foster as per their duration of stay in foster home, majority, that is, 33.34% of adolescent boys stay in foster home from 2 years, 3.33% from 2.5 years, 16.67% were from 3 years, 6.67% were from 3.5 years, 16.67% from 4 years, and 10% from 5 years, and 3.33% from 6 years, 8 years, 9 years, and 10 years, respectively. In this study, researcher finds that adolescent who resides in foster home more than 6 years having low self-esteem than who resides from 2 to 5 years [Table 3].

Table 4 data show percentage wise distribution of level of self-esteem among adolescent boys of foster home and adolescent boys of biological home. In foster home adolescent boys having low self-esteem, that is, 10%, low self-esteem indicates lack of feeling of happiness and confidence and 90% of adolescent boys having average of self-esteem. Adolescent boys of biological home having 7% of high self-esteem, high self-esteem shows feeling of

happiness and confidence 90% average self-esteem and 0% low self-esteem [Figure 1].

Discussion

A study was conducted on comparison of self-esteem of orphans with parental care children. The purpose of the study was to compare self -esteem of orphan children with parental care children. The subjects for the study were 200 orphan children and 200 parental care children (Thrissur, Kerala, India). The test item selected for this was "Rosenberg's self -esteem scale" by Rosenberg. The level of significance was fixed at 0.05 and 0.01 level. A calculated $P < 0.05$ is considered to be statistically significant. In all the statistical tests, level of significance was fixed at 1% or 5%. The inference is self-esteem of parental care children (mean = 18.62, SD = 2.78) which is higher than orphan children (mean = 14.26, SD = 3.24). The orphan children reported lower self-esteem than children living with their parents.[8]

In the present study, researcher assesses Level Of Self-Esteem Among Adolescents Boys Who Resides In Selected Foster Homes and Biological Homes Of Selected Area. In this study, researcher used purposive sampling technique. The sample size was 60 adolescent boys which selected by 30 from foster home and 30 from biological home. Roseburg's self-esteem scale used to assess the level of self-esteem. Non-parametric Mann–Whitney U-test was used inferential statistics. The result of study shows that there is median difference in level of self-esteem of adolescent boys of foster home and adolescent boys of biological home. Median difference of adolescent boys

Table 1: Distribution of adolescent boys according to age in frequency and percentage. *n*=60

Age of adolescent (years)	Foster home *n*=30		Biological home *n*=30	
	Frequency	Percentage	Frequency	Percentage
13	8	26.67	8	26.67
14	10	33.33	7	23.33
15	7	23.33	8	26.67
16	5	16.67	7	23.33

Table 2: Distribution of adolescent boys according to standard of education in frequency and percentage

Education	Foster home *n*=30		Biological home *n*=30	
	Frequency	Percentage	Frequency	Percentage
7th	9	30	9	30
8th	10	33.34	8	26.67
9th	7	23.33	7	23.33
10th	4	13.33	6	20

Table 3: Comparison of level of self-esteem among adolescent boys of foster home and biological home in selected area

Subject	Median
Foster home	16
Biological homes	19

Table 4: Distribution of adolescent boys of foster home according to duration of stay in foster home in frequency and percentage. *n*=30

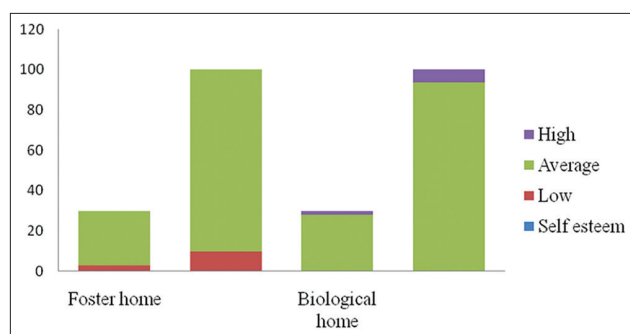| Duration of stay in foster home (years)	Frequency	Percentage
2	10	33.34
2.5	1	3.33
3	5	16.67
3.5	2	6.67
4	5	16.67
5	3	10
6	1	3.33
8	1	3.33
9	1	3.33
10	1	3.33

Figure 1: Level of self-esteem in adolescent boys of foster home and adolescent boys of biological homes

of biological home was 19 and adolescent boys of foster home were 16 adolescent boys of foster home having low self-esteem so Guidance and counseling session provided them by expert of psychology department. This session really helpful for adolescent boys of foster home to improve their self-esteem and reduces chance of low self-esteem which may cause psychological disturbance such as depression, anxiety, and poor academic performance. In comparison with above study finding, researcher also finds out that foster home adolescent boys having low self-esteem.

The present research investigated a study on self-esteem and academic performance of family reared and institutionalized orphan children. The sample of this study was composed of 160 children (80 children from orphan institutions and 80 children living with their both parents in their homes father and mother). In present study, non-probability purposive sampling method was used. Children of family reared, that is, living with their both parents (father and mother) were drawn from different private schools of Anantnag district of Jammu and Kashmir and orphan children were drawn from orphanages of same area. Jonathan Berent's Self-esteem Scale (1994) was separately managed to all the research respondents. The author self-study scale granted permission for its use in the current research. The children in orphanages account inferior degree of self-esteem than children living their both parents. Further the findings of present suggest that there was not found significant gender difference in self-esteem of the orphans and the children living with their parents. Therefore, the findings of present research will encourage our perceptive of self-esteem and the personality of family reared and in orphanages children.[9]

A study to assess the effect of maternal psychological control and family environment on the psychological well-being among pre-adolescents was conducted in Northern Suburbs of Cape Town. The study included 412 pre-adolescents between 10 and 12 years using Coppersmith Self-Esteem Inventor and satisfaction with life scale, parental psychological control questionnaire, and family environmental scale. The findings suggested that maternal psychological control would be negatively

related to psychological well-being and family cohesion, but positively related to family conflict.[10]

In the present study, researcher assesses Level Of Self-Esteem Among Adolescents Boys Who Resides In Selected Foster Homes and Biological Homes Of Selected Area. In this study, researcher used purposive sampling technique. The sample size was 60 adolescent boys which selected by 30 from foster home and 30 from biological home. Roseburg's self-esteem scale used to assess the level of self-esteem. Non-parametric Mann–Whitney U-test was used inferential statistics. The result of study shows that there is median difference in level of self-esteem of adolescent boys of foster home and adolescent boys of biological home. Median difference of adolescent boys of biological home was 19 and adolescent boys of foster home were 16 adolescent boys of foster home having low self-esteem so Guidance and counseling session provided them by expert of psychology department. This session really helpful for adolescent boys of foster home to improve their self-esteem and reduces chance of low self-esteem which may cause psychological disturbance such as depression, anxiety, and poor academic performance. In comparison with above study finding, researcher also finds out that foster home adolescent boys having low self-esteem.

Conclusion

The descriptive comparative study was effective to know the level of self-esteem of adolescent boys of foster home and biological homes provided guidance and counseling to adolescent boys those who are having low self-esteem. To reduce the chance of depression, anxiety, and other mental problem which raised due to low self-esteem among adolescents boys of foster home.

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