



Emotional Well-Being Of Orphan Children In Institutional Care: A Study Of Socio-Demographic Determinants

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Abstract

Emotional well-being is a crucial component of child development, especially for orphan children living in institutional care. These children are often deprived of parental love, attachment, and emotional security, making them vulnerable to psychological issues. The present study aims to examine the socio-demographic determinants affecting the emotional well-being of orphan children residing in institutional settings. Using a qualitative case study approach, data were collected from orphan children in institutional homes. The findings suggest that factors such as age, gender, duration of stay, reason for institutionalization, and quality of care significantly influence emotional health. The study highlights the need for improved caregiving practices and supportive interventions to enhance emotional well-being among institutionalized children.

Index Terms— Emotional well-being, orphan children, institutional care, socio-demographic factors, psychological health

I. INTRODUCTION

Children growing up in institutional care are among the most vulnerable populations worldwide. Due to the absence of parental care, these children often experience emotional distress, insecurity, and developmental challenges. Research indicates that orphan children in institutional settings are more prone to emotional and behavioral problems compared to children raised in family environments (Kaur et al., 2018).

Globally, millions of children reside in orphanages, and their well-being depends largely on the quality of care and socio-demographic conditions (Whetten et al., 2014). Emotional well-being includes aspects such as self-

esteem, emotional stability, social relationships, and psychological resilience, all of which are essential for healthy development.

II. REVIEW OF LITERATURE

Several studies have examined the emotional well-being of orphan children. Kaur et al. (2018) found that children in institutional homes exhibit higher levels of emotional and behavioral problems due to lack of parental care. Agrawal et al. (2022) reported that institutionalized children are more vulnerable to emotional disturbances and behavioral issues.

Whetten et al. (2014) highlighted that both care setting and quality of caregiving significantly influence emotional well-being. Huynh et al. (2019) emphasized that the quality of care is more important than the type of care setting in determining psychosocial outcomes. Yimer (2022) found that children in institutional care show higher emotional symptoms and lower social behavior. Isnaeni et al. (2021) reported that nearly 45% of orphan children experience emotional and behavioral problems.

These studies collectively indicate that socio-demographic and environmental factors play a crucial role in shaping emotional well-being among orphan children.

III. OBJECTIVES OF THE STUDY

The objectives of the study are as follows:

- To examine the emotional well-being of orphan children in institutional care.
- To analyze the socio-demographic characteristics of children.
- To identify the relationship between socio-demographic factors and emotional well-being.
- To suggest measures for improving emotional well-being.

IV. RESEARCH METHODOLOGY

4.1 Research Design

This study adopts a qualitative research design using a case study approach.

4.2 Study Area

The study was conducted in selected institutional homes in Vadodara district of Gujarat.

4.3 Sample Size

The study includes 7 orphan children selected for detailed case analysis.

4.4 Sampling Technique

Purposive sampling technique was used to select respondents.

4.5 Data Collection Methods

Data were collected using in-depth interviews, observation, and case study narratives.

4.6 Tools for Data Collection

The tools used included an interview guide and observation checklist.

4.7 Data Analysis

The collected data were analyzed using thematic analysis and narrative interpretation methods.

V. SOCIO-DEMOGRAPHIC PROFILE OF RESPONDENTS

The socio-demographic profile of respondents includes variables such as age, gender, educational level, duration of stay in the institution, reason for institutionalization (orphan, abandoned, etc.), and family background.

Previous studies indicate that these factors significantly influence the emotional health of children in institutional care (Kaur et al., 2018).

VI. FINDINGS AND DISCUSSION

6.1 Emotional Problems

The findings reveal that children experience various emotional problems such as anxiety, depression, loneliness, and low self-esteem. Institutionalized children often lack emotional attachment, which leads to psychological distress (Agrawal et al., 2022).

6.2 Influence of Socio-Demographic Factors

Age plays a significant role, as older children tend to show greater emotional awareness and stress. Gender differences were observed, with girls expressing emotional distress more openly than boys. Duration of stay in the institution was found to be directly related to emotional issues, as longer stays increase vulnerability.

Children who were abandoned showed higher levels of emotional insecurity compared to those who lost parents. The quality of care provided by caregivers plays a vital role in improving emotional stability and overall well-being (Huynh et al., 2019).

6.3 Institutional Environment

The institutional environment also impacts emotional well-being. Factors such as lack of personal attention, limited emotional bonding, and overcrowding negatively affect the emotional development of children (Kaur et al., 2018).

VII. CONCLUSION

The study concludes that orphan children living in institutional care face significant emotional challenges. Socio-demographic factors such as age, gender, duration of stay, and reason for institutionalization play a crucial role in determining emotional well-being. Improving the quality of caregiving, providing emotional support, and creating a family-like environment are essential for enhancing the psychological health of these children.

VIII. SUGGESTIONS / RECOMMENDATIONS

The study suggests the following measures:

- Provide counseling and psychological support services.
- Improve caregiver-child ratio in institutions.
- Create a family-like and emotionally supportive environment.
- Encourage social interaction and recreational activities.

- Conduct regular mental health assessments.
- Strengthen policy interventions for child welfare.

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