

# Coping Strategies Among Adolescents in Ninital

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**Abstract:** This paper presents coping strategies among adolescents in ninital.

**Keywords:** coping strategies, adolescents

## 1. Introduction

Today adolescence faces complex adjustment problems. In most families, children have many problems with their parents, friends, teachers and these problems are to be solved. (Moor et.al nursing times, 2000) Such a scenario made it imperative to intervene to provide care and protection to children. The setting up of extra – familial institutions to provide care to the young, both in the governmental and voluntary sectors, became essential. In mid 1920s, voluntary organizations such as the Indian red cross society, the All India Women’s conference, the Kasturba Gandhi National Memorial Trust and the Children’s Aid Society organized programmes in the areas of welfare, health, nutrition and education for children. Balkanji Bari, setup in 1920, was the first children’s organization with child membership. Several other organizations were setup around this time, but there were on a sectarian basis, such as the all India Shia Orphanage, the Bai Dosabai Kotwari Pasi Orphanage etc.

Adjustment disorders can be triggered by a stressors or series of stressors that may be developmental (adolescence, menopause), situational (job changes, divorce, death of parents, hospitalization) or adventitious (earthquake, war, flood). Life events requiring major adjustments can also be developmental, situational and adventitious or a combination of all three. (Forfinash, 2000) Issues related to adolescence in India are not homogenous. They vary according to gender, age and place. During adolescence, a teenager’s weight doubles and height increases by 15-20%. Before puberty there are little differences in muscular strength and mass. This strength continues to increase into late puberty. (S.P. Srinivastava, 2000) From the above information we can infer that adolescents undergo immense adjustment problems and their coping strategies in both orphanages and family living children. As a health care provider the nurse can assess their problems and give psychological support earlier by establishing support system, community awareness programs, improving spirituality, providing information and voluntary support, giving information on benefits available from government.

The nurse should assess all parameters of adolescence development that is the influence of the peer group and the family situation before health interventions are undertaken.

Adolescence is a crucial period which faces manifold problems of recognition with their parents, peer groups friends and all other members of the society. Therefore, it is the responsibility of the nurse to understand the adolescents. Hence the investigator justifies the importance of exploring the adjustment problems and coping strategies of the adolescents.

## 2. Methodology

A descriptive research method was undertaken to assess the level of adjustment problems and their coping strategies among adolescents residing in orphanages. The study was conducted at selected orphanages in Ninital. The data were collected from 100 adolescents who fulfill led the inclusion criteria by purposive convenient sampling technique. The research tool consisted of demographic data, modified Bell’s adjustment inventory, modified coping checklist. The tools were found valid and reliable through pilot study. The planned health education, counseling, group therapy was given regarding adjustment problems and their coping strategies to the adolescence. The review of literature enabled the investigator to develop the conceptual framework. The study was based on Sister Callista Roy’s adaptation model to assess the adjustment problems and coping strategies of adolescents residing in orphanages.

## 3. Results and discussion

The study reveals the adjustment problems of adolescence residing in orphanages. Severe adjustment problems (18%) had seen those who are expecting parental guidance and support and mild adjustment problems seen 19% of adolescents who are not having both the parents and they expected parental love and affection, 78% of adolescents had moderate adjustment problems because of their good peer group relationships and accepting guidance from guardians and also teachers. The findings were supported by Muthaz et.al 2008. He did a study on emotional and behavioral problems on children reared in orphanages. This study included 100 children and adolescents aged 6-18 years. At the syndrome level, the prevalence of social problems (5.7%11.7%), thought disorders (7.2%-18.4%), and attention problems (7.7%31.4%) among the youths in institutional care was higher than among the national sample (1.65-5.8%). D., Kokonyei et.al, 2007, did the study among 77 youths (78% of the sample) could be classified, and 11.2 % of these youths were identified as showing poor adjustment patterns.

The level of coping strategies of adolescence residing in orphanages. 77% of adolescents had moderate level of coping because of 85% of adolescents are Christians they did prayer and guidance from religious leaders reduces the severity of adjustment problems, 10% of adolescents had satisfied level of coping, those who are accepting guidance from guardians and having their good peer group relationship and 13% of adolescents not accepting guidance in problematic situations, that adolescents fallen into inadequate level of coping skills. The findings were supported by Frydenberg and Lewis; Copeland and Hess, 2005. The means by which adolescents cope with life stressors are gender specific. Females tend to use social support and emotional expression, while males generally employ more problem- focused strategies. Greater understanding of the way in which fear and self-esteem are related to coping strategies are needed for males and female adolescents as they face changing life stressors during the maturational process.

The correlation between the adjustment problems and coping strategies of adolescence residing in orphanages. There is a positive correlation between adjustment problems and coping strategies among adolescents residing in orphanages ( $r = 0.68$ ). To find out the relationship between adjustment problems and coping strategies correlation was used. The computed 'r' value is +0.68. The positive correlation was found between adjustment problems and coping strategies among adolescents.

The association between adjustment problems of adolescence residing at orphanages with demographic variables such as age, sex, education, religion, dietary habits, interest and hobbies, favorite subject, most admirable person, favorite color and blood group. The association between coping and demographic variables among adolescence residing in orphanages. The result shows that the calculated value for coping and demographic variables such as age, educational status, dietary habits, interest and hobbies, favorite subject, and favorite color were greater than the table value. So it is concluded that there is a significant association between adjustment problems and demographic variables such as age, educational status, dietary habits, and favorite subject. The findings were supported by Hunshal and V. Gaonkar, 2005. A Study on Adjustment of Institutionalized Children. The present study further indicated significant association between academic performance and social, emotional, and educational adjustment of children.

The association between coping strategies of adolescence residing at orphanages with demographic variables such as age, sex, education, religion, dietary habits, interest and hobbies, favorite subject, most admirable person, favorite color and blood group. The association between coping and demographic variables among adolescence residing in orphanages. The result shows that the calculated value for coping and demographic variables such as religion, interest and hobbies, most admirable

person, and blood group were greater than the table value. So it is concluded that there is a significant association between coping strategies and demographic variables such as interest and hobbies, most admirable person, and blood group.

#### 4. Conclusion

Majority adolescents had moderate adjustment problems because their peer group relationships and accepting guidance from guardians and also teachers and most of the adolescents had moderate level of coping skills because of 85% of adolescents are Hindus they did prayer and guidance from religious leaders that reduces the severity of adjustment problems. Severe adjustment problems had seen those who are expecting parental guidance and support and also they are expected parental love and affection, some adolescents not accepting guidance in problematic situations, that adolescents fallen into inadequate level of coping skills. Few adolescents had satisfied level of coping because they are accepting guidance from guardians and having their good peer group relationship.

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