

Psychosocial Competence of Institutionalized Adolescents

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Abstract: Psycho social competence is the ability to deal effectively with the demands and challenges of everyday life. Adolescence is period of storm and stress. The ability to balance the stressful life is essential for them to bring up with a positive behavior. How they deal with this stress is a remarkable question. Psycho social competence comprises of emotional competence, social competence, cognitive competence, motivational competence and self competence. The aim of the study was to find out the psychosocial competence and demographic variables related to it. 25 Institutionalized adolescents from Trivandrum District is the sample of the study. Data analysis was done using SPSS 17 version. It was found that psychosocial competence among institutionalized adolescents was in moderate level

Keywords: Psychosocial Competence, Adolescents, Institutionalized children

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I. INTRODUCTION

Adolescence is one of the most prominent periods in human life. Since it bridges the gap between childhood and adulthood, physical and psychological growth and development during this period determines one's attitude, personality and physique. It is a transitional period in which adolescents are in a state of flux, high enthusiasm, utter disappair, between energy and lethargy, between altruism and self-centeredness. (Hall, 2003) . In this period they develop a strong recognition of their own personal identity, including recognition of a set of personal moral and ethical values, and greater perception of feelings of self esteem or self worth. (Story, 2005)

Even though their capacities are still developing, they are highly vulnerable when they move outside the confines of family and start taking independent decisions (WHO). Especially, they are living in a world of technology where they have higher opportunity to explore as well as to get exploited. At the time of adolescence itself, they have to acquire skills to cope up with emotions, develop cognitive abilities to solve problems and must be highly motivated to lead a successful life ahead. Psycho social competence is the ability to deal effectively with the demands and challenges of everyday life. Adolescence is period of storm and stress. The ability to balance the stressful life is essential for them to bring up with a positive behavior. Psycho social competence comprises of emotional competence, social competence, cognitive competence, motivational competence and self competence.

II. REVIEW OF LITERATURE

S. Tarasova in her study titled development of socio emotional competence in primary school children, it was found that socio emotional competence increases with the age. She quoted that "If the level of socio-emotional competence doesn't naturally increase in such important components as empathy, communicative motivation and self-regulation with child's maturation, the need for purposeful work to develop the deficit skills remains underestimated." (S.Tarasova, 2016)

Kataria did a study of aggression among adolescents in relation to emotional competence. The study was conducted in 100 students of 10th standards with the objective to study and compare emotional competence with respect to gender and locale and to find out relationship between emotional competence and aggression. The result showed that aggression and emotional competence are negatively correlated to each other. That is, if emotional competence is high, then the aggression will be low and vice versa. (Kataria, 2016).

Shilpy Arora and Sumandeep kaur (2017) did a comparative study of emotional competence in relation to depression among adolescents of Punjab in terms of gender difference. The major finding of the study was that emotional competence is negatively related to depression. It reveals that if emotional competence is high,

lesser will be the depression. For the psychological well being of adolescents, emotional competence is one which has to be acquired.

A study was done on mental health status of adolescents in Madurai and Chennai urban cities of Tamil Nadu. The major finding of the study was that 23.3 percent of the respondents have conduct problems with abnormal conduct problems and 20 percent lies in the borderline. (Sathyamurthi, 2015). From this we can understand that there are mental health issues among those who are not institutionalized. Even those who receive adequate care and protection from their parents suffers this much, what will be the condition of those who are not living in their own homes is a researchable question.

III. MATERIAL AND METHODS

Objectives of the study

- To inquire the demographic profile of the Institutionalized adolescents
- To explore the level of psychosocial competence of Institutionalized adolescence.
- To find out the relationship between level of psychosocial competence and demographic profile of Institutionalized adolescents.

This study follows a descriptive research design in which the researcher describes the level of psychosocial competence among Institutionalized adolescents and find out the relationship between demographic profile and psychosocial competence. As a descriptive study, it describes the demographic profile of institutionalized adolescents such as age, educational qualification of father and mother, Type of family, residing years and nature of father mother relationship. All adolescents living in Institutions under Orphanage control board in Trivandrum district forms the universe of the sample. The sample of the present study consisted of 25 adolescents who are residing in Trivandrum Markey. The Psychosocial Competence Scale adapted by Dr.Shibu and Dr.Jaseer. The scale consists of 50 questions, focusing on five subsets such as Emotional Competence, Social Competence, Motivational Competence, Cognitive Competence and Self Competence. It is a 3 point Likert Scale having 50 positive items. The scores are given as 3 for A, 2 for B option and 3 for C option. As per the author's report, the scale has reliability score of 0.924. Primary Data were collected from Trivandrum Markey Institution by taking prior permission from the authorities and along with the demographic details, administered the psychosocial competence scale to respondents. Data were analyzed using SPSS 17 version. Correlation and cross tabs were used for the data analysis.

IV. MAJOR FINDINGS

Demographic Profile of Women Managers

- Majority of the institutionalized adolescents 36% are of the age 15.
- A higher percentage of 40% Institutionalized adolescents were residing in the institution between 2-4 years
- Forty percentage of the Institutionalized adolescent's father had completed high school. At the same time, 28 percentages of them are not educated.
- 44.4 per cent of the Institutionalized adolescent's Mother had completed high school whereas 28 percentages of them are not educated.
- Half of the, 52 percent of Institutionalized adolescent's father and mother were living together.
- More than half, 68 percent of the Institutionalized adolescents belong to nuclear family.

Level of Psychosocial competence among Adolescents

- In Emotional Competence, more than half (68%) of the respondents had moderate level of Emotional competence.
- In Cognitive competence, majority (48%) had moderate level and very near to that (40%) had lower cognitive competence.
- Most of the (68%) respondents have moderate level of Social competence.
- Half of the respondents (52%) have moderate level of Motivational competence.
- Three fourth (76 %) of the Institutionalized adolescents have moderate level of self competence.
- In Psychosocial competence, 40 percent of the Institutionalized adolescents falls in the moderate level of psychosocial competence and very near that 36 percent had higher level of psychosocial competence.

Demographic profile and Level of Emotional Competence

- In this study, 36% are in the age of 15. Among them, 24 percent of the adolescents have medium level of emotional competence. 8 and 4 percent have high and low level of emotional competence respectively.
- Among Institutionalized adolescents, 40 percent is residing for 2 to 4 years. In that, 20 percent is moderate level, 12 percent is high and 8 percent is having low emotional competence.

- 40 percent of Institutionalized adolescent's father had high school education. Among them, 28 percent have moderate emotional competence, 8 percent have high and 4 percent have low emotional competence. At the same time, 28 percent of institutionalized adolescent's father was illiterate.
- 44.4 percent of Institutionalized adolescent's Mother had high school education. Among them, 24 percent have moderate emotional competence, 12 percent have high and 8 have low emotional competence.
- Half of the Institutionalized adolescent's parents were living together in a household. Among those adolescents, 36 percent have moderate level of emotional competence, 12 percent have high and 4 percent have low level of emotional competence.
- More than half of the Institutionalized adolescents belong to nuclear family. Among them, 44 percent have moderate level of emotional competence, 12 percent have high and 12 percent have low level of emotional competence.

Demographic profile and Level of Cognitive Competence

- In this study, 36% are in the age of 15. Among them, 8 percent of the adolescents have moderate level of Cognitive competence. 16 and 12 percent have high and low level of emotional competence respectively.
- Among Institutionalized adolescents, 40 percent is residing for 2 to 4 years. In that, 16 percent is moderate level, 8 percent is high and 16 percent is having low cognitive competence.
- 40 percent of Institutionalized adolescent's father had high school education. Among them, 8 percent have high cognitive competence, 16 percent have moderate and 16 have low cognitive competence. At the same time, 28 percent of institutionalized adolescent's father was illiterate. Among them, 16 percent falls under moderate level and 12 percent falls in low level of cognitive competence.
- 44.4 percent of Institutionalized adolescent's Mother had high school education. Among them, 8 percent have high cognitive competence, 20 percent have moderate and 16 percent have low cognitive competence. At the same time, 28 percent of institutionalized adolescent's Mother was illiterate. Among them, 20 percent falls under moderate level and 4 percent falls in low level of cognitive competence.
- Half of the Institutionalized adolescent's parents were living together in a household. Among those adolescents, 24 percent have moderate level of cognitive competence, 8 percent have high and 20 percent have low level of cognitive competence.
- More than half of the Institutionalized adolescents belong to nuclear family. Among them, 24 percent have moderate level of cognitive competence, 12 percent have high and 32 percent have low level of cognitive competence.

Demographic profile and Level of Motivational Competence

- In this study, 36% are in the age of 15. Among them, 24 percent of the adolescents have moderate level of Motivational competence. 12 percent have high level of Motivational competence.
- Among Institutionalized adolescents, 40 percent is residing for 2 to 4 years. In that, 24 percent is moderate level and 12 percent and 4 percent is having high and low motivational competence.
- 40 percent of Institutionalized adolescent's father had high school education. Among them, 24 percent have high Motivational competence, 12 percent have moderate and 4 percent have low Motivational competence.
- 44.4 percent of Institutionalized adolescent's Mother had high school education. Among them, 20 percent have high Motivational competence, 20 percent have moderate and 4 percent have low Motivational competence.
- Half of the Institutionalized adolescent's parents were living together in a household. Among those adolescents, 20 percent have moderate level of Motivational competence, 24 percent have high and 8 percent have low level of Motivational competence.
- More than half of the Institutionalized adolescents belong to nuclear family. Among them, 36 percent have moderate level of Motivational competence, 24 percent have high and 8 percent have low level of Motivational competence.

Demographic profile and Level of Social Competence

- In this study, 36% are in the age of 15. Among them, 28 percent of the adolescents have moderate level of Social competence. 8 and 4 percent have high and low level of Social competence respectively.
- Among Institutionalized adolescents, 40 percent is residing for 2 to 4 years. In that, 32 percent is moderate level, 4 percent is high and 4 percent is having low Social competence.
- 40 percent of Institutionalized adolescent's father had high school education. Among them, 24 percent have high Social competence, 12 percent have moderate and 4 have low Social competence.

- 44.4 percent of Institutionalized adolescent's Mother had high school education. Among them, 20 percent have high Social competence, 20 percent have moderate and 4 percent have low Social competence.
- Half of the Institutionalized adolescent's parents were living together in a household. Among those adolescents, 20 percent have moderate level of Social competence, 24 percent have high and 8 percent have low level of Social competence.
- More than half of the Institutionalized adolescents belong to nuclear family. Among them, 36 percent have moderate level of Social competence, 24 percent have high and 8 percent have low level of Social competence.

Demographic profile and Level of Self Competence

- In this study, 36% are in the age of 15. Among them, 20 percent of the adolescents have moderate level of Self competence. 12 and 4 percent have high and low level of Self competence respectively.
- Among Institutionalized adolescents, 40 percent is residing for 2 to 4 years. In that, 28 percent is moderate level, 8 percent is high and 4 percent is having low Self competence.
- 40 percent of Institutionalized adolescent's father had high school education. Among them, 4 percent have high Self competence, 32 percent have moderate and 4 have low Self competence.
- 44.4 percent of Institutionalized adolescent's Mother had high school education. Among them, 40 percent have high Self competence and 4 percent have moderate level of Self competence.
- Half of the Institutionalized adolescent's parents were living together in a household. Among those adolescents, 40 percent have moderate level of Self competence, 8 percent have high and 4 percent have low level of Self competence.
- More than half of the Institutionalized adolescents belong to nuclear family. Among them, 44 percent have moderate level of Self competence, 12 percent have high and 12 percent have low level of Self competence.

Demographic profile and Level of Psychosocial Competence

- In this study, 36% are in the age of 15. Among them, 12 percent of the adolescents have moderate level of psychosocial competence. 6 and 8 percent have high and low level of psychosocial competence respectively.
- Among Institutionalized adolescents, 40 percent is residing for 2 to 4 years. In that, 12 percent is moderate level, 12 percent is high and 6 percent is having low psychosocial competence.
- 40 percent of Institutionalized adolescent's father had high school education. Among them, 12 percent have high psychosocial competence, 16 percent have moderate and 12 have low psychosocial competence.
- 44.4 percent of Institutionalized adolescent's Mother had high school education. Among them, 12 percent have high psychosocial competence, 20 percent have moderate and 12 percent have low psychosocial competence.
- Half of the Institutionalized adolescent's parents were living together in a household. Among those adolescents, 16 percent have moderate level of psychosocial competence, 20 percent have high and 16 percent have low level of psychosocial competence.
- More than half of the Institutionalized adolescents belong to nuclear family. Among them, 20 percent have moderate level of psychosocial competence, 24 percent have high and 24 percent have low level of psychosocial competence.

V. DISCUSSION

Demographic Profile

From this study, it was found that majority of Institutionalized adolescents were of the age 15 and residing in the institution between 2 to 4 years. Even though majority of them are from nuclear family and most of their parents are living together, they were institutionalized. It is understood that they were living with their parents during their early adolescence. Parenting style which they receive during their stay in their own homes has a possibility of developing psychosocial competence.

Psychosocial competence of Institutionalized adolescents

In order to understand the psychosocial competence of institutionalized adolescents, emotional competence, cognitive competence, motivational competence, social competence and self competence were assessed. It was found that institutionalized adolescents are having a moderate level of emotional, motivational, social, self and psychosocial competence. It shows that they have a moderate level of capability to deal effectively with the demands and challenges of everyday life. In case of cognitive competence, moderate and low level of cognitive competence weighs equally. It is supported by a six year longitudinal study on cognitive competence of adolescents in Hong-kong: adolescents with better family functioning or better father-child or mother-child subsystem quality have higher level of cognitive competence. From this, it was understood that institutionalization can be one of the reason for the lower level of cognitive competence. (Daniel T.L Shek)

Demographic profile and Psychosocial competence.

The relationship between psychosocial competence and demographic profile were found using cross tabs. It was revealed that as the age increases, psychosocial competence also increases. Adolescents those who belong to nuclear family have moderate level of psychosocial competence. It showed that influence of joint family system is not necessary for the development of psychosocial competence. Adolescents whose parents are living together has moderate and high level of psychosocial competence. It seems that psychosocial competence has a relationship between their parental relationship quality. To a certain extent, it was supported by a study done by ASPE research study. In that study, it was revealed that enhanced relationship between spouses will be beneficial for the development of adolescents and youth.(ASPE, 2009). There was no correlation between any of the demographic variables with psychosocial competence.

Limitations of the study

The sample drawn only from Trivandrum districts also limits the scope of the study. In the present study sample belonging mainly to the religious institution of boys. Further studies may be conducted using more variables to collaborate the findings of the study. Another study analyzing the psychosocial competency development among adolescents from the middle and higher socio-economic status can be done separately. More advanced statistical techniques can also be used for analysis.

VI. CONCLUSION

The study concludes that Institutionalized adolescents have moderate level of psychosocial competence. In that, cognitive competence was in low level and emotional, motivational, social and self competence were in moderate and high level. The socio demographic variables such as age, residing years, educational qualification of parents, relationship of parents and type of family has a relationship with psychosocial competence.

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