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# **A study to analyze the emotional stability of adolescents in shelter homes in Prayagraj District**

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**Abstract**---Emotional stability is the capacity to maintain once emotional balance under stressful circumstances. Present study is an attempt to know the emotional stability of the respondents in the shelter homes of Prayagraj district. Purposive random sampling was used to collect the data for the study sample. Total sample 60 were analyzed out of which 30 children were boys and 30 girls of two different shelter homes of Prayagraj district. The data collection was made through the help of self-made questions and through which all the democracy profile of children were recorded. The tool which was used for the interpretation of data for the research was the emotional stability test by Dr. A Sen Gupta and Dr. A K Singh. The result reveals that maximum number of respondents have moderate emotional stability which is 58.3% and only 36.6% respondents had high emotional stability. Majority of boys and girls have moderate emotional stability which was 60%.

**Keywords**---Emotional stability, Children Shelter home, Significant difference.

## **Introduction**

World Health Organization statistics reveal that the prevalence of disabling mental illnesses among children and adolescence attending health care centres range between 20-30% in urban areas and 13-18% in rural areas. More than 3 million people each year experience homelessness which includes 1.3 million children. Adolescence is a period of great change. There is a more than one way to get rise the changes of adolescence represent a step-up to adulthood. Hormone levels, cognitive ability, and social experiences all shift during adolescents from childhood to adulthood. There are many changes which takes place while entering into adolescence which have significant implications for emotions during this period. There are many developmental mistakes pressed during this age such as

development of formal operational thought. The hormonal and other psychological changes of puberty, changing in identity, structures, height and peer orientation. Multiple silent life events and a shift in social demands and expectations triggered by emergency into adolescence in order to classify the issues related to development of emotions. Research has differentiated among various aspects of emotional phenomena, including emotional status, emotional experience and emotional expressions. Study showed that the emotional and behavioural problems were more common in girls than boys (26.31% in agree with the well-established phenomenon that externalising problems are commoner in the boys and the internalising problems occurs more in the girls. Similarly, the prevalence of different disorders in our in the community.

**Emotional states:** Involving the specific psychological changes and consequent changes in behavior which occurs in response to a particular stimulus.

**Emotional experiences:** It is an individual's interpretation and evaluation of their emotional state and their behavior. Emotional experience requires a concept of self-assessment because by experiencing an emotion we had been able to make deference to the self-emotional state.

**Emotional expressions:** Emotional expressions are the potentially observable changes in face, voice, body and activity level which occur in response to emotional states and experience of emotional states and experience emotional care. Abhishek Saraswat and Sayeed Unisa (2017) conducted a study into two orphanages home of New Delhi India during August-December 2017 in order to understand living conditions, education, nutrition and wellbeing of orphan children for this paper. They limited their study to psychological wellbeing of orphan's children and various coping mechanisms adopted by them. 15 children were 0-10 and 11-18 years. We were randomly selected for in deep interviews. Results reveals that psychological determinant among children. Majority of children for parents and long for love and affection about from low self-confidence and no purpose of life. long term bereavement head resulted in depression and anxiety issues among these children trying to forget parents. Avoiding crowded play places making new friends and finding their family among inmates of orphanage, where the coping mechanism adopted by Orphan children given the raising number of orphan children in the country. The study signified that positive relationship with careers and peers are important for enrich development and healing of children's mind.

### **Shelter homes**

Are child care institutions recognized under the Juvenile care and protection of children (act 2015) for providing care and protection to children who are in need of such services. The state government establish and maintain orphanage homes in every district or group of districts either by itself or through voluntary or non-governmental organizations. Children's homes which shall be registered as such for the placement of children for need of care and protection. The shelter home is the place which purpose is the restoration and protection of a child deprived of his family environment temporarily or permanently.

In India the shelter homes are categorized into 3 categories as per the age groups and gender.

Types of homes	Age	Gender
child shelter homes	0 to 10	both boys and girls
boys shelter home	11 to 18	Boys
girls shelter home	it 11 to 18	Girls

**Objective of the study:** To study the level of emotional stability among the children of shelter homes.

**Tahsil Murad (2016)** research studies describe the impact of adult ego state and emotional stability of 36 adolescents' students with 36 in a control group of a training program based on transactional analysis concepts run in the school.

### **Methods and Materials**

For successful study scientific methodology is necessary. Researcher studied to analyze the emotional stability of children in shelter homes will be selected and used in a distinct way of describing and quantifying the data. An empirical and descriptive Research design has been followed to conduct the study. Empirical studies are the collection and analysis of primary data based on direct observation or experiences in the field. The present study was conducted in Prayagraj district. Purposive random sampling was used to collect the data for the study consisting of 60 children. An equal number of boys and girls of different shelter homes as mentioned in the location of the study, sample size was 60. Self-made questionnaire was used to collect the general information from the recent girl children for shelter homes. General information comprises of socio demographic profile of children such as a gender education, family type etc. Emotional stability scale 1994 was developed by a Dr. A K Sen Gupta and Dr. A K Singh for children of shelter homes were used to access the level of emotional stability that test has been found to be reliable and valid.

## Result and Discussion

Table 1: Level of emotional stability among adolescent children of shelter homes

S N	Emotional Stability Level	Boys N=30		Girls N=30		Total N=60	
		F	%	F	%	F	%
1	High	5	16.7	11	36.7	16	26.7
2	Moderate	19	63.3	16	53.3	35	58.3
3	Low	6	20	3	10	9	15
Total		30	100	30	100	61	100

The above table shows the majority of children have moderate 58.3% emotional stability in out of which the majority were boys which was 63.3% than girls 53.3%. 26.7% of children have high emotional stability in which the majority were girls 36.7% than boys 16.7%. 15% children have low emotional stability and out of which the majority were boys 20% than girls 10%.

### Table 2 Difference Between Selected Variables with Emotional Stability Among Children of Shelter Homes

Table 2.1 Categorization of Children According to the Age with Emotional Stability

Sn	Age in Years	N	Level of Emotional Stability						N	Level of Emotional Stability					
			Boys N= 30							Girls N=30					
			High		Moderate		Low			High		Moderate		Low	
			F	%	F	%	F	%		F	%	F	%	F	%
1	11-14	6	2	6.7	3	10	11	3.3	13	6	20	5	16.7	2	6.7
2	15 - 18	24	6	20	11	36.7	7	23.3	17	4	3.3	9	30	4	13.3

## Summary and Conclusion

The present study titled a study to analyze the emotional stability of adolescence in shelter homes has been investigated with the objective to study about the level of emotional stability among the children of shelter homes. Shelter homes of Prayagraj district comprise of 30 boys and 30 girls between the age group of 11 to 14 years and 15 to 18 years from each shelter homes have been selected for the purpose of data collection. Maximum number of respondents have moderate

emotional stability that is 58.3% and only 36.7 majority of boys and girls have moderate emotional stability that is 63.3% and 53.3% respectively.

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