

Phenomenology Study: Psychosocial Experiences of Adolescents Living in Orphanages

Luri Mekeama

Student, Magister of Nursing, Faculty of Nursing, Andalas University Padang, West Sumatera, Indonesia

Meri Neherta

Lecturer of Master of Nursing Nursing, Andalas University Padang West Sumatera, Indonesia

Feri Fernandes

Lecturer of Master of Nursing, Nursing, Andalas University, Padang, West Sumatera, Indonesia

Abstract:- Teenagers who live in orphanages come from families that have problems including because parents who have died become orphans, orphans or come from poor families so that teens must be entrusted to the orphanage to get welfare. In adolescent orphanages need support from various parties, especially psychosocial support because psychosocial is a factor of identity formation, emotional maturity and social adaptation. This research uses qualitative method with phenomenological approach. Data were obtained by in-depth interviews toward 7 participants and it's analyzed using 'Colaizzi'. The results of this study identified eight themes psychological response of teenagers during stay at orphanage, their activities in orphanages, social problems at orphanages, coping mechanism during their stay in orphanage, violations and sanctions in orphanages, form of support received in orphanage, teenagers' expectations toward orphanage, teenagers' self-identity in orphanage. The conclusion of this research is that orphanages as a place of substitute service for parents must improve the quality of care and provide social support so that the psychosocial problems of adolescents in orphanages can be minimized.

Keywords:- Experiences, Psychosocial, and Orphanage Teenagers.

I. INTRODUCTION

Adolescence is a period of transition from children to adults (Widia, 2015). This period lasts between 10 and 19 years (WHO, 2014). At this time, individuals will experience biological, psychological, social, emotional, and changes in physical appearance (Santrock, 2012). The process of change in adolescents is important in its ability to achieve developmental tasks. According to Erikson's Theory of developmental tasks in adolescence is its ability to achieve self-identity (Damayanti, 2015). Self identity is a major factor in psychosocial development and emotional maturity (Pellerone et al, 2015). Failure to achieve identity will have an impact on development deviations called identity confusion.

Erikson's theory says that confusion of identity can occur due to psychosocial conflicts. Yendork's (2014) study found that psychosocial conflict in adolescents was due to socio-economic factors of poor parents, loss of parents due to death, family conflicts such as divorce, experiences of violence, abuse, and lack of attention. This can trigger

discomfort in life, to vent it to children with less physical and psychological needs, children get less attention and affection so neglect children (Santoso, 2015). The impact of neglecting a child can cause a child's psychological disturbance, where the child feels depressed, insecure and mentally and physically abused. (Wibowo, 2012).

Data from the Ministry of Social Affairs of the Republic of Indonesia in 2014, about 248 inhabitants of Indonesia, there are 5.4 million neglected children, while in 2015, around 250 million Indonesians, as many as 84 million were displaced under the age of 18 (Ministry of Social Affairs 2015). The data, seen every year has increased the number of neglected children, especially in adolescence. These children must be protected. This is in accordance with Republic of Indonesia Law no. 35 article 20 of 2014, concerning child protection states that the state, government and society are obliged and responsible for the implementation of protection for neglected children by establishing an institution called orphanage (Kemenkumham, 2014). Orphanage is a social welfare institution for abandoned children by carrying out assistance and alleviation of neglected children, providing replacement services for parents / guardians in meeting their physical, mental and social needs. (Ministry of Social Affairs, 2015).

Based on data from the Ministry of Social Affairs of the Republic of Indonesia, there are currently 8,000 orphanages in Indonesia, and around 5846 are children's orphanages (Teja, 2014). Jambi is one of the provinces in Indonesia. Data from the Department of Social Workforce and Transmigration of Jambi Province, in 2016 there were 13 orphanages in Jambi City with a total of 435 foster children (Dinsos Jambi Province, 2016). Of the 13 orphanages scattered in the city of Jambi, the Muhammadiyah Aisyiyah orphanage in Jambi City was an organization that contributed to organizing orphanages that cared for the most children. The number of children cared for as many as 90 people and all included in the category of adolescents, consisting of 50 girls and 40 boys. (Social Affairs of Jambi Province, 2016). Muhammadiyah Aisyiyah Orphanage Jambi City is a private orphanage that is subsidized and under the supervision of the social services of Jambi City.

Children who enter the Muhammadiyah Aisyiyah orphanage in the city of Jambi come from underprivileged families or the Dua'fa, orphans, orphans and orphans. Orphanages help in meeting daily needs, education, mental,

moral and spiritual support. During their stay in an orphanage, adolescents will experience a variety of experiences, one of which is psychosocial experience which is an important factor in the development of adolescents. Psychosocial is a condition that occurs in individuals covering psycho and social aspects. Psycho refers to the psychological aspects of the individual (thoughts, feelings and behavior), while social refers to the external relations of individuals with other people in their environment (Aunalal, 2013).

II. METHOD

This research uses qualitative research method with phenomenology study approach. The data were obtained by in-depth interviews of seven adolescent participants living in Muhamadiyah Aisyiyah orphanage in Jambi City with the participant criteria of 12-20 year old teenagers, adolescents

able to communicate well, adolescents willing to be participants and adolescents are not being permitted out of orphanage. The results of the interviews were analyzed using the Collaizi method. The ethical test was conducted by the Research Ethics Committee of the Faculty of Medicine of Andalas University to obtain information passing the ethical research test.

III. RESULTS

Participants in this study came from adolescents from the Muhammadiyah Aisyiyah orphanage in Jambi City, where the participants were registered as orphanages. The characteristics of participants can be seen in the table below:

No	initials	Age	Education	gender	status	long stay in the home
1.	P1. D	19 th	Vocational School	man	the poor	5 th
2.	P2. S	17 th	Vocational School	women	the poor	5 th
3.	P3. R	12 th	Junior high school	women	strays	1 th
4.	P4. L	13 th	Junior high school	women	orphaned	2 th
5.	P5. A	17 th	Vocational School	man	the poor	4 th
6.	P6. C	16 th	Vocational School	women	the poor	1,5 th
7.	P7. D	15 th	Junior high school	man	orphan	1 th

Table 1

➤ Theme Identification

Based on the results of the study, eight main themes were found, namely: Psychological responses of adolescents while living in orphanages, activities of teenagers in orphanages, social problems in orphanages, coping mechanisms used by adolescents while living in orphanages, violations and sanctions in orphanages, forms of support received by adolescents during their stay in orphanages, teenagers' hopes for orphanages, adolescents' identities while living in orphanages. The process of forming themes from categories and sub-themes will be explained in the table below:

➤ The Psychological Response of Adolescents While Living in an Orphanage

The psychological response of adolescents during their stay in orphanages is related to thoughts, feelings and behavior.

➤ The Feeling of a Teenager Living in an Orphanage

The feeling of adolescents during their stay in an orphanage is that teenagers feel happy because they can gather and share with each other friends who share the same fate so that a sense of kinship arises between them. Teenagers also feel anxious and afraid because at a young age and desperately need assistance, parents must live separately from their parents and family. Affection, attention and lack of security that were obtained during childhood will affect the process of finding self and self-development of adolescents. The participants also felt sad because they missed their parents and were sad because their parents had died. Participants whose parents are still

there will feel longing while living in an orphanage but the longing that they feel will change disappointed if the parents never visit the participants while in the orphanage. This statement was conveyed by several participants

"My parents never came to the orphanage, they were disappointed."

From the statement above, it can be seen that the presence of parents even if only visiting is a source of positive psychological strength to survive and is a separate happiness for adolescents because they feel noticed and acknowledged, even though children are entrusted to appropriate orphanages parents still pay attention to the principles of nurturing, compassion and foster care because the process is a basic need for child development to grow optimally both physically and psychologically. Participants in the orphanage also felt inferior and irritated with their peers because some participants felt that their friends mocked their status as orphanages so that sometimes they made teenagers lack confidence. Mockings made by peers can create a poor perception for teens in orphanages.

➤ Teenage Minds While in an Orphanage

During their stay in an orphanage, teenagers are very much looking forward to the presence of parents, because teenagers think if parents never visit means they are not loved by parents. Adolescents stated that while living in an orphanage, parents rarely visit or there are some teenagers who have never received a visit from their parents or family.

"As long as I am being cared for, my mother never comes, moreover every time there is an event at the orphanage, when I am invited by a two person I never come, sometimes I think my parents don't love me anymore"

According to Rifai (2015) The role of parents for adolescents in passing on developmental tasks is very important, the presence of parents and the fulfillment of needs and acceptance from the family can make someone feel that they are desirable, loved, valued, and accepted so that they can respect themselves. Feeling safe, and the love received from the family can lead to the formation of good self-acceptance.

Participants at the orphanage thought their friends mocked their status as orphanage children so that sometimes teenagers lack confidence. Mockings made by peers can create a poor perception for teens in orphanages.

➤ *The Behavior of Adolescents While in an Orphanage*

The behavior of adolescents while living in an orphanage is to be accepting and grateful while living in an orphanage. The participants thanked the orphanage who were willing to take care of themselves, provided proper education, fulfilled their daily needs so that participants in the nursing care felt protected from the adverse influences that came from the outside environment. Activities of teenagers in orphanages

Activities carried out by adolescents who live in orphanages consist of various activities, namely daily activities in orphanages, religious activities, sports activities, and artistic activities. The daily activities at the orphanage consist of eating, bathing, schooling, studying, watching TV, and taking turns picking and picking up according to the schedule that has been made by influence. Pickets that are carried out are cleaning pickets, namely sweeping the orphanage, sweeping the dormitory and disposing of garbage. Religious activities consist of reciting, praying, lecturing, sports activities consisting of foot soccer, volleyball and holy sites. According to some teens with exercise can relieve stress when longing for parents, stress because there are problems with peers and with exercise the body becomes healthy. Art activities consist of making handicrafts. Activities carried out at orphanages are adjusted according to the school's youth schedule, usually after school

➤ *Social Problems in Orphanages*

Social problems of adolescents in orphanages consist of problems with peers and problems with caregivers.

➤ *Problems with Peers*

Social problems that occur with peers because of school assignments, participation doing kitchen tasks together, because friends talk harshly, and mock each other. At a juvenile orphanage they live together with their peers and have the same fate of being entrusted by parents and family to get a decent life, with these conditions peers are the closest people, their closeness and daily

togetherness certainly has risks problems occur because they are in accordance with the stage of psychosocial development of adolescents, namely adolescents in the stage of seeking identity. According to Stuart (2016), during the search for identity there were behavioral changes seen in adolescents, less stable emotional responses such as mood swings and emotional outbursts. With these conditions, teenagers have a risk of having problems with their peers. But peers are also very much needed for academic development, social functions, and psychological for children and adolescents (Oberle, 2011)

➤ *Problems with Caregivers*

According to participants the problem he felt to nursing staff was the tendency of participants to feel irritated because caregivers spoke harshly and felt discriminated because caregivers were not fair in giving punishment.

According to Wahyuningrum (2012). Caregivers are a substitute for parents who are in charge of supervising or meeting the physical and psychological needs of children. But in reality not all care in orphanages can meet those needs especially psychological needs. This happens because the number of caregivers who act as parents is not proportional to the number of foster children. The number of family members is large and has no blood relations will have an impact on the quality of attention will be reduced because of the many children that must be considered

According to the orphanage service standards issued by the Ministry of Law and Human Rights 2014 regarding the obligations and responsibilities of caregiving, caregivers must seek closeness with their children so that they can talk openly about their personal problems. So that it is expected that parenting standards in the orphanage refer to the Indonesian republic law No.35 issued by the Ministry of Law and Human Rights in 2014.

➤ *Coping Mechanism used by Adolescents who Live in Orphanages*

In overcoming psychosocial problems in orphanages two coping mechanisms were used by participants during their stay in orphanages, namely adaptive coping mechanisms and maladaptive coping mechanisms. Adaptive coping mechanism is done by teenagers by gathering with friends, talking to family, doing worship, sleeping, writing diary and crying. The maladaptive coping mechanism used by adolescents in dealing with the problem is hitting the wall and hitting friends. According to Stuart (2013), coping mechanisms arise because of the response of stimulus that emerges from the environment as an effort made in managing stress that can be constructive or destructive.

➤ *Violations and Sanctions in Orphanages*

Violations and sanctions in orphanages carried out by teenagers in the form of not carrying out cleaning pickets, not praying in congregation in the mosque, going out, smoking, going out of the time limit specified and leaving without permission. The form of sanction given by the

nursing home related to the violation that has been done is to be given a reprimand, pay a friend if it is not picket and issued if it does not want to be fostered again.

Violations committed by adolescents are solely teenagers who are passing through a psychosocial development process that is seeking identity. In this stage of identity search, supervision and attention are needed and the approach of caregivers to adolescents so that adolescents do not fall into juvenile delinquency problems. Sanctions given by the orphanage are solely to provide supervision and deterrent effects so that adolescents in orphanages have good discipline. In giving sanctions to adolescents who live in orphanages, the organizers must refer to the law Number: 30 / huk / 2011 concerning National standards for childcare for child social welfare institutions (Ministry of Social Affairs, 2011). Where orphanages must understand that enforcement of rules and discipline, including how the discipline is enforced, is an effort to support positive behavior and respect for others. Orphanages must prohibit all forms of behavior or punishments that are embarrassing or demeaning to children, and give strict sanctions to administrators, staff, or carers who are proven to have committed behavior or punishments that are not in accordance with the law.

➤ *Form of Social Support Received by Teenagers in Orphanages*

In the study, it was found that while living in an orphanage the youth received social support from various parties, namely from parents, caregivers and administrators. Social support received by adolescents in orphanages consists of supporting information in the form of advice, advice and guidance. Emotional support in the form of attention and motivation. Instrumental support consists of donors, financial assistance, operational cars, communication tools. Award support in the form of giving permission to teenagers to take extracurricular activities outside the orphanage.

Social support is needed for teens because social support is the most important need for recognition, attention and affection, especially for children who live in orphanages. If these needs are not met, it will cause adolescents to experience obstacles in the development task, whereas if psychological needs are met, it will affect their psychological well-being and bring success in the development of adolescents.

➤ *The Hopes of Teenagers towards Orphanages*

Adolescents have hope for orphanages, namely improvements in facilities and increased care. In this study identified the desire of adolescents to orphanages is the procurement of computers because computers are very necessary when there are tasks from schools, sports facilities added, renovation of men's dormitories, some teenagers want a dormitory form made like boarding houses.

Expectations for caregivers to further improve care and give attention and help provide solutions when there

are problems. The participants also hoped that the rules at the orphanage in tight again so that discipline could be created because according to some participants there were still friends who were littering so that the orphanage's environment especially in men's dormitories looked less clean and saw rubbish piled up in front of the orphanage yard.

➤ *Self-Identity of Teenagers in Orphanages*

In identifying the identity of adolescents in orphanages there are two sub-themes, namely self-assessment in the category of perceptions of identity and self-view. Sub themes 2 plan for the future with categories of ideals. In this study the participants were able to assess themselves, seen participants had been able to see or judge themselves according to gender, and most participants had been able to make decisions for their lives according to their ideals. Participants have also been able to make future plans, along with a strong desire to complete their education.

IV. CONCLUSIONS

Strong emotional support from the family such as attention, affection, presence in the form of a parent's visit and waiting for news stories from the village because then they gain the inner strength that makes them able to survive in the orphanage, feel in appreciation and their existence is recognized by the family so that they do not experience the anxiety and confusion in determining the way of life for their future.

For the orphanage in this case the caregiver, the adolescent has the expectation of getting individual attention from the caregiver, can meet the caregiver if it needs support when facing a problem or just want to talk personally. Teenagers also hope that the caregiver must be in accordance with the child in foster for example teenage daughter cared for by the nanny and vice versa also young men raised by the male nanny, because in this case the caregiver of teenage girls male gender although the caregiver already married, but young women feel reluctant to meet caregivers when they need discussion, ask for support and solutions to problem solving if the caregiver is different gender. Teenagers also expect caregivers to be fair in punishment because some teenagers feel lack of justice in terms of punishment.

RECOMMENDATIONS

For caregivers take the initiative to approach teenagers to provide support, motivation, attention, counseling so that the establishment of relationships of mutual trust, kinship, and mutual respect. Assume the residents of the orphanage as a large family of orphanages that need protection both physically, psikologis so that adolescents feel comfortable living in orphanages and psychosocial problems can be minimized. For further research is suggested especially nursing specialist soul in order to give generalist therapy or specialist for psychosocial problem which found.

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