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## The psychology of a child who grew up in an orphanage

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**Abstract:** The research talk about The psychology of a child who grew up in an orphanage without the love and support of their families. In the first, the research defined the orphan child and how they come to the orphanage, this research helps answer the question, "What is reasons for placement in orphanage?". This research provided the child's right to family life and explain how much a family life is important for these orphan children. Also, the research provide strengthening family care and preventing placement in orphanages, which could help them in providing family care instead of just sending them to the orphanages. In addition to, it explain psychological factors impact, the orphans who grow up in orphanages are more likely to suffer from the various issues, which include poor health and underdevelopment. Indeed, the research provide many risks being involved with the lives of these orphans in the orphanage institutions. Then it explore risks of institutional care on later life. In conclusion, the research explain that it is difficult to generalizations about what is best for orphans, because there are good and bad models of both orphanages and family homes.

**Keywords:** Psychology, orphan, Orphanage, child, Family, Care.

### Introduction

Millions of children in today's world are living in orphanages without the love and support of their families. According to the United Nations Children's Fund (UNICEF), about 8 million children are spending their lives in orphanage institutions. Family life plays an important role in psychological and behavioral development of the children. Research has proven that, these children suffer diverse problems in their psychological growth because of the lack of family environment (McKenzie, 1999). In addition, there is another research has proven that the orphanage to be a bad environment for these children because these institutions hinder their emotional stability and growth (Kevin, 2009). Orphanages are not able to compete with the outer world in social and emotional context. As observed by McKenzie (1999), children who are being present in these orphanages at a comparatively young age, this however affects their entire life span, thus making their lives much difficult as compared to other children. While children who grew up in the orphanages receive clothing, food, education, and shelter; however, the orphanages effects on children's psychological growth.

### **Definition of the child who grew up in an orphanage**

There are various definitions being available regarding the term orphan child. According to Groza (n.d.), orphans are those children whose parents have died, but still they have a family support. They are able to live in their homes because either they are independent, or they have the family support of other relatives. In other cases, those children whose parents have left them intentionally in these orphan institutions because either their parents are not able to support them financially or these children who unknown parents are considered an orphan. Such children are mostly found in those cases, which are infants and are newborns. In addition to, there are other orphans are well who belong to the middle or upper family, but after the death of their parents, they are sent to orphanages by their relatives.

### **Reasons for Placement in Orphanage**

There are a number of reasons, which are being formed as the basis for the placement of these orphans in the orphanages. First, is the aspect of providing the necessities of life like food, shelter, and clothing. If these children are not to be placed in these orphanages then, their lives would have been even more challenging and depressing. Otherwise, they would either end up begging on roads or indulge in other sinful and criminal acts. There are some mafia groups use these children as a source of crime, and make these children beg on roads and ask them to do criminal acts like stealing and so on. They could also end up in the human trafficking trade. Therefore, keeping this aspect in mind, it is way better to place their children in the orphanages where they can at least get the security of having a shelter at their heads along with provision of basic necessities of life like shelter and food. The other reason is based on the provision of education. These orphanages also provide education, which could help these children to have the strength in life on the basis of education. According to Nalven (n.d.), if these children are not being placed in the orphanages then this will eventually result in having an ill-literate life. They will not be even having any basic knowledge and education, which could make their future dark.

Another reason is based on the further security of their lives in a way that these orphanages even provide couples who want to adopt children because of various reasons. Thus, this will even result in making the lives of these families, and the children pleasant, secure, and bright

### **The child's right to family life**

Previous research has examined orphans, which show that how these children are found to be deprived of their social grooming because of the lack of security, which one gets from the family system. There is a need of proper counseling for these children because they need to cope up with the new environment. The orphans have the right to family life because of a number of reasons: first because of the fact that most of

these orphan children; however, end up angry on the death of their parents because they get so much psychologically disturbed. Research has confirmed that the role of the family and relatives in the care of their orphaned relatives before others take care of them because the relatives are better than other (Al-Jarjawi, 2010). They do not consider this issue, and incident as part of their destiny but instead they blame their parents' death as the cause of all the issues they get in their lives (Schorr, 1997).

However, according to a study by Kamel, (1994), shows that how much a family life is important for these orphan children because these children are not provided with a family life. Then they will eventually end up in hating the parents' concept. Also, the family living environment, which will eventually result in making their emotional life instable along with the disturbance in psychological growth.

One solution, which could help these orphan children, is based on the adoption method. According to Glennen (n.d.), there are many couples out there who are not able to produce children, and thus they look for the adoption choice in order to have their family complete. Such couples should be provided children from these authenticated orphan institutions because in this way the future of these children would be secured, and an incomplete family would also be completed. There are many such steps and initiatives, which could be taken in order to provide their children their right to family life like Adoption is a person assumes the parenting of another, usually a child. Also, there is family friendly system which is help children's developmental need for family time and for the love, care and support provided at home.

### **Strengthening Family Care and Preventing Placement in Orphanages**

There is a need to make these children and their lives better by use of various strategies, which could help them in providing family care instead of just sending them to the orphanages. Assuming that this is the best, which could be done for these children who are orphans. The family care could be provided to these children by providing them with an environment where they are being nurtured and groomed just like the way a normal child is done in his family environment. As observed by Schorr (1997), it has been seen that when these orphans are not provided with an effective environment in these orphanages then they end up in being violent in nature out of depression. They will start hurting themselves and other people around them. Therefore, having a family care would help them in maintaining a level of care and protection towards their mental capabilities as well. In addition, they will be able to grow in a family like environment, and where they will be able to know what is right in life and what is not. According to Morcan (2011), family bonding is very important in children life. Parents should build family bonding in early because it will increase the chances of success by thinking about what the children need. All children have some basic needs, and they want that should be met as a precursor to a great relationship. However, left in a state of emotional loss is affecting their

psychological development because the children are moved from middle class standard of life towards the lower standard of life in these orphanages.

Therefore, by providing the strengthened Family Care, these children would have their secure family environment. According to Nalven (n.d.), children need family care because they would get the required development by being in an environment where they could prosper and feel as if they are in a family environment. There are also cases where the children are not being able to cope with the environmental change in the orphanages, and thus this result in affecting their psychological grooming and building. On the other hand, if they would be provided a family like environment then the feeling of loss and not being able to adjust in the changed environment would be resolved. The most important aspect, which could be settled by the use of Family Care, is emotional and economic stability and development.

### **Psychological Factors Impact**

The orphans who grow up in orphanages are more likely to suffer from the various issues, which include poor health and underdevelopment. It is referred to their physical development, and this is all because of their lack of grooming and development in terms of physical, emotional, mental, and spiritual development. According to Durham (2009), the children should be encouraged to stay with their families or extended families in certain unavoidable instances. That will help them to develop normally without any problems in physical, emotional, mental, and spiritual development.

Another impact, which is posed on them, is in terms of brain, which is deteriorated because of which they are not able to perform well in their studies. In addition, their thinking capabilities are impacted on a larger scale. According to a study by Kamel, (1994), there are differences in statistical significance in growth mental and social development and educational attainment for children of natural families.

In addition to, the most threatening aspect is the sexual abuse cases to these children. Research has proven that, the most threatening aspect is the sexual abuse cases to which these children are subjected to as being in these orphanages (Szalavitz, 2012). It is very hard to children to be in this kind of orphanages that not provided with the desired respect, security and protection in this environment. Sexually abused children are indeed the most depressed one because of the negative impacts being imposed on them by the use of the environment, and then because of the lack of care. Research has proven that, these psychological problems increase with the passage of time because of encountering such incidents in their lives. In addition, it gets worse with the time until or unless they are provided with the required proper counseling (Nambi & Sengendo, 1997).

However, these orphans are able to have the basic necessities of life from orphanages like education, food, shelter, and clothing, but on the same side; it has the greatest negative impact on their psychological and

behavioral development. That will make their lives different as compared to the other normal children belonging from normal family systems. The researchers have also shown that, these impacts, which are posed on their children, are found to be permanent in their lives, and thus they live their entire life with these burdens on their souls indeed.

### **The harm done by orphanages:**

#### **The physical, emotional, and psychological harm**

Indeed, there are many risks being involved with the lives of these orphans in the orphanage institutions. According to Reston (2011), the young children who come to these orphanages have negative impacts on their lives in a permanent. They are not able to have an interest in life anymore because of the hardships, and the lack of life blessings they have encountered since they were children. The thinking of these children molds in a way that they start believing that these children have limited thinking capabilities, and they have limited opportunities in life with limited access to the outer world. This eventually results in losing their passion for life, and they are not interested in the worldly affairs anymore thus resulting in depression and anxiety disorder, thus causing severe effects on children's psychological on their psychological behaviors and attitudes. There are many cases, when these children make their bonds with the volunteers who come to these orphanages. The children spend a good time with them, but when they leave, they again get into more depressed situations. Thus, the feeling of losing the loved ones even gets more in them. This eventually results in hurting their emotional feelings over and over, thus making life much difficult for them.

According to Pappas (2012), there are many cases where the orphans are not able to grow physically because of the environment, which indeed has the greatest negative impact on the physical growth of the children. One reason is the poor health care, which these children receive in some orphanages. Then they are not being able to grow physically thus affecting their physical growth negatively. This is more common in case of girls because due to lack of awareness among them, they are not able to understand the physical changes occurring in them, thus resulting in wrong and unwanted results. The other case is also based on the issue of sexual and physical violence, which is faced equally by both the genders, which include male and female children both. These children are often subjected to sexual activities, which leave them in the state of shock and makes their lives even more threatening, depressing, and difficult. In addition, there are inner disputes and fights of the children in the orphanages as well which makes these children to suffer. Thus, in most cases it results in damages themselves in the physical form like breaking their legs or so on.

## **Studies that identifies the psychological effects of orphanage to children**

According to Zamora (2009), the Duke University studies 3,000-orphaned children in five Asian and African countries who were living in orphanages. The living and health conditions of these places were not very clean and hygienic. The director of the "Center for Health Policy" at the "Duke Global Health Institute" Kathryn Whetten, stated that "As the number of orphans continues to rise worldwide, it is vital not to discount orphanages before assessing whether they are harmful to the millions of children for whom they care." The research team has been following the 3,000-orphaned children and wants to study the impact on the children who have grown up in these orphan homes. However, the studies revealed that the orphanages and abandoned homes should be taken as the last resort.

Research has proven that, it is not the social changes that cause negative psychological result, but it is the inability to adapt to the social changes that have been created due to unavoidable circumstances (Szalavitz, 2012). When the children try adapting to the new changes without much counseling, they end up getting stressed, and this stress results into confusion, anxiety, depression, and behavioral disorders as well as disobedience. According to study by Alsaahly, A. (1424), showed that psychological reassurance increases the academic achievement of resident students. These children eventually fail to concentrate in class and lose their attention as well as interest towards their studies. Therefore, further failure from school and removal from their homes and families. Then the children leave with further aggravated psychological problems that may have a long-term effect on the minds and psychology of the children.

### **Risks of Institutional Care on Later Life**

According to Groza (n.d.), there is a huge difference found in the care, which is provided in the institutions, and the care, which is provided to the orphans in the Family Care. First, the differences come in terms of the environment. The environment of the institutions is more based on the environment of taking the orphans as part of a larger group as they are not given importance on the individual scale in person. On the other hand, in case of family care there is specific care being provided to each personnel. In addition, they are made to feel like as if they are part of the family, and are taken as a member of the family. Each orphan is counseled in a way that they think that they are siblings to each other, and the environment of family has been formed. In a case of institutional life, the perspective is totally different according to a study by Kamel, (1994), show that the environment does not cater the needs of each child that eventually result in making them weak in terms of psychological and mental development.

Secondly, there is also another perspective in which the children are affected in their future life when they are being cared in the institutions. Whenever they have to enter any professional career or the martial career, and then their background is being asked and because of the awareness among people regarding the

treatment, which is provided in these orphanage institutions. Then these orphans have to suffer various problems in terms of treatment, status, and attitude of people towards them. They have to face these issues of orphan labels in each field they enter. In addition, the children are affected in their future life because of the discrimination. They had to face inside the care of the orphanage as well as the issues they have to face when they proceed for their future life (Nalven .n.d.).

## **Conclusion**

In conclusion, the orphanages effects on children's psychological growth. It has been studies that the children who are admitted in the orphanages develop delays in terms of their emotional, language, social, and physical growth. Moreover, they are more prone to diseases and are not taken well care hence. Therefore, they get indulged in various psychological problems that they started facing at a very early age, and these psychological problems tend to become a part of their lives even in the long run.

On the other hand, there are some of the orphanages that are taking excellent care of orphaned and abandoned children. No one can pressure on children to move quickly out of orphanages because that could be endanger them by sending them back to abusive or neglectful families. In addition, these kind of orphanages are excellent place for the orphans who do not have the family.

Some countries have begun experimenting with programs in which extended families are paid to take in orphaned relatives to keep children with their families. These kind of programs are good solution to help the orphans live in family.

Finally, it is difficult to generalizations about what is best for orphans, because there are good and bad models of both orphanages and family homes. No one is saying children should not be in institutions; he/ she saying they are not necessarily a good option. Everyone need to look at it as a feasible option for communities that are overwhelmed.

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### سيكولوجية الطفل اليتيم الذي تربى في دار الأيتام

الملخص: يتناول المقال سيكولوجية الطفل الذي تربى في دار الأيتام بعيداً عن الجو الأسري، فتناول في مستهل البحث تعريف الطفل اليتيم ومن هم الأطفال الذين يلحقون بدار الأيتام، ثم تدرج البحث في الحديث عن الأسباب التي دعت إلى إيداع الطفل بدار الأيتام كتوفير الطعام والملابس والمأوى، وحق الطفل في الحياة الأسرية وإمكانية توفير رعاية أسرية للأطفال بدلاً من إرسالهم إلى دور الأيتام، و الآثار النفسية المترتبة على إقامة الطفل بدار الأيتام وكذلك الضرر الذي تسببه ملاجئ الأيتام كالضرر البدني والعاطفي والنفسي، وأيضاً تم تناول عدد من الدراسات التي تحدد الآثار النفسية للملاجئ على الأطفال. بعد ذلك تطرق البحث إلى مخاطر الرعاية المؤسسية في وقت لاحق من الحياة مثل سوء الصحة والتخلف والاعتداء الجنسي مما يسبب آثاراً نفسية عليهم، ثم اختتم البحث بذكر عدد من سلبيات وإيجابيات الإيداع بدار الأيتام في تربية الطفل اليتيم وأنه من الصعب التعميم على ما هو أفضل للأيتام ، إذ أن هناك نماذج جيدة وأخرى سيئة لكل من دور الأيتام وبيوت الأسرة.

الكلمات المفتاحية : سيكولوجية، يتيم، دار الايتام، طفل، أسرة، رعاية.