

Name of scholar : Nasir Ahmad Bhat
Name of Supervisor: Prof. M. Shafiq
Department : Psychology
Title of Thesis : Self-Efficacy, Resilience, Optimism, and Coping among Orphan
Adolescents of Kashmir

Abstract

The central theme of the current study was to understand the level of self-efficacy, resilience, optimism and the use of coping strategies among orphans victimized in the ongoing conflict of Kashmir, which pertains to the fact that these psychological constructs have a positive effect on the orphans' life, despite being exposed to conflict and traumatic situations which compromise their ability to function effectively. A different psychologist has pointed out that the availability of certain protective factors can mitigate the effect of being exposed to situations where the loss is likely. The main objective of the study was to find out how were the mindsets of those orphans who coped better with traumatic circumstances different from those who could not cope as well. This investigation would yield a better understanding of the different roles the two kinds of orphans played that differentiated them, while they struggled to achieve their desired outcomes. For this purpose the Kashmir valley's four districts were randomly selected, and the sample was taken from all orphanages in these districts, which were then subjected to purposive sampling to achieve the total sample size (N=300) comprising males and females using the Roger Saps fords method. The tools used included a socio-demographic profile sheet (SDPS) pertaining to Gender, Age, Educational level, Family Type, and Birth Order and in addition to this the information related to the nature of orphan hood. The General Self-Efficacy Scale (GSE) scale was used to measure a general sense of perceived self-efficacy to predict coping with daily hassles and all kinds of stressful life events and how these circumstances are being managed by one way or other was measured by The Resilience Scale, optimism was assessed by the Life-Oriented-Test-Revised (LOT-R), and finally reactions to stress were measured using Brief Coping Scale. The observed data obtained from the participants was analyzed by using SPSS-21 Software through

different statistical techniques for example descriptive (frequency distribution, Mean, SD) and inferential statistics (TWO-WAY-ANOVA with main effect and interaction effect) besides the mediating role of self-efficacy and optimism in explaining the relationship between predictor and outcome in identifying and test the formulated hypotheses. Results obtained with the help of Analysis of Variance showed a significant Main effect of Group (orphan and non-orphan) and Main effect of Age (13-15 and 16-18 years) on Self-efficacy, resilience along with dimensions, optimism and coping strategies. Mean score indicated that orphans achieved a higher score with respect to all the variables as compared to their non-orphan counterparts. A significant Interaction effect was found between Group and Age on Resilience which indicated that orphans of 13-15 years of age had a higher level of resilience when compared with orphans of 16-18 years of age. Further the indirect effect of self-efficacy and optimism i.e. mediating variables have transmitted some of the effects of the independent variable (coping strategies). Thus, the research findings obtained from the current study revealed that orphan adolescents attempted to overcome the life challenges and hold positive life expectations towards the future while living in the orphanage home, away from their family members. They perhaps had more self-efficacy along with resilience and personal competence besides acceptance of self and life which made them so psychologically strong that they scored high on both emotional and problem-focused coping strategies. This suggests that the expected non-dependency induced an inbuilt character of autonomy among them. The researcher acknowledges the limitations of the study by observing the findings which highlight a need to explore other factors which can have an immensely positive impact on the well-being of orphans. The study was purely based on positive psychological self-report constructs and the sample size was confined to conflict affected orphan children who were enrolled in school currently regular residing more than two years in an orphanage due to which a cautious generalization may be made.

Key Words: *Self-efficacy, Resilience, Optimism, Coping Strategies, and Institutional Orphan*