

# **Evaluation On Emotional Maturity and Social Adjustment of Institutionalised Children Under Need Care and Protection with Special Reference to West Bengal, India**

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## **Abstract:**

*Institutionalized children under need care and protection often face challenges in their emotional maturity and social adjustment due to the separation from family, deprivation of parental love and security, and a lack of stable, consistent relationships with caregivers. To foster better development, institutions should prioritize creating stable, supportive environments, promoting meaningful relationships with consistent caregivers who act as substitute parents, and providing guidance and counseling services to help children manage stress and develop healthy emotional and social skills. In this article, evaluation on emotional maturity and social adjustment of institutionalised children under need care and protection with special reference to West Bengal, India has been discussed.*

**Keywords:** *Emotional Maturity, Social Adjustment, Institutionalised Children, Need Care, Protection, West Bengal.*

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## **I. INTRODUCTION:**

Institutionalized children under need care and protection face disruptions in normal development due to separation from family and deprivation of parental care, impacting their emotional maturity and social adjustment. (Amin, M., Srivastava, A., & Patel, P., 2016) This introduction sets the stage for a study or discussion on how these factors, including abandonment and abuse, affect a child's ability to develop emotional understanding, control, and socially accepted behaviors, potentially leading to difficulties in relationships and self-worth. (Bhuyan, S., 2020)

Children represent the most vulnerable and valuable segment of society, and their holistic development is vital for the progress of any nation. However, a significant section of children in India and across the world live in difficult circumstances due to poverty, neglect, abuse, abandonment, or loss of parental care. (Kumar, M., 2018) Such children are often placed in institutional care under the provision of "need care and protection," as defined by the Juvenile Justice (Care and Protection of Children) Act, 2015. Institutions, though designed to provide safety, shelter, and basic necessities, cannot always fully substitute the warmth and emotional security of a family environment. (Mishra, S., 2018)

One of the crucial aspects of child development is emotional maturity, which refers to the capacity of an individual to understand, regulate, and express emotions in a socially acceptable manner. (Packiaselvi, P.P. & Malathi, V., 2017) Emotional maturity equips children to cope with stress, form healthy relationships, and develop resilience in the face of challenges. For institutionalised children, whose early lives may have been marked by trauma, instability, or deprivation, the journey toward emotional maturity often involves unique struggles. (Safri, T. & Vajpeyi, L., 2016) It closely linked with emotional maturity is social adjustment, which signifies the ability of individuals to adapt and integrate effectively within their social environment. Social adjustment encompasses interpersonal relations, conformity to social norms, and participation in group life. (Talukdar, R. R., & Barman, L., 2019) For institutionalised children, social adjustment becomes a key developmental task, as they must navigate the structured routines of institutional life while also preparing to reintegrate into broader society. (Upreti, R., & Sharma, S., 2018) Research has consistently highlighted that institutionalisation, while providing protection, may sometimes hinder the development of emotional and social competencies due to factors such as limited individual attention, lack of consistent caregivers, and restricted opportunities for independent decision-making. (Verma, L. et al., 2018) Therefore, understanding the levels of emotional maturity and social adjustment among institutionalised children is of great significance. The objective of the study was to evaluate the emotional maturity and social adjustment of institutionalised children under need of care and protection with special reference to West Bengal, India.

## II. RESEARCH METHODOLOGY:

**Study Area:** Two districts (North 24 Parganas & South 24 Parganas) were selected from the West Bengal state in India.

**Variables:**

Dependent Variables: Age, Gender, Religion, Parental status, Stay duration.

Independent Variables: Emotional Maturity, Social Adjustment.

**Research Design:** In this research, qualitative and quantitative research design has been used.

**Sources of Data:** In this research, primary and secondary data has been used.

**Sampling Plan:** In this research, simple random sampling has been used.

**Sample Size:** 300.

150 (Male) and 150 (Female).

*Now, for Male:*

Orphan children- 50

Children with single parent-50

Children with both parents-50

*Now, for Female:*

Orphan children- 50

Children with single parent-50

Children with both parents-50

**Methodology:**

I am well aware of my home state, i.e., West Bengal & convenient for me to collect my research data from two studied districts of West Bengal state. Furthermore, as per my knowledge, no work has been found to till date. So, I was chosen the research sample from West Bengal. At first, data were collected from the study areas where children staying in child care institutions. After clearing the research objectives, the structured questionnaires and 5 Point Likert Scale sheet were distributed in favor of the respondents. Sufficient time was given in favor of each respondent. Then, after collection of the sheets, these were preserved for further data analysis and interpretation.

**Research Tools:** Structured Questionnaires & 5 Point Likert Scale Sheet were used.

**Data Analysis and Interpretation:** In this research, bar charts were used.

**DATA ANALYSIS, INTERPRETATION, RESULTS AND DISCUSSION:**

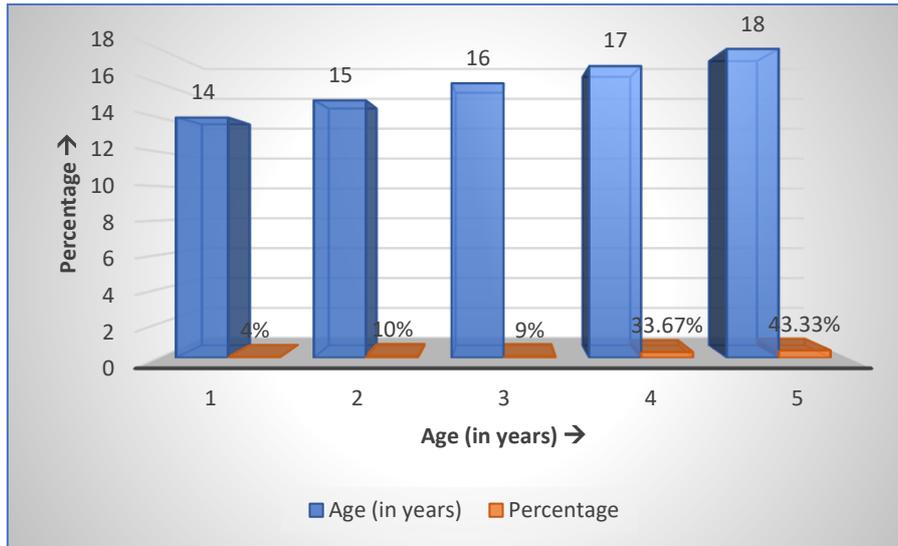
[Abbreviations: Orphan children (OC), Children with single parent (CSP), Children with both parents (CBP), Male (M), Female (F); Very Much- VM (5 points), Much-M (4 points), Undecided- U (3 points), Probably-P (2 points), Never-N (1 point)]

### I. SOCIO-DEMOGRAPHIC PROFILE- ANALYSIS, INTERPRETATION AND RESULTS:

**Table 1. Age:**

Age (in years)	Respondents	Percentage
14	12	4
15	30	10
16	27	9
17	101	33.67
18	130	43.33
<b>Total</b>	<b>300</b>	<b>100</b>

(Source: Primary Data, Survey)



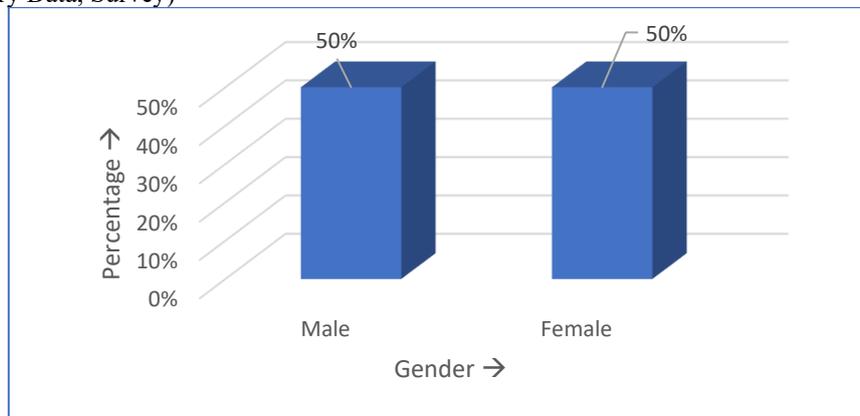
**Figure 1. Age (%)**

From the above table & figure, it was found that the age wise (in years) % of the respondents were 14 years: 4%, 15 years: 10%, 16 years: 9%, 17 years: 33.67% & 18 years: 43.33%.

**Table 2. Gender:**

Gender	Respondents	Percentage
Male	150	50
Female	150	50
<b>Total</b>	<b>300</b>	<b>100</b>

(Source: Primary Data, Survey)



**Figure 2. Gender (%)**

From the above table & figure, it was found that the % of Male respondents were 50% & Female respondents were 50%.

**II. SOCIAL ADJUSTMENT INVENTORY- ANALYSIS, INTERPRETATION AND RESULTS:**

**Table 3. Do you avoid meeting your classmates?**

OC	M	M %	F	F %	CSP	M	M %	F	F %	CBP	M	M %	F	F %
VM	12	24	8	16	VM	11	22	10	20	VM	13	26	14	28
M	26	52	24	48	M	19	38	18	36	M	22	44	17	34
U	2	4	5	10	U	1	2	3	6	U	8	16	4	8
P	3	6	4	8	P	12	24	11	22	P	5	10	10	20
N	7	14	9	18	N	7	14	8	16	N	2	4	5	10
<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>

(Source: Primary Data, Survey)

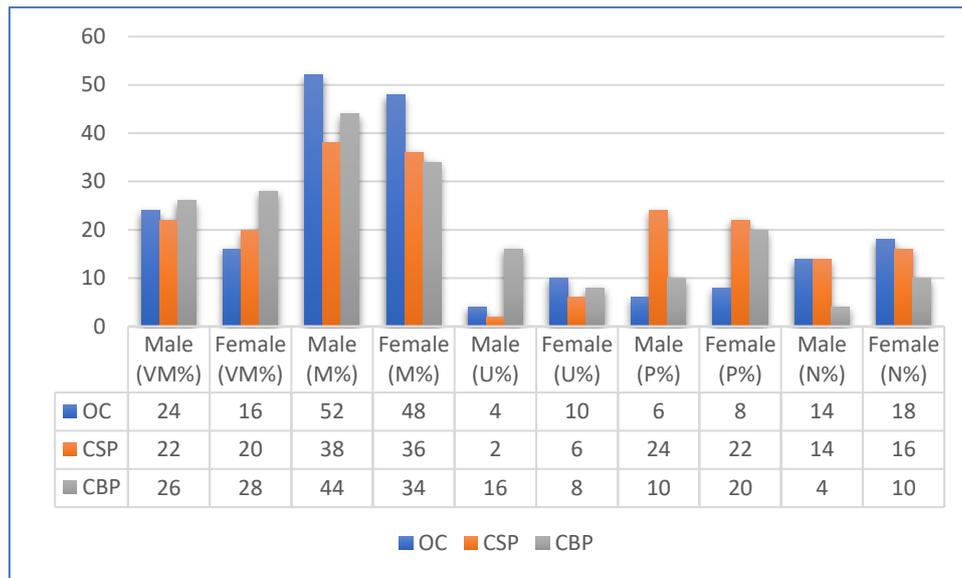


Figure 3. Do you avoid meeting your classmates? (%)

From the above table & figure, it was found that

For OC, the % of M respondents were VM: 24%, M: 52%, U: 4%, P: 6% & N: 14% and the F respondents were VM: 16%, M: 48%, U: 10%, P: 8% & N: 18%.

For CSP, the % of M respondents were VM: 22%, M: 38%, U: 2%, P: 24% & N: 14% and the F respondents were VM: 20%, M: 36%, U: 6%, P: 22% & N: 16%.

For CBP, the % of M respondents were VM: 26%, M: 44%, U: 16%, P: 10% & N: 4% and the F respondents were VM: 28%, M: 34%, U: 8%, P: 20% & N: 10%.

Table 4. Do you forget soon what you have read?

OC	M	M %	F	F %	CSP	M	M %	F	F %	CBP	M	M %	F	F %
VM	13	26	9	18	VM	11	22	14	28	VM	9	18	11	22
M	20	40	16	32	M	17	34	16	32	M	22	44	18	36
U	7	14	4	8	U	2	4	6	12	U	3	6	6	12
P	8	16	11	22	P	15	30	10	20	P	10	20	12	24
N	2	4	10	20	N	5	10	4	8	N	6	12	3	6
<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>

(Source: Primary Data, Survey)

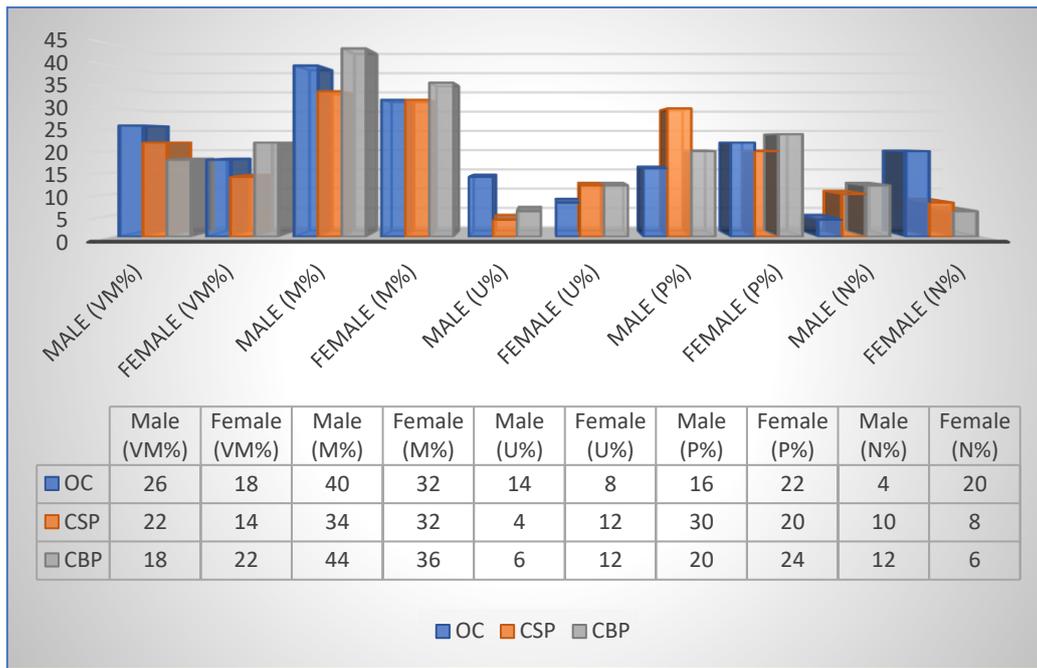


Figure 4. Do you forget soon what you have read? (%)

From the above table & figure, it was found that

For OC, the % of M respondents were VM: 26%, M: 40%, U: 14%, P: 16% & N: 4% and the F respondents were VM: 18%, M: 32%, U: 8%, P: 22% & N: 20%.

For CSP, the % of M respondents were VM: 22%, M: 34%, U: 4%, P: 30% & N: 10% and the F respondents were VM: 28%, M: 32%, U: 12%, P: 20% & N: 8%.

For CBP, the % of M respondents were VM: 18%, M: 44%, U: 6%, P: 20% & N: 12% and the F respondents were VM: 22%, M: 36%, U: 12%, P: 24% & N: 6%.

Table 5. Are you of a shy nature?

OC	M	M %	F	F %	CSP	M	M %	F	F %	CBP	M	M %	F	F %
VM	14	28	15	30	VM	11	22	14	28	VM	9	18	10	20
M	20	40	31	62	M	13	26	15	30	M	14	28	12	24
U	9	18	1	2	U	6	12	4	8	U	2	4	3	6
P	6	12	2	4	P	12	24	10	20	P	17	34	18	36
N	1	2	1	2	N	8	16	7	14	N	8	16	7	14
<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>

(Source: Primary Data, Survey)

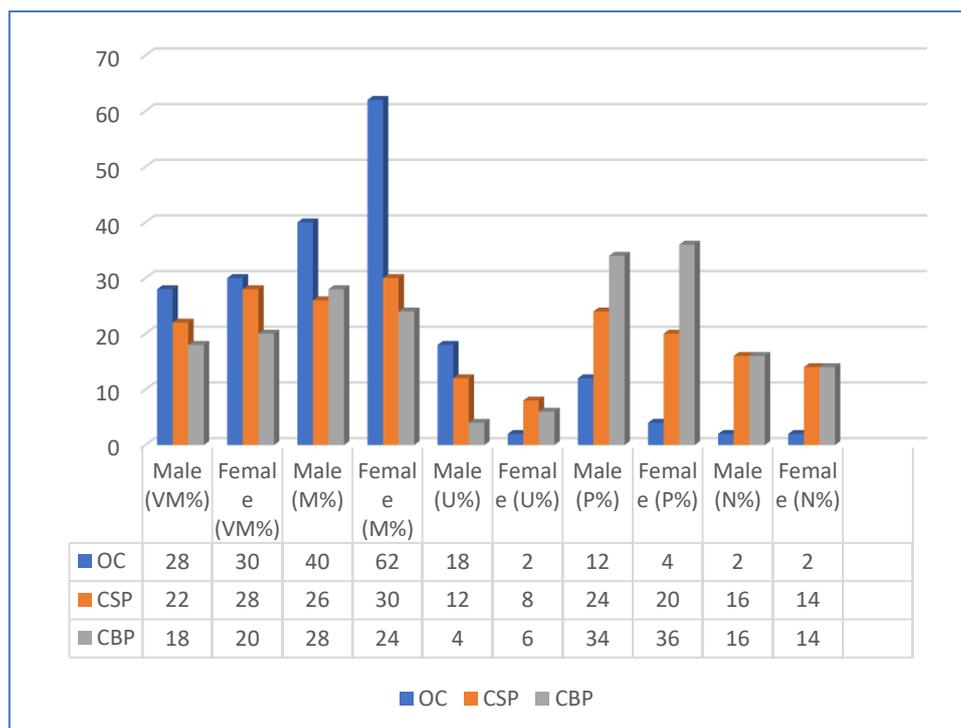


Figure 5. Are you of a shy nature? (%)

From the above table & figure, it was found that

For OC, the % of M respondents were VM: 28%, M: 40%, U: 18%, P: 12% & N: 2% and the F respondents were VM: 30%, M: 62%, U: 2%, P: 4% & N: 2%.

For CSP, the % of M respondents were VM: 22%, M: 26%, U: 12%, P: 24% & N: 16% and the F respondents were VM: 28%, M: 30%, U: 8%, P: 20% & N: 14%.

For CBP, the % of M respondents were VM: 18%, M: 28%, U: 4%, P: 34% & N: 16% and the F respondents were VM: 20%, M: 24%, U: 6%, P: 36% & N: 14%.

### III. EMOTIONAL MATURITY- ANALYSIS, INTERPRETATION AND RESULTS:

Table 6. Do you feel jealous of other people?

OC	M	M %	F	F %	CSP	M	M %	F	F %	CBP	M	M %	F	F %
VM	13	26	12	24	VM	8	16	6	12	VM	11	22	7	14
M	16	32	17	36	M	11	22	23	46	M	20	40	20	40
U	1	2	2	4	U	2	4	1	2	U	1	2	3	6
P	12	24	13	26	P	17	34	18	36	P	16	32	16	32
N	8	16	6	12	N	12	24	2	4	N	2	4	4	8
<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>

(Source: Primary Data, Survey)

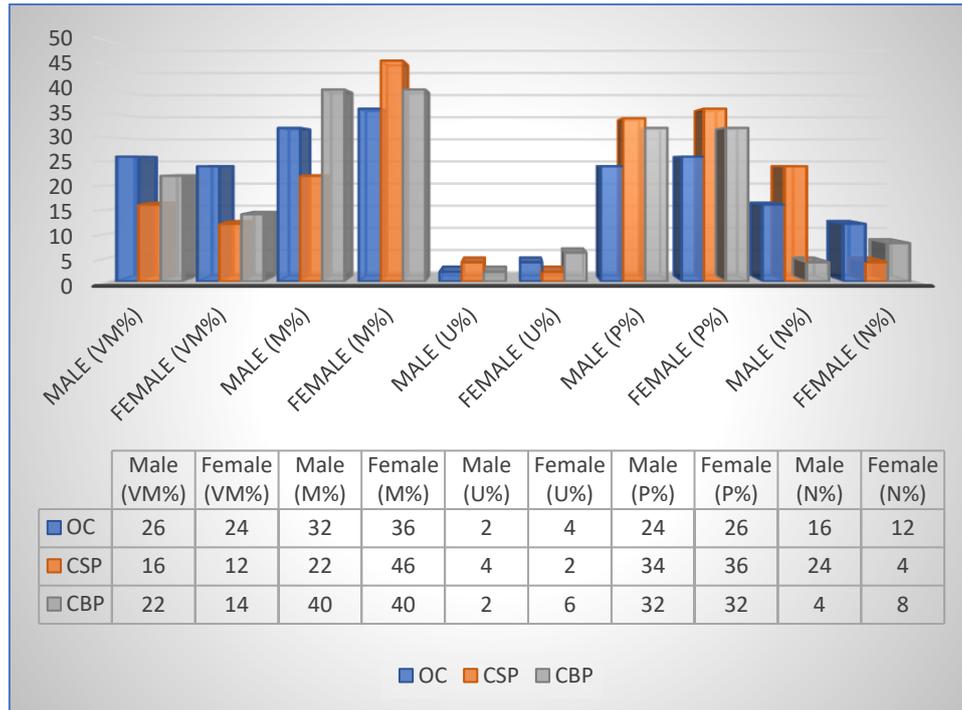


Figure 6. Do you feel jealous of other people? (%)

From the above table & figure, it was found that

For OC, the % of M respondents were VM: 26%, M: 32%, U: 2%, P: 24% & N: 16% and the F respondents were VM: 24%, M: 36%, U: 4%, P: 26% & N: 12%.

For CSP, the % of M respondents were VM: 16%, M: 22%, U: 4%, P: 34% & N: 24% and the F respondents were VM: 12%, M: 46%, U: 2%, P: 36% & N: 4%.

For CBP, the % of M respondents were VM: 22%, M: 40%, U: 2%, P: 32% & N: 4% and the F respondents were VM: 14%, M: 40%, U: 6%, P: 32% & N: 8%.

Table 7. Do you get wild due to anger?

OC	M	M %	F	F %	CSP	M	M %	F	F %	CBP	M	M %	F	F %
VM	12	24	10	20	VM	9	18	5	10	VM	10	20	9	18
M	18	36	14	28	M	19	38	16	32	M	22	44	19	38
U	3	6	2	4	U	2	4	3	6	U	2	4	4	8
P	14	28	13	26	P	14	28	17	34	P	13	26	16	32
N	3	6	11	22	N	6	12	9	18	N	3	6	2	4
Total	50	100	50	100	Total	50	100	50	100	Total	50	100	50	100

(Source: Primary Data, Survey)

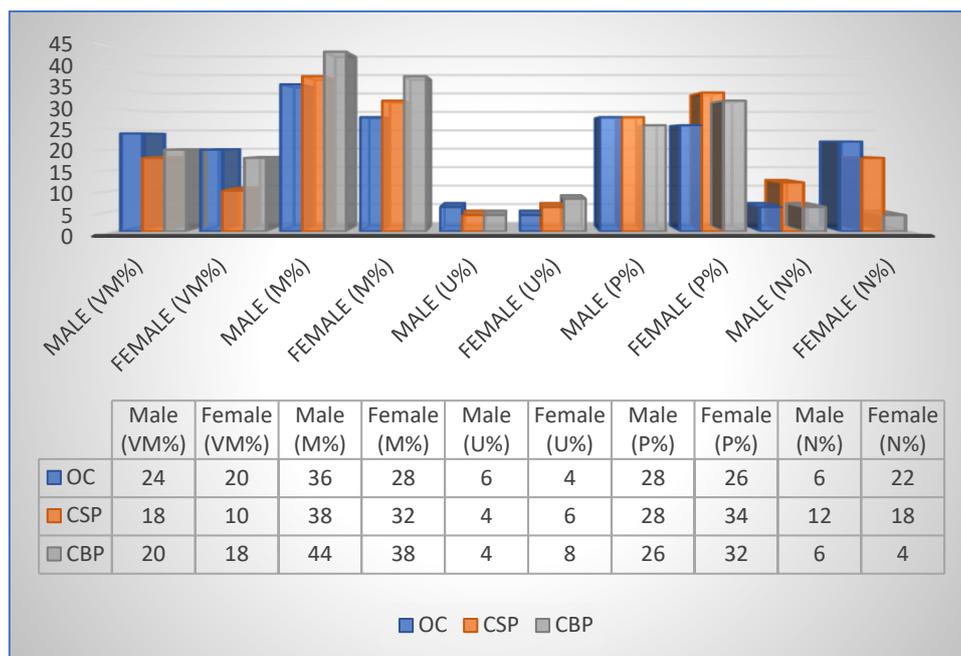


Figure 7. Do you get wild due to anger? (%)

From the above table & figure, it was found that

For OC, the % of M respondents were VM: 24%, M: 36%, U: 6%, P: 28% & N: 6% and the F respondents were VM: 20%, M: 28%, U: 4%, P: 26% & N: 22%.

For CSP, the % of M respondents were VM: 18%, M: 38%, U: 4%, P: 28% & N: 12% and the F respondents were VM: 10%, M: 32%, U: 6%, P: 34% & N: 18%.

For CBP, the % of M respondents were VM: 20%, M: 44%, U: 4%, P: 26% & N: 6% and the F respondents were VM: 18%, M: 38%, U: 8%, P: 32% & N: 4%.

Table 8. Do you feel within yourself that you are short tempered?

OC	M	M %	F	F %	CSP	M	M %	F	F %	CBP	M	M %	F	F %
VM	11	22	9	18	VM	4	8	13	26	VM	8	16	9	18
M	20	40	19	38	M	21	42	12	24	M	24	48	23	46
U	4	8	2	4	U	1	2	5	10	U	3	6	1	2
P	8	16	14	28	P	16	32	15	30	P	10	20	5	10
N	7	14	6	12	N	8	16	5	10	N	5	10	12	24
<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>

(Source: Primary Data, Survey)

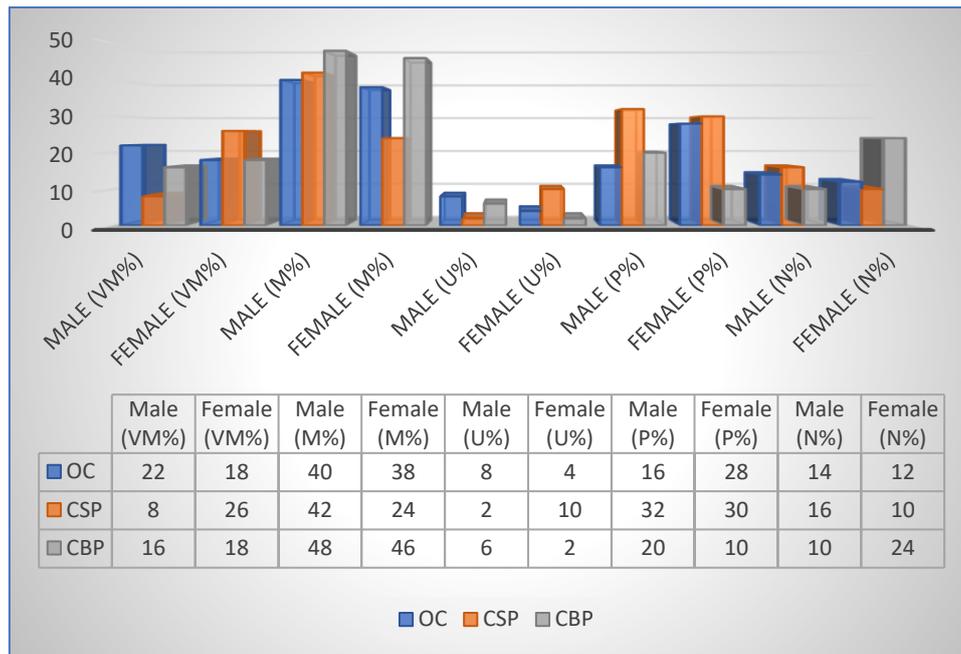


Figure 8. Do you feel within yourself that you are short tempered? (%)

From the above table & figure, it was found that

For OC, the % of M respondents were VM: 22%, M: 40%, U: 8%, P: 16% & N: 14% and the F respondents were VM: 18%, M: 38%, U: 4%, P: 28% & N: 12%.

For CSP, the % of M respondents were VM: 8%, M: 42%, U: 2%, P: 32% & N: 16% and the F respondents were VM: 26%, M: 24%, U: 10%, P: 30% & N: 10%.

For CBP, the % of M respondents were VM: 16%, M: 48%, U: 6%, P: 20% & N: 10% and the F respondents were VM: 18%, M: 46%, U: 2%, P: 10% & N: 24%.

### III. CONCLUSION:

The study of emotional maturity and social adjustment among institutionalised children under need care and protection reveals that these children face unique psychological and social challenges due to the absence of parental support, family bonding, and a secure home environment. Emotional immaturity often manifests in feelings of insecurity, anxiety, dependency, or aggression, while difficulties in social adjustment can be seen in strained peer relationships, low self-esteem, and limited adaptability to societal norms. At the same time, institutional care provides structured opportunities for rehabilitation, education, and guidance that can positively influence the emotional and social development of these children. The findings highlight that with proper counselling, emotional support, recreational activities, and a nurturing institutional environment, children can develop higher levels of resilience, emotional balance, and social competence. Thus, the conclusion underscores the dual responsibility of institutions and society at large: to not only safeguard the rights of these children but also to create an environment that nurtures their emotional growth and social adjustment. Strengthening psychological support systems, encouraging positive peer interactions, and providing individualized care are essential to help these children integrate successfully into mainstream society and lead emotionally stable and socially adjusted lives.

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