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Self-Determination, Decision Making and Social Interaction Anxiety among Orphans and Non-Orphans

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Abstract

Objective: The current research was conducted to investigate about Self-determinism, Ability of Decision Making and Social Interaction Anxiety among Orphans and Non-Orphans Adolescents. Furthermore, this study also investigated the moderating role of Decision making between self-determinism and Social Interaction Anxiety.

Sample: The sample was consisted of ($n=300$) with the distribution of 150 Orphans and 150 Non-orphans adolescents with age range of 13 to 19 years. Data were collected from different Orphanages (Khashana, Darul Shafqat Boys and Girls Campus, Al Kiddmat Foundation) and schools (Govt. Boys High School and Govt. Girls High School) located in Lahore.

Measures: Social Interaction Anxiety Scale, Self-Determination Scale and Decision-Making Adolescent Questionnaire were used in this study.

Method: Data were analyzed through Reliability analysis, Pearson Product Moment Correlation, Simple Regression, and Moderation Analysis (through Process).

Results: There was a significant relationship among all variables. Main effect of Gender and category was significant. Decision making is a significant predictor of Social Interaction Anxiety $\beta = .151, F=6.90, p<.001$. Further, Process analysis revealed that Decision Making has a moderating relationship between Self-Determination and Social Interaction Anxiety $t=2.03, p<.01$.

Conclusion: This research has strong implications for Orphans, Clinical Psychologists and other health professionals. They can develop projects to shape better personalities of Orphans and non-orphan adolescents.

Keywords: Orphans, Non-orphans, Self-determination, Social Interaction Anxiety, Decision Making

Introduction

Being orphan is not a personal choice. Life of Orphan is always full of complexity and lack of self-confidence. Many times, orphans feel hard on decision making process and to be determined of something. The opportunity they avail involves hesitation and they find themselves unable to take decision. Lack of Self-Determination and inability to take decision put them on the risk of Social Interaction Anxiety. They may become avoidant or anxious in their interactions with others. The aim of present study is to investigate the extent of Self-Determinism ability of Decision Making and Social Interaction Anxiety among Orphans and Non-Orphans Adolescents.

According to a census "there are approximately 153 million adolescents who have lost a mother or a father; 17.8 million of them have lost both parents". (UNICEF, 2017)

According to Mattick and Clarke (1998) ^[1] "Social Interaction Anxiety is distress when meeting and talking with other people." The study showed Importance of maternal care for the adolescents' development (Bowlby, 2004; Spitz, 2001). Effect of institutional care on social interaction anxiety in adolescents was confirmed accompanied by psychosocial problems and well-being in adolescents (Sushma & Padmaja, 2016) ^[2]. Social uneasiness in adolescent orphans results in self-destructive ideation; substance misuse and weakening of the social ties leading to social detachment (Nikitina & Kholmogorova, 2011; Akshita & Suvidha, 2016). Grace (2012) found orphans handicapped against psychosocial trouble and had lot of Social Interaction Anxiety (Avdeeva, 2009) found that psychological and psychiatric disorders in orphans due to bad environment. Research conducted by Tamara and Svetlana (2011) showed the consequence of social anxiety in Orphans is more maladapted

than in non-Orphans. An investigation led on Orphans demonstrates that experiencing childhood in a halfway house that child care can fix these negative impacts to a specific degree, (Charles et al, 2003). Orphanage experience is seemingly dangerous; the damage is greatest during the first years of life and increases sharply with length of stay in an institution (Sujatha & Subinmariya, 2014).^[3]

In Pakistan no study has been done which studies these four relationships. In Pakistan few research has only focused on psychological issues orphans (Ahmad et al, 2005)^[11], social issues (Lassi *et al*, 2010), less positive emotions (Ali, Hassan and Mohiadin, 2012), conduct issues (Izzat, 2006), low self-confidence (Farooqi and Intezar, 2009)^[4]

Rationale

The study is being conducted to measure the state of Social Interaction Anxiety in Orphans due to which their Decision-Making ability and Self-Determination could be affected leading to poor quality of life and Well-being. It is first study to be published in Pakistan.

The aim of the research is to identify the relationship between Social Interaction Anxiety, fear related of socialization and Self-Determination in Orphaned adolescent. The rationale is to find out if low Self-Determination causes Social Interaction Anxiety and if it further hinders decision making ability in Orphans or Non-orphans.

Objectives

1. To investigate Social Interaction Anxiety, Self-Determinism and Decision Making among Orphans and Non-Orphans.
2. To investigate Gender difference in term of Self-Determination, Decision Making and Social Interaction Anxiety.
3. To find out relationship between Self-Determinism and Social Interaction Anxiety and Decision Making
4. To investigate the predictors of Self-Determinism and Social Interaction Anxiety.
5. To assess the role of Decision-Making as moderator relationship between Self- Determinism and Social Interaction Anxiety.

Hypotheses

1. There is likely to be difference between Orphans and Non-Orphans in term of Self-Determination, Decision Making and Social Interaction Anxiety.
2. There is likely to be difference between boys and girls in term of Self-Determination, Decision Making and Social Interaction Anxiety.
3. There is likely to be relationship among Self-Determinism and Social Interaction Anxiety and Adolescent Decision Making.
4. Adolescent Decision Making is likely to predict Social Interaction Anxiety.
5. Decision-making is likely to moderate relationship between Self-Determinism and Social Interaction Anxiety.

Method

Research design

The correlational research design was used in this study to investigate the relationship among Self-Determination, Decision Making and Social Interaction Anxiety of Orphans

and Non-Orphans. The nature of research was quantitative.

Research model

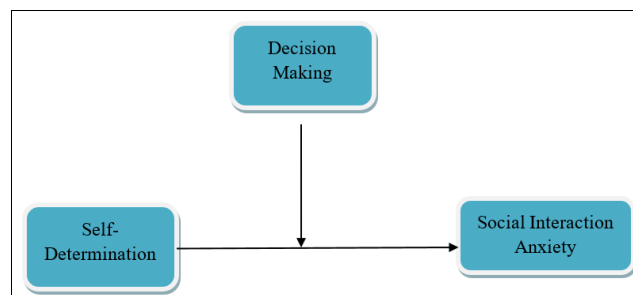


Fig 1: Research Model

Sample

The Sample of the study was adolescents with the age range 12-18 years. For this purpose, 150 Orphans from different Orphanages and 150 Non-Orphans were taken from different schools and colleges respectively. Sample was calculated by G-Power analysis. Total number of sample were $N= 300$.

Sampling Technique

The Non-Probability Purposive Sampling technique was used to collect the data. Purposive Sampling refers to the sampling elements that are selected subjectively by the researcher, who attempt to get a sample that appears to be representative of the population (Akins, 1994).

Inclusion criterion

1. Single, Double Orphans and Non-orphans between age ranges 12-18 years were included in this study.
2. Both boys and girls were included in this research.
3. Participants living in Orphan homes were included in this research.
4. Data was collected from different Orphanages and schools located in Lahore City.

Exclusion criterion

1. Orphans with any Physical disability were excluded in this research.
2. Orphans with any diagnosed psychological disorders were excluded in this research.
3. Partially filled Questionnaire were excluded from this research.

Standardized Research Instruments

1. Demographic Information Sheet
2. Standardized Research Instruments
 - a) Social Interaction Anxiety (Mattick & Clarke, 1998)^[1]
 - b) Self-Determination Scale (Sheldon & Deci, 1996)^[5]
 - c) Decision Making Adolescent Questionnaire (Mann, 1982)^[6]

Demographic Information Sheet for Single and Double Orphans

It was consisted of age, gender, family background, family system and duration of stay.

Demographic Information Sheet for Non-Orphans

It was consisted of age, gender, family background, marital status, education of father, education of mother, profession

of father, profession of mother and monthly income.

Standardized Research Instruments

Social Interaction Anxiety

The Social Interaction Anxiety Scale was intended to survey Social Interaction Anxiety, and the Social Phobia Scale to evaluate fear of investigation by others (Mattick & Clarke, 1998) [1]. Original Reliability of the scale is .92 but the reliability on current sample is .82.

The Adolescent Decision-Making Questionnaire (Mann, 1982)

The Adolescent Decision-Making Questionnaire is used to measure adolescent decision-making behaviors (Mann, 1982). The ADMQ evaluates the concept of decision-making, self-esteem and four concepts related to coping: Vigilance, complacency, and panic, cope out. Original Reliability of the scale by author is .85 but reliability on current sample is .73.

Self-Determination Scale (Sheldon & Deci, 1996) [5]

The Self-Determination Scale (SDS) was intended to survey singular contrasts in the degree to which individuals tend to work in a self-decided manner. It is in this manner considered a moderately persisting part of groups' identities which (1) being more aware of their feelings and their sense of self, and (2) feeling a sense of choice with respect to their behavior. Original Reliability of the scale by author is .82 but reliability on the current sample is .60.

Procedure

First of all, research topic was approved from Board. Permission from authors of the research tools was taken via emails. Then, pilot study was conducted on the sample of 50 to see the item difficulty and total time taken by the participants. An authority letter was taken from department for institutional permission. After that, the researcher visited different Orphanages and community for data collection. The consent form was provided to willing participants and participants were briefed about the nature of study. A number of visits were continued for rapport building with the participants. After taking their permission researcher gave questionnaires to fill. Scoring of the scale was done with the help of scoring keys.

Ethical Considerations

The following ethical considerations were followed by the researcher throughout the study:

- Synopsis was submitted to Supervisor and approved by university and BASR.
- Permission was taken from different concerned authorities.
- Permission was taken from authors of scales.
- Informed consent was taken from participants.
- Participants were assured that their identity will not be disclosed to anyone.
- No psychological harm was given to participants.
- In case of psychological harm, counseling was provided to them.
- Confidentiality was maintained in this research.
- Participants were also ensured that they have rights to know the findings of the research.

Results

The study examined the relationship among Self-Determination, Social Interaction Anxiety and Adolescent Decision Making among Orphan and Non- Orphan. The study also finds out the role of Adolescent Decision Making as a moderator between Social Interaction Anxiety and Self-Determination. Descriptive statistics was used to investigate about mean, standard deviations, range and further reliability analysis was run to check the reliability of standardized scales. Pearson Product moment correlation analysis was used to assess the relationship among Self-Determination, Adolescent Decision Making and Social Interaction Anxiety. Moderation analysis was run to investigate the role of moderator and two-way Manova was used to find out the effect of Gender and Category.

Table shows that the Alpha Reliability of Social Interaction Anxiety Scale has significantly high Cronbach's α .82. This Scale has 20 items and the Mean Score is $M=31.50$ ($SD=12.95$). Further table indicates that the Alpha Reliability of its Sub Scale Abiding to Social Conviction has high Cronbach's α .78. The Alpha Reliability of its Sub Scale Initiating has moderate Cronbach's α .66. Moreover, the table shows that the Alpha Reliability of Self-Determination Scale has moderate Cronbach's α .60. This Scale has 10 items and the Mean Score is $M = 36.52$ ($SD = 8.2$). Further table indicates that the Alpha Reliability of its Sub Scale Perceived Choice has high Cronbach's α .72. The Alpha Reliability of its Sub Scale, Self-Awareness has moderate Cronbach's α .63. Table also shows that the Alpha Reliability of Adolescent Decision-Making Scale has high Cronbach's α .73. This Scale has 30 items and the Mean Score is $M= 44.3$, ($SD=8.13$). Additionally, table illustrated that the Alpha Reliability of its Sub Scale Vigilance has moderate Cronbach's α .68. The Alpha Reliability of its Sub Scale Complacency has moderate Cronbach α .67. The Alpha Reliability of its Sub Scale Panic has acceptable Cronbach α .50. The Alpha Reliability of its Sub Scale Self-Esteem has high Cronbach α .72. The Alpha Reliability of its Sub Scale Cope Out Defensive Avoidance has moderate Cronbach α .67.

Social Interaction Anxiety was investigated among 76 Boys who are Orphans, $M=32.29$ ($SD =10.13$) and 75 Boys who are Non-Orphans, mean score is $M=30.64$ ($SD =9.33$). Further, 74 Orphan Girls' mean score is $M=38.31$ ($SD =14.44$) and 75 Non-Orphans Girls' mean score is $M=34.91$ ($SD =11.97$). Self Determination was also assessed among 76 Orphan boys $M=34.95$ ($SD =7.83$) and 75 Non-Orphan boys mean score is $M=38.23$ ($SD =8.66$) and 74 Orphans girls mean score is $M=35.3$ ($SD =8.27$). Further, 75 Non Orphans girls mean score is $M=37.63$ ($SD =7.66$). Adolescent Decision Making was also investigated among 76 Orphan boys $M=45.14$ ($SD =8.00$) and 75 Non-Orphan boys mean score is $M=43.72$ ($SD =5.92$) and 74 Orphans girls mean score $M=45.14$ ($SD =9.33$) whereas, 75 Non Orphans girls mean score is $M=43.57$ ($SD =8.89$).

Analysis of two-way Manova indicated that the main effect of Gender on Social Interaction Anxiety $F(1,296) =14.68$, $p < .01$, is significant whereas the main effect of Gender on Self-Determination $F(1,296) =.01$, $p = ns$, is non-significant. whereas the main effect of Gender on Adolescent Decision-Making $F(1,296) = .008$, $p = ns$, is also non-significant. Furthermore, table revealed that the main effect of Category

on Social Interaction Anxiety $F(1,296) = 3.5, p = ns$, is non-significant whereas the main effect of Category on Self-Determination $F(1,296) = 8.9, p < .01$ is significant. Moreover, the main effect of Category on Adolescent Decision-Making $F(1,296) = 2.53, p = ns$, is non-significant.

Analysis indicated that the main effect of Gender $\lambda(3,294) = .95, p < .01$ which is significant. The main effect of Category $\lambda(3, 294) = .95, p < .01$ which is also significant. Whereas, the interaction effect of Gender and Category, $\lambda(3,294) = .99, p = ns$, is non-significant.

Table 3: Correlation matrix for Social Interaction Anxiety, Self-determination and Adolescent Decision Making

Sr.#	Variables	I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	M	SD
I	Social Interaction Anxiety	-	.002*	.15**	.95**	.72**	.09*	-.10*	-.07*	.21**	.25**	-.18**	.14*	34.02	11.92
II	Self Determination		-	-.03*	-.05*	.13*	.78**	.74**	.25**	-.20**	-.21**	.29**	-.19**	36.02	8.20
III	Adolescent Decision making			-	.10*	.19**	-.02*	-.02*	.46**	.61**	.60**	.23**	.56**	44.39	8.13
IV	Abiding to social conventions				-	.48**	.04*	-.13*	-.14*	.21**	.26**	-.22**	.15**	21.13	9.40
V	Initiating					-	.18**	.01*	.12*	.15**	.14*	-.02*	.07*	12.89	4.06
VI	Awareness of scale						-	.17*	.22**	-.14*	-.17**	.15**	-.11*	18.37	5.54
VII	Perceived choice							-	.16**	-.17**	-.15**	.29**	-.18**	18.15	5.17
VIII	Vigilance								-	-.10*	-.05*	.40**	-.13*	11.64	3.54
IX	Complacency									-	.41**	-.29**	.47**	7.69	3.38
X	Panic										-	-.22**	.32**	7.54	3.35
XI	Self-esteem											-	-.25**	10.90	2.91
XII	Copout												-	6.62	3.09

* $p < .05$, ** $p < .01$

Correlation matrix of Social Interaction Anxiety, Self-Determination and Adolescent Decision Making indicated that Social Interaction Anxiety has weak negative correlation with Adolescents Decision Making ($r = -.15, p < .01$).

Results indicated that Adolescent Decision making is a significant predictor of Social Interaction Anxiety $\beta = .151, F = 6.90, p < .001$. The value of $R^2 (.63)$ explained 63% variance in the Social Interaction Anxiety accounted for by an Adolescent Decision Making.

Table 2: Moderating role of Adolescent Decision Making

Predictor	SE	B	t
Self Determination	.083	-.007	-.086
Adolescent Decision Making	.084	.241	.286
Interaction	.011	.022	2.03
R^2	.71		
F	3.69		

Result indicated that Self-Determination is a significant predictor of Adolescent Decision Making, $\beta = .007, F = 3.69, p < .001$. The value of $R^2 (.71)$ explained 71% variance in the Social Interaction Anxiety accounted for by Self-Determination. The significant Interaction showed that Adolescent Decision Making is significant Moderator between Self-Determination between and Social Interaction Anxiety $t = 2.03$.

Discussion

The present study was conducted to determine the relationship among Self-Determination, Adolescent Decision Making and Social Interaction Anxiety among Orphans and Non-Orphans. Furthermore, the study also investigated the moderating role of Adolescent Decision Making between Self-Determination and Social Interaction Anxiety among Orphans and Non-Orphans.

Results showed that there is significant difference on Self-Determination whereas a non-significant difference was found on Social Interaction Anxiety and Adolescent Decision Making. The results illustrate a difference between all three variables and findings depict that Orphans and Non-Orphans have difference in Self-Determination. The orphans have low level of Self Determination. The Orphan

and Non-Orphan boys have low Social Interaction Anxiety whereas girls in both groups have high level of anxiety.

Some findings from previous literature support the results and revealed that orphans have poor social interaction as compared to Non-Orphans (Gangne & Deci, 2005; Sushma & Padmaja, 2016 [2]; Akshita & Suvidha, 2016). Similarly, the Orphans have more anxiety level than Non-Orphans but it is not significant. The rearing of cultural difference could be the reason that both groups have same level of anxiety.

Main effect of Category on Self-Determination is significant whereas Main effect of Category on Social Interaction Anxiety and Adolescent Decision Making is non-significant. Findings of this analysis showed a significant difference on Social Interaction Anxiety. A significant difference was found in social interaction anxiety and Self Determination. Non orphans had higher Self Determination and orphans scored low in Self Determination. Surprisingly in girls this ratio was opposite. Orphans' girls had good Determination and Non-Orphan girls Self Determination was low. Main effect of Gender on Social Interaction Anxiety is significant whereas the main effect of Gender on Self-Determination and Adolescent Decision Making is non-significant which means that the level of self-determination and adolescent decision making do not depends on gender. Our results are supported by previous literature (Baloğlu, Özteke, & Kesici, 2018; [7] Caballo, 2014).

The Orphans and Non-Orphans when faced low Self-Determination their Decision Making is not affected. This ratio was same for Orphans and Non-Orphans of both genders. In country like Pakistan a set of heuristics rules are followed under the guardianship. Social Interaction Anxiety is positively correlated with Self-Determination Scale and Adolescents Decision Making. Social Interaction Anxiety correlates with Social Conviction, initiating and Awareness of Self as shown in the results of the study. Vigilance of Interaction is positively correlates with Complacency, Panic and Cope out of Adolescent Decision Making. Social Interaction Anxiety is negatively associated with Self Esteem. This is proved otherwise in the research showing that gender variation is found in Decision Making (Wu, 2013). Initiating (Social Interaction Anxiety) is positively associated with Awareness of Self, Perceived Choice, Vigilance, Panic and Cope out.

Self-Determination Scale is negatively correlated with Adolescents Decision Making Questionnaire and abiding to Social Conviction. Self-determination effects individual's Awareness of Self, Perceived Choice, Vigilance and Self Esteem. Children learn to make independent decisions as they reach adolescence, but in orphans this activity is restricted thus Self Determination is low and they follow heuristic rules. (Martin, 2010)

In our study the anxiety was low in both groups, but gender difference was significant with females having high level of social anxiety (Sushma & Padmaja, 2016)^[2].

Children living in substandard orphanages have been reported to display a variety of other atypical behaviors, including stereotyped self-stimulation, a shift from early passivity to later aggressive behavior, over-activity and distractibility, inability to form deep or genuine attachments, indiscriminate friendliness, and difficulty establishing appropriate peer relationships (Orphanage Research, 2008). Orphans were described as "needy, sensitive, delicate, and isolative with low confidence and low self-esteem" and "lacking love, protection, identity, security, play, schooling, food and shelter." They lived with huge families with stretched resources, poor upbringing and resources, stigma and living with different relatives. (Heggenhougen, 2010).^[8] Analysis guide that Orphans and Non-Orphans with Social Interaction Anxiety would likely have better Self-Determination and Decision-Making skills. While on the other hand, Orphans and Non-Orphans who are low on Self-Determination would exhibit the bad Decision-Making skills. These finding were reported by Asif (2013)^[9] showed that low Self Determination and Self Esteem orphans have difficulty in making decisions due to lack of Self Esteem and depression. The parents teach decision making by working on Self Determination of the child (Sharon, 1998). The social anxiety of the child leads to the gaps in cultural and social levels of the personality (Abelbeysov, 2011).^[10] A study done by Sudha (2015) found that children could benefit socially and psychologically more if they have exposure to difficult circumstances.

Our findings suggest that Decision making is negatively associated with Awareness of Self, Perceived Choice, Vigilance and Self Esteem. Noam (2018) studied that self-awareness results in decision making but in this study the orphans had to abide by social rules and thus decision making was significant. Awareness is positively associated with Perceived Choice, Vigilance and Panic. It is negatively correlated with Complacency and Panic. Perceived, is positively correlated with Vigilance and Self Esteem. It has positive association with Self Esteem.

The experience of autonomy, competence, and relatedness are expected to be associated with lower levels of psychological distress and more perceived social support. Lower levels of psychological distress and more perceived social support are therefore expected to be associated with a higher quality of life, and to mediate the relationship of autonomy, competence, and relatedness with quality of life (Roza, 2018). The quality of life of homeless children is low compared as to non-orphans from the general population as they suffer from a wide range of psychological problems and most of them experience limited support from their social network thus creating social anxiety (Hubley *et al.*, 2014).

Further, it was hypothesized that Adolescent's Decision Making is likely to predict Social Interaction Anxiety. The

results showed that Adolescent's Decision Making is a significant predictor of the Social Interaction Anxiety. Orphans and Non-Orphans having good Decision-Making skills feel more anxiety while interacting with others in social settings. They also display good relational skills with others. (Robinson, 2013; Sudha, 2015). The life problems give a positive effect and the orphans develop high Self-Determination and had ability of good decision making and resultantly, less social interaction anxiety.

Results also showed significant interaction effect in moderation analysis (Hen, 2016).

Conclusion

The study concluded that Social Interaction anxiety is positively associated with Self-Determination and with Decision Making. It was also found that Self-Determination did not affect Decision Making. Decision making is found a significant predictor of Social Interaction Anxiety and Self-Determination is a significant predictor of Decision Making. Study concluded that Decision Making plays a Moderating role between Self-Determination and Social Interaction Anxiety. In gender girls had high anxiety as compared to boys. In Self Determination girls had high Self Determination. All girls and boys had high decision making. Orphans and Non-Orphans had low social Anxiety and Self Determination was low in orphan boys. The Decision Making was high in both orphans and Non-Orphans.

Limitation

The study owned a few limitations that may be the reason the outcome of study:

1. The Sample of the study is not much representative sample of entire population and do not sufficiently represent the Orphans with different levels.
2. Although the questionnaire is translated in this study but the Orphans have not sufficient understanding of the statements of the tools and that is the major issue in inducing authentic responses from participants.
3. The questionnaire has less cultural relevance and it is impossible to get culturally relevant answer.
4. The participants in this study depicted little interest to fill up questionnaire.
5. The duration of time for this study was not enough.
6. This study only included orphanage centers from Lahore and did not include the orphanage centers of other cities.

Suggestions

For future studies the following suggestions should be kept in mind:

1. The sample should be more representative.
2. The questionnaire should be culturally relevant.
3. Future studies should be qualitative as well as quantitative (mixed method).
4. The different research design should be used for more valid and reliable outcomes.

Implications

- An outcome of the study would be practically beneficial for Orphans and Non-Orphan to promote their socialization process.
- The findings of the study can be used by Orphanage centers and Clinical Psychologist for developing

strategies to promote personal grooming of the Orphan and Non-Orphans.

- Another possible advantage of study may be for Orphans and Non-orphans that they can understand the process of Decision Making and also get help to overcome their Social Interaction Anxieties.

Finally, the explanations of the study may be beneficial for Orphan centers, and Clinical Psychologist to develop projects to shape better personalities of Orphans.

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