Social Support and Maturity among Adolescent Living in Children's Home in Kottayam District

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ABSTRACT

This study focused on the social support and maturity of adolescent living in children's home in Kottayam district. The prime aim of the study was to understand and analyses the social support and maturity among the adolescent living in children's home. This study used 30 samples for examining the issue. Author applied social maturity scale and social support scale to assess the social support and social maturity of the respondents and used descriptive and inferential statistics to analyses the data. Study found that the level of social support and social maturity of the respondent is average. This study pointed out that social support can lead to social maturity. But there is a limitation for adolescent living in children's home. Study conclude with the point that there is a need for intervention and policy formulation for children at this age.

KEYWORDS: *Social maturity, Social support, Adolescent*

I.   INTRODUCTION

Adolescence is a new birth, for the higher and more completely human traits are now born. -G. Stanley Hall Adolescence, transitional phase of growth and development between childhood and adulthood. WHO defines an adolescent as any parson between ages 10 and 19. This age range falls within WHO's definition of young adult. This study evaluates the social maturity and social support among the adolescents living in children homes. Social maturity is a term commonly used in two ways, with reference to the behaviour that conforms to the standards and expectations of the adults and secondly with reference to the behaviour that is appropriate to the age of the individual under observation. Thus, the social maturation permits more detailed perception of the social environment which helps adolescents to influence the social circumstances and develop stable patterns of social behaviour (Bretsch, 1952)**.** Social maturity is a personal commitment each individual must make as the attitude that will influence his or her daily lives. Individuals can opt for the socially immature attitude of self-centeredness or they can opt for the socially mature attitude of genuine concern for the total wellbeing of each other (Dilts, 1982). Social maturity enables individual to contribute for social cohesion, function self-sufficiently in an average environment, make decisions, take stress and contribute to his own survival. Social maturity produces a climate of trust, harmony, active co-operation and peaceful co-existence while social immaturity, on the other hand, produces a climate of fear, discord, confrontation and one war after another. Social maturity is the possession of appropriate attitudes by an individual which are essential for functioning effectively in the society. It is a behavioural concept which indicates the extent to which an individual is capable of successfully encountering his social environment in such a way that the individual capable of operating at the optimum level of efficiency and success. It is an index of the growth of the person, socially which gets reflected in her or his interaction with others and situations in the society. The social maturity has different dimensions viz., social commitment, social tolerance, openness to change, work orientation, self-direction, ability to take stress, communication, enlightened trust and co-operation (Pushpa, 2015).

Social support, a resource for coping, is important for adjustment. People seek advice from others, emotional support from others, and others provide opportunities for distracting activities. People with high levels of social support from family, friends, and the community may experience less stress and cope more effectively than people without strong support networks. Social support has been found to be a valuable resource for people undergoing stress. Social support has been defined as efforts to aid individuals or that encourage their sense of attachment to significant groups. Those who have more social support have been found to have greater wellbeing and physical health, and to be less negatively affected by stressful circumstances.

The acquisition and maintenance of social support is seen as part of a caravan of resources that people acquire across the life span. Further, the use of social support is dependent in part on possessing other resources that enable support's more effective impact. Research further indicates that both the perceptions of support and its actual receipt are important, indicating that support's availability may serve as a resource, even if sources of support are not called on for assistance (Social support).Social support is the perception and actuality that one is cared for, has assistance available from other people, and that one is part of a supportive social network. These supportive resources can be emotional (e.g., nurturance), tangible (e.g., financial assistance), informational (e.g., advice), or companionship (e.g., sense of belonging) and intangible (e.g., personal advice). Social support can be measured as the perception that one has assistance available, the actual received assistance, or the degree to which a person is integrated in a social network. Support can come from many sources, such as family, friends, pets, neighbours, co-workers, organizations, etc. Government-provided social support is often referred to as public aid (Social support).

We make thousands of decisions every day. We must live with the consequences of our decisions whether they are good, bad or indifferent. Many of the decisions we make are subconscious, that is, we do something without thinking about it, almost a reflex action. One who is socially mature will not make a mistake in taking decisions; they are able to opt the right decision in complex situations of their life. We all need support from others. Our born brave experiences research and other studies have found that social support helps reduce feelings of isolation, depression, and anxiety. Individuals who experience social support from family, friends, and co-workers are happier. Social support is a vital important protective factor for everyone, particularly individuals who face discrimination. Social relationships play an important role in our quality of life and our emotional health. While having a lot of friends can be nice, the quality and depth of those relationships is far more important than the quantity (Social support). In earlier generation we can find more joint families than nuclear families, in those times the level of social support among each other are high. They have good relations with the society, religious institutions, friends etc. As years passes the joint family has breakdown into nuclear families. In this situation the level of social support and social maturity that each individual receives is to be determined by this study.

Objectives of the Study
- To examine the level of social support and social maturity among adolescent children
- To describe the socio demo graphic profile of the respondents
- To find the association between socio demo graphic profile of the respondents, social support and social maturity

II. METHODOLOGY

The research method used in this study was quantitative research. The target population of the study was children's home in Kottayam district. This study used 30 samples from different children's home and used probability sampling for the sample selection. The tools used for the study are social maturity scale and social support scale. This study followed all the ethical considerations like,

- Maintenance of confidentiality
- Consent was taken for conducting research from minor children

Analysis and Findings: The analysis consisted of various tables depicting the socio-demographic profile and the various variables of the study. Analysis deals with interlinking these factors and the influence of selected socio-demographic factors on these variables.

Table 1: Age of the respondents

Age	Number of respondents	Percent
13-15	14	46.7
16-18	10	33.3
19 plus	6	20.0
Total	**30**	**100.0**

Interpretation: From the above table it is evident that 46.7% of total respondents are of the age group between '13-15' and 33.3% of total respondent are of the age group between '16-18' and 20.0% of the total respondent are '19 plus'.

Table 2: Education of the respondents

Education	Number of respondents	Percent
school below 10th	12	40.0
school above 10th	12	40.0
College	6	20.0
Total	**30**	**100.0**

Interpretation: From the above table it is evident that 40% of total respondent are studying below 10th and another 40% of total respondent are studying above 10th and the rest 20% are studying in college.

Table 3: Personal adequacy of the respondents

Personal adequacy	Number of respondents	Percent
above average	8	26.7
Average	20	66.7
below average	2	6.7
Total	**30**	**100.0**

Interpretation: The study shows that 26.7% of total respondents have above average level of personal adequacy and 66.7% of the respondents have average level of personal adequacy and the rest 6.7% of respondent's shows below average level of personal adequacy.

Table 4: Interpersonal adequacy of the respondents

Interpersonal adequacy	Number of respondents	Percent
High	2	6.7
above average	10	33.3
Average	18	60.0
Total	**30**	**100.0**

Interpretation: The study shows that only 6.7% of total respondents have high level of interpersonal adequacy and 33.3% of the respondents have above average level of Interpersonal adequacy and the rest 60.0% of respondents shows average level of interpersonal adequacy.

Table 5: Social adequacy of the respondents

Social adequacy	Number of respondents	Percent
very high	4	13.3
high	16	53.3
above average	10	33.3
Total	**30**	**100.0**

Interpretation: From the above table it is evident that13.3% of respondent shows very high level of Social adequacy and 53.3% of total respondent have high level of Social adequacy and the rest 33.3% of the respondent have above average level of social adequacy.

Table 6: Social maturity of the respondents

Social maturity	Number of respondents	Percent
high social maturity	2	6.7
above average social maturity	22	73.3
average social maturity	6	20.0
Total	**30**	**100.0**

Interpretation: From the above table it is evident that6.7% of respondent shows high level of Social maturity and 73.3% of respondent have above average level of Social maturity and the rest 20.0% of the respondent have average level of social maturity.

Table 7: Family support of the respondents

Family support	Number of respondents	Percent
high family support	12	40.0
medium family support	12	40.0
low family support	6	20.0
Total	**30**	**100.0**

Interpretation: From the above table it is evident that 40.0% of respondent have high level of family support and another 40.0% of respondent have medium level of family support and the rest 20.0% of the respondent have low level of family support.

Table 8: Friends support of the respondents

Friends support	Number of respondents	Percent
high friends support	10	26.7
medium friends support	10	33.3
low friends support	10	33.3
Total	**30**	**100.0**

Interpretation: From the above table it is evident that 26.7% of respondent have high level of friends support and another 33.3% of respondent have medium level of friends support and the rest 33.3% of the respondent have low level of friend's support.

Table 9: Overall social support of the respondents

Social support	Number of respondents	Percent
high social support	4	13.3
medium social support	26	86.7
Total	**30**	**100.0**

Interpretation: From the above table it is evident that 13.3% of total respondent have high level of social support and the rest 86.7% of respondent have medium level of social support.

Table 10: Association between education and family support

Sources	Df	Ss	Ms	N	Mean	Statistical inference
Between groups	2.567	2	1.783	12(40%)	G1= 1.3333	f=4.429
Within groups	3.833	12	.403	12(40%)	G2=1.8333	P=0.035
	9.400	14		6(20%)	G3=2.6667	P<0.05
Total				30	G4=1.8000	

G1='School bellow 10th', G2=School above 10th', 'G3= College', 'G4= Total'

Interpretation: There is a significant association between the education of the respondents and the family support of the respondents. Here the P value is less than 0.05. Hence, null hypothesis is rejected and alternative hypothesis is accepted. From the cross tab used for further analysis it is clear that respondents' studying below 10th is having high family support and majority of respondents' studying in college is having low family support.

Table 11: Association between age and overall social support

Sources	Df	Ss	Ms	N	Mean	Statistical inference
Between groups	0.533	2	.267	14(46.66%)	G1=2.0000	f=2.667
Within groups	1.200	12	.100	10(33.33%)	G2=1.6000	P=0.110
	1.733	14		6(20%)	G3=2.0000	P>0.05
Total				30	G4=1.8667	

G1= '13-15', G2= '16-18', G3=' 19 plus', G4= 'Total'

Interpretation: There is no significant association between the age of the respondents and overall social support of the respondents. Here the P value (0.100) is greater than 0.05. Hence, null hypothesis is accepted and alternative hypothesis is rejected. From the table it is clear that the overall social support is comparatively low among the age category "G2".

Table 12: Association between personal adequacy and social adequacy of the respondent

Sl. No	Variable	Correlation Value	Statistical Inference
1	Personal adequacy of the respondent	-0.601	X=-.601
	Social adequacy of the respondent		P=0.018
2			P<0.05

Interpretation: There is a significant association between personal adequacy of the respondents and social adequacy of the respondents. Here the P value (0.018) is less than 0.05. Hence, null hypothesis is rejected and alternative hypothesis is accepted. From the chart it is clear that only those respondents having above average personal adequacy shows very high level of social adequacy.

Table 13: Association between interpersonal adequacy and social maturity of the respondent

Sl. No	Variable	Correlation Value	Statistical Inference
1	Interpersonal adequacy of respondents	0.634	X=-.634
2	Social maturity of the respondent		P=0.011
			P<0.05

***Interpretation*:** There is a significant association between interpersonal adequacy of the respondents and social maturity of the respondents. Here the P value (0.011) is less than 0.05. Hence, null hypothesis is rejected and alternative hypothesis is accepted. From the chart it is clear that only those respondents having high and above average interpersonal adequacy shows constant very high level of social adequacy and also majority of respondent having above average and average interpersonal adequacy shows high social adequacy.

Major Findings
- Majority of respondents (66.7%) have average level of personal adequacy
- Majority of respondents (53.0%) have high level of social adequacy
- Social Maturity of (73.3%) of respondents is above average level
- Only (20%) of the respondents have low level of family support
- Only (26.7%) of the respondents have high friends support

- Majority of respondent (86.7%) have medium level of social support

III. CONCLUSION

This study is focused on the social support and social maturity of adolescents living in children's home at Kottayam district. Children's home is a place where children are cared for if their parents are dead or unable to take care of them. Through this study, it is found that the level of social support and social maturity of the respondent is average. So, this study suggests that, intervention technique and policy formulation can be used to increase the level of personal adequacy, social adequacy, interpersonal adequacy, family support and friends support.

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