

# Positive therapy for psychological well being of youth girls from broken families

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## ABSTRACT

Family breakdown is a planned event in a family's life. The break-up of a family has many negative impacts on the children are more likely to act out against siblings, biological parents or stepparents. Children also develop emotional issues such as anger, resentment, loneliness and depression, due to the change in the family unit. The study enhances the reason for and the behavior of girls from broken families, to give social work intervention positive therapy, to know the level of depression before and after social work intervention. The researcher tried to change in the lifestyle through positive therapy which changes their behavior and attitude. Intervention study reveals the intervention of positive therapy to all 60 girls in 5<sup>th</sup> to 9<sup>th</sup> standard children staying in saranalaya, NGGO colony and Bethany home, Ondipudhur,, Coimbatore district, TamilNadu, using the census method and the research design used for the study was experimental design. The study indicates that girl children's level of depression and their attitude changes through positive therapy intervention. This study gives more confident and balanced life of girl children from broken families.

**Keywords:** Positive Therapy, Broken Family, behavior, positive thinking.

## INTRODUCTION

The world is made up of families. The people live in this world by family. A broken family is a family which is split or separated due to variety of reasons. This leads to children being raised by single parents, step parents or other not related to the biological parents. Children develop emotional issues, such as anger, resentment, loneliness and depression, due to the change in the family unit.

Divorce is claimed to be the main reason behind broken family. The common disputes between a husband and wife are the financial issue, sexual, misunderstanding, early marriage, teen pregnancy, education, health problems, etc.. When the parents get divorced, the absence of either or both the parents will affect the family administration, then family become broken.

Death reduces the family strength. More adversely death sometime leads to broken family. Other common reasons like drugs abusing, drinking alcohol, misbehavior manner and doing other intoxicant things by the father, sons or any other members , leads to misconception, ruining and anger, which in turn caused breaking the relationship of himself and herself from the family. Failure in administration leads to unsystematic and improper living which affect the relationship in the family.

## CONSEQUENCES OF BROKEN FAMILY

Children are the ones who suffer most of broken family. When a couple split up, it is the children that are greatly affected scarring them physically, emotionally and socially. Children are supposed to grow up in a healthy family where they could receive love, care and concern from their parents. It is, therefore, children of the broken family are normally growing up with having low and bad manner, make problem, rivalry and discontentment in the school or other gathering place and have more tendencies for children to do stealing and robbing.

The impact of having a broken home usually manifests in the adolescence experiencing the feeling of separation. It may cause an internal conflict which may result to depression, anxiety, disobedience, aggression and low self-esteem.

The behavior of family setup affects the social, economic and political aspects of a country. More broken families produce more negative affects in the society like serial problems of robbing, killing, raping, stealing, disturbing others, making some noise, etc.

## **EFFECTS OF BROKEN FAMILIES ON GIRL CHILDREN**

Behaviour and learning problems, attention – deficit hyperactivity disorder (ADHD), Bi-polar disorder, Anxiety, Emotional issues, Abuse of the girl child, school dropouts, Girl child labour, High levels of parent-child disagreements, low levels of parent-child interactions, adjustment problems.

### **POSITIVE THERAPY**

Positive therapy is the systematic selection of life over death. Existential in nature, it assumes man's capacity to recognize thoughts, feelings and actions that will promote a positive outcome versus a negative one, and to choose the positive course. Well-established principles of human behavior, including cognitive and behavioural principles, are subsumed under the principle of human control. Thus, deep relaxation techniques, biofeedback, cognitive methods and rational- emotive methods can be accounted for by the principles of positive therapy itself. Positive therapy, then may be seen as a "master system" under which many long-established concepts can be viewed within a positive existential framework. Positive therapy is at odds only with negative therapies or negative aspects of therapies that counter man's ability to choose. Psychoanalysis and deterministic models are rejected by the positive therapist.

### **METHODOLOGY**

#### **SIGNIFICANCE OF THE STUDY**

The purpose of this study is welfare of the girl children especially from broken families. The girl children must understand her life, her situation, family background, and the circumstances to save in their day today life. In general, we understand that girl children are away from the society. Therefore the researcher tried to changes in their life style and strongly believe that the positive therapy can change their behaviors and attitudes. We can see the dynamic development of physical, psychological, Educational and social aspects.

Through this positive therapy the girl children come from negative energy and get positive energy to live their life in a balanced way. The balance changes may bring their life style at common as anyone. The girl children come out from the positive character of the family. This character will enable the girl children to take life positively and live happily. Especially this study will make the girl children to live their life on their own legs in the society.

#### **OBJECTIVES OF THE STUDY**

- ❖ To study the personal profile of the girls from broken families.
- ❖ To study the reason for and the behaviour of girls from broken families.
- ❖ To give social work intervention positive therapy with the help of professional exporters.
- ❖ To find out the level of depression before before and after social work intervention.
- ❖ To provide suitable suggestion on basis of the findings.

### **RESEARCH DESIGN**

The research design selected for this study is experimental research design in this study it is designed to experiment with the girl children to increase their behavioural and attitudes in their life.

### **UNIVERSE OF THE STUDY**

The universe of this study is girls from broken families who are staying in two NGOs [Saranalaya, NGGO Colony Coimbatore] and Bethany Home Ondipudhur, Coimbatore District, Tamilnadu. From these two organization children in the age group 9 to 14 are taken as the universe.

### **SAMPLING PROCEDURE**

The intervention study on positive therapy for psychological well being of girl children from broken families, the researcher selected two NGOs. The population of the children who are in the age group 9-14 years i.e., 5<sup>th</sup>std to 9<sup>th</sup>std were 60 numbers. According to the inclusive criteria only children in these five classes have been selected for intervention programme. So the other girl children are excluded for the study. Thus the sampling procedure is census sampling and all

the 60 girls in the 5<sup>th</sup> to 9<sup>th</sup>std children are staying in saranalaya, NGGO Colony and Bethany home, ondipudhur, Coimbatore district, Tamilnadu are taken for the present study.

### **TOOLS OF DATA COLLECTION**

**Part I** Tool used for data collection for the present study consist of questionnaire related to personal and demographic profile of the respondents.

**Part II** Questionnaire is about the respondent's attitude towards behavioural modification. The tool is a modified version of positive therapy for girl children from broken families. We used in this study tool of Hamilton depression scale (HRD) to measure the level of depression among the respondents.

### **SOCIAL WORK INTERVENTION THROUGH POSITIVE THERAPY**

The programme's primary aim is to improve participant's response to the behavioural changes. i.e., reducing the level of depression through positive therapy. The researcher got an opportunity to interact with the girls for a span of one month. Though the respondents had their own activities in the organization, they showed much interest since the researcher demonstrated the intervention activities in a class atmosphere, audio and video presentations, personal interview and through games.

#### **Aim of Positive therapy**

To minimize the level of depression in order to enhance their personality and to live a balanced life in any situation and also to understand the real fact of their own home, school, environmental and the society.

#### **Objectives:**

- To improve their positive thinking and accept the situation as it is.
- To change their attitudes and behavior towards their own family and society.
- To make them to live as a good citizen of our country.
- Classes to bring awareness
- Motivational show
- Games & Exercises
- Sharing Victorious personalities

### **Findings, Discussion and Conclusion**

Nearly half of the respondents (40%) belong to age group of 11 to 12 yrs. More than half of the respondents 52% were belong to urban area by residence. Almost all, 90% of the children belong to broken families. Nearly half of the percentage 48% of the respondents belong to hindu by religion. More than half of the percentage 55% of the respondents is avoiding their relationship with family members. Nearly half of the percentage 43% of the respondents is feeling lonely. Nearly half of the percentage 35% of the respondents claims that the main cause for broken family was adultery by the spouse. Majority of the respondents 73% are not having good health.

The respondents residing from urban and semi-urban are having high depression, but the rural respondents have low depression. Because they are receiving lot of support from family side.

The religion of Hindu respondents is affected with high depression. The Muslim respondents are moderate level of depression in this study. The Christian respondents having very low depression. Since the researcher has found that the Christian respondents have participation with outside programmes. Majority of the respondents with high level of depression avoids relationship with others because they are affected in family problems so they are not interested.

The respondents are having high level of depression because of missing their parents. Here the respondents are staying in the NGOs. The researcher found that they may not have chance to live like their families. They are longing for their parents love. The family is very important to every steps of their life.

Most of the respondents are having high level of depression due to families fighting situation. Here the respondents are psychologically affected from the family problems. They became silent undergoing depression in many situation of their life.

The respondents having relationship with either parent looking to have relationship with the other but they are in the high level of depression. Social work intervention had an impact and there were behavior changes through positive therapy for girl children from broken families in the selective NGOs.

### **SUGGESTIONS:**

- ❖ More concentration can be given to family counseling sessions so that we reunite the family with the girl child.
- ❖ Motivate them to overcome the life challenges.
- ❖ Social workers can initiate steps to develop the strengths of the family to avoid dysfunctions.
- ❖ Benefits of understanding one and another can be given importance and eradicate ego clashes.
- ❖ Children – specially girl children can be given more concern to bring good citizen of our country.
- ❖ Though children happen to stay in foster homes, we must not encourage the children to continue their stay in foster homes. Home settlement must be focused.
- ❖ Strengthen the promotion of awareness on the respondents role and responsibility in personal and social circles.
- ❖ The government and the family welfare department can extend their services to save the children and ensure proper living standards with their family members. Also to diminish the negative attitudes of the respondents towards their family members specific schemes can be established and thereby protect the girl children.

### **CONCLUSION**

As the condition of today's families are mostly going for family court, family counseling, counseling clubs, finally going for divorce. This social evil is very deeply rooted in most of our families, because of this children are more affected specially girl children are affected by physically, psychologically, educationally and socially. So really they want to develop their personality very strong and positive way to live life in the society.

Over all the result of this study indicate that girl children level of depression and their attitude changes, through positive therapy intervention. The weaker section of girl children problem will be reduced because of this kind of positive therapy can change the attitudes and positive thinking pattern specially this studies gives more confident and balanced life of girl children from broken families. I felt that it is not only for girl children but every human being need of positive thinking to run their life in balanced and they can manage any situation of their life anywhere.

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