

# Coping Strategies of Institutionalized and Non-Institutionalized Orphans in Mizoram: A Pilot Study

Lalremruati Pachuau<sup>1</sup>, Vanlalchhungi<sup>2</sup>

## ABSTRACT

**Background:** Orphans face numerous challenges that impact their capacity to endure stress and, consequently their coping strategies. The environment in which they live affects whether the coping strategies they use are adaptive or maladaptive.

**Objectives:** This study aims to examine and compare the coping strategies (avoidance, problem-solving, and seeking social support) used by Mizo orphans living in institutional and non-institutional settings.

**Method:** This study employed a purposive sampling method to select 40 Mizo orphans aged 14-17, with 20 participants from institutional settings and 20 from non-institutional settings. Institutionalized orphans were selected from Child Care Institutions after getting approval from Mizoram University's Human Ethics Committee and permission from the Mizoram State Child Protection Society. Non-institutionalized orphans were identified and selected through fieldwork. The Coping Strategy Indicator (CSI; Amirkhan, 1990) was used to assess the coping strategies of the participants. Psychometric checks were done to ascertain the applicability of the scale for the sample. Data was further analyzed using a t-test to highlight the differences in the coping strategies between the two groups.

**Results and Conclusion:** The study found significant differences in coping strategies between institutionalized and non-institutionalized orphans. These findings highlight the need for tailored support systems and interventions to enhance adaptive coping strategies, ultimately contributing to the well-being and integration of orphans in Mizoram.

**Keywords:** Orphans, coping strategies, Avoidance, Problem-solving, Seeking social support, Institutionalized orphan, non-institutionalized orphan.