

Assessment of Personal Capital in Institutionalized Adolescents in Delhi Region

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Abstract—It is widely documented that institutionalized adolescents represent a vulnerable sector of the population. Their health and well-being are influenced by the care and opportunities provided by the various nongovernmental agencies (NGO). The present study attempts to assess personal capital in terms of hope, optimism and self-efficacy among adolescents between the ages of 17-19 years in special institutionalized settings. In the absence of family setting these adolescents are living in shelters in the national capital regions of Delhi. They are provided care by the NGO 'Make A Difference' (MAD) and has been working with these children in three shelter homes. The NGO attempts to provide relevant inputs such that social and psychological health can be promoted. The present study reports the findings on the three mentioned constructs as mentioned above as personal capital for 46 participants. Each participant completed a questionnaire Life Orientation Test revised (LOT-R) translated in Hindi (1994); Snyder's Adult Trait Hope Scale (HOPE) translated in Hindi (1991) and Hindi version of self-efficacy scale. Hope scale provides a total score with pathways and self-agency. Relationships between the three concepts and dimensions were calculated. Results indicate that the mean of the participants on hope was higher than the norm. However, the mean scores on optimism was quite low. Significant relationship was noted between agency thinking and self-efficacy. The second part of the study is concerned with developing an intervention module based on the results of the above mentioned pilot study and inculcating positive personal capital and youth development. The study has implications for positive mental health programs for children in institutionalized settings and developmental psychology.