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# PSYCHOLOGICAL FUNCTIONING AND EMOTIONAL STABILITY AMONG ADOLESCENTS IN ORPHANAGES IN LAGOS STATE, NIGERIA

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## ABSTRACT

*The psychological functioning is an individual's ability to cope with life on a daily basis and emotional stability depends on one's ability to maintain emotional control in spite of stress but the absence of stable caregiving, exposure to psychosocial stressors and limited access to supportive resources often compromise the developmental trajectory of adolescents in orphanages. This study investigated the psychological functioning and emotional stability of adolescents residing in orphanages within Lagos State, Nigeria. Employing a descriptive survey research design, the study included a sampled of 200 adolescents aged 12 to 18 years across five orphanages in the Oshodi-Isolo Local Government Area. A multistage sampling approach was employed, and data were collected using validated instruments such as the Strengths and Difficulties Questionnaire (SDQ) and the Emotional Stability Scale (ESS). The data were collected through five point Likert scale (5-likert scale) and analysed using mean, standard deviation and ranking. The findings showed moderate levels of positive peer interactions, indicating compensatory social mechanisms, mild psychological functioning and low emotional stability scores reflecting poor emotional regulation, heightened sensitivity to stress and reduced resilience, with respondents reporting enjoying participating in group activities (mean=2.88), confident in expressing thought and feelings (mean=2.78), able to cope when things are not going well (mean=2.73) but having difficulties in concentration (mean=2.40), difficulty in controlling anger (mean=2.73), sad and hopeless (mean=2.69); calmness in challenges (Mean=2.11), easily discouraged during mistakes (Mean=2.91) and changing emotions quickly (Mean=2.69). However, institutional and environmental factors, including limited access to basic amenities, inadequate caregiver support and lack of privacy, were significant determinants of emotional and psychological well-being. The study concluded that the psychological well-being of adolescents in orphanages is significantly influenced by environmental deprivation and the quality of psychosocial interventions. Recommendation, the government or owners of orphanages in collaboration with funders should train the staff in orphanages on stress/trauma management skills and provide basic amenities to support the psychosocial and emotional well-being of the adolescents in the orphanages.*

**Keywords:** Adolescents, psychological functioning, emotional stability, orphanages

## INTRODUCTION

Adolescence represents a critical period of human development characterised by rapid physical, cognitive and emotional changes that significantly influence mental health and long-term psychosocial outcomes (WHO, 2022). During this stage, individuals begin to construct their identity, enhance emotional regulation, and establish interpersonal relationships. However, adolescents who grow up outside of traditional family settings, particularly those residing in institutional care facilities such as orphanages, often face unique challenges that may impede their psychological functioning and emotional stability. Adolescents living in orphanages, at this phase, are usually shaped by unique adversities, including the loss of parental care, exposure to

trauma, and the constraints of institutional living. These factors may have profound implications for their psychological functioning and emotional stability, both of which are essential for healthy development and successful social integration (UNICEF, 2023). However, the orphanage adolescents are a particularly the most vulnerable population. The experience of growing up in institutional care, separated from biological parents, presents a multitude of stressors and disruptions to normal developmental processes.

Psychological functioning encompasses an individual's emotional, behavioural, and cognitive processes, including their ability to cope with stress, form relationships and maintain a healthy mental well-being while emotional stability, is an individual's capacity to maintain consistent emotional responses and adaptively manage stress, which is particularly susceptible to disruption in environments lacking adequate caregiver attention, social support and mental health enhancement resources (Sackey, Mensah, & Boadu, 2023). Furthermore, it plays a vital role in an individual's ability to manage his or her emotion, stay calm during stressful situations and demonstrate resilience while navigating life's challenges or adversity (Eneh & Eze, 2021). Adolescents in orphanages who seek to avoid mental health issues must adopt a self-compassionate mindset, often known as accepting their circumstances or adhere to a principle of learned helplessness.

Seligman's (1975) Theory of Learned Helplessness propounded that when individuals perceive a significant lack of control over their environment, they often experience profound emotional, cognitive and motivational impairments. This psychological state frequently manifests as chronic passivity and a pessimistic internal attributional style, which are core components of depressive disorders. This behaviour typically surfaces in response to prolonged exposure to inescapable stressors e.g. systemic poverty or severe trauma eventually infiltrating all dimensions of an individual's life (Seligman, 1975; Pryce et al., 2011).

In addition, adolescents who desire to escape mental health issues should adopt a self-compassionate mindset also known as accepting ones' circumstances, a kind of psychological science (Murfield *et al.*, 2020). Therefore, adolescents in orphanages need to be taught self-compassion as a way to express gratitude, even though they do not receive parental attention. Furthermore, teenagers raised in orphanages exhibit a self-opening mindset when it comes to communicating their emotions and difficulties, a trait known as self-disclosure in psychological science (Aziz *et al.*, 2023).

Basically, orphanages play a crucial role in providing care and shelter for children who have lost their parents or have been abandoned. However, the mental health challenges among orphanage adolescents represent a key area of concern, as research repeatedly reveals their heightened vulnerability compared to their peers in family-based care settings (Miller et al., 2019).

According to Bowlby, children are programmed biologically to develop attachment in order to be secured and smartly navigate their environment later in life. Bowlby's attachment theory emphasised the need for early emotional bonds between a child and their caregiver. The bond is vital for the child's survival and emotional development and it provides a strong foundation for future relationship with the family and significant others (McLeod, 2025).

It is a social situation that usually affects a person's coping resources. The longtime exposure to various social stressors can contribute to the development of depression. Such stressors may encompass unfavourable living conditions, traumatic experiences, relational difficulties, and financial strain. When these pressures persist over time, they may surpass an individual's ability to cope effectively, thereby increasing the likelihood of depressive symptoms. In sub-Saharan Africa, including Nigeria, the number of children living without parental care continues to rise due to various factors such as poverty, armed conflict, disease outbreaks (notably HIV/AIDS), and socio-political instability (Oladeji et al., 2022).

Research indicates that disruptions in caregiving, which children in institutional care often experience, are linked to an increased risk of psychological problems like symptoms of depression, anxiety, emotional dysregulation and lowered self-esteem (Bederian-Gardner et al 2017; Jaffer et al., 2023). Institutional care frequently faces challenges such as overcrowding, underfunding and limited access to trained psychosocial staff. These issues hinder caregivers' ability to provide personalised attention and support healthy emotional growth (Adeniyi & Ojo, 2023). In these settings, adolescents may find it difficult to regulate their emotions, integrate socially, and build resilience all crucial for their psychological health and long-term adaptation.

In Nigeria, institutional care remains a common response to the basic needs of orphaned and vulnerable children due to factors such as parental death, economic hardship, or abandonment. Lagos State, being the most urbanised and populous region in Nigeria, hosts a significant number of orphanages, both officially registered and informally operated. While these institutions aim to provide shelter, basic care and protection, they often struggle to address the emotional and psychological needs of the children and adolescents in their care (Oladeji et al., 2022), yet limited empirical studies have explored the mental health profiles of adolescents within these settings.

Given the socio-emotional demands of adolescence and the additional burdens linked to institutional upbringing, there is an urgent need to understand the emotional and psychological well-being of this vulnerable group (Maloney et al., 2024). Although, there are studies on emotional and behavioural problems in orphans by Sanober & Chhaya (2023); psychosocial wellbeing of orphans and vulnerable children by Sebsibe, Fedaku & Molalign (2014) but this study aims to examine the psychological functioning and emotional stability of adolescents living in orphanages across Lagos State, Nigeria.

### **Statement of the Problem**

Adolescence is a key period of psychological, emotional, and social growth. A stable and caring environment is crucial for promoting healthy mental and emotional development during this stage. However, adolescents in institutional care, such as orphanages, often face significant challenges due to the lack of consistent parental care, limited emotional support and exposure to psychosocial stressors. These issues can negatively impact their emotional well-being and mental health. Evidence from sub-Saharan Africa shows that adolescents in institutional care are more likely to experience psychological distress, including depression, anxiety, low self-esteem, and emotional dysregulation, compared to those in family-based settings. Despite these concerns, there is a lack of focused research on the psychological and emotional health of adolescents in Nigerian orphanages, particularly in Lagos State. Most studies are looking at one aspect of the study e.g. psychological, psychosocial or mental well-being of children in orphanages but this study aims to explore the psychological functioning and emotional stability of adolescents living in orphanages in Lagos State.

### **Purpose of the Study**

The primary purpose of this study is to examine the psychological functioning and emotional stability of adolescents residing in orphanages within Lagos State, Nigeria.

To actualise the aforementioned purpose, the study is designed to:

1. Assess the psychological functioning of adolescents residing in orphanages
2. Examine the level of emotional stability among institutionalized adolescents.
3. Identify the key factors within orphanage environments that influence adolescents' emotional and psychological well-being.
4. Explore the effect of support programs on adolescents in orphanages.

### **Research Questions**

1. What is the state of psychological functioning among adolescents in orphanages?

2. What is the emotional stability of adolescents in orphanages?
3. What institutional and environmental factors influence the emotional and psychological well-being of adolescents in orphanages?
4. What is the effect of support programs on adolescents' in emotional stability in orphanages?

## METHOD

This study adopted a descriptive survey research design to examine the psychological functioning and emotional stability of adolescents residing in orphanages across Lagos State, Nigeria. This design was appropriate for collecting data on participants' current psychological and emotional states without manipulating any variables, allowing for a naturalistic investigation of patterns within institutional care settings. The study was carried out in Oshodi-Isolo Local Government Area (LGA) within Lagos State because it is one of the most densely populated areas in Lagos State consisting high concentration of people in its commercial and residential areas. It is a major transport hub with majority of informal settlements. The LGA is part of the Ikeja Division of Lagos State, Nigeria. At the 2006 Census, it had a population of 621,509 people, and an area of 45 square kilometers. The Local Government was constituted by eleven wards; Oshodi/Bolade, Orile Oshodi, Mafoluku, Shogunle, Shogunle/Alasia, Isolo, Ajao Estate, Ilasamaja, Okota, Ishagatedo, Oke-Afa/Ejigbo It was created by the second republic Governor of Lagos State, Alhaji Lateef Kayode Jakande. The study population consisted of adolescents aged 12 to 18 years living in registered orphanages within Oshodi-Isolo in Lagos State. A multistage sampling technique was used to ensure adequate representation and assist the researcher to simplify data collection by dividing the population into a smaller and manageable group. Initially, orphanages were stratified into government-owned and privately managed categories. From each category, orphanages were randomly selected. Within the selected facilities, purposive sampling was employed to recruit participants who had stayed in the institution for a minimum of six months and met the age criteria. A total of 200 adolescents were selected from five orphanages located in Oshodi-Isolo LGA. Data were collected using a structured questionnaire comprising three sections with five point Likert scale (5-Likert Scale). The first section gathered demographic data, including age, gender, length of stay, and type of orphanage. The second section measured psychological functioning using the Strengths and Difficulties Questionnaire (SDQ), a validated instrument designed to assess emotional symptoms, conduct problems, hyperactivity, peer relationship issues, and prosocial behaviour. The third section assessed emotional stability using a standardised Emotional Stability Scale (ESS), which evaluates the individual's capacity for emotional regulation and resilience in response to stress. To ensure the reliability of the instruments, a pilot study was conducted with a comparable sample (30 samples) outside the selected orphanages. Internal consistency of the instruments was confirmed, with a Cronbach's alpha coefficient of 0.83, indicating acceptable levels of reliability for research purposes. Descriptive statistics such as means, standard deviations and ranking were used to analyse the data collected with the use of Statistical Package for the Social Sciences (SPSS), version 25.

## RESULTS

**Research Question 1:** What is the state of psychological functioning among adolescents in orphanages?

**Table 1: Psychological Functioning among Adolescents**

S/N	Statement	Strongly Agreed 5	Agreed 4	Neutral 3	Disagreed 2	Strongly Disagreed 1	Mean	St. Dev.	Rank
1	I find it hard to concentrate on my daily tasks.	35 (17.5)	84 (42.0%)	8 (4.0%)	19 (9.5%)	54 (27.0%)	2.40	1.01	5th
2	I often feel nervous or anxious without any clear reason	30 (15.0%)	96 (48.0%)	50 (25.0%)	18 (9.0%)	(3.0%)	2.37	0.95	6th
3	I get along well with other children in the orphanage.	55 (27.0%)	92 (46.0%)	(1.0%)	20 (10.0%)	31 (15.5%)	2.35	0.90	7th
4	I feel confident in expressing my thoughts and feelings.	15 (7.5%)	67 (33.5%)	(3.0%)	41 (20.5%)	71 (35.5%)	2.78	0.95	2nd
5	I often feel sad or hopeless.	73 (36.5%)	67 (33.5%)	(2.0%)	36 (18.0%)	20 (10.0%)	2.69	0.90	4th
6	I enjoy participating in group activities with others.	59 (29.5%)	73 (36.5%)	8 (4.0%)	56 (28.0%)	4 (2.0%)	2.88	0.87	1st
7	I find it difficult to control my anger when I am upset.	84 (42.0%)	66 (33.0%)	(1.5%)	33 (16.5%)	14 (7.0%)	2.73	0.87	3rd
8	I am able to cope well when things do not go as planned.	85 (42.5%)	54 (27.0%)	10 (5.0%)	27 (13.5%)	24 (12.0%)	2.73	1.00	3rd

The results revealed generally low to moderate psychological functioning among the participants. The lowest mean score was recorded for the item I get along well with other children in the orphanage (Mean = 2.35), suggesting that despite the challenges associated with institutional living, adolescents are able to establish peer relationships. Conversely, the highest mean in this domain was observed in the item I enjoy participating in group activities (Mean = 2.88), indicating a degree of engagement in structured social routines. However, low mean values for items such as I often feel nervous or anxious (Mean = 2.37) and I find it hard to concentrate on my daily tasks (Mean = 2.40) point to underlying psychological distress.

**Research Question 2:** What is the emotional stability of adolescents in orphanages?

**Table 2: Emotional Stability of Adolescents**

S/N	Statement	Strongly Agreed 5	Agreed 4	Neutral 3	Disagreed 2	Strongly Disagreed 1	Mean	St. Dev.	Rank

1	I stay calm even when I face challenges	97 (48.5%)	57 (28.5)	10 (5.0%)	12 (6.0%)	24 (12.0%)	2.11	1.04	5th
2	I often feel emotionally overwhelmed	80 (40.0%)	39 (19.5%)	6 (3.0%)	57 (28.5%)	18 (9.0%)	2.36	0.99	4th
3	I recover quickly after feeling stressed or upset	34 (17.0%)	76 (38.0%)	6 (3.0%)	44 (22.0%)	40 (20.0%)	2.74	1.08	2nd
4	I am easily discouraged when I make mistakes	80 (40.0%)	49 (24.5%)	7 (3.5%)	48 (24.0%)	16 (8.0%)	2.91	0.97	1st
5	My emotions often change quickly	66 (33.0%)	40 (20.0%)	10 (5.0%)	62 (31.0%)	22 (11.0%)	2.69	0.90	3rd

Table 2 revealed that most adolescents in the study exhibited emotional dysregulation and limited resilience. The item I stay calm even when I face challenges had the lowest mean score (Mean = 2.11), suggesting that many participants struggle to manage stress effectively. Additionally, moderate scores on items such as I am easily discouraged when I make mistakes (Mean = 2.91) and My emotions often change quickly (Mean = 2.69) further indicate emotional volatility. The observed emotional volatility may be attributed to the lack of stable attachment figures.

**Research Question 3:** What institutional and environmental factors influence the emotional and psychological well-being of adolescents in orphanages?

**Table 3: Institutional and Environmental Factors**

S/N	Statement	Strongly Agreed 5	Agreed 4	Neutral 3	Disagreed 2	Strongly Disagreed 1	Mean	St. Deviation	Ranking
1	The orphanage environment makes me feel safe.	81 (40.5%)	68 (34.0%)	4 (2.0%)	26 (13.0)	21 (10.5%)	2.48	0.91	2 <sup>nd</sup>
2	I have access to basic needs such as food and clothing.	22 (11.0%)	93 (46.5%)	3 (1.5%)	24 (12.0%)	58 (29.0%)	2.44	0.89	1 <sup>st</sup>
3	There is enough privacy and personal space in my orphanage	59 (29.5%)	13 (6.5%)	6 (3.0%)	37 (18.5%)	85 (42.5%)	2.82	0.91	5 <sup>th</sup>
4	I feel comfortable talking to caregivers	66 (33.0%)	55 (27.5%)	9 (4.5%)	47 (23.5%)	23 (11.5%)	2.77	1.08	4 <sup>th</sup>

	about my problems								
5	The caregivers treat us with respect and kindness	79 (39.5%)	21 (10.5%)	12 (6.0%)	58 (29.0%)	30 (15.0%)	2.77	1.03	4 <sup>th</sup>
6	The orphanage provides a supportive learning environment	77 (38.5%)	69 (34.5%)	10 (5.0%)	24 (12.0%)	20 (10.0%)	2.64	0.99	3 <sup>rd</sup>

Table 3 revealed that institutional and environmental factors influence the emotional and psychological well-being of adolescents in orphanages. The item I have access to basic needs such as food and clothing had a relatively low mean score (Mean = 2.44), indicating that material deprivation remains a concern in some facilities. Similarly, items assessing safety (Mean = 2.48) and privacy (Mean = 2.82) revealed suboptimal conditions. However, slightly higher scores were reported for the caregivers treat us with respect and kindness (Mean = 2.77) and orphanage provides a supportive learning environment (Mean = 2.64), suggesting that efforts are being made in some orphanages to foster a positive atmosphere.

**Research Question 4:** What is the effect of support programs on adolescents' emotional stability in orphanages?

**Table 4: Effect of Support Programmes**

S/N	Statement	Strongly Agreed 5	Agreed 4	Neutral 3	Disagreed 2	Strongly Disagreed 1	Mean	St. Dev.	Rank
1	Counselling sessions have helped me feel better	97 (48.5%)	43 (22.5%)	13 (6.5%)	24 (12.0%)	23 (11.5%)	2.54	1.06	8th
2	Recreational activities improve my mood	86 (43.0%)	58 (29.0%)	7 (3.5%)	23 (11.5%)	26 (13.0%)	2.50	0.98	9th
3	The life skills programmes are helpful for my growth	73 (36.5%)	44 (22.0%)	11 (5.5%)	37 (18.5%)	35 (17.5%)	3.07	1.23	2nd
4	Group discussions help me express my feelings	76 (38.0%)	38 (19.0%)	22 (11.0%)	33 (16.5%)	38 (19.0%)	2.92	1.29	5th
5	I feel supported when caregivers listen to me	67 (33.5%)	56 (28.0%)	6 (3.0%)	40 (20.0%)	31 (15.5%)	3.31	1.13	1st

6	I feel more emotionally stable because of the support I receive.	67 (33.5%)	48 (24.0%)	22 (11.0%)	34 (17.0%)	29 (14.5%)	3.03	1.23	3rd
7	Support programmes help me cope better with challenges	62 (31.0%)	57 (28.5%)	18 (9.0%)	39 (19.5%)	24 (12.0%)	2.97	1.15	4th
8	I have learned better ways to manage stress through support groups.	95 (47.5%)	53 (26.5%)	6 (3.0%)	21 (10.5%)	25 (12.5%)	2.44	0.94	10th
9	Support programmes have made me feel more connected and less lonely	99 (49.5%)	50 (25.0%)	8 (4.0%)	27 (13.5%)	16 (8.0%)	2.81	0.91	7th
10	I look forward to participating in support activities	44 (22.0%)	77 (38.5%)	11 (5.5%)	42 (21.0%)	26 (13.0%)	2.84	1.07	6th

Table 4 results indicate a moderate level of effectiveness in support programmes. The item I feel supported when caregivers listen to me received the highest mean score in this domain (Mean=3.31), highlighting the importance of interpersonal relationships in promoting psychological well-being. On the other hand, the item I have learned better ways to manage stress through support groups recorded the lowest mean (Mean = 2.44), suggesting that either access to such programmes is limited or their content lacks effectiveness. Similarly, low ratings for Life skills programmes (Mean = 3.07) and Group discussions (Mean = 2.92) imply the need for more targeted, engaging and age-appropriate interventions.

## DISCUSSION OF FINDINGS

### Psychological Functioning among Adolescents

The findings of this study revealed a pattern of moderate psychological functioning and emotional instability, with varying experiences across orphanages. Adolescents experience difficulties with concentration, feelings of anxiety, and emotional distress, as shown by relatively low mean scores on items related to sadness and nervousness (Table 1). The findings are consistent with previous research by Oladeji *et al.* (2022), which documented elevated levels of emotional distress and internalising problems among institutionalised adolescents in southwestern Nigeria. Similarly, Zeanah, Humphreys, and Fox (2020) emphasised that prolonged exposure to institutional care, particularly in environments lacking warmth and responsiveness, contributes to deficits in emotional regulation and cognitive processing in children and adolescents.

### Emotional Stability of Adolescents

On the emotional stability of adolescents, it was observed that adolescents show poor emotional regulation, with many expressing difficulties in staying calm under pressure and recovering from emotional distress. This aligns with the work of Eneh and Eze (2021), who reported high levels of emotional reactivity and mood swings among adolescents raised in orphanages. The lack of consistent, nurturing caregiver relationships in such settings has been shown to impair the development of secure emotional attachments, which are critical for emotional resilience (Sackey, Mensah, & Boadu, 2023).

### **Institutional and Environmental Factors**

As regards institutional and environmental factors that influence the emotional and psychological well-being of adolescents in orphanages, the result of the study showed that many orphanages are unable to provide an environment conducive to psychological security because of the poor access to basic needs and safety. This finding supports the observations of Adeniyi and Ojo (2023), who noted that many care facilities in Nigeria are underfunded, overcrowded, and inadequately staffed, creating conditions that may exacerbate psychological vulnerability. Moreover, the limited privacy and weak caregiver and child communication reported by participants are reflective of broader structural issues within institutional care systems in low resource settings.

### **Effect of Support Programmes**

Regarding the effectiveness of support programmes, the findings indicate that while some adolescents benefit from caregiver attention and group-based activities, many perceive the available programmes as insufficient. This is particularly evident in the low ratings for learning stress management and feeling emotionally supported through structured interventions. These outcomes echo those of UNICEF (2023), which noted that despite efforts to integrate psychosocial support into institutional care, such programmes are often inconsistently delivered, lack trained personnel, and fail to address the individualised needs of children and adolescents.

Likewise, WHO (2021) highlighted the need for comprehensive, age appropriate and trauma-informed interventions to support mental health in orphanages. Notably, the moderate scores for peer relationships and group participation suggest that adolescents find value in peer interaction as a coping strategy. Peer support has been recognized in the literature as a key protective factor in adverse environments. For instance, Zhao, Wang, and Xie (2021) found that adolescents in group homes who maintained strong peer connections demonstrated higher emotional resilience and better overall adjustment.

### **Conclusion**

The findings revealed the experiences of the adolescents in the orphanages in the study area physically, the adolescents lack food/privacy resulting in high anxiety and low safety. Also, socially, they enjoy groups but fight with peers leading to distraction and not support. Emotionally, the caregivers were kind but lack stress management skills therefore, adolescents could not stay calm and there was high volatility among them. Cognitively, they had supportive learning environment but could not concentrate due to stress. Succinctly, the synthesis of the findings in tables 1, 2, 3 and 4 indicated a nurturing but under-resourced environment that is there was a safe emotional harbor but a precarious physical home in the orphanages sampled in the study area. It was observed that the adolescents trust their caregivers, but that trust is not enough to overcome the psychological toll of material deprivation and the lack of privacy. To translate from moderate functioning to thriving, the intervention must shift from general kindness to structural improvement for example, better food/safety and cognitive skill-building that is teaching them how to regulate the emotions that currently overwhelm them.

### **Recommendation**

Based on the result from the study which stated that the adolescents in orphanages in Lagos State had a pattern of moderate psychological functioning and emotional instability, with varying experiences across the selected orphanages hence, the administrators of orphanages should incorporate regular psychological assessments, provide access to trained mental health professionals to support adolescents' emotional well-being and continue to train caregivers in psychosocial support, trauma-informed care and adolescent development to improve their responsiveness to the emotional and behavioural needs of adolescents in orphanages. Also, most of the adolescents in the study area exhibited emotional dysregulation and limited resilience, therefore, the government and administrators of orphanages should improve the living conditions within the orphanages to provide safety, basic needs and privacy of the children in the homes.

Moreover, the result stated that institutional and environmental factors influence the emotional and psychological well-being of adolescents in orphanages for this cause, deliberate efforts should be made to enhance the physical and social environment of orphanages to promote a sense of security and dignity among adolescents. The result equally reflected that the support programmes were moderately effective in the orphanages to this end, government and the operators of orphanage homes should review the existing support programmes and standardise it to align with adolescents' developmental needs of the adolescents in the home and make it to be of global acceptable standard. Emphasis should be placed on child-centered, participatory, skill-based and emotionally responsive interventions.

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