



## Notice for the PhD Viva Voce Examination

Mr Shinto Joseph (Reg. No. 1730087), PhD scholar at the School of Social Sciences, CHRIST (Deemed to be University), Bengaluru will defend his PhD thesis at the public viva-voce examination on Thursday, 22 September 2022 at 3.00 pm in the Appraisal Room, (Room No. 801), Ground Floor, Auditorium Block, CHRIST (Deemed to be University), Bengaluru - 560029.

<b>Title of the Thesis</b>	:	<b>Psychosocial Well-Being of Adolescents: A Social Group Work Intervention</b>
<b>Discipline</b>	:	<b>Social Work</b>
<b>External Examiner</b> (Outside Karnataka)	:	<b>Dr Elsa Mary Jacob</b> Associate Professor Department of Social Work Bharata Mata School of Social Work Thrikkakara, Kochi - 682021 Kerala
<b>External Examiner</b> (Within Karnataka)	:	<b>Dr Alan Godfrey A</b> Assistant Professor and Head School of Social Work St Joseph's College (Autonomous) Bengaluru - 560027 Karnataka
<b>Supervisor</b>	:	<b>Dr Sheeja Remani B Karalam</b> Associate Professor Department of Sociology and Social work School of Social Sciences CHRIST (Deemed to be University) Bengaluru, 560029 Karnataka

The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva.

**Place:** Bengaluru  
**Date:** 14 September 2022

**Registrar**

## ABSTRACT

Social work practice with children and families is one of the most challenging, skilled and rewarding areas of social work practice. Social workers believe that safeguarding children and preventing them from significant harm is a rewarding and challenging way to make a difference in the life of a child, which involves the corporation, consultation and collaboration of many people working effectively together. As highlighted by the United Nations' data disaggregation against the goal of "no one left behind," the absence of data on adolescents needs research on the "second decade." Furthermore, because India has the world's largest adolescent population, studies and policies aimed at developing adolescents' competencies are critical to the country's development; interventions aimed at instilling confidence in underprivileged adolescents to strive for a better future are critical for mitigating inequity. Adolescents from disadvantaged families and whose parents are no longer able to provide adequate care to children are having various psychosocial problems, high risk of violence, exploitation, abuse and neglect and their psychosocial well-being is often insufficiently monitored.

This intervention study adopted a quasi-interventional design to measure the effectiveness of social group work in raising the psychological well-being, self-esteem and coping orientation of adolescents in child sponsorship programs. Social group work intervention with 20 sessions was designed in response to the information garnered through the pilot study and administered to the intervention group (n=20). Conducted pre-test and post-test for both intervention group and control group (n=20) and two follow up tests in three months' intervals for the intervention group (n=20) using 42 item version of Ryff's scale for psychological well-being, Rosenberg's 10 item self-esteem scale and 54 items A-COPE scale; and data analyzed using SPSS. Comparison between pre and post measurements carried out using paired sample t-test for the intervention group and control group separately, gave out a  $p$  value  $< 0.05$  for the intervention group and,  $> 0.05$  for the control group. Thus, it was proved that the psychological well-being, self-esteem and coping orientation of participants in the intervention group were raised significantly due to the social group work intervention. Applying refined granularity, this research adds data specifically on adolescents enrolled in child sponsorship programs and sets a blueprint for social group work to raise their psychological well-being, self-esteem and coping orientation.

Proposing a conceptual framework for child sponsorship programs, this study recommends the need for operational tie-ups, sustained youth support, training of trainers (ToT) for community animators, preparing individual care plans and training to school social workers and the need of starting walk-in counselling centres and mentoring services. Furthermore, this study suggests additional research in all aspects of its operation, as well as interventions at the group, family, and community levels, for the well-being and empowerment of marginalised adolescents.

**Keywords:** *Intervention research, social group work, marginalized adolescents, psychological well-being, self-esteem, coping orientation, empowerment*