

Adoptive Parenting Style: Emotional Wellbeing and Coping Strategies of Orphanage Adolescents in Osun State, Nigeria

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Abstract

The study investigated the level of emotional well-being of orphanage adolescents in Osun State, Nigeria (based on sex and adolescence stage) and assessed the influence of adoptive parenting style on their emotional well-being. It determined the influence of sex on their emotional well-being and ascertained the coping strategies that are usually employed by the orphanage adolescents on their emotional well-being. Descriptive survey design was employed for the study. The sample comprised 167 adolescents selected from six orphanages across Osun State, Nigeria. An adapted instrument titled "Questionnaire on Emotional Well-being of Orphanage Adolescents and Coping Strategies (QEOAC), which comprised four scales was used to collect data from the participants. The instrument was dully validated for construct and content validity and the reliability conducted showed that Cronbach Split-half and Spearman-Brown results obtained were 0.84 and 0.88 respectively. The results showed that 136 (81.4%) and 31(18.6%) orphanage adolescents demonstrated high and moderate levels of emotional well-being respectively. Result indicated that; building a bright future = 4.5329, being hopeful in spite of situation = 4.3413 and building hope on educational success = 4.0599 were the coping strategies mostly used by orphanage adolescents. Also, the result indicated a significant influence of adoptive parenting style (t-test = 66.976, df = 166) and sex (t-test of -2.974, d.f = 165, p > 0.05) on emotional well-being of orphanage adolescents. It was concluded that orphanage adolescents in Osun State, Nigeria had a high level of emotional well-being and that adoptive parenting and sex of the adolescents affect their emotional well-being.

Introduction

According to the [World Health Organization \(WHO, 2012\)](#), adolescence is the stage when one is no longer a child but not an adult either. It is the transitional stage between childhood and adulthood. The period is categorized into early adolescence (10-14 years), middle adolescence (15-17 years), and late adolescence (18-19 years). The period is crucial and essential in adolescents' lives as this period is followed by changes in physical, psychological, social, emotional and mental states that are important for normal growth in life ([Rahmati et al., 2024](#); [Schneider et al., 2024](#)). The quality of treatment adolescents receive at this point goes a long way in determining their relevance in their country. For this reason, [Walsh \(2016\)](#) explained that the quality of parenting plays a critical role in the well-being and development of children. Therefore, adolescents require parental care, love and protection for them to grow into responsible and healthy adults in life. Thus, the presence of the child's significant order is very important for them to experience love and acceptance, sense of belonging, safety and security as well as developing trust and confidence. In her reaction, the [UNICEF \(2016\)](#) opined that adolescents who are fortunate to have their parents around them tend to develop and grow to healthy and responsible adults. However, adolescents who are deprived of the basic things of life may grow up to constitute a nuisance in society. Besides, ([Cherewick et al., 2023](#); [Qamar et al., 2022](#)) stated that

disadvantaged children are unappreciated, devalued, or derided by the larger society. This implies that the death of a parent may leave their children helpless and at risk of both psychological and physical problems.

Nowadays, the number of orphaned children remains a serious global concern. The increase in this population has been attributed to several factors, including wars, insurgency, natural disasters, poverty, disease, and HIV/AIDS. UNICEF (2008) defined an orphan as a child below 18 years of age who has lost one or both biological parents due to any cause. Similarly, Navpreet et al. (2017) described an orphan as a child whose mother, father, or both parents have passed away and who may reside in an orphanage home. A report released by UNICEF (2017) showed that nearly 140 million children worldwide had become orphans. This number was later reported to have increased to approximately 153 million in 2020, with about 132 million, or 92%, living in developing countries, including Nigeria. Available data further indicate that a large proportion of these orphaned children are found in sub-Saharan Africa and South and Southeast Asia (DeLuca, 2019). In Nigeria, The Guardian (2024) had earlier identified the country as one of the African nations with a high population of orphans. This reported an estimated population of 17.5 million orphans in Nigeria, with many of them located in the North-East region due to the prevalence of insurgency in the area.

As previously stated, attachment plays a significant role in the development of a child's internal working models. According to the attachment theory, an intimate attachment which is the affectionate and loving behaviour from a caregiver is germane to a person's emotional life from birth to old age (Eagle, 2013). Recent studies indicate that orphaned and vulnerable adolescents are at risk of emotional neglect, physical neglect, stigma, depression, anxiety, externalizing problems, and reduced well-being when they lack adequate family support, caregiving protection, and psychosocial resources (Sarfika et al., 2023). In addition, these orphans may suffer poor parental support, affection, attachment, and poor mental health which may predispose them to risk-behaviour. Recent evidence from Nigeria also shows that children orphaned by Boko Haram-related violence in the North-East experience severe protection, welfare, and survival challenges, which may increase their vulnerability to long-term psychosocial problems if adequate care and support are not provided (Ramos Miguel et al., 2024; Salihu & Shodunke, 2024).

Also, the United Nations Convention on the Rights of the Child, Article 18, stated that parents have the primary responsibility for the upbringing and development of their children. Article 20 stated that "if a child is temporarily or permanently deprived of his or her family environment, or in whose own best interests cannot be allowed to remain in that environment shall be entitled to special protection and assistance provided by the State" Such care could include, *inter alia*, foster placement, adoption, or if necessary, placement in suitable institutions for the care of children (UNICEF, 2013). In consonance with the above, some of these vulnerable adolescents are adopted in orphanage homes. The essence of this is that orphanage homes could serve as the foster and parent-substitute for adolescents. An orphanage otherwise known as a children's home, is a residential institution devoted to the care of orphan children whose biological parents are deceased or otherwise unable or unwilling to care for them. The parents may be deceased, absent, or abusive. According to (Hughes & Rycus, 2024; Kim et al., 2024) in most cases, children are separated from their biological parents due to poverty, lack of access to basic services, abuse, neglect, disease, disabilities, and emergencies. Likewise In Nigeria, some became orphans because of the death of their biological parents, while some were abandoned due to some circumstances beyond their ability to be taken care by the foster parents. In line with this, the UNICEF (2015) stated that most children who have lost a parent continue to live in the care of a surviving parent or family member.

While in the orphanage, the adoptive parents are expected to take responsibility for the physical well-being of the children and are to be provided with medical care when needed (Atout, 2025). Meanwhile, adoptive parents also known as foster parents may be defined as parents-substitute who usually reside in authorized institutions or homes and are backed by law to provide temporary care to children in a family setting, where the children can grow mentally, emotionally, physically, educational, spiritually and culturally (Priyadarshini & Jose, 2024). Orphanages are legally empowered to take full responsibility of the orphans, by providing a safe home for children who may have experienced abuse, addiction, or neglect, offering love and support, attending to a child's education and health needs and managing children's behaviour. However, it has been observed that most adolescents living in orphanages usually experience both positive and negative emotions because of the change in their surroundings. For instance, Wambui, Njeru, & Menecha (2023) revealed that the death of a parent can leave children helpless and at risk of both psychological and physical problems, the difficulties become compounded when they live in an orphanage. In their earlier reaction, (Lehtme, 2024) observed that orphanage adolescents had higher loneliness scores than non-orphanage adolescents. Another study by Christopher & Mosha (2021) revealed that children in orphanage are usually exposed to physical punishment, bullying, stigma and poor attachment observed that orphanage adolescents had higher loneliness scores than non-orphanage adolescents. Another study by Cho et al., (2025) revealed that children in orphanage are usually exposed to physical punishment, bullying, stigma and poor attachment.

Against this background, the study examined the level of emotional well-being of orphan adolescents in Osun State, Nigeria. In the meantime, well-being is seen as the condition of being good physically, mentally and socially. A state of being satisfied with one's life. Likewise, emotional well-being can be regarded as an individual's general positive state of emotions, life satisfaction and sense of purpose in life, Also, [Bagnall et al., \(2025\)](#) defined emotional well-being as a process of maintaining a good state of mind. Again, [Vella-Brodrick et al., \(2023\)](#) stated that one's emotional well-being include a sense of balance in emotion, thoughts, social relationships, and pursuits. Besides, [Alpys et al. \(2025\)](#) revealed that emotional well-being is a multi-dimensional composite with both experiential and reflective features. Experiential features in this sense mean how positive an individual feels generally and about life overall. Reflective features explain one's judgments about life satisfaction, sense of meaning and purpose in life. It is assumed that adolescents with a high level of emotional well-being will be able to see life in a positive angle angle ([Toscano-Hermoso et al., 2020](#)). In summary, emotional well-being is important because it can affect how people function and carry out everyday tasks.

The state of emotional well-being of orphanage adolescents is a critical issue. It is believed that adolescence is a stage of storm and stress. At this period, adolescents are just acquiring social and emotional skills that are needed to grow into normal adulthood. Any fixation suffered at this level may have a far-reaching effect on the quality of their emotions as they grow into adulthood. Previous studies have shown that most of orphan adolescents suffered from behavioural difficulties. For instance, studies have established that orphan adolescents brought up in orphanages are exposed to various behavioural problems ([Fawzy & Fouad, 2010](#); [McLaughlin, et al, 2012](#)). Also, in Accra, Ghana, the study by [Yendork and Somhlaba, \(2015\)](#) revealed that orphan adolescents suffered high emotional problems compared to non-orphan adolescents. Other studies revealed that orphans experienced higher levels of psychosocial distress than their non-orphan peers ([Huynh, 2017](#); [Shafiq, et al 2020](#), [Christopher & Mosha, 2021](#)). In Nigeria, studies from different researchers on orphanage adolescents showed that these vulnerable people are exposed to a series of behavioural or psychological disorders. For example, [Uneze \(2010\)](#) established that orphanage adolescents are prone to mental health illness. Likewise, [Azeez & Khan \(2022\)](#) believed that orphans living in institutional homes in Nigeria are presented with more symptoms of both anxiety and depression than non-orphans living with their families. Because of the dangers it inherent in a low level of emotional well-being among the adolescents, it is expedient to investigate the level of emotional well-being and coping strategies being employed by orphanage adolescents in Osun State, Nigeria.

As a way of improving their level of emotional well-being, orphanage adolescents employ different coping strategies. Coping is the psychological and behavioral interventions made by individuals to manage and adapt to challenging situations. Similarly, [Friedman-Wheeler et al., \(2019\)](#) described coping strategies as specific actions or techniques individuals employ to cope with stressors effectively. Also, coping strategies as the actions, cognitive processes, and emotional responses individuals employ to adapt and navigate the various changes that arise in their lives ([Asanbe et al., 2021](#)). In essence, these are the tools or strategies that individuals consciously employ to prevent burnout ([Diggin et al., 2023](#)). Researchers have come up with different interventions or coping strategies being used by orphanage adolescents. For instance, studies reported that orphanage adolescents employed spiritual activities, avoiding an unpleasant atmosphere and sharing one's concerns with trusted friends as coping strategies to improve their emotional well-being being ([Burkhardt & Loxton, 2008](#); [Molato et al., 2024](#); [Rouholamini et al., 2017](#)). Another study showed that orphanage adolescents adopted strategies such as engaging in creative activities like painting and shifting their minds from negative thoughts ([Waseem et al., 2025](#); [Zheng et al., 2022](#)). At this juncture, effort would be made to investigate the level of emotional well-being and coping strategies being adopted by orphanage adolescents in Osun State, Nigeria. More so, that there is insufficient empirical fact to support the subject-matter.

Methods

Design

The study adopted the descriptive survey research design with comparative elements ([Pandey, 2025](#)). The design was chosen because it allows for a systematic description of the levels of emotional well-being among orphanage adolescents, it also help to provide statistical comparisons across various sex and adolescents statges through the use of t-test. Making it appropriate for examining the differences and testing hypotheses that are related to adoptive parenting style and gender influences. This design was considered appropriate and suitable as it assed the emotional well-being and coping startegies of orphanage adolecents, as it captureboth the prevalence and exiting variation in the population of the study.

Participants

The population of the study comprised orphanage adolescents that are aged 11–21 years, who live in registered orphanage homes in Osun State, Nigeria as at 2024. A total of 167 orphanage (male - 64 and female -103) adolescents were conveniently selected from six orphanage homes across the state. Convenience sampling was adopted due to limited access to this vulnerable group and ethical restrictions on random assignment. However, the inclusion criteria for participants in for the study was based on the availability and willingness of the adolescents to participate in the study; only adolescents within the age of 11-21 years residing orphanages for at least six months; physically and mentally stable to self complete the questionnaire. While the exclusion criteria include adolescents residing in an unregistered orphanage homes; adolescents with severe cognitive impairments; and those who are unwilling to participate.

Data Collection

Data Collection used an adapted instrument titled "Questionnaire on Emotional Well-being of Orphanage Adolescents and Coping Strategies (QEOAC), which comprised four scales was used to collect data from the participants. Section A of the questionnaire comprised three items (name of orphanage home, sex and age of adolescents) on socio-demographic variables of the participants. The second section of the instrument consisted of 16 items that sought information on the adoptive parenting style. Section C consisted of 14 items on the emotional well-being of adolescents. Section D of the instrument, with 15 items requested information on the coping strategies usually employed by adolescents on their emotional well-being. The construct and content validity of the instrument were duly carried out. The results showed that the instrument accurately measured the concept it was designed to measure.

Data Analysis

While content validity ensured that the instrument covered all relevant parts of the construct it aimed to measure, Cronbach Split-half and Spearman-Brown were used to test the reliability of the instrument. The results of the reliability tests obtained were 0.84 and 0.88 respectively. That implied that the instrument was adequate and suitable for the study. The instrument was administered on the participants after the researcher had obtained ethical clearance from the appropriate organisations. Data collected were analysed using percentage, mean and t-test statistical analysis.

Results

Emotional Well-Being of Orphanage Adolescents by Sex and Developmental Stage

Data on the level of emotional well-being of orphanage adolescents are coded, categorized into low, moderate and high. The minimum and maximum obtainable scores are 27 and 70 respectively. Thus, the score between 1-27 is categorized as low, 24 -47 moderate and 48 -70 as high respectively. Data were analysed with percentages as presented in Table 1 below:

Table 1. Level of emotional well-being of orphanage adolescents in Osun State.

Variables Emotional Well-being	Variables	Frequency	Level	
			Moderate	High
Sex	Male	64	19 (11.4%)	45 (27%)
	Female	103	12 (7.2%)	91 (54.4%)
	Total	167	31 (18.6%)	136 (81.4%)
Adolescence Stages	Early Adolescence (11 -14 years)	52	11 (6.5%)	41 (24.5%)
	Middle Adolescence (15 – 17 years)	71	27 (16.2%)	44 (26.4%)
	Late Adolescence (18 – 21 years)	44	3 (2%)	41 (24.5%)
	Total	167	41 (25%)	126 (75%)
	Summary	167	31 (18.6%)	136 (81.4%)

The result on the level of emotional well-being of showed that 136 (81.4%) orphanage adolescents demonstrated a high level of emotional well-being while only 31(18.6%) demonstrated a moderate level. Also, the result indicated that 45 (27%) male and 91 (54.4%) female had a high level of emotional well-being and 19 (11.4%) male, and 12 (7.2%) female showed a moderate level respectively. Again, when adolescence stages were considered, the result indicated that 44 (26.4%) middle adolescence, 41 (24.5%) early adolescence and 41 (24.5%) late adolescence demonstrated a high level of emotional well-being while middle adolescence 27 (16.2%) early adolescence 11 (6.5%) and 3 (2%) late adolescence demonstrated a moderate level of emotional well-being respectively.

Coping Strategies Utilized by Orphanage Adolescents

Data collected on coping strategies mostly used by the orphanage adolescents were coded and analysed with mean and standard deviation. The results as presented in the Table 2.

Table 2. Coping strategies being used by orphanage adolescents on emotional well-being.

Coping Strategies	N	S.D	\bar{X}	Rank
1. Build a bright future	167	.93644	4.5329	1 st
2. Be hopeful in spite of situation	167	.89019	4.3413	2 nd
3. Build hope on my educational success	167	1.25006	4.0599	3 rd
4. Deal with inferiority complex	167	1.13804	4.0060	4 th
5. Overcome anxiety	167	1.14858	3.9940	5 th
6. Relate with other orphans without being aggressive	167	1.15902	3.9940	6 th
7. Improve on my social interactions	167	1.11113	3.9820	7 th
8. Deal with loneliness	167	1.16925	3.9820	8 th
9. Make myself happy	167	1.30750	3.9641	9 th
10. Forget my past situations	167	1.23975	3.9281	10 th
11. Deal with boredom	167	1.23488	3.9281	11 th
12. Engage in productive activities	167	1.32816	3.9162	12 th
13. Overcome stigma of being in the orphanage	167	1.34838	3.6886	13 th
14. Handle suicidal tendencies	167	1.46382	3.6108	14 th
15. Talk to people about my problems	167	1.35619	3.4491	15 th

The result on coping strategies mostly used by the orphanage adolescents were; building a bright future \bar{X} = 4.5329, be hopeful in spite of situation \bar{X} = 4.3413 and building hope on educational success \bar{X} = 4.0599. The least coping strategies as mentioned by the participants were- overcome stigma of being in the orphanage \bar{X} = 3.6886, handle suicidal tendencies \bar{X} = 3.6108 and talk to people about my problems \bar{X} = 3.4491.

Effects of Adoptive Parenting Style and Sex on Emotional Well-Being

Data collected on the influence of adoptive parenting style on emotional well-being were analysed using T-test statistical tool. The result is presented in Table 3 below:

Table 3. Influence of adoptive parenting on emotional well-being of orphanage adolescents.

Variables	N	\bar{X}	Std. Deviation	df	t-test	p
Adoptive Parenting	167	59.0479	11.39320			
Emotional Well-being	167	2.8144	.38998	166	66.976	> 0.05

The result above showed that t-test = 66.976, df = 166 was significant at 0.05 level. Hence, the result showed a significant influence between adoptive parenting and emotional well-being of orphanage adolescents. This nullifies the null hypothesis.

Data collected on the influence of sex on emotional well-being of the orphanage adolescents were coded and categorized into male and female. The data were thereafter analysed with t-test statistical tool. The result was presented in Table 4 below:

Table 3. Influence of sex on emotional well-being of orphanage adolescents.

Sex	N	\bar{X}	Std. Deviation	df	t-test	p
Male	64	2.7031	0.46049	165	-2.974	> 0.05
Female	103	2.8835	0.32240			

The result on the influence of sex on emotional well-being of orphanage adolescents revealed that male and female had mean values of 2.7031 and 2.8835 as well as standard deviations of 0.46049 and 0.32240 respectively. Also, it was showed that t-test of -2.974, d.f was significant at 0.05 level. It is therefore implied that there is a significant influence of sex on emotional well-being of orphanage adolescents.

Discussion

One of the major findings of this study was that most orphanage adolescents demonstrated a high level of emotional well-being. This finding suggests that the orphanage environment may have functioned as a meaningful source of emotional security, belonging, and social protection for the adolescents (Baraheni et al., 2023; Khalid et al., 2023). Rather than being perceived only as an institution, the orphanage appeared to serve as a substitute family environment where adolescents could experience care, acceptance, and stability. This is particularly important because orphaned adolescents are often assumed to be highly vulnerable to emotional distress (Yendork, et. al., 2015) due to the loss of parental figures, separation from biological families, and possible exposure to neglect or abandonment (Sadyrova et al., 2025). However, the present finding indicates that such vulnerability may be reduced when institutional care provides consistent emotional support, structured daily routines, and responsive caregiver involvement (Moro Visconti, 2025). Therefore, the emotional well-being of orphanage adolescents should not be understood solely from the perspective of parental loss, but also from the quality of care, relational support, and psychosocial environment available within the orphanage. Also, Azeez, et. al. (2022) believed that orphans living in institutional homes in Nigeria are presented with more symptoms of both anxiety and depression than non-orphans living with their families.

Another important finding was that orphanage adolescents tended to use future-oriented and hope-based coping strategies to strengthen their emotional well-being. The adolescents appeared to cope with their life circumstances by developing positive expectations about the future, maintaining hope despite difficult situations, and linking their hopes to educational success (Pinheiro et al., 2024). This shows that their coping strategies were not merely defensive or avoidance-based, but also constructive and goal-directed (Corlătianu & Măirean, 2026). In this sense, education became an important psychological anchor that helped adolescents imagine a better future and maintain motivation despite the challenges of living in an orphanage (Malanova et al., 2024; Nweze et al., 2026). The use of hope as a coping strategy also reflects the adolescents' ability to give meaning to their experiences and transform difficult life conditions into motivation for self-development. However, the lower tendency to disclose personal problems to others suggests that some adolescents may still find it difficult to express emotional distress openly. This indicates the need for counseling and psychosocial programs in orphanages that not only strengthen future planning and educational aspiration, but also encourage safe emotional expression, peer support, and help-seeking behavior (Aladegboye et al., 2024; Mohammed, 2026; Vedasto et al., 2026).

The study also found that adoptive parenting style played an important role in shaping the emotional well-being of orphanage adolescents. This finding confirms that adolescents in institutional care still need parenting figures who can provide warmth, protection, guidance, emotional responsiveness, and consistent support (Khalid et al., 2024). For adolescents who have experienced the absence or loss of biological parents, substitute caregivers may become important attachment figures who help them rebuild trust, develop emotional security, and regulate difficult feelings (Jouriles et al., 2023; Madden et al., 2025). When adoptive parents or caregivers create a caring and predictable environment, adolescents are more likely to feel valued, accepted, and protected (Berryhill et al., 2025). This may explain why the orphanage environment in this study was associated with positive emotional adjustment. The finding also suggests that the quality of caregiving is more important than the institutional label itself (Mkinga et al., 2022). In other words, orphanages can support adolescents' emotional well-being when caregivers are able to perform parenting roles that are sensitive, supportive, and developmentally appropriate (Dagang et al., 2022). Therefore, strengthening caregiver competence in emotional support, communication, and adolescent development should become an important part of orphanage-based intervention programs.

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Also, it was revealed that adoptive parenting style greatly influenced the emotional well-being of the orphanage adolescents. There is no gain-saying that parental love, care, and protection are what children need at their early stages of development for long-lasting consequences on their health and well-being. UNICEF (2016) lent credence on the above submission by stating that adolescents who are fortunate to have their parents around them tend to develop and grow to healthy and responsible adults. Hence, Sugara et al., (2021) buttressed the findings by stating that the death of one or both parents may have a deep and lifelong effect on the emotional well-being of orphanage children in motherless homes. Also, Kinciniene et al., (2023) revealed that the death of a parent can leave children helpless and at risk of both psychological and physical problems, the difficulties become compounded when they live in an orphanage.

Finally, the finding showed that sex has a significant influence on the emotional well-being among orphanage adolescents. This outcome suggests that gender plays a critical role in shaping the psychological adjustment of young people in institutional care (Mani & Woolley, 2024). These findings are consistent with previous studies that highlighted gender differences and emotional resilience and coping strategies. Nhep et al., (2024) reported that female adolescents often demonstrate stronger emotional adjustment in structured environments, partly due to their tendency to form supportive peer relationships and openly express emotions (Nhep et al., 2024). Similarly, research by Nwoke and Chukwu (2014) emphasized that girls are more likely to seek social support, which serves as a protective factor against emotional distress, whereas boys may suppress emotions due to cultural expectations of masculinity, thereby increasing vulnerability to psychological difficulties (Bjornsen & O'Connor, 2023; Brady et al., 2025). The higher emotional well-being scores among females may also be explained by socialization patterns. In many African contexts, girls are encouraged to engage in communal activities and maintain close interpersonal ties, which foster emotional connectedness and resilience (Okoye, 2012; Lim et al., 2023). Conversely, boys are often socialized to adopt independence and emotional restraint, which may limit their ability to cope effectively with the challenges of orphanage life. This aligns with findings by UNICEF (2015), which noted that male adolescents in institutional care are more prone to behavioral problems and lower emotional stability compared to females.

Conclusions

The findings of the study indicated that adolescents living in the orphanages in Osun state, Nigeria generally exhibited a high level of emotional well-being. This suggests that despite the challenges associated with orphanhood and institutional care, many of these adolescents are able to develop resilience and maintain positive emotional functioning. In addition, the study also revealed that both adoptive parenting style and the sex of the adolescents significantly both influenced their emotional well-being. However, female adolescents demonstrated higher emotional well-being compared to the male counterparts, this highlights the role gender plays in emotional adjustment. Also, the presence of adoptive parenting was found to be a critical factor as adolescent who experienced supportive and nurturing adoptive care reported stronger emotional well-being. This underscores the importance of family-like structures and gender-sensitive approaches in promoting the emotional well-being of the orphanage adolescents.

Based on the findings of this study, several recommendations are proposed. Orphanages should strengthen adoptive parenting programs by collaborating with government agencies and non-governmental organizations to create opportunities for adolescents to grow in stable, nurturing, and emotionally supportive family environments. Caregivers and counselors are also encouraged to implement gender-sensitive interventions, recognizing that male

adolescents may be more vulnerable to emotional distress and often less likely to express their feelings; therefore, programs should promote healthy coping strategies, emotional openness, and peer support networks among boys. In addition, orphanage management should enhance psychosocial support services through regular counseling sessions, mentorship initiatives, and peer support groups to foster adolescents' emotional resilience. At the policy level, governments and stakeholders are urged to develop and strengthen frameworks that promote adoptive parenting as a sustainable alternative to long-term institutional care.

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Author Contributions

Wasiu Olasunkanmi Adeniyi: Conceptualization, Methodology, Data Curation, Writing Original Draft; **Gloria Aghogho Okunola:** Formal Analysis, Writing review, Supervision, Validation.

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Conflicts of Interest

The authors declare that there are no conflicts of interest regarding the publication of this article.

Ethical Approval

Ethical approval was not required for this study.

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