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Research Paper

Integration to families of origin and the psychosocial adjustment of orphans in Bagamoyo, Tanzania

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ABSTRACT

Integrating children from orphanages back to their family of origin remains a challenge to many children's homes in Tanzania. This study aimed at investigating the psychosocial challenges faced in the process of integrating the children back to their homes of origin. The study was guided by two research objectives namely, to examine the integration procedures used by orphanages and to establish strategies to help orphans adjust psychosocially in their family of origin in Bagamoyo District of Tanzania. The target population of the study was 57 orphans and 12 administrators from three orphanages in Bagamoyo District in Tanzania together with their 73 guardians. From this population a sample of 19 participants was chosen using purposive sampling, automatic inclusion and simple random sampling to participate in the study. Automatic inclusion was used to select administrators and simple random sampling was used to select relatives. The study employed the qualitative phenomenological research design. Data were collected using semi structured questionnaires and interview schedules. The collected data were analysed using thematic analysis backed by narratives from the participants. The results showed that integration of orphans into their families of origin was faced with challenges such as inappropriate procedures used by administrators in engaging orphans with their families, lack of proper procedures like debriefing, psycho-education and training for both relatives and the orphans. The study findings demonstrated that the integration process could be enhanced by involving local authorities such as chiefs, religious leaders, children officers and facilitating regular visits to the home of origin by the children. The findings may be relevant in guiding policy on the orphan integration to the family of origin. The study recommended that the administrators should start early the integration process, should involve as many authorities as possible during integration and also help orphans to bond with relatives early to avoid conflicts that may arise during integration.

Keywords: *Integration, Psychosocial Adjustment, Tanzania*

Traditionally, childcare in Tanzania was the preserve of the nuclear family, extended family, clans and communities. The social set-up has since changed and an increasing number of children are unable to grow up in the above mentioned institutions, thus necessitating 'out-of-home' care in the form of children's homes. The number of orphans and vulnerable children

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in institutions is continuously increasing. Information from Save the Children (SAVE) indicates that eight million children live in institutions worldwide. Mulugeta (2003) notes that in Liberia, for instance, the number of orphans according to International Services and UNICEF (2004), children in residential care increased by 66% between 1998 and 2001 worldwide. In Zimbabwe, institutions such as Matthew Rusike and Save Our Souls (SOS) Waterfalls in Harare, Mother of Peace in Mutoko and Manhinga children's home in Rusape house children who are orphaned are abandoned. A study by UNICEF in (2006) revealed that the number of privately funded institutional child care facilities in Zimbabwe has grown to the extent that twenty-four new child care institutions were built between 1994 and 2004 and the number of children in residential care doubled. Institutionalizing children has got some negative consequences for both individual children and for the society.

Sachiti (2011) cited a research conducted by a United States based organization which shows that institutional care negatively affects child development and adult productivity. The same study shows that children in orphanages are uniquely vulnerable to the medical and psycho-social hazards of institutional care. Short term effects of institutionalization are that children risk contracting serious illnesses and developing language impairments while long term effects include children developing psychological problems like personality disorders. Sachiti (2011) further quoted Ford and Kroll (1995) who argue that examination of institutionalization revealed that even good institutions harm children, leaving teens ill-prepared for the outside world.

The social and economic capacity and traditional coping mechanisms of homes to support institutionalized children are being challenged hence the need for re-integration (Muguwe, Taruvinga, Manyumwa, and Shoko, 2011). Re-integration means to restore to a condition of unity, (Crosson-Tower, 1998). In the context of the present study, re-integration means that the children join their biological relatives or foster families, thus facilitating the ultimate inclusion of the child into the society.

The concept of re-integration is in tandem with the contents of article 18 and article 25.2a of The African Charter on the Rights and Welfare of the child 1999. Sachiti (2011) points out that children lead physically, emotionally and mentally healthier lives when surrounded by nurturing and caring adults in a family. The Department of Social Welfare in Tanzania relies on a government budget for its re-integration operations. However, evidence shows that there exist challenges in the process of reintegration of these orphans into society. This study sought to examine the successes and challenges that have been experienced in the process of re-integration. This provided a basis for suggesting intervention strategies that can be utilized to facilitate future attempts of the integration process.

METHODOLOGY

Research Design

The study used phenomenology research design to study the psychosocial challenges affecting orphaned children being reintegrated into their original families. At the heart of this research is an interest in other individuals' stories because they are of worth (Seidman, 2013). To achieve this, participants were encouraged to take on the combined role as co-researchers. Relinquishing the control and embracing this relationship encouraged joint discovery while emphasizing the personal knowledge that each participant has but has not been able to articulate.

The study targeted 57 orphans in three different orphanages in Bagamoyo district in Tanzania who had attained the age of 17 years, 12 caregivers and 73 guardians as obtained from records in the orphanages.

Sampling Procedure

The three orphanages in Bagamoyo were included in the study. Purposive sampling was used to select 12 orphans aged at least 17 years. Automatic inclusion was used to select 3 administrators one from each orphanage. Simple random sampling was used to select 4 guardians of the 12 orphans. This gave a total sample of 19 participants which agrees with Guetterman (2015) who asserts that the average sample size used in many phenomenological studies is 10 to 31 participants.

Data Collection Instruments

Data were collected using semi-structured questionnaires and interview guides. To establish the content credibility, the researcher prepared all the research instruments with the help of expert judgments of university supervisors who analyzed the instruments to check whether they are credible. The draft questionnaires were tested through pilot study in one orphanage which was not included in the study sample to appraise the items' sustainability in obtaining data according to the research objectives. Feedback from the pretest was used to make necessary corrections to the instruments to be used for final data collection.

RESULTS

Demographic Characteristics

The researcher sought to know the demographic characteristics of the participants in order to be able to compare the findings with those of similar studies in other parts of the world. The sought demographic characteristics included sex, age, education level and duration of stay in the orphanage by the participants. The results are presented as follows:

Gender and Age of Participants

Participants were asked to indicate their gender and age. This was important for in-depth understanding of the phenomenon under study.

Table 1: Gender and Age of Participants

Participants	**Gender (%)**		**Mean Age (Years)**
	Female	Male	
Orphans	50	50	17.92
Administrators	67.7	33.3	55.66
Relatives of Orphans	75	25	45.5

Table 1 shows that the selection of orphans considered gender balance with females being 50% and males 50%. For the administrators, females were 67.7% while males were 33.3%. Relatives constituted of 75% female and 25% male. The mean age of participants was 17.92 years for orphans, 55.66 years for administrators and 45.5 years for relatives. This could be an indicator that orphanages recruited mature administrators who are well positioned to understand the issues of the children. On the other hand, the orphans were of a reasonable age to understand integration issues.

Education Level of Participants

The study sought to find out the highest education level of participants. This was relevant in understanding the ease of comprehending the research instruments. The results are shown in Table 2 below.

Table 2: Education Level of Participants

Participants	Primary	Secondary	Others
Orphans	0	100	00
Administrators	0	0	100
Relatives	100	0	0

From table 2 above, it is clear that most of the respondents had secondary education and above except for relatives who had only primary education. The results from relatives indicated that most of them were likely to be from low socioeconomic status hence the likelihood of having their children taken in as orphans. From field data and interviews with relatives, findings established that they were unlikely to receive the orphans back from the institutions at the end of the school term. Most of them felt that they did not have enough resources to cater for the orphans and so found them as burdens to be with them in the villages. This could therefore justify that the level of education of relatives could not allow them engage in jobs that enabled them to look after the orphans under their care.

Duration of Stay in the Orphanage

The study sought to investigate the duration of stay in the orphanage by the administrators and orphans. The results are presented in Table 3 below.

Table 3: Duration of Stay in the Orphanage

Participants	Duration of Stay (Mean Years)
Orphans	12.42
Administrators	13.33

The results in table 3 indicates that most of the orphans had stayed in the orphanages for over 12 years while administrators had a mean period of 13 years and above. These findings demonstrated that the administrators had enough years of experience in the care of orphans. This was likely to explain why most orphans felt comfortable being in the institutions with the administrators than being at home with their relatives. Orphans echoed this saying that the care they got from the administrators was far much better than what they got when with their relatives. The period spent in the institutions by the orphans was also found to be more than that spent with the relatives which could have been the reason why many orphans felt that being with relatives was not the best for their education attainment.

Integration Procedures used by orphanages in Bagamoyo District, Tanzania

The research sought to find out the integration procedures used by orphanages in Bagamoyo District, Tanzania. From interviews with the respondents, the results showed that the first thing they did in the integration was to find out the status of the family. This is done by the institution in order to ensure that home environment is safe for the child being prepared to integrate in the family of origin. On being asked about the integration procedures, one participant responded:

Before we plan for integration, we first visit the family of origin of the child. This is to help us establish whether the environment poses any risk for the children especially the girls. After making this visitation, we then talk to the children to prepare them for the integration process. This is done through explanations on the need to familiarize themselves with their relatives and other members of their family of origin. The initial visit is then done whereby the administrators accompany the child to their relatives for two to three days. When they reach the homes, the relatives sometimes expect to be given money to help them take care of the child. Sometimes the relatives reject the child saying they are a burden and sometimes it is the child who refuses to remain with the relatives and opt to follow the administrators back to the institution. This becomes a challenge for us to integrate these children into their families of origin (Participant 3; 15/11/2018)

From the information above, it is established that there are integration procedures done by the administrators to both from the institution and to the families of the orphans. However, the procedures fail to include the psychological preparations of the children and the family members. In the end, as noted from the interviewees, the family of origin were more likely to reject the orphans than accept them. Findings also revealed that majority of the relatives demanded to be given money to help them look after the children on behalf of the orphanages. This was shocking and tended to be contrary to the findings in the literature.

From the interviewees, findings established that the administrators hardly prepared the children but what came out was that instead of preparing for integration process, the children are given their life history and told how they ended up in the orphanages which sometimes is likely to break them and distress them. The researcher felt that there is need to fully go through integration procedures such as counselling the children first, preparing the relatives, educating them on the need to have the children to bond with them, starting visitations to the family of origin as early as as possible and also when the child is able to comprehend the environment around them as opined by some of the interviewees.

From the findings, it was clear that orientation of the children from the orphanages is minimal in relation to familiarizing them with family of origin. The children sometimes are left till they have overgrown and have lost touch with their relatives. This is likely to build resistance among these children during integration process as they are likely to distrust relatives or be distrusted by relatives. The researcher however established that the administrators' method of integration process is limited and needs to be revised to include relatives in the formation of the child as early as possible in order to build up the bond between the children and their relatives. This bonding is likely to enable the children to feel loved, cared for, appreciated and understood. It will also enable the family to view orphans as part of them and not viewing them as burdens.

These findings concur with that of Wedge (2013) who found that the best solution in the integration procedures was to plan early and re-integrate the children in their families of origin as this helps children to build attachment with blood relations and feel wanted. This means that bonding and attachment with biological relations is vital for the healthy growth of the children in the orphanages and that failure to integrate the children in families of origin may distress them as future adults.

Strategies for Helping Orphans Adjust Psychosocially in their Family of Origin in Bagamoyo District Tanzania

This research question sought to investigate the strategies for helping orphans adjust psychosocially in their families of origin in Bagamoyo, Tanzania. The results were analysed through transcripts from interviews and the themes that emerged were issues of availability of basic needs. The respondents felt that basic needs could be addressed in the integration of orphans to their family of origin. They felt that many of them have financial problems which make them release the children to the orphanages and thus it was deemed important to settle the orphans early in order for them to get used to difficult life in the families to avoid challenges related to finances. One participant commented:

"*We have very little resources to feed these children when they come home. If the orphanages could help us with money to take care of these orphans during holiday before they go back to school, we may accept but without that, we find it difficult. These children went to the orphanages because we did not have enough to cater for their basic needs, when they come to us, they cannot cope with our difficult life. Some of them become distressed and opt to stay with friends before they go back to the orphanages." (Participant 1, Personal Communication: 15/11/2018)*

From this finding, it is clear that some families of the orphans have problems with the provisions of basic needs which could be solved by having orphanages to support families as they prepare to receive orphans into their family of origin. The finding also showed that the orphans feel distressed with the situation at home due to limited levels of resilience stated by one of the participants. This finding concurs with that of Nyamukapa, Gregson, Lopman, Saito, Watts, Monasch, & Jukes (2008) whose results showed that more psychosocial disorders amongst orphans, were poverty and adult support, after controlling for gender, age of household head and school enrollment. This means that poverty which made provision of basic needs difficult contributed greatly to distress as a psychosocial challenge. The finding indicates that as a result, integration process was likely to be a challenge as most of the orphans were less likely to accept that situation at home. So strategies such as early preparation was necessary from orphanages.

According to findings from one of the administrators, results indicated that some of the adolescents especially those who have been at the orphanages for long revolt when it comes to integration into their family of origin. During this time, adolescents tend to identify more with the orphanages than their family of origin. According to some orphanages, administrators reported that they only start the process of integration when the children are in their adolescent stage. This is likely to make some revolt going home to their relatives for lack of attachment with them. One administrator said;

"We start integration process when the children are in their adolescence. The period being full of challenges poses difficulties integrating in family of origin. Conflict is likely to arise because adolescents are likely not to understand their relatives and so do the relatives. They sometimes tell us to take our child because they are impossible. The children feel rejected and call for us to come and take them back to the orphanages. Even when when you go there, relatives tell us to take our problem back because they see these children as problems. We are left with no choice but to take them back thus making the integration process a big challenge. I feel that the only way forward is that if we could start these preparations early enough so that orphans are ready to face their families with patience it could help. Another

strategy could be funding families to ensure orphans are comfortable when they join their families." (Participant 2, Personal Communication: 15/11/2018)

The finding above demonstrates that there are many challenges integrating orphans to their family of origin as most orphans are likely not to cope with the relatives who out-rightly tend to show rejection and non-commitment to the orphans. It therefore suggests that funding be given to families to minimize the psychosocial challenges to the process of integration. This finding is in agreement with that of Bray (2003) who contended that some families went to the extent of sending orphans back to the orphanages. These who were returned in to their families of origin found it difficult to adjust due to lack of food, the results were malnutrition, poor health and sickness conflict and depression. Despite the extended family of origin, the orphans were deprived of education, parental care, clothing and legal protection of their parents' property. This experience became so difficult to the orphan to an extent that they opted to go back to their previous institutions where they received everything they had wanted for their existence. From the respondents, it was therefore clear that psychosocial challenges prevent smooth integration of orphans into their family of origin in Bagamoyo District, Tanzania.

The participants were asked to suggest strategies that could be used to help orphans adjust in their family of origin. Administrators, relatives and the children themselves provided various ways in which the adjustment of orphans into the family of origin would be enhanced. The results are thematically presented below.

Regular Physical Interaction between Families and Orphans

Findings from the respondents showed that the relative's visitation to the orphanage and children's visitation to their family of origin regularly was found to be one of the strategies that could help build the bond between orphans and their relatives. This situation was likely to be the best in the process of re-integration as well as providing a smooth transition from the institutions to the children's family of origin. One of the administrators said that *parenting should still be the role of the relatives. family members should be involved in disciplining the children while at the orphanages.* This finding is in agreement with Freidus (2010) who contended that orphan care should be built and founded within their home and communities in order to fix the long term orphan crisis. The study adds that even if the children are in the orphanages, relatives have the obligation of taking care of them, instilling discipline in them and giving necessary support as well as bonding in order to enhance the family relationship that exist between the children in the orphanages and the families of origin. This finding is supported by one of the interviewees who opined that;

"When our children are in the orphanages, one strategy could be trying to visit them in those institutions despite having nothing to offer to them. We could also show them concern by communicating with them on phone and in a small way buy few things for their use while at school or wherever they could be" (Participant 5: 15/11/2018)

From the finding above, it is clear that some relatives also feel the need to bond with orphans in order to avoid difficulties integrating when the time comes. This shows that they too are willing to take care of the orphans despite the financial constraints that they are likely to have in the homes. If these strategies could be put in place early, difficulties in settling orphans in their family of origin could be mitigated and a lasting solution found in integrating orphans into their families of origin. Therefore, a future strategy such as community structuring

through in-home orphan care may be sustainable and efficient. The positive outcome for this according to this study is that positive outcome will be realized. This will include provision of basic physical needs, basic educational needs, basic psychosocial needs such as affection and attention and children themselves would be properly socialized in their families of origin. By keeping the care family based and relationship based as a future strategy, it will allow the connection with the biological family to be fully utilized for the success of the child.

Structuring When Taking the Child

Participants noted that at the point of taking the orphans, the orphanage needs to facilitate the family to know their roles and the roles of orphanage. The family should be made aware that they still hold responsibility towards the welfare of the child. The orphanage should prepare with the child and the family that one time they will reconnect. The child should be helped to understand that the orphanage is not their home but just a place for temporary stay. Awareness of their cultural and ancestral origin was suggested to help the children remain conscious about their family of origin. This administrator suggested;

"When children are admitted in the orphanage, visitations from family members should start as early as possible without waiting until the child has forgotten their family of origin. This could be done with the collaboration of administrators, the family of origin, the social workers, the chiefs, the children's department, the religious leaders which can facilitate family responsibility towards the children in the orphanages. With this in place children are likely to feel loved, cared for, appreciated and respected. It also reduces suspicion between the children and their family of origin." (Participant 6: 16/11/2018)

This finding indicates that the administrators can facilitate bonding through strategies such as psycho-education to both the children and their family of origin. This means that through psycho-education, the relatives could be helped to continue to protect the rights of the children to inheritance even when they are away. Psycho-education may be helpful for family relations in order to empower them economically so that when the children are re-integrated, they don't feel out of place.

This finding is in line with UNICEF (2012) who suggested that one of the fundamental strategies to improve the safety and wellbeing of orphans and vulnerable children and to protect their rights is to strengthen the capacity of their families and communities to protect them and to provide for their needs. They contend that the goal of family and community based models of care is for orphans and vulnerable children to be supported by familiar adults and to remain within their communities. This means therefore that sending children back home should not just be an event but a continuous process. Children need to be counselled to be able to fit in different environments such as the one they are likely to find at home. Both parties need to be educated on the fact that from day one of the process of admitting a child to the orphanage, they will be returned to their family of origin and that from time to time, there will be going back home and a return to the orphanages at some point in time. This may help children to accept their families even if their standard of living is low. One of the strategies suggested was that separation counselling be given to both the orphans and the administrators as stated by one saying;

"It is painful to let some children who have been in orphanage to go. We have been with them for a long time and when the time comes for them to go; we too feel the pain of separating. On the part of the children, it is difficult for them to separate from the orphanage

because their livelihood since childhood has been in the institution. They also have anxiety and worry about where they are going and how they would live without their friends whom they have known as brothers and sisters for many years." (Participant 6: 15/11/2018)

From the above finding, it is clear that some administrators also find it difficult to release the orphans back to their family of origin due to the attachment already created hence the need for counselling for the children, the families and the management of the institutions. The participants felt that orphanages only focused on provision of education, shelter and food while ignoring the emotional needs of the orphans thus the likelihood of some of them finding it difficult to integrate back into their families of origin. It was said that all the needs of the orphans need to be addressed. The orphans' feelings about their life in the orphanage and their possible solutions to the challenges need to be considered by the orphanages. The orphanages should therefore continuously explore the feelings of the orphans towards their family of origin and respond to them appropriately as stated by one of the orphans;

"*I feel very sad that since I came to the orphanage I have never seen any of my relatives, even hearing a call from them. I don't know where they are right now or how they feel about my being here. Sometimes I feel like seeing them but do not know whom to ask. What we do here is learn, eat, pray and sleep. I feel that the institution is giving me enough love, care, appreciation kindness, comfort that I need good food, clothing, a home and everything I need. However, for me, this is not enough. From the bottom of my heart I would love to know who my relatives are and where they live. `This alone will give me a sense of belonging and hope that at least I have somewhere I can call home however poor it may be" (Participant 2: 16/11/2018).*

The finding indicates that the orphans feel that the orphanages should provide opportunities for them to meet with their family of origin in order to know them and bond with them despite the care they get form the institution. Most of them appreciated this although they suggested that visits from relatives would help them appreciate the integration strategies. From the orphanages visited, the findings showed that not all of them use the same strategies to help integrate orphans into their families of origin. From interviews, it was established that in some of the orphanages, once a child is taken to the institution, no follow up is done to visit the relatives, call relatives or allow the children to visit their relatives. In the end, it becomes very difficult to have the family coming to give support to the children in case of eventualities. Children on the other hand are likely to find it strange to meet people they have not been close to for long. However, in some orphanages, participants reported that visits started as early as possible and strategies such as seminars, psycho-education and family training were done frequently thus making it possible to freely visit relatives. This means that more strategies should be enhanced in orphanages to help reduce stigma on the part of the orphans and detachment of the part of the relatives.

Involvement of Local Authorities

Strategies such as involvement of local authorities is important as sited by one respondent who felt that when local authorities are involved, it could help later in tracing relatives of the orphans during reintegration into their family of origin. This may happen especially when administrators have problems getting to the families of orphans and the orphans themselves could be having difficulties in identifying where they had initially come from. When the local authorities such as the chiefs, children's officers and religious leaders are involved, it is likely

to make it easier to integrate orphans since they may direct the administrators to the right families of the orphans' origin. The finding is reiterated by one respondent who said;

"We have been finding it very difficult to trace the family of origin of the orphans during integration. However, one strategy that could have worked for us for smooth integration process could be involvement of local chiefs. These chiefs are close to the families and know where each orphan could be coming from. Engaging them in the integration of orphans is the best strategy that if we try, it will help especially where orphans have forgotten where they came from. Also children officers could be important in tracing family of origin of orphans. This can be a good strategy to be used to trace the families of orphans. Some religious leaders are another important group to involve in the integration process because these families go for services and hence will know which family had lost parents and orphans taken away. They could also know from the church records as they have the burials conducted by them and orphans registered with them. So I feel that to involve them could be a good strategy in the integration into family of origin of orphans." (Participant 6: 16/11/2018)

From this finding, it is clear that involving authorities is likely to be a strategy that could assist in processing integration of orphans into their families of origin because they are more likely to help keep the families responsible for the orphans. They are also likely to help them continue to protect the rights of orphans such as inheritance while orphans are away in the orphanages especially the children rights' department. Religious leaders on the other hand could help tremendously during the taking of the children to the orphanages and later trace these families during reintegration and eventual regular visits. This finding is in line with that of Tolfree (2005) who indicated that Social Welfare Officers target the relatives of the children who are ready to be re-integrated. To begin with, they visit the home of the child and talk to the relatives in order to ascertain their readiness to take the child into the family. Social Welfare then makes continuous assessment until the child is finally re-unified with the relatives. Follow up visits are made to make sure that the child has settled. One administrator stated that in cases where the child's relatives are not known, family tracing is done through the chief, religious leaders, children officers and the headman with the help of the police. This facilitates easy integration of orphans into family of origin thus helping to lessen he challenges experienced in the integration process. This means that to be able to integrate successfully, these strategies should be taken up by all administrators of orphanages to overcome challenges related to integration.

Addressing need of orphans Holistically

Strategies such as addressing needs of orphans holistically was suggested by one of the respondents who felt that it is one of the strategies that could be put in place to help in the integration of orphans into their family of origin. The participant said;

"When we are here, we only get education, shelter and food. Other things are not addressed fully. We have a good room for sleeping, good schools to go to, good clothing, good environment and good activities. All these are good but when other needs such as attachment to relatives and emotional issues related to families are not addressed, what administrators do is to tell us about our life history and not about visiting and familiarizing ourselves with our relations and family of origin. The feelings towards our own families is never addressed by the orphanages. This needs to be looked into by administrators so that we can be bonded well as early as we come to the orphanages." (Participant 3: 17/11/2018)

From this finding, it shows that participants felt that orphanages only focus on provision of education, shelter and food while ignoring the emotional needs of the orphan. It was suggested that all the needs of the orphans need to be addressed. The orphans' feelings about their life in the orphanages and their possible solutions to the challenges need to be considered by the orphanages. The orphanages should continually explore the feelings of the orphans towards their family of origin and respond to them appropriately. One of the orphan said;

"We are not sensitized or no one bothers to find out what we feel about our family of origin. We are only told stories of how we got to the centers and sometimes how we should work hard and live a better life in future but not how we should strive to know our families of origin. Some are wounded because they do not even know their relatives and their origin. Just getting to know this is enough preparation to help our emotional wounds and anxieties to relax. Orphanages should address this for our holistic development" (Participant 3: 15/11/2018).

The respondents felt the need to fully engage orphans to explore feelings they are likely to have for their families of origin in order to enhance the integration process as early as possible. With this in place as a strategy, orphans are able to adjust and cope with the challenges they are likely to face when they meet problems in their family of origin. This could help as a strategy for the way forward and a solution to what is experienced during the integration.

Orphanages to empower the relatives

The respondents were of the opinion that as children are helped in the orphanages, the family should also be empowered by opening small business in order to help them to be economically empowered. Seminars on family unity is important and so churches as well as orphanages should help them be aware that the child is theirs and psycho-education given to families to unite them with the orphans. One of the respondents:

"We feel that we need also to be empowered through small scale business so that when these orphans come to us, they do not feel out of place that we have nothing to feed them on or to offer them. They need to feel that we also care for them when we provide them with basic needs however small. We can do something with enough sensitization, seminars and psycho-education." (Participant 5: 15/11/2018)

From this finding, we can conclude that strategies to empower family of origin of orphans is important for integration of orphans. Administrators together with the relatives need to work together towards this. If it is well done, the many challenges facing implementation of integration of orphans in their family of origin are likely to be solved.

Counselling for Termination

Participants felt that sending orphans back home should not just be an event but a continuous long term process. They suggested that this could be done through counselling orphans in preparation for reintegration into their family of origin. They felt that children should be given different environment that is likely to be different from the one they are likely to find at home when they eventually go there. Some orphans felt the need to be trained to accept their family of origin even if the standards are low. One orphan observed;

"We need to be prepared to meet family of origin regularly and even communicate with them on phone to avoid non acceptance when the time comes. When we are not prepared, we feel like strangers to each other which makes integration very difficult. The relatives may not understand us and we may also not understand our relatives. Counselling for termination is therefore important for us, visits to our families, training us to accept the relatives early enough is vital for integration. Sometimes we are grieved for the loss of our biological parents but no one takes us through the mourning process or grieving. Emotionally we are disturbed but only told to learn and develop ourselves. All these strategies could be good for us as we live in the orphanages," (Participant 3: 15/11/2018)

This finding implies that orphans also felt that they needed training, preparation, counselling as solutions to their return to family strategy. They were of the opinion that they needed training to enable them accept their families despite the poverty, teach the orphans on life skill issues, how they can uplift their own families as well as to be given separation counselling to facilitate processing of grief or loss from the orphanages. This finding concurs with that of Freidus (2010) who found that empowerment would enhance provision of basic physical needs, basic educational needs, basic psychosocial needs such as affection and attention and children themselves would be properly socialized in their families of origin. By keeping the care family based and relationship based as a future strategy, it would allow the connection with the biological family to be fully utilized for the success of the child. The strategies should therefore be intensified in all aspects so that in future, the challenges cited by the participants are minimized and integration of orphans in their family of origin enhanced.

CONCLUSION

Based on the findings and the summary, the study concluded that the integration of orphans into their family of origin face psychosocial challenges as a result of poor preparation of orphans through the integration process. From the findings, it is clear that some administrators in the orphanages did not have any strategy of integration thus making orphans depend entirely in the orphanages thus resenting going back home. Some administrators did not follow procedures required to allow orphans bond with their families of origin thus making it difficult to start the integration process. Children and their relatives are poorly prepared psychologically to meet so conflicts end up arising hence making it difficult for the integration process to take place.

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Conflict of Interest

The author declared no conflict of interest.

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