

## COMMUNICATION AND EMOTIONAL SKILLS DEVELOPMENT PROGRAM FOR CHILDREN IN ORPHANAGES

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### Abstract

Through a series of structured activities and based on child center learning principles, this program aims to strengthen the ability to convey their ideas, feelings and needs effectively, help children understand and manage their emotions healthily, improve communication and interaction skills positively with other people, as well as building healthy and harmonious relationships with the surrounding environment. With a focus on developing interpersonal skills, problem solving, and self-understanding, this program will help in building positive relationships with others and improve the quality of their social interactions. Thus, it is hoped that the implementation of this program will have a positive impact on social, emotional and psychological development of children in orphanages, well provide strong foundation for their personal growth and future success.

**Keywords:** Communicating, Emotional, Skills, Social, Development

### Introduction

Orphanages often house disadvantaged children, who may have lost their biological families or are unable to live with them for various reasons. In this environment, children often face complex social and emotional challenges, which affect their overall development. To provide holistic and comprehensive support for children in foster care, it is important to engage them in programs that not only support their academic development, but also help them strengthen their social and emotional skills. The researcher looked for several other comparative references including; [1] Efforts to improve communication skills and successfully create an environment that supports children's holistic growth in providing social skills. [2] Develop emotional intelligence by creating a structured program through emotional regulation training. [3] Activities in discussions and playing games are effective means of forming communication skills and increasing children's self-confidence. [4] Understand the concept of cooperation between orphanage children through providing materials and chain word games. [5] Knowing the influence of interpersonal communication and communication skills on the self-disclosure of children in their care with caregivers. Social and emotional skills development programs are becoming increasingly important in this context. With a

focus on understanding and managing emotions, improving communication skills, building healthy relationships, and developing interpersonal skills, such programs can provide a strong foundation for the personal growth and future success of children in foster care. In this introduction, we will explore the importance of such programs, the challenges faced by children in foster care, and benefits of holistic approach in developing their well being.

### **Research Methods**

This study uses a qualitative approach with a focus on participant observation, interviews, outreach interventions and surveys. Research Steps:

- **Participants:** Participants in this research will consist of children living in orphanages who were selected as research subjects. In addition, caregivers and orphanage staff will also be a valuable source of information.
- **Sample Selection:** Select several students from elementary to middle school levels who represent students to take part in counseling.
- **Data Collection Procedures:** Qualitative data will be collected through in-depth interviews with children in foster care to understand their experiences and perceptions of the program. In addition, participatory observation will be used to monitor interactions and dynamics within the orphanage. Data will be collected through surveys distributed to children to evaluate changes in social and emotional skills before and after participation in the program.
- **Counseling:** Conducting counseling in an approachable and direct manner to several elementary to middle school students.
- **Data Analysis:** Collect data from observations, interviews, and surveys.
- **Certificates and Evaluation:** After the outreach activities are completed, children in the orphanage will be given certificates and souvenir souvenirs to participants as proof of participation and participation. Carrying out evaluations becomes the basis for developing activities for future continuation.
- **Results Documentation:** Documentation of all extension and training activities

This study expected to provide in depth insight the effectiveness of social and emotional skills development programs for children in orphanages and factors influence them.

### **Results and Discussion**

#### **Extension Material:**

Program Introduction:

Explanation of the aims and benefits of social and emotional skills development programs for children in orphanages.

Introduction concept: social and emotional skills and their importance in everyday life.

#### Identify Emotions:

Discussion of the various types of emotions experienced by children.

Techniques for identifying and understanding emotions positively.

#### Emotion Management:

Strategies for managing emotions healthily and effectively, including deep breathing, visualization, and exercise.

Practical exercises in dealing with negative emotions and turning them into positive learning experiences.

#### Effective Communication:

The importance of communication in building healthy relationships.

Effective communication techniques, including active listening, expressing feelings clearly, and providing constructive feedback.

#### Building Healthy Relationships:

Discussion about the importance of building positive and supportive relationships with others.

Role-playing exercises and role-playing to practice social and emotional skills in real-life situations.

#### Self-Strengthening:

Encourage children to recognize their own strengths and potential.

Discusses how to build self-confidence and independence.

#### Evaluation and Feedback:

Provide opportunities for participants to provide feedback on the program.

Encourages personal reflection on what has been learned and how to apply it in everyday life.

#### **Results:**

The results showed that the social and emotional skills development program for children in orphanages had a significant impact on their development. Survey data shows significant improvements in children's ability to identify and manage their emotions, improve interpersonal communication skills, and strengthen relationships with peers and caregivers. Qualitative findings from in-depth interviews support these results by presenting children's subjective experiences, which reveal improvements in self-confidence, problem-solving skills, and the ability to better express their feelings.



Figure 1. Providing counseling with initial concept introduction

By explaining the goals and benefits of developing social and emotional skills with an introduction to the concept of social and emotional skills and their importance in everyday life.



Figure 2. Emotion Management

Provide strategies for managing emotions healthily and effectively by carrying out practical exercises by sharing experiences or telling stories to each other in dealing with negative emotions and turning them into positive learning experiences.



Figure 3 Strengthen Yourself

Encourage children to recognize their own strengths and potential by discussing how to build self-confidence and independence.



Figure 4 Effective Communication

The importance of communication in building healthy relationships. Effective communication techniques, including actively listening to their stories, expressing feelings clearly, and providing constructive feedback.

## Discussion

The results of this research show the importance of social and emotional skills development programs in improving the welfare of children in orphanages. The program not only provides practical skills that can help children overcome the challenges of everyday life, but also strengthens their sense of self-confidence and independence. In addition, this program also creates an environment that supports children's personal growth by promoting positive interactions, empathy and mutual support between them. Thus, this research makes a valuable contribution to understanding the effectiveness of social and emotional skills development programs for children in orphanages, as well as high the importance of on going support in improving their well-being.

## Conclusion

From the results of this research it can be concluded that the social and emotional skills development program has a positive and significant impact on children in orphanages. The program has succeeded in improving children's ability to manage emotions, improve their ability to communicate and interact positively with others, and strengthen healthy interpersonal relationships. The conclusion highlights the importance of this approach in providing support to children in orphanages. The program does not only focus on academic aspects, but also pays attention to children's social and emotional development which is key to their overall well-being. Thus, this conclusion underlines the importance of developing the social and emotional skills of children in orphanages as an important step in preparing them to face the future with confidence and become positive contributing members of society.

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