

# **Policy Options for Protection of Orphans and Children Deprived of Parental Care: A Case Study from Uzbekistan**

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## **Abstract**

### **1. Background**

The absence of parental guidance significantly impacts individuals and society. In Uzbekistan, the integration of orphaned children and those deprived of parental care presents a pressing issue. The environment in which a child grows—typically filled with love and care—is crucial for their development into mature, responsible individuals. Without such an environment, children face lifelong challenges, especially in forming and maintaining their own families. The state has implemented various methods, including foster care, to address this issue. Yet, these measures have revealed complex challenges that need thorough investigation to improve the effectiveness of integration efforts.

### **2. Purpose of the Study**

This study aims to identify the adaptation problems faced by children placed with foster families in Uzbekistan and explore solutions to enhance their integration into society. The research

focuses on the socializing challenges these children encounter and seeks to provide recommendations for improving their adaptation process. By delving into the experiences of foster families, educational staff, and the children themselves, this study aims to develop a comprehensive understanding of the barriers to successful integration and propose practical interventions.

### **3. Methodology**

A qualitative approach was used, involving open-ended questions and observations of extracurricular activities. Data were collected through interviews with foster parents, staff at state educational institutions, and observations of 68 children in various activities. The study included three groups: foster families, state educational institution staff, and the children themselves. Interviews were conducted with 28 foster families and 21 staff members from Orphan House. This methodology provided in-depth insights into the lived experiences of participants, highlighting the multifaceted challenges faced by both the children and their caregivers in the adaptation process.

### **4. Results and Discussion**

The findings highlight significant emotional, ethical, and health-related challenges faced by both foster parents and adopted children. Foster parents initially struggle with uncertainties and trust issues, which evolve into complex emotional and ethical dilemmas, along with health concerns like exhaustion and stress. Adopted children face emotional challenges such as loneliness and a lack of belonging, compounded by past traumas and health issues, including insomnia and nervousness. Successful integration depends on addressing these challenges through self-care, social and professional support, and comprehensive resources. Structured extracurricular activities were found to have a positive impact on the children's social, emotional, and physical development, although resource and safety improvements are necessary. These insights underscore the importance of holistic support systems to foster successful integration.

### **5. Conclusion and Recommendations**

Understanding and addressing the diverse challenges faced by foster parents and adopted children are crucial for fostering healthy and nurturing environments. Recommendations include comprehensive training for foster parents on trauma-informed care and cultural competency, access to mental health resources, and the establishment of structured routines. Promoting trust and relationship-building, advocating for better resources and policies, and ongoing evaluation are essential. These strategies can enhance the overall well-being and successful adaptation of adopted children, ensuring their long-term integration into society. By implementing these recommendations, policymakers and practitioners can create supportive environments that facilitate the healthy development and social integration of these vulnerable children.

**Keywords:** Equal rights, family alternative forms of placement (foster families: adoption), families and children in difficult life situations, orphans and children deprived of parental care, social orphanhood, state educational institutions (orphanages), training school for foster families.