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Taiwan Fund for Children and Families

A Study of Factors Influencing Life Adaptation of Contemporary Impoverished Youth after Graduation - An Instance of TFCF Youth Capacity Building Program Participants.

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好家 再有你

We are from Taiwan Fund for Children and families (TFCF).

TFCF cares domestic and overseas children especially those growing up in disadvantaged families.

There are 368 towns, cities and districts in Taiwan, and we reach out to every corner of Taiwan including cities, countries, tribal villages and remote islands.

We provide capacity building programs for different developmental stages (from preschool to youth) in disadvantaged families in Taiwan.

In this study, we will discuss the situation about Impoverished Youth in underprivileged families.



1

Background

01

The Circumstances and Challenges of Contemporary Youth

02

The Barriers, Features and Needs of Impoverished Youth

03

TFCF has Developed Youth Capacity Building Program to respond to the needs of Impoverished Youth.

04

TFCF implemented the life adaptation tracking research.

1. The Circumstances and Challenges of Contemporary Youth

Employment Environment:

Unemployed or low-paid(Lee,2014)



First Job Obstacles:

Lack of self-understanding and experience and unfamiliarity with the workplace (Lee,2014).



Developmental Task of Youth:

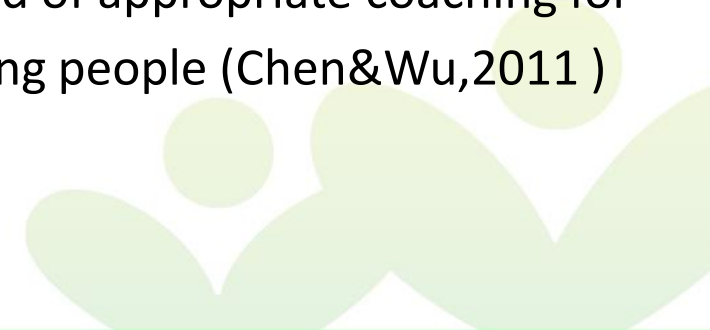
Role change and young people lessen their economic dependency from home(Chen&Wu,2011)



The Value of Contemporary

Diversity:

Need of appropriate coaching for young people (Chen&Wu,2011)



2. The Barriers, Feature and Needs of Impoverished Youth

Taiwan's scholars indicated that the experience of childhood poverty has adverse impact on life and work adjustment in youth stage:

01

Impoverished young people face disadvantages when they enter the workforce(Lee,2014).

02

Family income during adolescence has an impact on mental health in early adulthood (Chen,2017).

03

Scholars analyze the data from "Taiwan Database of Children and Youth in Poverty " ,and found that the perception of family economic support in childhood affects their economic stress and mental health in early adulthood(Chen&Chen,2019) .

The **Barriers** of Impoverished Youth

※ Observation by TFCF social workers

※ TFCF Survey Data

Lack of social participation

Needs of self exploration

Lack of confidence

Needs of job right after graduation

The future development of children and youth in poverty is limited:

- 14.2% of children in poverty are not clear about their ideal career expectations.
- 65.5% of children in poverty think that family economic conditions restrict their development .

Reference from:

TFCF(2018).Taiwan Database of Children and Youth in Poverty – the panel study in 2017.Taichung,Taiwan:TFCF.

The **Features and Needs** of Impoverished Youth

※ Observation by TFCF social workers:

➤ Features:

- Young people who have been in a disadvantaged situation for a long time sometimes suppress their opinions, do not dare to speak out.
- They may lack the motivation to strive for leadership roles and not taking responsibility, just because they don't feel confident enough.
- Impoverished Youth may also lack courage to dream big, and not much planning or thinking about the future.



➤ Needs of Youth Capacity Building:

Teamwork

Creativity

Leadership

Action/
Execution

Altruism

Reflection

Employability



3. Develop Youth Capacity Building Program to Respond to the needs of Impoverished Youth

Since 2005, TFCF has started inviting youth in colleges or universities from disadvantaged families to join empowerment-oriented Youth Capacity Building Program (YCB program). By building capacities for future, the program helps youth and families increase chance of poverty alleviation.



3. Develop Youth Capacity Building Program to Respond to the Needs of Impoverished Youth

Based on **assets-building, user participation** and **capacity building approach**, the empowerment-oriented YCB program is expected to achieve the effect of empowerment.



Assets-based welfare theory

YCB program refers to Assets-based welfare theory putting forth by Michael Sherraden in 1991, afford Youth Individual Development Accounts(YIDAs) to help youth build tangible assets and intangible assets such as financial assets. human capital, psychological capital and social capital through various courses and activities.



Service user participation

The finding from the interview with youth participant is that youth were empowered through actual "participation " such as participation in program planning, which helps develop youth abilities and confidence.



Capacity building approach

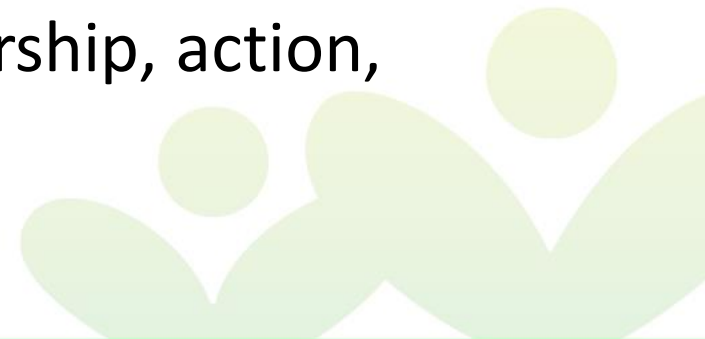
Capacity building approach emphasizes experiential and structured training activities to effectively build participants' capacity, including knowledge, skills, commitment and leadership...etc. (Smith, Tang, & Nutbeam, 2006)



Empowerment

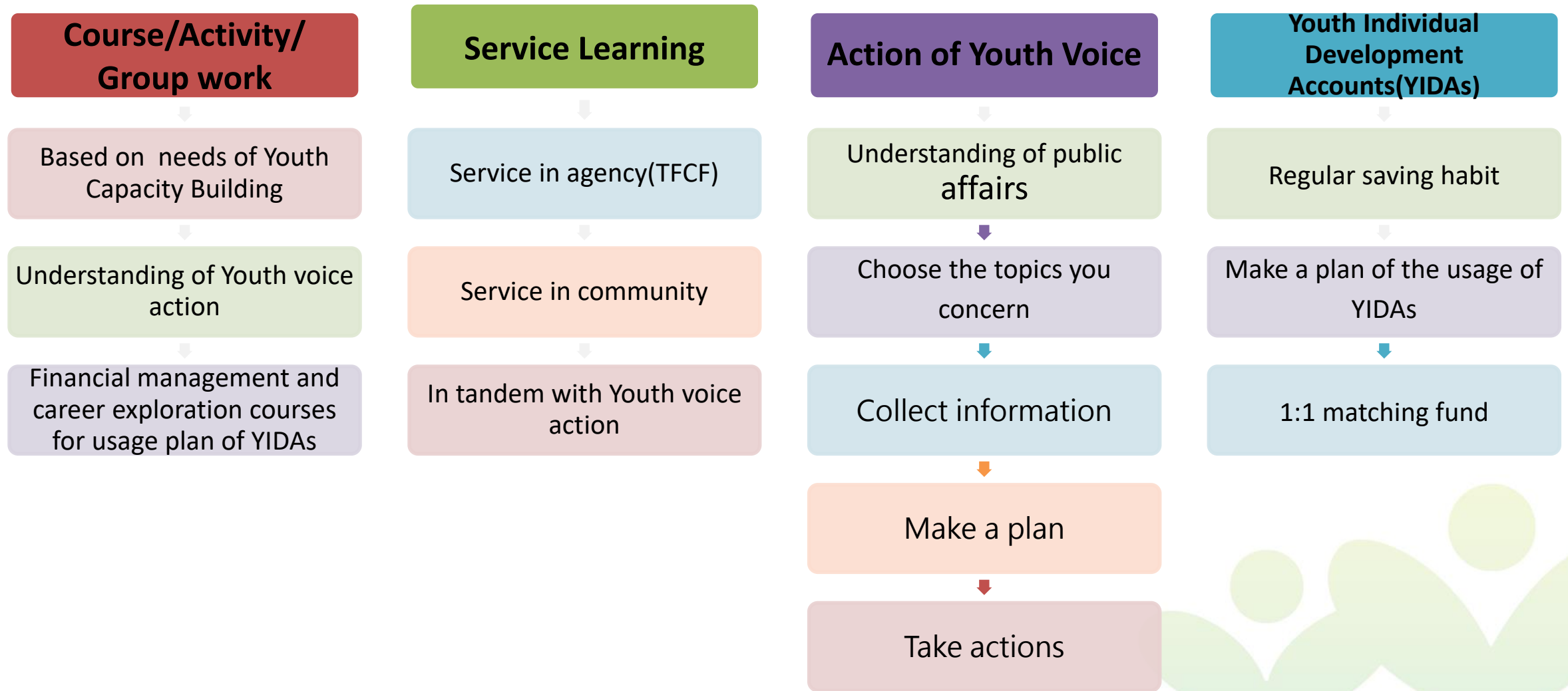
✧ Introduction of YCB Program

- **Program participants** :Impoverished Youth in TFCF service system who are studying in colleges or universities in Taiwan
- **Goals of the program**
 - ① Help youth build assets, including financial assets, human capital, psychological capital and social capital.
 - ② Develop abilities, including teamwork, creativity, leadership, action, altruism, reflection and employability for future.



✘ Introduction of YCB Program

TFCF launched one-year-program every year. Strategies of YCB program as follows:



4. TFCF implemented the life adaptation tracking research

We track the adaptation of impoverished youth who have participated in the program after graduation.



1. Confirm the impact of program
2. Reference for correction service



2

Objective

This study explores the influencing factors of life adaptation of impoverished youth, and to understand the impact on life adaptation of participating in empowerment-oriented program.



01

Research objects and sampling method

02

Data collection method and tools

03

Data analysis method and steps



1. Research objects and sampling method

- **Research objects :**

Our research targets are disadvantaged and impoverished youth who have employed for less than 5 years. Besides, they participated in YCB program when they were in university.



1. Research objects and sampling method

- **Accordingly, this study sets the qualifications of interviewees as :**
 - ① Members of this program from August 2014 to July 2017 (10th-12th).
 - ② Graduated from university or graduate school when recruiting research subjects in 2019.
 - ③ After reviewing the membership information of the project, a total of 521 young people were qualified. We acquired their willingness to be interviewed through online questionnaire and got a preliminary understanding of project participation experience and life adaptation profile through open-ended questions .
 - ④ A total of 164 young people responded to the questionnaire, 66 of whom expressed their willingness and left contact information.



1. Research objects and sampling method

- **Sampling process:**

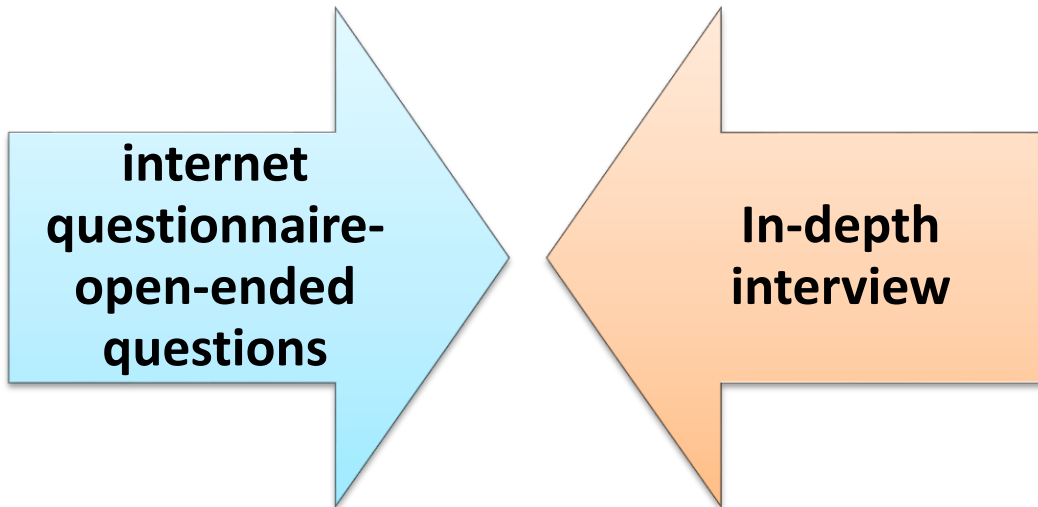
- ① Based on a conceptual sampling method, among the young people who are willing to be interviewed, we selected people of different genders and school categories referring to their background information and invited 6 young people to undergo in-depth interviews.
- ② The research reviewed the contents of all the questionnaires, eliminated the same and duplicate contents, and adopted the data of 4 people with richer answers.
- ③ A total of 10 qualitative analysis subjects were included in this study.



Table1-Basic information of research objects

No.	Codename	Gender	School Category	Job	Number of years graduated
1	A	Female	Private University	Catering services	More than 3years
2	B	Female	Public University of Technology	Airline industry	Less than 1year
3	C	Male	Public University	Between Jobs and Preparing for a Civil Service Examinations	1~2years
4	D	Female	Private University of Technology	Finance and insurance	2~3years
5	E	Female	Private University of Technology	Product Design	Less than 1year
6	F	Male	Private University of Technology	Social services	2~3years
7	G	Female	Private University	Social services	2~3years
8	H	Female	Private University of Technology	Between Jobs	More than 3years
9	I	Female	Private University	Social services	1~2years
10	J	Female	Private University of Technology	Civil services	More than 3years

2. Data collection method and tools



This research adopts qualitative research and collects data through in-depth interviews and open-ended questions:

- ① Through internet questionnaire surveys, open-ended questions are used to ask young people about the impact of the program on their adaptation to life.
- ② Further in-depth interviews are conducted to understand the adaptation situation of disadvantaged and impoverished youths after graduation and the relevant factors affecting their adaptation.

2.Data collection method and tools

- With reference to the content of the Youth Life Adaptation Scale, the scale divides the adaptation aspects into career orientation, social adaptation, aggressiveness, happiness, modernization, and value beliefs (Chen& Wu , 2011)
- This research targets on whether disadvantaged and impoverished youths can adapt to a good life and achieve economic stability. As a result, the research focuses on the adaptation situation of disadvantaged and impoverished youths in three aspects: career orientation, social adaptation, and aggressiveness after graduation.
- Interview outline and open-ended questionnaire : To understand the adaptation situation of young people in career orientation, social adaptation, and aggressiveness, and related factors that affect their adaptation.

3.Data analysis method and steps

We understand the life adaptation situation of different interviewees and their views on their own adaptation status by tying the in-depth interviews contents and reading the texts repeatedly.



The analysis framework is based on the three aspects of life adaptation, including career orientation, social adaptation and positive progress.



After reviewing the text data, We conduct an open-ended and step-by-step coding. Furthermore, we review the meaning of the text in the coding, and reorganize it according to the three main themes to be explored in this plan to discuss the life adaptation situation and impact of impoverished youth after graduation.

There are three parts to explain factors influencing life adaptation of impoverished youth after graduation:

01

Family adverse experience

02

Factors that promote positive adaptation of impoverished youth

03

Participating in empowerment-oriented programs



1. Family adverse experience

1. Family relationship affects mental state

- *When I was young, my dad hit my mom and me...I had to learn how to be brave .(interview-B)*
- *My parent divorced when I was in junior high school due to Domestic violence....I didn't get recovery from that bad experience...I didn't know why I am so weak...maybe it's because of my family relationship. (interview-A)*

1. Family adverse experience

2. Lack of financial resources limits expectations for future development

- *My family sells noodles food for a living, and the income is not good. My neighbor once teased me: "You may only sell noodles food when you grow up." ...I didn't want to be looked down upon by others. However, I had a kind of thought that my family background is not good, so I can only sell noodles food or be a betel nut girl. (interview-B)*
- *Because my family resource are limited, I dare not expect more family financial support. For example, I also wanted to study abroad and I knew that family couldn't afford it. For me, the best thing is that my family didn't take money from me. (interview-F)*

2. Factors that promote positive adaptation of impoverished youth

Resilience in adversity

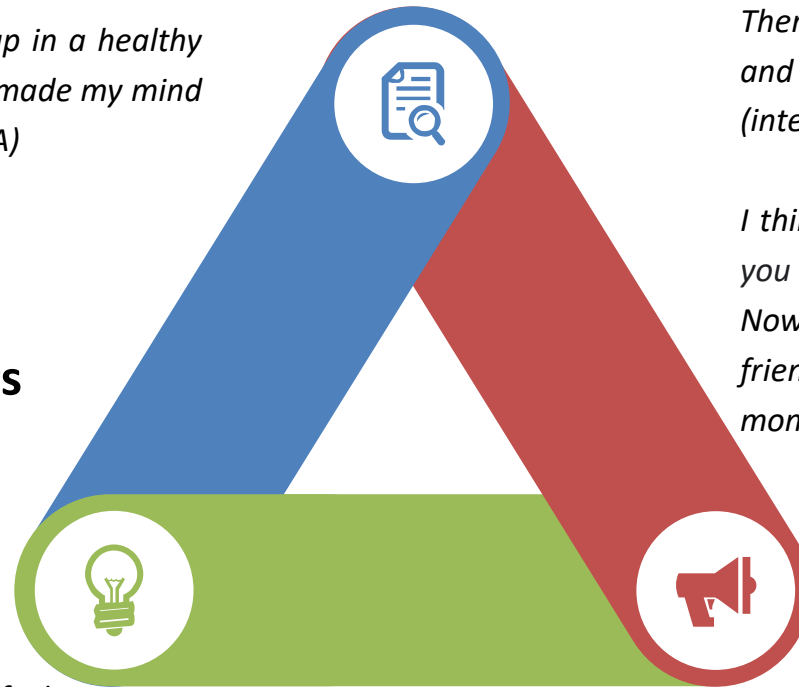
I was sad last second, and the next second I received a call from a customer, I knew I should wake up...Because I still have to work hard to make money for my family and myself.(interview-D)

I want to be optimistic ,just like a child who grew up in a healthy environment. ...I made up for those deficiencies and made my mind stronger in order to keep moving forward(interview-A)

Positive experience of helping others

I like to participate in volunteer activities. Because I often accept help,but In the process of giving, I have the opportunity to understand the feelings of giving to others.(interview-B)

I can help others in this way.. It makes sense to me. I just feel that I can actually give back to this society.(interview-C)



Social support-friendship and network

There is a person has the same learning background as me, and I can talk to each other or complain about work. (interview-E)

I think network will bring money! I used to think that when you meet different people, you can learn different things. Now, I further find that people need to rely on friends...Friends actually... bring the opportunity to make money. (interview-F)



3. Participating in empowerment-oriented programs

Experience in participating in empowerment-oriented programs which impact on career development, social adaptation, and aggressive attitude:

1. Career development: YCB program helps young people outline career blueprints and practical plans.

- *Exploring and thinking together with partners makes me more sure of my own suitable direction..., for me, it has a great impact on my career.(questionnaire-G)*
- *After the program...I have the habit of keeping accounts. ...When I have saved a sum of money, and it was enough to support me ... Then I can concentrate on preparing for civil service examinations.(interview-C)*

3. Participating in empowerment-oriented programs

2.Social adaption: YCB program helps young people promote interpersonal interaction and teamwork.

- *The teamwork, communication skills and friendliness I learned in the project have enabled me to perform well in my current work.(questionnaire-B)*
- *Take classes with other members... to increase interpersonal interaction...so now I can get along with people I don't know in a more relaxed mood(questionnaire-H)*



3. Participating in empowerment-oriented programs

3. Aggressive attitude: YCB program helps young people solve problems and overcome adversity.

- *When I was frustrated, I would think that in the plan at that time, everyone also encountered many problems. We still faced the problem to solve, so there was nothing that could not be solved.(questionnaire-I) ◦*
- *Getting rid of "I am a child from a disadvantaged family" to "I am a child from a hard-working family" is a very important change for me (questionnaire-J)*
- *I found that many people's experiences may be harder than mine...but they are very brave and trying hard to stick to their own ideas and goals...I told myself:" Why you think you can't do it... You have no reason to demean yourself"(interview-B)*



These findings shows suggestions for youth service, which are "cultivate resilience in adversity experience", "enhance the belonging and support network "and "increase user participation".





THANK
YOU

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